

Become More Intelligent

By

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Intelligence is the ability to break patterns -
William Wolff

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PREFACE

Everywhere you look you see men and women looking for power. Many try to obtain it through religion. They believe scriptures will give them a sort of mystical edge and to a modest extent it actually does. Others try to obtain power through money and the collection of material objects. These individuals really fall in the first category, for money to them is a religion. The man or woman feverishly monitoring their bank account is no different than the fanatic praying under the statue.

There are people who seek power through relationships. They like to control lovers and have them do their bidding. Others still look for power by social status. They want to attend the prestigious schools, work at the big companies, and flaunt sophisticated titles. There are some psychopathic few seek who power through force or through the control of beliefs. This list can go on and on...

Money doesn't make you a man or woman. Power over others through discreet manipulation or overt force simply makes you a thug. I feel deep chagrin when I see men and women reading books such as "The 48 Laws of Power". Books such as these are not only morally bankrupt but the machiavellian techniques they promote no longer works in a world where information rapidly travels and paper trails forever follows you. We are becoming intimately interconnected. The effects of karma are becoming much more real time.

Since we have exhausted the common pathways people normally seek power, where shall we look? There is no other place to look other than inside ourselves. Philosophers have forever mentioned this adage, but have failed to translate it into practical language.

Power is a virtue, and all virtues are within. Whether the virtue is strength, beauty, valor, optimism, etc. it is always within. What good is your millions when your body is flabby and lacking virility. While virtues such as intelligence, beauty, or strength can get you money, the same isn't true in the other direction. Money cannot get you a virtue. One may try to purchase beauty like those who put themselves under the blade of the surgeon, but society knows it is counterfeit.

Unlike money however, virtue can be exchanged for a much wider array of genuine articles. A charming character will win friends that admire you for you, not for what you can buy them. This example can be varied indefinitely. The real treasures of life such as love, friendship, honor, health, charm, ect. can only be obtained by the virtues you develop.

Instead of chasing counterfeit strength such as money or social status, why not seek real power? Why not develop your body and mind to become a human deluxe? The people who are meant to be in your life will be able to find you much quicker when you are glowing.



Overview

You may or may not be familiar with the diagram on the previous page. It represents the seven energy centers of the body. They are called chakras. Despite their popularity, chakras are mostly seen as a purely ethereal phenomenon, even amongst the spiritually inclined. A closer look however will reveal that these energy points are quite real. They represent vital organs points.

There is nothing mystical about the chakra system. It is a model that represents regions of high bioactivity. You may view each chakra as a center where we can consciously expand energy. I use this model in the book because it suits our purpose of revealing common points of dissipation. Now let us briefly peruse through each one.

The root chakra represents your adrenals. The adrenals are a pair of glands that regulates your metabolism, sex hormones, immune system, and fight or flight response. Some its main hormones are adrenaline, cortisol, sex steroids, etc. These glands sit on top of your kidneys.

The sex chakra represents your gonads. It is the testes in the male and ovaries in the female. It is a high activity region because this is where sperm is produced and ovaries maintained.

Your stomach chakra is the stomach, liver, and colon. They represent the bioreactor of the body- breaking and

absorbing food. Digestion is a very energetically expensive process hence why the stomach is considered a chakra point. Your stomach also has its own brain, known as the enteric nervous system. Formerly viewed as a second mind, scientists are now discovering that the gut brain is evolutionary older than the cerebral brain. In other words, **our gut brain is our first mind.**

The chest chakra is your heart. This wonderful organ pumps blood throughout the entire body without ever resting. It is self evident therefore, that the heart is an energy center. Scientists are discovering that the heart has its own magnetic field and communicates information to the brain.

The throat chakra represents the neck. It is an energy zone because this is where speech is produced. Considering how much people talk, it should be no surprise that this is a point of high energy expenditure. There are also major arteries, veins, and windpipe running through your neck, making this point extremely vulnerable.

The third eye chakra is the pineal gland. This gland has gotten its name due to its similarities to an actual eye- having rods and cones that are sensitive to light. The pineal gland is a high activity zone, constantly interacting with our hypothalamus and pituitary gland. It is capable of changing our entire biochemistry.

Lastly we reach the crown chakra, our brain. All the conscious and subconscious thinking occurring at this region makes the brain a powerful energy center. Science

reveals that the brain consumes more than a third of our body's energy.

Another way to view chakras is to see them as creative centers in your body. The brain is where you produce thoughts, the third eye produces visuals, the throat is where speech is produced, the heart produces emotions, the stomach digested food, the sex organs produce sperm or maintains ovaries, and the adrenals produce adrenaline, cortisol, sex steroids, and much more.

You may wonder what chakras have to do with becoming more intelligent? Well it turns out that most people do not reach higher mental capacities because they leak energy at one or more of these centers. Depending on their disposition, a person will overextend an energy center while starving others. We rarely encounter a well tuned, finely balanced individual. When we do, we find them wildly magnetic.

In this book, I cover common ways in which people misalign their chakras. When you discover which of your centers are leaking energy, you will correct the habit and stop dissipating power there. Likewise, when you identify which of your energy centers are under-active or blocked, you can take appropriate action to fix the issue. As you stop dissipating yourself, energy accumulates. This power can then be channeled into a new direction such as your brain.

I dedicate one chapter to each chakra. The cover of each chapter will also include an infographic which re-

veals the collective tendency for that particular center. Some chakras tend to be overactive amongst a majority of people while others are most commonly found underactive or blocked.

As you read each chapter, I would like you to assess yourself and see where you stand. You do not need to believe in spirituality for the concepts in this book to be grasped. You may accept or refute the chakra model. You can replace chakra with organ if a western model suits you better. What is important is lucidity and honest self assessment.

James Allan

THE ROOT CHAKRA



Most Common Occurrence: **Under-active**

THE ROOT CHAKRA

The root chakra consist of your adrenal glands and kidneys. It is responsible for your fight or flight mechanism. In modern countries like the United States, this energy center tends to be under-active. Let's begin by familiarizing ourselves with this center.

The adrenals produce hormones that control your sympathetic and parasympathetic system. These hormones regulate your blood pressure, heart rate, urine retention, etc. The most popular adrenal hormones are epinephrine and norepinephrine. An injection of them promotes vigilance, alertness, focused attention, muscle strength, etc. Adrenal activity is lowest during sleep, a period where the body grows and perform repairs. We will return to the point of sleep later in this chapter.

When the root center is strong, a person can handle high loads of energy passing through it. A boost of adrenaline usually occurs during periods of confrontation or challenges. A person with a weak root center will not be able to handle pressure at this point. Since the adrenals and kidneys are responsible for fluid retention, a poorly rooted person will lose control of their urination.

The reason why the root chakra tends to be under-active in most people is because we do not train the youth in the proper handling of confrontation. The average per-

son is incapable of handling tense situations. This leads to either uncontrolled tantrums or timidity.

There is much more than physical repercussions for a weak root center however. An individual who is poorly rooted cannot remain focus over long periods. They will lack mental self possession. When the mind is not firmly planted upon the body, it is subject to frequent wavering of thoughts which results in anxiety. This is why many of the focus drugs such as coffee or adderall stimulate the adrenals. It is a cheap technique to ground the individual. People who consider themselves to be suffering from ADHD tend to have an under-active root center.

While an under-active root center is most commonly encountered, there is an increase in the occurrence of leakage at this point. Root leakage occurs when the adrenals are active for too long. This leakage may be caused by one of two reasons. One, the person is in a constant state of fear or worry. Second, the person isn't receiving sufficient sunlight.

An individual under constant worry will leak at the root center. This worry can be due to fear of being fired from a job or an inability to pay rent. Anything that jeopardizes your sense of survival will cause a leakage at the root center.

An individual can also leak at the root level if they are not receiving sufficient sunlight. This is due to the fact that Vitamin D plays a critical role in deep sleep. Without sufficient vitamin D, the person never falls into REM

sleep. If REM sleep is not reached, the adrenal activity doesn't sufficiently decrease. Overactive adrenal will cause a root leakage.

This slow but steady root leakage will impair the focus of the individual, rendering them anxious, and age them over time. More than anything else, this leakage will negatively affect their sleep. Sadly, our culture has been taught to fear the sun. This sun aversion is most damaging to people of color because they need more sunlight than their caucasian counterparts. In fact, the darker the skin, the more sunlight the individual requires.

Root leakages are especially painful. The fight or flight response was not designed to be chronic. Leakage at this center will rob all the higher organs of the body of power, preventing them from getting the energy they need to develop higher faculties. This explains why people born under poverty or hostile conditions tend exude lower mental capacities. The constant fear is literally draining their vitality of energy that would otherwise develop their mind.

Even very intelligent individuals are not immune to this law. A person under fear, no matter how brilliant, will not exude their best thought under hostile conditions. This is because too much energy is being sapped at the root for the mind to obtain the energy it needs to think at full capacity. You have to realize that **your organs are competing for energy**. Too much power spent at one point will be at the expense of another.

A person suffering from root issues is far from their best selves because they are being sapped at the base. Root leakages are not strictly limited to hostile conditions such as war. They can be caused by social conditions such as poverty, discrimination, a tyrannical employer, rising cost of living, etc.

There are many people in this world still suffering at this level. You must realize that this condition is preventing them from mentally evolving. I hope this knowledge teaches you tolerance. Until law and order is established and basic necessities provided for, the minds of most individuals in such conditions will stand still.

Intelligence requires safety and comfort to cultivate, necessity is not the mother of innovation. History shows that nearly all the brilliant men who achieved intellectual wonders had time and capital. Even those who were born poor such as Michael Faraday or Nikola Tesla eventually found patrons to support their life of study.

We want to balance our root center. It should not be overactive, making the person too confrontational. Nor should it be under-active, resulting into anxiety and timidity. A strong root will give you clear headed focus and ability to handle tense conditions. How do we do this?

The first solution I recommend is to take up at least one physical sport. The competitive nature of sports will give you the root stimulation you need to get started. I advo-

cate for practicing at least one sport on a consistent basis.

Sports puts you against a direct opponent, which is a much needed boost for your adrenals. Sports also requires you to physically struggle in order to win. Sport also teaches many virtues such as discipline, teamwork, controlled aggression, and focus. In a nutshell, the heated activity of sports puts you back in a fight or flight mode that cultivates your root center. The more intense you practice a sport, the stronger your root chakra will be.

The second recommendation I have for balancing your root chakra is to sunbathe. This point is especially vital for people of color whose bodies require much more solar input. If you are fair and can only expose yourself to the sun on a limited basis, I recommend supplementing yourself with Vitamin D.

Without sufficient Vitamin D, your body does not fall into REM sleep. This results in all sorts of catastrophic effects such as anxiety, inability to focus, lack of deep restful sleep, sexual impairments, and much more. We are spending too much time indoors, something our ancestors did not do. If you simply make sure to spend at least two hours in the sun, superb beneficial results will reveal themselves.

The benefits of activating your root center are immense. You will become poise. Your ability to remain attentive will greatly increase. You will be more physically round-

ed. Calmness becomes natural. Your sex drive is also boosted. This is due to the fact that when an energy zones become stronger, the nearest center to it is stimulated.

Your first step in becoming a more intelligent person is to strengthen your base. Many people neglect this center due to its physical nature. Neglecting it however has many undesirable mental consequences that is simply not worth the cost. The two solutions are simple, perform at least one sport on a consistent basis and get at least two hours of sunlight each day.

THE SEX CHAKRA



Most Common Occurrence: **Leaking**

THE SEX CHAKRA

The sex chakra is one of the most abused energy centers of the body. Most people dissipate far too much energy at this point. Historically, this was not always the case. The West was formerly a culture of sexual repression due to religious beliefs and social ideals. Sexual liberation has promoted tolerance, but it poorly prepared the individual by not teaching young men and women the relationship between sex and mental/physical development.

The sexual center is a sweet spot for many. Ignorance of its laws has wreaked havoc upon countless lives. Where shall we begin on such a touchy subject? After meditating on this question, I have decided to start by covering the common methods people dissipate power through this center.

Masturbation

Although the least harmful in the list, masturbation is a useless and very expensive act. There is no such thing as something for nothing. The 15 minutes of pleasure gained from masturbation is at the expense of vital energy that could have been used towards your mental or physical development. In fact, masturbation not only prevents other centers from developing, it also degenerates them by robbing them of power.

The amount of energy spent on masturbation is not trivial. It represents some of the finest forces of the body. This energy wasted could have been used to rejuvenate your body or expand your mind. If placed into intellectual endeavors, the energy spent on masturbation could turn the average individual into an intellectual giant.

Conclusion: Masturbation is a waste of vital power. When overdone, which is very easy to do, it degenerates the body.

Pornography

Pornography is a more serious offense than plain masturbation. The highly graphic material of pornography not only dissipates an immense amount of mental power but it also conditions your nervous system incorrectly. Each time you watch porn, you are training your nervous system to become only aroused through this bizarre fashion.

Pornography stimulates your sexual center to such a high degree, that stronger doses of erotic visuals are required for arousal. Since the arousal pattern of porn is not the normal pattern in which people mate, you may view the act as forming a negative instinct because it reduces your actual chances of procreation.

After years of pornographic materials, you sooner or later end up with a sexual center that is tapped out. The sexual center has been extended to a point where it hits an automatic safety valve and closes. Men and women

undergoing such a state feel frigid. Most of them will confuse this lack of sexual desire as a sign of aging, **it is not**. It is nature compensating for the extremely high stimulations of the past with a period of dormancy. It is a sexual crash.

This sexual hangover might last months or years depending on how long and intense the period of overstimulation has been going. The ejaculation or orgasm done through porn not only saps you of vital force, it also overextends your sex center to a level that will require hibernation to recover. Porn is a physical miseducation and dangerous form of dissipation. Avoid it!

Conclusion: **Porn is a major energy leak**. It dissipates immense power by overextending your sex chakra and incorrectly condition the arousal pathway of your nervous system.

Promiscuity

More offensive than porn is the practice of promiscuity. However damaging porn may be, its effects remain local. There is no exchange of bodily information taking place when one sits and masturbates over porn. But when the sexual act is done with another person, there is a download/upload taking place that cannot be avoided.

We know that when we have children with someone, the child contains half of each parent's genetic information. The child can be viewed as a data fusion between two

people. This is common knowledge. We fail to realize however, that this information exchange is taking place during normal intercourse.

Each time you have sex with someone, you are exchanging information with them. You are molding them and they are molding you. You are taking on their qualities whether virtue or vice. The level of information exchanged varies in degree. The more you have sex with someone, the more information is swapped. The deeper the connection with that person, the more information is also exchanged.

It is commonly observed that a woman eventually starts to resemble her partner after a period of time. Men subconsciously know that they are forming the woman they sleep with. What they fail to realize however is that the same is true in the other direction. Women physically mold the man they sleep with. They imprint his nervous system so that he is more likely to become aroused by a woman who share similar bodily features.

Now why is promiscuity potentially dangerous? It is dangerous because you are downloading the information of all sorts of people into your body. For the most part, these people are strangers who hide character and physical defects from your eyes in order to gain bedroom affection.

It is not just bodily information that is being exchanged when you have sex, spiritual qualities are exchanged as well. This means all their insecurities, trauma, fears, etc

will also be transferred to one degree or another. Again, when we consider the fact that a promiscuous person sleeps with people he or she barely knows, we can then see that this person is taking on attributes they are unaware of.

After someone continually injects various different energies inside them, their sense of self is gone. The ancients of the past were well aware of this. This is why they appropriated purity with virginity. They did not imply purity in the pious sense, but in the literal sense of self purity. For once the sexual act is done, the person contains elements of another within them.

I do not believe that sex causes a **permanent** loss of self. Although it is indeed a mixing of energies, the body is constantly renewing itself. The other person will remain in your system for some time, but it will eventually be cleansed if you give the body time to rejuvenate. Science reveals that we have a new body every 11 months. We are self rejuvenating beings. Failure to give your body the time to recover from sexual energies however can be very hazardous to your health.

Conclusion: Promiscuity not only dissipates immense power but it also uploads all sorts of information into the mind and body. Do not have sex with people you don't know, for you are not aware of what information you're downloading into your system. A rule to follow is to **only have sex with people you want to become.**

Effects of Sexual Leakage on the Mind

Now that we covered the common sexual leaks, let's discuss their effects on the mind and body. Since this is a book about becoming more intelligent, we will start with the mind.

A tree frequently sapped from its roots will never bloom. Similarly, a man or woman frequently leaking power at their sexual center will poorly develop. Not only will such person not express their full glory, they will most likely degenerate.

The word degeneracy contains a sharp dose of truth. It indicates a person with a negative vitality bank account. What power is left for the mind of such a man or woman? A trivial amount. Their minds are not only starved of power but so is their overall physical system. Degeneracy is the body's method of signaling that there hasn't been sufficient energy for rejuvenation. This will at first only weakened the organs, but eventually it will express in the appearance of the person as well.

Degeneracy is not something that happens overnight. There are countless in between stages that might not indicate the person is being sapped of vital power. This time lag is usually why people associate the physical dysfunctions that finally express with 'age' rather than the accumulated effects of a vice.

The sexually dissipated man or woman is mentally weak. Not permitting high loads of energy to reach higher centers, he or she remains a mental dwarf. There are five more energy centers above the sexual chakra. I'm sure you can imagine how little power is left by the time this energy reaches the mind.

Conclusion: Stop dissipating your power through sex.
Let energy build in your system

THE STOMACH CHAKRA



Most Common Occurrence: **Leaking**

THE STOMACH CHAKRA

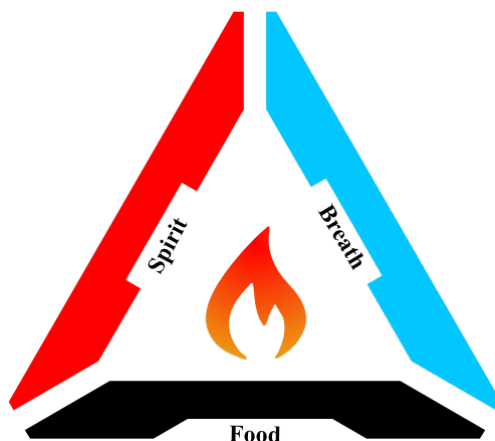
While the abuse of the sexual chakra degenerates the individual, abuse of the stomach chakra sends people to the grave. Like the sex chakra, the stomach chakra tends to be overextended. In plain terms this means that people eat too much. Blockage at the stomach is also quite common. Let's take a look at both conditions.

The average individual waste a vast amount of life force digesting food the body does not need. All this energy spent on digestion comes at the expense of other organs, including the brain. This statement should not be difficult to believe. A glimpse of it can be seen with the fact that a heavy meal renders a person mentally sluggish. When energy is being expended in the stomach, not much power can rise to the brain. That's why one should never eat before doing heavy work.

You may find yourself asking: If food is our energy source, how is eating a net cost? The problem lies at the simplistic model we hold that food is energy. Truth isn't that simple. It is more proper to view food as fuel rather than as an energy source. There is a vital difference between these two elements. To illustrate the dynamics, I will use the fire triangle.

For a fire to exist, it needs oxygen, heat, and fuel. Please note that the energy source is the heat itself, not

the fuel the heat consumes to remain alive. Our body operates in a similar manner. In the case of the human body, we will replace heat for spirit and fuel for food. Below is a fire triangle I put together to illustrate my point.



The oxygen portion is straightforward, it is your breathing. The fuel component is the food we eat. Food not only serves as fuel but it is also used as source material to renew the body. The most enigmatic part of this triangle is the spirit component. Spirit is a phenomenon we cannot explain, but it is real nonetheless. I believe spirit is the real energy source of the body.

The food we eat is just the fuel it needs to consume. There is no scientific proof of this claim, just a theory from my own observations.

This spiritual energy that powers us seems to be renewed during sleep. It is sleep that recharges our battery. Again, food serves as fuel for this energy to con-

sume. Therefore it is spiritual power that is our real energy source not food. Nevertheless, our fire triangle-food, breathing, spirit, is indispensable for life on earth. Cut any of them off and you will die. Food deprivation will kill you in a matter of weeks. Sleep deprivation in a matter of days. Oxygen deprivation in a matter of minutes.

Now why is this information relevant? It is relevant because **when you eat too much food, you are dissipating too much of your life force in the stomach.** You are destroying your stomach fire by stuffing it with too much material.

The body does not need three meals a day. This is a myth perpetuated by food producers who want to keep consumption high. The habit of overeating is not only unhealthy but is harmful to your intellectual growth. Constant digestion robs your brain of power and your body of vitality.

I would like to stress again that your organs are competing for energy. Too much power spent in the stomach will come at the expense of other organs. Worst of all, going to bed with a full stomach disturbs your sleep. Preventing important physical repairs from taking place. One should go to bed on an empty stomach.

Not only do people waste too much life energy digesting food they do not need, the frequent meals they consume eventually lead to a blockage. Many foods take several days to fully digest. Instead of giving the stomach large

gaps of rest in between meals, people ceaselessly consume without any consideration for the backlog of their stomach. Hungry or not, three meals a day is consistently poured into the body. By the time the person reaches a certain age, the stomach blockage begins to reflect in their life.

Stomach blockage also occurs due to insufficient sunlight. The rays of the sun seem to play a critical role in digestion. It appears that certain stomach hormones are released when the rays of the sun make contact with the skin and retina. Insufficient walking is also a cause of stomach blockage. The body needs the mechanical movement of walking for a good digestion.

The stomach is your physical core, your source of strength. The organs that lie in this center are responsible for absorbing food and eliminating waste. **You should feel power exerting from this center, not the blockage most people experience and have learned to ignore.**

Overextending the stomach chakra has grave consequences. The first two victims are the centers most proximal to this point, your heart and sexual chakra. The third victim is your mind. There seems to be an intimate mind-stomach connection that is very profound. How and why this connection is so intimate still remain a mystery to science.

Society intuitively knows the gravity of an abused stomach chakra. Endless debates are done on the subject of diet because of this intuitive sense of danger. Since time is precious, I will recommend four simple axioms to follow for the stomach:

1. **Eat food as close to nature as possible.**
2. **Eat food as fresh as possible.**
3. **Diversify what you eat.**
4. **Avoid eating at least three hours before sleep.**

I'm sure you have noticed that none of the axioms recommended a particular diet. This is due to the fact that diet is personal. You will have to experiment and see what works for you. I suggest consuming food then closely observing the biofeedback your body provides afterwards. This biofeedback should be your dietary guide.

The primary sign that indicates a healthy stomach is a **feeling of energy emanating from this center**. Few people know what this sensation feels like. I myself did not discover it until the age of 29. Once you get a dose of this state of existence, you will have a proper benchmark regarding how your stomach should feel. If you are not feeling this sensation of power exerting from your stomach, it is likely because you have a block at this point. Stomach blockage is extremely common. The best way to remove this blockage is by sunlight, walking, and fasting. When you fast, your stomach has time to

clear the queue of food you have piled against it. As the blockage clears, you will begin to experience this emanating power I spoke of earlier.

An overabundance of energy will clear up and rise to higher centers when the stomach chakra is fixed. This means more power to your heart, throat, pineal gland, and your brain. Eating is so pleasurable however, that many people sacrifice their intellect and physical health for this passion. Since you are reading this book, I am certain you don't fall under this category. Once you clear your stomach, you will reach new levels of health.

THE HEART CHAKRA



Most common occurrence: **Blocked**

THE HEART CHAKRA

Observes the position of the heart. It is located above three lower energy centers and below three higher ones. This physical position is not arbitrary. It is a cue that the heart chakra is the bridge between the lower and higher centers. The common occurrence we encounter for the heart is blockage. As a person ages, they gradually close their heart. They turn introverted and lose the childlike curiosity to the outer world.

Physical blockage at the heart center is extremely common. In fact, it is the number one cause of death in this country. A heart attack is nothing but the result of blockage at this point. This blockage is usually the result of clogged coronary arteries. We know the physical results of such blockage is a heart attack but there are also intellectual implications.

Unlike the lower centers who deals with pleasure and pain, the heart chakra deals with joy and suffering. It is for this reason that most people choose to close it. Suffering can be devastating. People avoid this potential harm by simply closing this center. This comes at a steep cost however, which we will briefly cover in this book.

A closed heart center keeps a person base and guided by self interest. Elements such as self sacrifice, collective duty, inspiration, are not accessible when this center is closed. Many of the higher virtues such as valor are in

direct conflict with lower ones such as survival. The only way to override these lower instincts is through the heart. A closed heart therefore closes the door to most of humanity's highest virtues.

It isn't self interest that drives the young man to voluntarily enlist and fight in the beaches of Normandy. It isn't self interest that drove Isaac Newton to exert himself to the point of exhaustion in the discovery of the laws that govern moving bodies. Without an open heart, you cannot push yourself to extraordinary boundaries.

A closed heart leads to a self centered life. The sense of collective duty is eliminated. Many thinkers would have you believe that self interest is what drives progress, but that is only a half truth. It is not the calculated profit driven person who pioneers new technical, social, or literary inventions. It is the passionate individual whose heart and mind are unified into a single purpose. Once the pioneer has established their vision as a legitimate industry, the profit seekers come and institutionalize it. Self interest is the cart, not the horse that pulls progress forward. The horse pulling the cart is love.

Again as the heart chakra closes, the person's focus converges inward. They disconnect from the world around them. This makes them have small concerns, small problems, and a small life. This inevitably leads to a conveyor belt lifestyle devoid of rich experiences.

On a more intellectual level, mind without heart is mechanical. A nice chain of logic might be expressed using reason alone but it won't be of the kind that awe and inspire. This statement can be said for any craft, artistic or technical. The average person can discern between work that has been done intellectually and work that has been done with heart and mind. The latter has an inspiring element to it that the former does not.

A closed heart also blocks creativity. The mind wants to follow proven paths and optimize. The heart wants self expression and play. A person with a closed heart has forgotten how to play. Everything is serious to them, everything must have a goal.

Strengthening this energy center is a must if you would like to reach new heights of intellect. It will require you to develop the habit of self sacrifice, collective duty, and acceptance of the dual nature of love.

As the heart center opens, you will find enormous joy in serving others. You will realize the countless service society rendered you and feel indebted to your fellow citizens. You will see that you never did it alone. Every day, you depend on countless people to do their part so that you may have food to eat, water to drink, trains to ride, and general law and order. **You need society infinitely more than it needs you**, but society also needs you to do your part.

You might not view a closed heart as a serious offense but it actually is. To keep the heart of someone closed is

to keep their motives base and concentrated at lower centers. You are in effect suppressing the individual from reaching higher stages of evolution. No civilization can be built with people whose focus remains solely oriented towards self interest. A collective spirit cannot be formed with atomized individuals. A society with no collective spirit can hardly be called a society. It might have the facade of civilization, but it is truly a deteriorating corpse that will topple at the slightest external assault.

To heal this center, I recommend avoiding calloused materials such as pornography, violent films, mainstream news, etc. Avoid any content that spreads hate or demonizes any group or class. No individual or collective is perfect. Tolerance is an important lesson in our journey.

To open your heart chakra is to quadruple your strength. You are in effect, removing a blockage that impedes native forces from reaching higher faculties. Let us theoretically say that with a heart blockage, about 20% of your native energy was reaching your mind. When you open the heart center this percentage rises to 80%. You can imagine what you can accomplish with this newfound strength. Please open your heart and see the countless debt you owe humanity, you have an obligation to give the collective something in return.

THE THROAT CHAKRA



Most Common Occurrence: **Leaking**

THE THROAT CHAKRA

The throat chakra is the first higher energy center of your body. The fact that speech belongs to a higher order should not surprise you, animals do not possess our level of language. If eyes are the gateway to the soul, speech is the gateway to the mind. Speech reflects mind.

Despite belonging to a higher order, the throat chakra is the most underestimated energy center of the body. People speak ceaselessly, their throat center is far too overextended. Society thinks talk is cheap, but it is not. The more you speak, the more power you dissipate via the throat. The more power you dissipate, the less residual force there is the system. I have seen bavards dissipate enough power to become a genius on useless chatter.

Excessive speech not only dissipate productive power, it drains your health. It saps power that would have otherwise been used to rejuvenate the body. Many prematurely age themselves through incessant speech. It isn't their fault however, neither parents nor school has taught them the importance of conserving themselves. If you have children, this should be your primary duty. I recommend this book be given to the young, they are at the critical age where conservation is vitally important for their development.

When we realize that speech is an energy leak, we gain an enlightened understanding of silence. A silent person is powerful is because their energy is not dissipated. Their silence allows energy to accumulate in their system. This is a practice strong men have learned to acquire more or less unconsciously.

Silence represents a form of internal efficiency. Energy is being reserved for more complex thoughts, physical strength, and spiritual transcendence. Your first duty therefore, is to stop overextending your throat center. Speak less throughout the day. Verbal dissipation not only relates to speaking but to all forms of communication. Although less energetically expensive, incessant texting is also an energy leak to be avoided.

Remember that **speech is the most underestimated energy center of the body**. The throat chakra in most people is far too extended. This energy leak is preventing their creativity and intellect from reaching new heights of power. Excessive speech also robs the body of power, sapping their youth and leaving them more vulnerable to diseases. Closing the throat chakra is the first and easiest steps to a higher life. Keep your mouth shut.

THIRD EYE CHAKRA



Most Common Occurrence: **Under-active**

THE THIRD EYE CHAKRA

The third eye chakra is the most under-active energy center in humanity. The pineal gland in most humans is nearly totally dormant. This inner condition is very well reflected in the outer world. The majority of humans are imitative, not creative.

Many folks in the spiritual community mistake the third eye as clairvoyance or psychic powers but that is not the case. The third eye deals with creativity. It is the mental eye that the artist uses to draw a painting or the engineer uses to build a structure. **The third eye is closely related to skills.** When someone tells me they cannot find employment what they are saying is that their creative powers are dwindled.

Business did not create work, it is work that created business. Since work is a creative process, a person with an active third rarely suffer from such issues. That person will either find work or create it. Furthermore, a person with a powerful third eye is incredibly creative and skilled, and society is always looking for skilled men and women.

When I speak of the third eye being creative, I am not referring to the artistic sense most people imply when they use that word. Creative means creation. Building an engine is just as creative as sculpting a statue. They are both creations. Besides.. every creation whether art or science, has a technical and artistic component. A

skilled painter is technical, and a skilled engineer is artistic.

Imaginative powers are highly correlated with skill. The reason why a layman cannot build a house is because he or she cannot mentally visualize the building process. The engineer can mentally see each step of the creation from start to finish. The apprentice can only visualize a portion. The layman cannot visualize the creation at all. **It is the mental third eye that the engineer uses to put together his construction.**

So what makes a powerful third eye? Meditating on this question have made come to the conclusion that it is language and experience. Let's return to the engineering example. To mentally construct a building, the engineer draws up a blueprint using the technical language of his discipline. He also draws from actual past experience in the field. We can then see that the source materials for the creation is language and experience.

We should view math, physics, chemistry, computer science, etc. as languages that allows us to create at a particular level. Chemistry is a language that allows us to create at a chemical level. Math on a spatial and relational level, physics on a physical level, and computer science on a digital level. Human languages allows us to create on a social level, hence society.

Most humans choose to remain illiterate in scientific languages. This poor choice restrains their creative powers.

Being literate in only a human language, their creative ability remains confined to the field of administration or writing. The refusal to truly obtain math or science literacy is a collective vice that must be abandoned.

One particular language that time is pressing us to collectively learn is computer science. There is a new species emerging upon us- machines. Your phone, TV, car, etc. are all primitive lifeforms. They are the amoeba version of what is coming.

Similar to how prokaryotes evolved into multicellular cells and eventually into humans. A far more complex and powerful sentient life form will evolve out of our technology. Many view this as impossible, for life cannot come from something that isn't alive. However, if you realize that **everything, even plain dirt, is life in potential**... you can see that life is a result of complex ordered arrangements of matter. Since silicon and carbon share extremely similar chemical and semi conductive properties, the emergence of a robotic species is inevitable. Therefore, why not learn their language? Their role in future global affairs will be too significant not to.

Getting back to the subject of the third eye, our concern in this chapter is to learn techniques to stimulate it. To activate the third eye, you have to do our own projecting rather than be continuously projected upon. The first step therefore is to limit the mediums which people use to project upon you. The following is a non-exhaustive list: Television, Books, Facebook, Instagram, YouTube, Newspapers, etc.

The images projected into our first two eyes is what feeds our third eye. What you see on TV and social media therefore will be the raw materials for your imagination. People use these mediums to project their ideas unto your imaginative center. This situation may appear trivial but it is actually extremely dangerous. When you allow people to plant imaginative seeds in your head, you are permitting their narratives of the world to flourish in your mind. You are therefore empowering their script, rather than forming your own unique life experience.

Similar to how you feel sluggish after a large meal, the third eye becomes dormant when it is overfed with images. The end results in a life of passivity rather than active creation. Instead of creating your own entertainment, you need to be entertained. Instead of creating your own path, you follow that of others. Instead of creating your own job, you work for someone else.

As destructive as TV and Social Media is to your imagination, there is yet another element that is far worse. I speak of no other than school. I am bordering on the belief that school, in its current condition, is the worst thing one can do to their imaginative center. School not only wraps you in a bubble that is far from the messy environment of real life, but it is a place where you are constantly being projected upon.

When you sit inside a classroom, you are in the most suggestible state possible. Your body is still, the atten-

tion is fixed upon the towering instructor, and you are being projected upon in an authoritative manner. When considering the faith added by the prestige possessed by these institutions, the end result is near hypnotic suggestion. In fact, our very belief in these academic institutions closely resembles that of religion.

In the so called 'school' environment, you are not only being projected upon by professors, but by administrators, by other students, and worst of all, you are being projected upon by carefully selected books curated by people other than yourself. **Someone is forming your imagination for you.** A job that should have been your active role. The most sinister component is that you leave school with the false idea of being educated. Realistically, you have been indoctrinated.

I will not get into what a proper education should look like. I shall do so perhaps in a later book if the demand is present. What you must grasp is that school can be the most damaging element to your imagination. If you are considering school, abandon the idea. If you already are in school, realize that sitting in a classroom is a negative suggestible state. This passive state of listening to a so called instructor leaves you open to all sorts of suggestions and projections that are not your own. Either drop out and form your own damn mind. Or... minimize the damage as best as possible by constantly guarding your mind.

The last potential harm to your imaginative center I will cover are books. I saved this one for last because I

sensed that many of you would find it surprising to see books listed as one of the things that can potentially harm your third eye. Books have a great place in serving as reference for information and providing basic fundamentals. When used sparingly and wisely, their utility can be immense. When books are overdone however, and it doesn't take much to reach that threshold, they actually harm your imagination.

Why am I hard on books? Well aside from dulling your physical senses, books have a tendency to infect with you the visual filters projected by the author. In other words, books make you adopt the author's paradigm. Rather than viewing the world for what it is, you view it from the point of view the author has projected upon you. It is a lens thrown over your third eye. If this mental filter is bad, it can not only distort your imagination, it can ruin your life.

Removing a mental filter is not easy work. It is one of the most difficult tasks one can do. It may take years to remove a harmful way to look at the world. Guard your mind by being extremely selective of the books you read. This statement practically applies to all other mediums, not just books. Block any content that is not of your choosing. Be very selective at what enters in your mind. If it isn't noble, cast it aside.

Many of you will protest and say if I shouldn't read books then how shall I learn? Well... it isn't books that created learning, it is learning that created books. Clearly then, there are other superior means of learning. How did we learn before the age of books or the internet?

Before the information age, our primary method of learning was observation. **Men captured knowledge fresh from the pages of life.** A man sees the lid of a pot move by the boiling water vapor. This gives him the idea of moving a large machinery through the same water vapor he saw move that lid...Thus the steam engine was born.

Of course, we don't only learn by observation. Our learning is enhanced and synthesized through discussion and reflection. However these are all active forms of learning, rather than the passive method of sitting in a classroom all day.

To stimulate the third eye, I recommend all forms of active learning. Don't be entertained, create your own form of fun. Don't go to school, create your own way of teaching yourself. Don't passively stare at your instagram, carefully select the content goes inside your head.

As you gradually cut the habit of consuming other people's projections, silence and boredom will force your imaginative center into activity. All things come out of the void. The void you have been avoiding by ceaselessly

distracting yourself is exactly what you need to activate your third eye. Are you bold it enough to face the quiet void? In it lies the key to imagination.

THE CROWN CHAKRA



Most Common Occurrence: **Leaking**

THE CROWN CHAKRA

We have now reached the final energy center, the crown chakra. The aim of this book has been to conserve energy so that more power can rise to this center. However things are not so simple, it's not just a matter of more energy. We do not want to add more power to the brain that is dysfunctional, that would only make matters worse. We want power to go to a brain that is well trained and have the capacity to absorb this new strength. Those who by accident, allow more power than they can handle to rise to their mind, will experience headaches, restlessness, and insomnia.

There is so much that can be said about the crown chakra, where do we begin? I'll start by remarking that the crown chakra is overactive in 90% of people. It's quite a disheartening phenomenon. The energy that does make to the mind is dissipated on compulsive thoughts. The monkey mind analogy is not news to anyone. What one should realize however is that this is an energy leak.

The energy leak of the mind possesses common and peculiar consequences. The common consequence is that a mental energy leak drains you of physical strength, vitality, and youthfulness. The body needs energy to regenerate itself. Spending this energy on compulsive thought is not only a waste of time but drains youth and vigor.

Think of how drained you feel after a heated argument. This exhaustion is a result of the giant amount of power you have dissipated through the mind. The drained feeling may also be accompanied by a headache or heavy headedness. This is due to the fact that a more than usual amount of power has recently risen to your mind.

Your organs need power to do their job. As I mentioned over and over, too much energy going to one center is at the expense of another. Usually the center that is overfed grows tumorous, while the center that is underfed ends up with a blockage. A tumor is called a tumor regardless of where it occurs in the body. Blockages however, are named differently depending on its location. A blockage in the brain is called a stroke, a blockage at the heart is called a heart attack, a blockage in the sexual center is called ED (which happens in both men and women) etc.

Going back to the subject of the mind. Dissipation at this center is extremely common. Society intuitively knows this, which is why so much attention is given to tools like meditation. Although meditation is talked about, it is a technique hardly put into practice. In our busy lives of work and social media, who has time to stop the leakage occurring at their highest center?

Aside from the fact that compulsive thinking causes a general sapping of life, leakage at this center has its own peculiar effects. The first and most well known

symptom is Attention Deficit Hyperactivity Disorder. ADHD is but a fancy name for mental dissipation. It is a sign that the mind has poor capacitance for energy. This poor capacitance has serious intellectual consequences.

When the mind cannot retain energy, the person never develops a powerful mind. They remain a mental weakling. Mastering a difficult subject requires mental strength. One needs the ability to hold multiple relationships and calculate first, secondary, and tertiary effects. Such penetrative mind requires power. Not just power, controlled, well directed power. This level of intellect cannot be reached by those suffering from a mental leak. There just isn't enough power in the system to allow the mind to reach such level.

Even if power was present, there isn't sufficient self control for the brain to properly direct it. Aside from insufficient sunlight, this inability to retain mental power is one the primary reason why people cannot sit still nor learn a subject worthy of adulthood. The restlessness we witness in adults and children alike is their method of dissipating power they don't have the strength to retain.

Contrary to experience, this hyperactive mental state we often witness in people is not natural. It is a result of two things. First, it is a habit that is picked up from the restless urban environments. Second, it is also a result of people eating more calorically dense food without productive outlets to expend that energy.

People are not only more calorically dense foods, they are also eating far more frequently than their ancestors. This gives the body much more energy than it is prepared to handle. To make matters worse, machines are doing the physical labor that was formerly done by men and women. This means the average person today consumes more energy but is working far less. The final result is an epidemic of individuals suffering from ADHD, insomnia, and restlessness. There is no such thing as a free lunch. Every energy consumed must be expended. It will either be expended productively into useful things that add to the collective well being or it will be dissipated recklessly via anxiety, insomnia, etc.

The ability to retain power in your system is a skill. We often label this ability as poise. Like all skills, it is a virtue that can be cultivated to a high degree and crystallized into a habit. The cultivation of such power may take years but it is crucially important for health and mental development and should not be put aside.

To development of poise is especially important amongst the youth. Children and teenagers are over pouring with life. It is nature's gift to them so that their bodies and minds can develop. **It is exactly at this stage that self control should be made into a habit.** This will save them from dissipating the power their system needs for development. Failure of doing so will prevent the child from reaching full potential.

As people age, they tend to draw less power from the source of all life. This decrease in vital power gives the false appearance of self control but it is not. They are

simply becoming weak and powerless. The best time to teach conservation of energy is during youthful years. Unfortunately most parents are frighteningly ignorant on the subject. They allow their children to be restless and chaotic. They fail to see self control is the most potent form of education, one that precedes all book knowledge.

The fact that people were not taught self control as children allows them to pick up all sorts of dissipative habits. Here are some common mental leaks:

- 1) Fanatical beliefs (religious or political)
- 2) Compulsive dating
- 3) Pornography

Let's begin with the first, fanatical beliefs. Whether political or religious, once a person falls under the spell of an idea, their mind becomes dominated by it. This mental fascination of a political or spiritual idea absorbs the individual. Everything is related to this belief in some way. The person has ceased to be, their minds are infected with a virus who drains their mental power of vitality. Most people today have escaped the spell of ecclesiastic religion which dominated the minds of our forebears for centuries. However, they have failed to realize that politics today is the new form of religion. **All religions are forms of energy harvesting.**

Closely following fanaticism is the pattern of compulsive dating. Romanticism is a religion in of itself. It is quite different from the natural mating pattern that evolved out

of survival necessities and procreative needs. Romanticism mixes all kinds of fancy that leads one to spend a great deal of their waking hours searching for an ideal conjured up in their minds. This obsessive search is unforgiving to the mind.

As the compulsive dater is busy with dates or relationship drama, the world marches forward. New knowledge is discovered, new technologies are built, new techniques are invented, and the compulsive dater falls behind his or her environment. Before they know it, the compulsive dater joins the ranks of the socially unadapted. The socially unadapted are individuals who find themselves living in a world too complex for their understanding. They end up being stuck to simple jobs with simple pay.

Humans believe the social fabric of civilization protects them from natural laws. It does not ! Evolution requires an organism to constantly adapt to the ever changing environment, failing to do so will result in extinction.

I have mentioned the harmful effects of pornography in the chapter that deals with the sex chakra. However, this subject deserves a second mention in this chapter as well. This is because pornography causes a mental leak in the mind. The pleasures that porn causes release an excessive amount of neurotransmitters in the mind. This dopamine high costs an enormous amount of mental energy. So many chemicals are released from the excitation of porn that your brain often crashes to depression and requires an elapsed period to recover. This is the

reason why those who watch porn suffer from anxiety issues. The high they recently experienced was at the expense of much nervous force. Avoid porn at all cost!

Now that we've covered the detrimental effects of a mind leaking power, how do we bring it back to balance? The first principle in solving this issue is to **return to the body**. This can be achieved this by storing high loads of energy into your body. A useful analogy is to view your body as a capacitor. You can pump energy into it by doing physical exercises such as weight lifting or jogging. Let's take some time to explain how this works.

We know from the law of physics that every action has an equal but opposite reaction. When someone is weight lifting, they are pushing on the weights but the weights is also pushing back on them. This energy the weight is applying back on them is stored into the body. The original source of this power is the nervous system. This power from the nervous system is applied on the weights. The weights applies the same force on the person. This force is then stored into the body. We can then see weight lifting as an exercise that transfers power from the nervous system to the body, thus resolving energetic imbalances between the two.

Failing to pump sufficient energy into your body will result in an imbalance where most your energy resides in your head. A good axiom you can reliably count upon is this: If you sense that too much energy is being dissipated in the mind, it is a sign that you need to pump

more energy into your body. You can achieve this through strength exercises.

The second technique I recommend to combat crown chakra imbalances is to eat less. This method is especially useful for those with an overactive mind. The reason why people dissipate so much mental power is because they have an excess amount of energy from frequent meals throughout the day. The average person is eating more, and doing less.

Every ounce of food consumed must be exerted. If it is not exerted productively, the body will dissipate it wastefully. Therefore, I strongly advise those with an over active mind to practice fasting, at least intermittently. When energy in the system is lowered, the mind is calm and can be trained.

Before terminating this chapter, I would like to share an advanced method with you this. This powerful technique for eliminating mental leaks is to practice deliberation. Learn to perform every act under conscious control. Practice walking deliberately, moving deliberately, and most importantly, speaking deliberately. I mentioned in a previous chapter that speech is an indicator of the mind. **A person with great self control has the tongue under their will.** Deliberate speech is a powerful tool of self control. It will give you great mental powers.

Building a Custom Mind

Who formed your mind? If I look at your history, I will find parents, school, friends, TV, social media, your social class, employers, authors whose book you read, etc. but **nowhere will I find you on this list**. Most people have minds pre-made for them by society. Few people walk around with a custom mind in their skull.

Did you even know that you can build a custom mind? You can indeed! Earlier in this work, I mentioned that it is thoughts that create the brain, not the other way around. In other words, **the thoughts you constantly entertain shapes your mind**. Most people allow the environment to dump random thoughts inside their head. Rather than follow the carelessness of most people, you can carefully select the thoughts you are exposed to thus indirectly but surely shape your own mind in the process.

How do you create your custom mind? You can do this in four ways: 1) By carefully choosing the content that goes inside your head. 2) Through the use of subconscious subliminal. 3) Frequent contemplation on the character you desire. 4) Practicing what you wish to express. Let's look at each of those techniques in details.

Carefully choosing Mental Content

Your mental wiring is determined by its input. Since most people consume random thoughts and images, their

mental output reflects this chaotic soup of thoughts. Living in New York City, I often observe people compulsively use social media apps like instagram to escape boredom and anxiety.

As they scroll through the feed, they allow all sorts of random thoughts and images into their minds. This seemingly harmless habit is extremely destructive. The content they consume will not only shape their mind but it will also reflect in their experiences.

If you want a random life without organized purpose and advancement, continue to indulge in the random projections of others. However, if you want to individualize into something specific, you will have to carefully select the content your mind feeds upon. Choose content that only reflects the character and conditions you desire.

Imagine a young man who wants to become a great carpenter. He then should feed his mind with great works of carpentry. The young man should not only ceaselessly practice his craftsmanship, he should also watch videos of fine carpenters at work. He should study the style of other carpenters, take note of their techniques, compare them to his own, etc. In other words, as the young man ceaselessly submerges himself in the world of carpentry, he will absorb the virtue by osmosis. The example given above can be applied to anything. Want to become a great mathematician? Then feed your mind with great mathematical content. Surround yourself with mathematicians. Place posters of the subject around your house walls.

Subconscious subliminal

The technique of subconscious subliminal is very powerful. I recommend you apply it to a single virtue that your heart desires most. Carefully consider the virtue you choose to apply this technique for however, because once the effects begin to take root, they develop a life on their own. The technique of subconscious subliminal is as follows. Write a script that describe the virtue you wish to express. Make sure it is written in first person form such as:

I am a mathematician
I am a computational genius
I am brilliant

Once your affirmation script is complete, record yourself reading it in a loud and assertive manner. Now that you have the recording, port it over to your phone and listen to it daily. The next point is crucial: **when you are listening to the recording, be sure to set the audio at a level that is inaudible**. You should not be able to hear the words that are being repeated.

Listening to audio at an inaudible level bypasses the conscious mind where there may be resistance. Your subconscious however will hear the script perfectly and make it into its own. Once the seed is planted, it will bloom and harvest in its due time. Just be sure to water the seed by daily listening to your script.

Frequent Contemplation

What is meditation to you? Do you imagine sitting in a yoga position observing your breath? That is only one form of meditation, there are others. All of them share one thing in common- persistent focus on one thing.

Focusing on the breath is a useful technique for calming the mind. In building a custom mind however, your meditative focus should be on the character you desire. Think on it deeply over a prolonged period of time. When your mind loses track, return it back to the contemplative thoughts of the character you wish to express.

Let's just say you want to become something... anything. Doctor, composer, an engineer, a great husband, etc. One simple but extremely powerful way to achieve this goal is by meditating on all the virtues of the character you wish to express. Want to become a great doctor? Contemplate on medicine. Sit down on a chair, and visualize what a great physician looks like to you. Don't force the exercise, enjoy it. Have fun painting the marvelous powers of a great physician.

Want to become a better version of yourself? You can apply the same technique. Every night or morning, visualize your ideal self. This being is inside you and wants to come out. Bringing that character forward however will require you to do some digging, **and this digging is done by contemplating on the subject**. Think of your super self. What does he or she look like? Meditate on every attribute you possibly can think of. As you contemplate this person, you will become him or her.

Practice makes perfect

If you are using subconscious subliminal, contemplation, and feeding your mind with the right content, action will inevitably follow. You will not be able to help it. Actions are the physical effect of causes that are mental. They are but shadows of thought.

Rather than bore you with the obvious remark that practice is the final step of expressing what you wish to bring into physical fruition, I will give you a practical advice. This advice is to create a ritual. The ritual should express the virtue you seek. And this ritual should be performed every single day. Never skip a beat.

When a ritual is routinely performed, it will sooner or later become a pleasurable habit. Not only will it become a pleasurable habit but the effects will begin to yield exponential results.

Let's just say you want to become a great mathematician. Your ritual can be to spend 30 minutes doing math over a bowl of soup in the evening. The ritual can even be as short as 15 minutes, as long as this act is done everyday around the same time.

After three months of performing the routine, you will begin to enjoy your ritual. After 6 months, you will be able to do it for prolonged periods. This is due to the fact that your mind has been rewiring itself and learned to love the action. After two years, you will be able to reach a new skill dimensions at whatever ritual it is you per-

form. After five years, your mind will penetrate higher levels that are unreachable to most in the domain. After ten years... it will become an instinct. Once it becomes an instinct, you can pass it on to your heirs.

Whatever ideal you wish to express, it represents the true you. You would not receive the impulse if the potential wasn't already buried inside you. **Cultivating a virtue to the level of instinct is the greatest inheritance you can give your children.** This statement is not just true for your family, it is also true for the world. Your best self is the greatest gift you can give the world. It is also the gift the world is willing to pay most for because it will allow you to fulfill a task that no else can. This supreme version of you cannot be brought forth however if the power nature has given to you is dissipated into senseless pleasures. Once you stop leaking energy, use this power to build a custom mind. May life bring you health, wealth, and success.

Final Word

I understand that this book may be asking a lot from you. Do not feel overwhelmed. The key is to tackle one energy leak at a time. When one leak is closed, move to the next one.

Start by keeping your mouth shut. This is the easiest form of dissipation to stop. Once silence becomes a habit, heavy chatter will become painful to you. You will consciously avoid speaking, for you will love the high you get from having lots of energy in your system.

Once the throat chakra is closed, move down the sexual center. Learn to keep your legs closed if you are single. If you are married or in a relationship, take sex breaks and time off from your partner. Avoid sleeping in the same bed every night. This practice depolarizes the male/female energetic charge. Many couples lose their sparks because of this depolarization.

Next move to the stomach center. Start by eating less but have the goal to eventually reduce your consumption to one meal a day, with perhaps a light snack in the morning. The habit of constantly clogging your stomach with food is a vice that must be unlearned. You should also avoid eating food at least three hours before bed. This gluttonous habit impairs your sleep.

Of all things, I highly recommend a food diary. Observe the biofeedback the body gives after eating a certain meal. This feedback mechanism should guide your diet,

not some fad or religious beliefs about food. It will take years for you to learn what the proper diet is for you, but let your stomach do the guiding. Take long breaks between meals and observe how your body responds. You will gradually learn what food to eat or avoid as you do so. As your stomach center gains balance, you will ascend to states of health that are absolutely blissful.

Next move to the heart. Learn to open it by practicing collective duty and concern for others. Avoid callous content and hate material of any kind. Teach yourself curiosity once again, learn how to get inspired. Fall in love with a partner. Love is dangerous business, there is a chance that you will get hurt. But it's still worth it!

The root chakra will balance as you practice a sport and get sufficient sunlight. The crown and third eye chakra on the other hand, will take the longest to correct. The third eye chakra can be opened by active visualization rather than binging on other people's projection from TV and social media.

The crown chakra is an even longer term investment, one that requires years. It involves consistent study and constant mental grooming. I guarantee you however, this self investment will pay more than anything the stock market can ever give you. The character you develop is the real inheritance you pass on to your heirs. Make it a worthy one!

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