

I will build my castle one brick at a time for I know that small attempts, repeated, will complete any undertaking.

Each nay I hear will bring me closer to the sound of yea. Each frown I meet only prepares me for the smile.

Never will I allow any day to end with a failure.

I will not allow yesterday's success to lull me into complacency, for this is the great foundation of failure.

I will greet the new sun with confidence that this will be the best day on my life.

I am nature's greatest miracle.

I will begin now to accent my differences; hide my similarities.

I will concentrate my energy on the challenge of the moment and my actions will help me forget all else.

I will live this day as if it is my last.

Yesterday is buried forever and I will think of it no more.

I greet this sunrise with cries of joy as a prisoner who is reprieved from death.

Today's sadness carry the seed of tomorrow's joy.

Today I will be master of my emotions.

Weak is he who permits his thoughts to control his actions; strong is he who forces his actions to control his thoughts.

Each day, when I awaken, I will follow this plan of battle before I am captured by the forces of self-pity and failure.

If I feel depressed I will sing.

If I feel sad I will laugh.

If I feel ill I will double my labor.

If I feel fear I will plunge ahead.

If I feel inferior I will wear new garments.

If I feel uncertain I will raise my voice.

If I feel poverty I will think of wealth to come.

If I feel incompetent I will remember past success.

If I feel insignificant I will remember my goals.

I will laugh at the world.

Most of all, I will laugh at myself for man is most comical when he takes himself too seriously.

THIS TOO SHALL PASS.

To enjoy success I must have happiness, and laughter will me the maiden who serves me.

Today I will multiply my value a hundredfold.

Set goals for the day, the week, the month, the year, and my life.

Never will I be of concern that my goals are too high.

I will always strive to make the next hour better than this one.

I will act now.

Action is the food and drink which will nourish my success.

My procrastination which has held me back was born of fear. I must act without hesitation.

I will not avoid the tasks of today and charge them to tomorrow for I know that tomorrow never comes.

Without action all fruit will die on the vine.

Lest I act I will perish in a life of failure, misery, and sleepless nights.

I will pray, but my cries for help will only be cries for guidance.

I am a small and lonely grape clutching the vine yet thou hast made me different from all others. Verily, there must be a special place for me. Guide me. Help me. Show me the way.

THE GREATEST SALESMAN IN THE WORLD Part II - The End of the Story

by Og Mandino

Main Characters: Hafid = Salesman Erasmus = Bookkeeper Sergius = Roman
Galenus = Promoter Ilisia = Deceased Wife

1) Never again will I pity or belittle myself.

Now I know that patience and time can do more than even strength and passion.

2) Never again will I greet the dawn without a map.

The past is buried and I almost allowed myself to be buried with it. No more tears. Let the sun's rays shine on tomorrow's promises...and me.

3) Always will I bathe my days in the golden glow of enthusiasm.

4) Never again will I be disagreeable to a living soul.

5) Always will I seek the seed of triumph in every adversity.

There is no better school than adversity. Every defeat, every heartbreak, every loss, contains its own seed, its own lesson on how to improve my performance the next time.

- 6) Never again will I perform any task at less than my best.
- 7) Always will I throw my whole self into the task at hand.
Not many things indifferently, but one thing supremely, in the demand of our world. He who scatters his efforts cannot hope to succeed.
- 8) Never again will I wait and hope for opportunity to embrace me.
- 9) Always will I examine, each night, my deeds of the fading day.
- 10) Always will I maintain contact, through prayer, with my creator.
The fewer words, the better prayer.

He did not die alone, Look! Wrapped around the shoulders of the greatest salesman in the world was a red robe...a frayed red robe.

SIDDHARTHA

by Herman Hesse

Main Characters: Siddhartha = Main Govinda = Friend Atman = God
Gotama = Buddha Kamala = Wife Kamaswami = Business Man
Vasudeva = Ferry Man

Om is the bow, the arrow is the soul, Brahman is the arrow's goal at which one aims unflinchingly.

I was afraid of myself, I was fleeing from myself. I was seeking God, but by doing so, I lost myself on the way.

I will learn from myself, be my own pupil; I will learn from myself the secret of Siddhartha.

The world was beautiful when looked at in this way-without any seeking, so simple, so childlike, so awakened, so concerned with the immediate, without any distrust.

All this had always been and he had never seen it; he was never present. Now he was present and belonged to it. Through his eyes he saw light and shadows; through his mind he was aware of moon and stars.

He had never really found Self, because he had wanted to trap it in the net of thoughts.

Both thought and senses were fine things, behind both of them lay hidden the last meaning; it was worth while listening to them both, neither to despise nor overrate either of them, but to listen intently to both voices.

Ascending the tree = Sex

A stone finds the quickest way to the bottom of the water. So with Siddhartha. Siddhartha does nothing; he waits, he thinks, he fasts, but he goes through the water without doing anything, without bestirring himself; he is drawn and lets himself fall. He is drawn by his goal, for he does not allow anything to enter his mind which opposes his goal. That is what Siddhartha learned from the Samanas.

He compelled his boss to treat him as an equal and even more than an equal.

Most people are like a falling leaf that drifts and turns in the air, flutters, and falls to the ground. But a few others are like stars which travel one defined path: no wind reaches them, they have within themselves their guide and path.

The wheel of appearances revolves quickly.

He made and squandered money, fed his body and neglected his soul; he could have dwelt for along time yet in that soft, well-upholstered hell.

Siddhartha

His self had crawled into this priesthood, into this arrogance, into this intellectuality.

He learned from the river how to listen with a still heart, with a waiting, open soul, without passion, without desire, without judgment, without opinions.

The river is everywhere at the same time, at the source, at the mouth.

Wisdom is a preparation of the soul, a capacity, a secret art of thinking feeling and breathing thoughts of unity at every moment of life.

Siddhartha ceased to fight against his destiny. There shone in his face the serenity of knowledge, of one who is no longer confronted with conflict of desires, who has found salvation, who is in harmony with the stream of events, with the stream of life, full of sympathy and compassion, surrendering himself to the stream, belonging to the unity of all things.

You are indeed a seeker, for in striving towards your goal, you do not see many things that are under your nose.

Knowledge can be communicated but not wisdom.

In every truth the opposite is equally true.

During deep meditation it is possible to dispel time, to see simultaneously all the past, present, and future, and then everything is good, everything is perfect, everything is Brahman. Therefore, it seems to me that everything that exists is good -- death as well as life, sin as well as holiness, wisdom as well as folly. Everything is necessary, everything needs only my agreement, my assent, my loving understanding; then all is well with me and nothing can harm me. I learned through my body and soul that it was necessary for me to sin, that I needed lust, that I had to strive for property and experience nausea and the depths of despair in order to learn not to resist them, in order to love the world, and no longer compare it with some kind of desired imaginary world, some imaginary vision of perfection, but to leave it as it is, to love it and be glad to belong to it.

I can love a stone, a tree, or a piece of bark. These are things and one can love things. But one cannot love words. Therefore teaching are of no use to me; they have no hardness, no softness, not colors, nor taste--they have nothing but words.

I do not differentiate very much between thoughts and words.

Love is the most important thing in the world.

THEOSOPHY - An Introduction to the Supersensible Knowledge

Rudolf Steiner

Anthroposophic Press, 258 Hungry Hollow Road, Spring Valley, NY 10977

The soul has this longing because it is formed and built for the supersensible world, just as the lungs are constructed for the air.

A far more difficult task is undertaken by those whose keen desire for knowledge urges them to strive to observe the objects of nature as such and in their relationship to each other.

Through his body man is able to place himself for the time being in connection with things; through his soul he retains in himself the impressions they make on him; through his spirit there reveals itself to him what the things retain for themselves.

He receives from the outer world the incitements, but he creates in response to these incitements a world of his own. The body becomes the foundation of the soul being of man.

The soul life is the basis of the spiritual just as the body is the basis of the soul life.

The construction of the human brain can only be understood by considering it in relation to its task—that of being the bodily basis for the thinking spirit.

The highest feelings are, not those that come of themselves, but those that are achieved by energetic and persevering thinking.

In each plant and animal he perceives, besides the physical form, the life-filled spirit-form.

KNOWLEDGE OF THE HIGHER WORLDS AND ITS ATTAINMENT

Rudolf Steiner

Anthroposophic Press, 258 Hungry Hollow Road, Spring Valley, NY 10977

A person who darts from one impression of the outer world to another, who constantly seeks distraction, cannot find the way to higher knowledge.

All knowledge pursued merely for the enrichment of personal learning and the accumulation of personal treasure leads you away from the path; but all knowledge pursued for growth to ripeness within the process of human ennoblement and cosmic development brings you a step forward.

Adapt each one of your actions, and frame each one of your words in such a way that you infringe upon no one's free-will.

Provide for yourself moments of inner tranquillity, and in these moments learn to distinguish between essential and non-essential.

The student must seek the power of confronting himself, at certain times as a stranger. He must stand before himself with the inner tranquillity of a judge. When this is attained our experiences present themselves differently.

No outward forces can supply space to the inner man. It can only be supplied by inner calm which man himself gives to his soul.

Wherever he observes a definite kind of blooming and flourishing, he must banish everything else from his soul, and entirely surrender himself, for a short time, to this one impression.

It should be emphasized that the student must never lose himself in speculations on the meaning of something. Such intellectualizing will only draw one away from the right path.

In the place of petty emotionalism and capricious flights of thought, there appear significant emotions and thoughts that are fruitful.

He must get beyond the point of caring whether, for him, the sound is pleasant or unpleasant, and his soul must be filled with whatever is occurring in the being from which the sound proceeds.

Of very great importance for the development of the student is the way in which he listens to others when they speak. He must accustom himself to do this in such a way that, while listening his inner self is absolutely silent.

The intention is not to investigate the physical nature of the object, but to use it for the development of psycho-spiritual forces.

Observe in silence even toward yourself. Do not attempt to clothe in words what you contemplate in the spirit, or to pore over it with clumsy intellect.

No longer should you think of fellow-men in a way that is incompatible with the highest reverence for human dignity and human liberty.

You must learn to maintain inner calm and steadiness in the face of difficult circumstances; he must cultivate a strong trust in the beneficent powers of existence.

I must certainly do everything I can for the training and development of my soul and spirit, but I shall wait patiently until higher powers shall have found me worthy of definite enlightenment.

Such self-knowledge is, of course, difficult, for the temptation to self-deception is immeasurably great. Anyone making a habit of being truthful with himself opens the portal leading to a deeper insight.

The student should pay heed to the advancement of bodily and spiritual health.

The student should feel himself co-ordinated as a link in the whole of life. The student must work his way upward to the realization that his thoughts and feelings are as important for the world as his actions. It must be realized that it is equally injurious to hate a fellow being as to strike him. Steadfastness in carrying out a resolution.

Development of thankfulness for everything with which man is favored. Regard life unceasingly in the manner demanded by these conditions.

No disharmony must ensue between the higher experiences and the events and demands of every-day life.

Three fundamental soul-forces, thinking, feeling, and willing, should have undergone harmonious development before being released from their inherent connection and subordinated to the awakened higher consciousness.

The Guardian of the Threshold:

Only when thou hast made good all thy bygone wrongs and hast so purified thyself that all further evil is, for thee, a thing impossible, only then will by being have become transformed into a radiant beauty. Then, too, shall I again become united with thee for the welfare of thy future activity.

My threshold is fashioned out of all the timidity that remains in thee, out of all the dread of the strength needed to take full responsibility for all thy thoughts and actions.

Henceforth he knows that being within himself which is fashioned with all its imperfections in the visible world, and which can only be brought to its final perfection in this same visible world.

It becomes their duty to keep the student away from the supersensible world until he can enter it with the will for selfless collaboration.

CHRISTIANITY AND OCCULT MYSTERIES OF ANTIQUITY

by
Rudolf Steiner

The harmony of the world is of opposite tensions, as is that of the lyre or bow.

To cling to the transitory with his cognition is the original fault of man.

• The Gospels of John differ very much from the other three.

• In John's Gospel no actual parable is present. The source from which he drew was a mystical school which believed parables to be unnecessary.

Lazarus was awakened from his mystical trance state.

Jesus lives in such a way that when he awakens his own being in man, man becomes a mystic.

• Gnostics were saturated with the ancient wisdom of the Mysteries and striving to understand Christianity from that point of view.

• St. Augustine said, It is only possible to arrive at higher cognition when thought has been freed from all material substance; when a soul life has been developed in which images of reality do not cease when their demonstration in sense-impressions comes to an end.

STRANGER IN A STRANGE LAND

by Robert Heinlein

Characters:

Michael Valentine Smith, Captain Von Tromp, "Stinky" Mahmoud, Gillian "Jill" Boardman, Ben Caxton = Reporter, Cavendish = Fair Witness, Joseph Douglas = President, Digby = Fosterite Priest, Jubal Harshaw, Dorcus, Miriam, Ann, Patty and Honeybun

Lines:

Drink deep, may you never thirst.

I've never understood how God could expect his creatures to pick the one true religion by faith--it strikes me as a sloppy way to run the universe.

Flapper's as each held arbitrary veto over communication from the outside.

Thou art God.

I give you the water of life. May you always drink deep.

If God didn't want women to be looked at, He would have made them ugly.

Waiting for fullness is.

Faith, what a dirty monosyllable.

They laugh because it hurts...because it's the only thing that'll make them stop hurting.

Blood like catsup and that ex-carpenter portrayed like as if he was a pansy.

What modern artists do is pseudo-intellectual masturbation. Creative art is intercourse, in which the artist renders emotion his audience.

Waiting will fill.

There is no need to covet my wife...love her!

Age does not bring wisdom, but it does bring perspective.

Self awareness is not just a bunch of amino acids bumping together.

Geniuses are justifiably contemptuous of lesser opinion and are always indifferent to sexual customs of the tribe; they make their own rules.

Each sunrise is a precious jewel...for it may never be followed by sunset.

One way or another competing and weeding takes place or a race goes downhill.

I grok the fullness. Waiting is ended.

SUNDOG

Jim Harrison

Characters: Robert Strang, Eulia, Author

Only in the Midwest is overeating still considered an act of heroism

There are two kinds of people in this world, those who live in palaces and those who prefer log cabins.

Some bible belt maniac who doubles as a child beater

Vengeance is the spinning wheel of karma spitting out its usual weight in human guts.

Work out your own salvation with fear and trembling

Tai Chi Chuan

TAI CHI - The Supreme Ultimate

by Lawrence Galente

Samuel Weiser, Inc.

Box 612

York Beach, ME 03910

Origin: Shao-lin Temple Boxing

Soft schools: Tai Chi Chuan, Pa-Qua

Hard School: Shao-lin Chuan, Karate

I Ching: an oracle of spiritual texts

Synchronicity: Coinciding of two or more events in time with no causal relationship.

Tao Te Ching by Lao Tzu

Lao Tzu discussion with Confucious:

The philosophers of whom you are speaking decayed long ago, even if their teachings, as an expression of their times, have been left to us. What is worth knowing, is timeless. If the responsible parties do justice to their time, they are leaders and a blessing for their people; if not, they remain driven ones who stay the progress and perfecting of men.

In vain is every attempt to change men and people by external reform. Tame your vanity, therefore, let go your negligible knowledge! Give up the illusion of the beautiful programs which do not help the people! The people renew themselves out of themselves if they govern themselves in freedom. Man refines himself through his Self: through his indwelling striving for Self-realization. Everything else is vain and useless.

Your way is the way of men; my way is that of heaven. To go my way is to find peace and perfection.

Your way arises from temporality and ends in it. My way leads from the timeless to the eternal; to the fulfillment of the meaning of life.

Your way is the way of action. My way is the way of non-action which does not leave anything undone: the way of stillness and tranquility out of which right consciousness arises.

Confucious was grounded in the ways of man and the world. Lao Tzu was grounded in the Tao, a lofty spiritual level. Plato called such men Philosopher Kings. They made the teachings and ideals of philosophy their very nature and lived in perfect harmony with that knowledge, which comes to them via higher inner self-the superconsciousness.

Lao Tzu was a mystic. Mysticism is the immediate knowledge and experience of ultimate reality or God.

Lao Tzu wrote a manuscript called the Tao Te Ching. Way or Truth and its Power or Virtue. Second most translated book in the world.

Man must harmonize his true nature with the nature of the cosmos.

Lao Tzu teaches a contemplative way, where talk is superfluous and example teaches best. It is a way of emptying the self of egotism and the illusion that man governs his world. Man must learn the way of Wu Wei (non action) in which he relaxes completely, thus becoming the living channel for the mysterious supernatural force - Tao.

Relaxation in its highest sense means faith. The greater our faith, the greater our tranquility of mind. Practice faith and gain the experience.

Humility is the process of seeing oneself in correct perspective to the rest of creation. Humility is called selflessness in the East. This denotes one who does not regard his own self interests as being more important than anything else.

Invest in loss. Little loss little gain. Big loss big gain.

Christian teachings: Matt 16:24, Luke 9:23, Mark 8:34.

When Tao becomes our foundation and our root what power can shake us?

When continuous and sincere action is practiced, success is assured. Perseverance furthers. I Ching.

We should seek evenness, not extremes of strictness. Strictness will lead to periods of relative laxness.

Tao is found in everything and in all the diverse forms. It is constant and stable. Tao is found in everything and in all the diverse forms. It is constant and stable. The spiritual aspirant must dwell on this essential unity within divergence and not on the infinite diversity of creation. Diversity will scatter the mind. The essential Oneness will unite it.

Love expressed through service is probably the singularly most purifying act of spiritual endeavor that one can perform.

Breath is life! One must start to make that association in one's mind and strive to remember this fact.

The same spiritual life force permeates and animates all the life forms in the world. What differs is the external containers which hold this spiritual essence. Just as the air that we breathe is the tangible connection among all beings; spirit is the intangible connection.

Meditation is the act of turning consciousness towards its own center, so that it perceives itself. When consciousness is able to witness itself, it acquires knowledge of itself. This state is called Self-realization, or enlightenment. Any system of meditation regardless of its philosophical affiliation, is comprised of three stages: 1. Concentration, 2. Contemplation, and 3. Meditation or Union.

Before one can even start the actual process of meditation, whether it is stationary or active, one should be aware of certain prerequisites:

1. Spine should be straight and vertical.
2. The body must be quieted.
3. Breathing must be slow and rhythmic.
4. Hands arranged in posture.

Concentration is the ability to direct the mind to one subject and hold it there. Good items include breath, heartbeat, martial arts, archery, flowers. So (inhalation) and hum (exhalation).

Tai Chi Chuan

Contemplation is when one loses awareness of himself as the concentrator. Center of consciousness shifts to the object itself.

Union is when one regains consciousness of itself and remains with the object. This than can expand to a mystical union with the entire cosmos.

The way to freedom is not doing whatever one pleases, nor is it chaotic behavior. Rather, it is the way of discipline, effort and self-inquiry.

Tao by the Taoists is the same as Brahman for the Hindus. Yin and Yang is equivalent to Shiva - Shakti.

Higher self = The divine, spark of Brahman contained in all (Atma).

Zen is the purest existential experience of the now. The present is the only reality. Zen professes that enlightenment is imminently possible at any moment in one's life.

A teacher can be invaluable at reaching enlightenment.

ZaZen is breath meditation in which the student sits and follows the breath from nose to hara (Tan Tien), timing the inhalation exactly with the exhalation.

The left half brain is concerned with analytic, logical thinking, especially in verbal mathematical functions. It underlies logical thought, language, and mathematics. Right half brain is concerned with spatial orientation, artistic endeavors, and image recognition.

Occult = hidden.

Most western occult sciences are based on Throth Hermes Trismegistus (Egypt).

When concentration and repetition is practiced, willpower is increased and one becomes master over himself and his environment. The goal of the occult is to become a channel for Universal Energy.

Man is a microcosm (yin) and the universe is a macrocosm (yang).

Normally in a 24 hour period, Chi will circulate twice throughout the meridians of the body.

Eating: Two meals a day is healthier than three. 1/2 food 1/4 liquid.

Taoist encouraged sexuality so Chi could be cultivated.

Unless the breath is consciously coordinated with the movements of a relaxed body and mind, Chi will not be developed. When you breathe, imagine the breath as Chi energy entering your body. This Chi can perhaps better be visualized as light. Next imagine the Chi filling all of the body, sinking to the Tan Tien, being stored in the bones, and being extended out through the fingers with every exhalation.

Chi must be visualized as centering in the Tan Tien.

THE WAY OF DHARMA

by Paul Twitchell

You can have God-Realization now, this moment, but one must make up his mind to do so. We always dwell in eternity. If I go to Paris or London, I have traveled over distance, but in the eyes of God, I have gone nowhere. Neither do I travel anywhere within the spheres of the first three worlds, in its time, space, energy and matter. We do not go anywhere within these Cosmic worlds. How can we? We are in eternity always. Here, Now!

The Light and Sound are your pillars. Keep them to your heart always and you will never be without God.

In the lower forms of life, of any life in the material worlds, the law says and eye for an eye and a tooth for a tooth. This was the law that early ECK Masters had to teach the people for they were not evolved to the point whereby they could advance by the more subtle law of Love. Then came another who taught that by the law of Love we could overcome all things.

Nobody can straighten out the wrong in yourself but you. You have that power and should make up your mind to do so.

Everything in our lives within the material world is based upon three things: choice, imagination, and will power.

It is not the things that happen to us that count. It is how we react emotionally and mentally to what happens. This determines our pain or pleasure and of course our karma in successive lives.

If you put the power of soul into every act, however small, or commonplace, you will have revealed to all who, and what you really are!

The only way to develop a perception of truth in large things is to trust absolutely to your perception of truth in small things!

Jesus's original teachings gave the sound current as its basic precept. He had studied in India, and it is well known that Jesus was in India for approximately 19 years. Two of his cardinal principles are those taught by every ECK Master who has come to this earth. They are: First, the vital importance of love, without which there can be neither wisdom nor religion. Secondly, the Kingdom of Heaven is truly a place of reality and that it can be found only within man himself.

The answer to all things is within you. You must find me within your heart and every answer to life's obstacles will be realized.

TRANSFORMATION: THE BREAKTHROUGH
by Whitley Strieber

496 LaGrardia Place #188
New York, NY 10012

The Universe is a mystery, and our theories about its nature-and our own-are really nothing more than illustration of our ignorance.

I relived the loneliness of late childhood, those stabbing moments when one realizes that something is ending, the immaculate season, and rain is sweeping the path ahead.

Anne: Why did you come here?

Voice: We saw the glow.

Anne: Why are you doing this to Whitley?

Voice: It is time.

Anne: Where are you from?

Voice: Everywhere.

Anne: What is the earth?

Voice: It's a school.

QUESTIONS?

Group 1:

What is the nature of the substance or problem?

What is its origin?

What is its composition?

Group 2:

What is its function?

Who possesses, controls, or causes it?

What is my opinion of it?

Group 3:

What is my relationship to it?

What are my expectations of it?

What is its density?

Our civilization is addicted to its sins. We despoil the earth and corrupt the lives of millions of people without a qualm. We do not take responsibility for anything we do.

Star Language = Gaelic Equivalent Translation:

The living descendants of the Northern peoples are groping in universal darkness. Their mother mourns. A dark occasion forebodes when weakness in high places will revive a high cost of living: and interval of mistakes in high places; and ~~X~~ interval fit for distressing events.

Communion prediction: The ozone layer is in serious trouble, but it would get better just before getting far, far worse.

Journeys Out of the Body, Robert Monroe

Return from Tomorrow, George Ritchie, Near Death Experience.

The Andreasson Affair, Raymond Fowler, About abduction.

Circle Sanctuary, Located near Madison, Wisconsin.

WAY OF THE PEACEFUL WARRIOR

by Dan Millman

Characters: Dan Millman Socrates Joy Joseph

Understanding is one dimensional. It is the comprehension of the intellect. It leads to knowledge, which you have. Realization, on the other hand is three dimensional. It is the simultaneous comprehension of the 'whole-body'--the head, heart, and physical instincts. It comes only from clear experience.

Use whatever knowledge you have but see its limitations. Knowledge alone does not suffice; it has no heart. No amount of knowledge will nourish or sustain your spirit; it can never bring you ultimate happiness or peace. Life requires more than knowledge; it requires intense feeling and constant energy. Life demands right action if knowledge is to come alive.

The warrior acts and the fool reacts.

Your feelings and reactions, are automatic and predictable, mine are not. I create my life spontaneously; yours is determined by your past.

You must cleanse your body of tension, free your mind of stagnant knowledge, and open your heart to the energies of true emotion.

It's better for you to take responsibility for your life as it is, instead of blaming others, or circumstances, for your predicament. As your eyes open, you'll see that your state of health, happiness, and every circumstance of your life has been, in large part, arranged by you--consciously or unconsciously.

When you become fully responsible for your life, you can become fully human; once you become human, you may discover what it means to be a warrior.

I was sociable enough on the outside, but I was really only concerned about myself.

Only the supremely wise and the ignorant do not alter.

The best performers had the quietest minds during their moment of truth.

You're a prisoner of your own illusions about yourself and about the world. To cut yourself free, you're going to need more courage and strength than any movie hero.

If you don't get what you want, you suffer; if you get what you don't want, you suffer; even when you get exactly what you want, you still suffer because you can't hold onto it forever. Your mind is your predicament. It wants to be free of change, free of pain, free of the obligations of life and death. But change is a law, and no amount of pretending will alter that reality.

Life is not suffering; it's just that you will suffer it, rather than enjoy it, until you let go of your mind's attachments and just go for the ride freely, no matter what happens.

You have a brain that directs the body, stores information, and plays with that information. We refer to the brain's abstract processes as the intellect. Nowhere have I mentioned mind. The brain and the mind are not the same. The brain is real; the mind isn't.

Mind is an illusory outgrowth of basic cerebral processes. It is like a tumor. It comprises all the random, uncontrolled thoughts that bubble into awareness from the subconscious. Consciousness is not mind; awareness is not mind; attention is not mind. Mind is an obstruction, an aggravation. It is a kind of evolutionary mistake in the human being, a primal weakness in the human experiment. I have no use for the mind.

Even a young fool in the throes of love cannot fail to see how his mind creates both his disappointments and his--joys.

If you remain blind to your weaknesses, you can't correct them--nor can you play up to your strengths.

Your compulsive attention to the mind's moods and impulses is a basic error. If you persist, you'll remain yourself--and I can't imagine a worse fate!

When you lose your mind, you'll come to your senses.

Anger is stronger than fear, stronger than sorrow. Your spirit is growing. You are ready for the sword.

When the mind resists life, thoughts arise. When something happens to conflict with a belief, turmoil is set up. Thought is an unconscious reaction to life.

When you resist what happens, your mind begins to race; the same thoughts that impinge upon you are actually created by you.

Remember--when you are troubled, let go of your thoughts and deal with your mind!

The practice of insight into the source of your own ripples is meditation.

The gleam of the sword distracts many meditators into further illusion until they ultimately abandon it to seek yet another inner alternative.

The warrior, on the other hand, uses the sword with skill and deep understanding. With it, he cuts the mind to ribbons, slashing through thoughts to reveal their lack of substance.

That is how you must learn to attack the knots of your mind--with the sword of meditation. Until one day you transcend your need for any weapon at all.

The only levels that should concern you are mine--and yours.

I realized the process of real meditation --to expand awareness, to direct attention, to ultimately surrender to the Light of Consciousness.

You identify with your petty, annoying, basically troubled beliefs and thoughts; you believe that you are your thoughts.

In your deluded belief that you are this mind or spirit or soul, you find the escape clause in your contract with mortality. Perhaps as mind you can wing free of the body when it dies, hmmm?

Here is the truth: consciousness is not in the body; rather, the body is in consciousness. And you are that consciousness; not the phantom mind which troubles you so.

So if you will just relax mindless into the body, you'll be happy and content and free, sensing no separation.

The body is consciousness; it is immortal. It only changes. The mind--your own personal beliefs and history and identity--is the only mortal; so who needs it?

Everything has a purpose, Danny; it's for you to make the best use of this accident.

Anger is one of your main tools to transform old habits.

Anger can burn away old habits. Fear and sorrow inhibit action, you see; anger generates it. When you learn to make proper use of your anger, you can transmute fear and sorrow to anger, and anger, to action. That's your body's secret of internal alchemy.

Sometimes it's appropriate to express fear, sorrow, or anger--but the energy should be directed completely outward, not held in. The expression of emotions should be complete and powerful, then should vanish without a trace. The way to control your emotions, then, is to let them flow and let them go.

Babies let it flow, then let it go. They express themselves fully, then shut up. Infants are fine teachers. And they demonstrate the right use of energy.

A proper diet allows you to make the most direct use of the sun's energy. The ensuing store of energy will open your senses, expand your awareness, and sharpen your concentration into a slashing blade.

The pleasure you gain from eating, is limited to the taste of the food and the feeling of a full belly. You must learn to enjoy the entire process--the hunger beforehand, the careful preparation, setting an attractive table, chewing, breathing, smelling, tasting, swallowing, and the feeling of lightness and energy after the meal. Finally, you can enjoy the full and easy elimination of the food after it's digested.

Eliminate all foods that contain refined sugar, refined flour, meat, and eggs, as well as drugs including coffee, alcohol, tobacco, and any other nonuseful food. Eat only fresh, unrefined, unprocessed foods, without chemical additives. In general, make breakfast a fresh fruit meal, perhaps with cottage cheese or yogurt. Your lunch, your main meal, should be a raw salad, baked or steamed potato, perhaps some cheese, and whole grain bread or

cooked grains. Dinner should be a raw salad and, on occasion, lightly steamed vegetables. Make good use of raw, unsalted seeds and nuts at every meal.

While you may of course enjoy intimate, heartfelt relationships, until you're sufficiently mature, you're to refrain completely from your preoccupation with sexual release.

It was over; I was through being a slave to random impulses.

I practiced breathing so slowly that it took one minute to complete each breath. When combined with intense concentration and control of specific muscle groups, this breathing exercise heated my body up like a sauna and allowed me to remain comfortable outside, no matter what the temperature.

Praise and blame are forms of manipulation that you no longer require.

Every action has its price, and pleasures. Recognizing both sides, you become realistic and responsible for your actions.

Moderation is the wobbling compromise that makes no one happy.

I've seen beneath people's social masks to their common fears and troubled minds, and that has made me cynical, because I haven't yet been able to get beyond all that to see the light within them.

THERE ARE NO ORDINARY MOMENTS.

Meditation is a valuable exercise. But eventually you have to open your eyes and look around. The warrior's life is not sitting practice; it is a moving experience.

Knees half bent, his hips forward, and his shoulders back. He put his hands out in front of him, as if holding an invisible beach ball. Hold that position without moving and breathe slowly.

Massage the bones not just the flesh and muscle--deeper. Once a week for the next six months.

Satori is the warrior's state of being; it occurs at the moment when the mind is free of thought, pure awareness; the body is active, sensitive, relaxed; and the emotions are open and free: satori is what you experienced when the knife was flying toward you.

I saw that I had never learned how to enjoy life, only how to achieve.

The birth of the mind is the death of the senses.

You've become bored with things because they only exist as names to you. The dry concepts of the mind obscure your vision.

You see only memories of things, so you become bored. Boredom, you see, is fundamental nonawareness of life; boredom is awareness, trapped in the mind.

When you can feel the flow of energies in your body and do a minor tune-up--then you'll have your romance.

Refine your senses a little more each day; stretch them, as you would in the gym. Finally, your awareness will pierce deeply into your body and into the world. Then you'll think about life less and feel it more. Then you'll enjoy even the simplest things in life--no longer addicted to achievement or expensive entertainments.

$$\text{Happiness} = \frac{\text{Satisfaction}}{\text{Desires}}$$

The time always was, is , and always will be now!

I'd finally released my expectations the world could fulfill me: therefore my disappointments had vanished too.

Stay in the present. You can do nothing to change the past, and the future will never come exactly as you plan or hope for.

Your sorrow, your fear and anger, regret and guilt, your envy and plans and cravings live only in the past, or in the future.

The mind in fact never exists in the present. Its only power over you is to draw your attention out of the present.

Don't let anybody or anything, least of all your own thoughts, draw you out of the present.

Your business is not to get somewhere--it is to be here.

I went for a walk, continuing to meditate in the way Socrates had suggested, focusing my attention more and more in the present moment.

For every strength there is a weakness--and vise versa.

Love is the warrior's sword; wherever it cuts, it gives life, not death.

Better to live until you die.

Words are not enough; you too must teach by example, and only what you've realized through your own experience.

Embody what you teach, and teach only what you have embodied.(Ghandi sugar story)

You cannot attain happiness; it attains you-- but only after you surrender everything else.

You'll one day discover that death is not what you might imagine; but then, neither is life. Either may be wondrous filled with change; or, if you do not awaken, both may turn out to be a considerable disappointment.

Enlightenment is not an attainment, Dan; it is a realization. And when you wake up, everything changes and nothing changes.

Act happy, feel happy, be happy, without a reason in the world. Then you can love, and what you will.

A saintly woman was walking along the edge of a cliff. Several hundred feet below her, she saw a dead mother lion, surrounded by crying cubs. Without hesitation, she leaped off the cliff so that they would have something to eat. (Soc's heart attack)

All these years Dan Millman had grown up, struggling to be a somebody. Talk about backwards. He had been a somebody locked into a fearful mind and a mortal body.

And so I awoke to reality, free of any meaning or any search.

Yet, though I had no code of behavior, I felt what was balanced, what was loving. I was capable of loving action, and nothing else. He had said it; what could be a greater power?

I had lost my mind and fallen into my heart.

Everywhere I visited, everyone was perfectly being what they believed they were.

There is no need to search; achievement leads to nowhere. It makes no difference at all, so just be happy now! Love is the only reality of the world, because it is all One, you see. And the only laws are paradox, humor, and change. There is no problem, never was, never will be. Release your struggle, let go of your mind, throw away your concerns, and relax into the world. No need to resist life; just do your best. Open your eyes and see that you are far more than you imagine. You are the world, you are the universe; you are yourself and everyone else too! It's all the marvelous Play of God. Wake up regain your humor. Don't worry, just be happy. You are already free!

I closed my eyes to meditate, but realized that I was always meditating now, with my eyes wide open.

I would have to adapt myself to living a happy useful life in a world that was offended by one who is no longer interested in any search or problem. An unreasonably happy man, I learned, can grate on people's nerves!

Then I felt the truth of it. Socrates hadn't come, because he had never left. He was only changed. He was the elm above my head; he was the clouds and the bird and the wind. They would always be my teachers, my friends.

Doing is understanding.

We turn to Spirit for help when our foundations are shaking, only to find that it is Spirit who is shaking them.

What would my high self do?

THE TWELVE PATHWAYS

FREEING MYSELF

1. I am freeing myself from security, sensation, and power addictions that make me try to forcefully control situations in my life, and thus destroy my serenity and keep me from loving myself and others.
2. I am discovering how my consciousness-dominating addictions create my illusory version of the changing world of people and situations around me.
3. I welcome the opportunity (even if painful) that my minute-to-minute experience offers me to become aware of the addictions I must reprogram to be liberated from my robot-like emotional patterns.

BEING HERE NOW

4. I always remember that I have everything I need to enjoy my here and now—unless I am letting my consciousness be dominated by demands and expectations based on the dead past or the imagined future.
5. I take full responsibility here and now for everything I experience, for it is my own programming that creates my actions and also influences the reactions of people around me.
6. I accept myself completely here and now and consciously experience everything I feel, think, say, and do (including my emotion-backed addictions) as a necessary part of my growth into higher consciousness.

INTERACTING WITH OTHERS

7. I open myself genuinely to all people by being willing to fully communicate my deepest feelings, since hiding in any degree keeps me stuck in my illusion of separateness from other people.
8. I feel with loving compassion the problems of others without getting caught up emotionally in their predicaments that are offering them messages they need for their growth.
9. I act freely when I am tuned in, centered, and loving, but if possible I avoid acting when I am emotionally upset and depriving myself of the wisdom that flows from love and expanded consciousness.

DISCOVERING MY CONSCIOUS-AWARENESS

10. I am continually calming the restless scanning of my rational mind in order to perceive the finer energies that enable me to unitively merge with everything around me.
11. I am constantly aware of which of the Seven Centers of Consciousness I am using, and I feel my energy, perceptiveness, love and inner peace growing as I open all of the Centers of Consciousness.
12. I am perceiving everyone, including myself, as an awakening being who is here to claim his or her birthright to the higher consciousness planes of unconditional love and oneness.

YOGA YOUTH AND REINCARNATION
by Jess Stearn

As a man thinks so he becomes.

Keep your mind quiet, so thoughts can enter; then listening, we can learn; remembering, so we can consider; understanding, so it will have meaning; and then act.

Anger should be simulated only for effect. Real anger dissipates energies, and causes innumerable little internal explosions damaging to body and mind.

When the mind is calm and quiet, truth enters unsought.

Sinus problems: lie flat on bed and touch floor using head and neck.

Your body, which has a life pattern of its own, and established aging process, will resist any move to change the established order.

Half the sterile lives in the world are due to the unconscious realization of the inadequacy of the individual to reconcile his life with what he feels should be the true method of living. The result is a sense of frustration, for the individual wants something which he cannot identify.

As the subconscious opens, it comes in intuitive flashes and in images; so we train ourselves to meditate in terms of images. Then through exercises, we learn control, as we discipline ourselves, doing things with a sense of purpose. As part of our body control, we begin to control our emotions automatically. With control comes detachment, and we detach ourselves not from life, but from the fears that make living difficult and becloud our purpose.

All to hope for is progress that gives every day a fresh meaning.

It is sufficient to discipline the body to a point where it becomes immobile on demand, thus curbing a restlessness which dissipates vital energy.

There is a right time and right place, that's what Yoga tells you.

The chaos about thee is but the confusion within thee.

Face exercise: After head-down, rub face firmly but gently up along cheeks.

People who take years to acquire a scrap of paper expect to find God in a moment of prayer.

Egotism divides man from man and separates him from God.

All wish to live free, free from the tyranny of the mind and the senses, and also from the fear of adverse circumstances.

A man must raise himself by his own efforts, and must not allow himself to be dragged down. He alone is his own friend, and he alone is his own enemy.

Yoga, Youth, and Reincarnation

Work at full speed with the energy of your whole being, but not think of the result in terms of success or failure. One who can be indifferent to success or failure is usually calm and serene; and it is obvious that such a person will work better--especially during a crisis--than one who is always in feverish anxiety about the result.

Overeating has a lot to do with dull and unimaginative living.

Construct a vivid mental picture of the way you would like to be, not just physically but inwardly as well.

Wheat germ oil: Improve endurance and heart response.

Perhaps America more than India is ready for Yoga; for when man's stomach is full and his heart is empty, he looks for more than bread.

In silence my hopes rise and sink,
In silence I find my heart's delight,
In silence I walk through eternal night,
In silence I bear my defeat and triumph,
In silence I die.
And in silence am born.

You can do very little about the world around you, but you can do something about yourself.

When all four castes have had their cycle of rule, then India will be torn by confusion and chaos. And then, but not until then, will the golden age dawn.

Stressful experiences do not bother me as they once had. I am able to withdraw, detach my mind, and put the problem behind me until I was ready to meditate on it. It was not escape, but withdrawal for planned attack.

Dharma = The individual's role or function in the universe.

Let the wandering mind constantly remember God, and it will calm down.

Concentrate only on the means, make every lesson an end unto itself, and in time you will find that the means and the end are the same. The effort you make to find yourself in your faith will be its own reward, as long as misgivings about the result don't intrude.

The purpose of the teacher is to guide the student to himself.

PATH OF THE KABBALAH

David Sheinkin 1986

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90 Fifth Ave

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There is more than one path of well-being, but the key is that each path must be whole unto itself and must be followed in its entirety.

Kabbalah = to receive

two Bibles = written and oral

Bible = owners manual to the cosmos

Paul had an abrasive personality that upset people.

Paul's followers accepted everyone, Peter's followers remained faithful to Mosaic Law.

New Testament written beginning 65 to 100 AD.

Jesus possibly a Kabbalistic adept.

200AD: Jew/Christian separation - Fast days to feasts, Sabbath moved, dietary laws thrown out.

Arc hidden in Labyrinth under temple.

Prophecy last 1000 years exactly: Moses-? 2448-3448 Jewish Years

Greek translation of Bible = Septuagint

Old Testament = Torah

The Living Torah by Rabbi Aryeh Kaplan.

Genesis 1 and Ezekiel 1 very important.

Ezekiel describes nature of prophetic experience.

1. Every word and letter very important.
2. No real contradictions or mistakes.
3. Can't become obsolete or outdated.

Only way to draw close to God is through the physical world.
Balance between spiritual and physical for a harmonious life.

Rabbi Isaac of Acco: The Treasury of Life Manuscript predicts age of universe to be 15,340,500,000 years.

Psalms 90-100 = hidden doorway to prophecy. 10 spiritual steps 90-99.

1000 evolutionary shifts have occurred, one every 15M years.
Adam 5746 years in 1986.

Creation is an ongoing process.

Everything that exists does so because God originally created it and because God's creative flow continues to sustain that object.

Talmud = ?

Sefiroth = 10 spheres of energy emanating from Ain Sof; Only 7 accessible to humans; Considered as step-down stations.

Idols are effective but should not be worshiped as independent deities.

Egyptian statues used for focusing human awareness and elevating consciousness during meditation.

There are five universes between ours and Ain Sof.

Ten names for God in Torah.

Tree of life made of ten Sefirah. Human logic based on ten.

"Let us make man in our image."

Our emotionality is a reflection of the Sefiroth. But they are not God.

The Universe exists at every moment because the God wills the celestial flow to continue.

By attuning ourselves to the heavenly flow, we can bring ourselves closer to God.

The forces that link us to God are the channels we must cross to reach him.

Genesis 1: Instructions on how to meditate. Light.

Behind the duality of the universe is an eternal oneness.

Letters have meaning: 1. Numeric value. 2. Sound, 3. Shape.

First two words of Bible have 12 different meanings.

In the beginning Elokim was created.

Sefiroth are valued as part of the system of divine communication between us and the Ain Sof, but they are never worshiped.

Golems = androids created through meditation.

David's Lineage: Judah / Ruth via Lot - Incest on both sides.

One who truly sins and repents is on higher spiritual plane than a non sinner.

God vacated himself from a space so our universe could come into being.

Closeness to God is good and separation is evil.

Evil exists to give man free will.

Divine punishment or reward does not exist, only consequences for all action.

Man has free will angels don't. Angels occupy a much higher spiritual level than man, but are like robots in a sense, since they always follow God.

Man can get closer to God because of free will.

Satin is a very faithful servant of God. Evil necessary for free will

Ain Sof unbounded by logic. Logic via Sefiroth.

God's right hand = Chesed

Through meditation we can travel outside the confines of the little dot; but we cannot travel through the use of logic.

We live in a universe that is both spiritual and physical.

First universe is of nearness or intimacy. (World of Atziluth: 10 Sefiroth)

Second universe is of creation. (Thought)

Third universe is of formation. (Speech)

Forth universe is of action or making. (This one, both physical and spiritual)

Line of light is fifth universe called Adam Kadmon.

What the Sefiroth do changes us, and what we do changes them.

The sefirot vessels broke and became the five Partzufim: Keter; Chokmah; Binah; Chesed-Yesod; Malkuth.

Evil then is created from fallen good.

Man's role on earth is to take the broken pieces and through actions and way of life, to elevate them back to the source of good.

God is the chess master.

Behind the duality of all things lies a unity. Originally spirit and physical parts were one.

Heaven is a barrier between God and everything else.

Universe, Olam, means concealer in Hebrew.

See Ezekiel 1 for description of how he crossed each Olam.

Mishnah: (300 C.E.) He who is strong is he who conquers desires. He who is wise is he who can learn from every person. He who is wealthy is he who is satisfied with his lot. This defines qualities of a jewish judge.

On the second day nothing was communicated since water is basic matter.

Third day. First sin: Trees bearing fruit not fruit trees. Life exercised its own will on creation and freedom of choice on this day.

Forth day. Sun and moon both have same disk size. Dominated by female principle, therefore the moon dimmed to be closer to truth.

Three types of souls: animal, vegetable, and spiritual.

Kabbalah teaches death introduced on fifth day with sea monster.

Day four and five related to prophecy. Meditate on it.

Sixth day, Yesod dominates. Man is foundation of universe.

God names only four things: earth, heaven, the sea and the day.

Meditate on the essence of light and day to find a closer understanding of the divine message for us.

Human role in cosmos: completing the process of creation. It is for us to finish the work which God began in creation.

The lower 7 sefirot were all involved in the creation process.

Adam was not the only man, but the first of the new breed.

Purpose of creation is for each person to draw as near to God as possible.

Sefiroth in ladder form. Middle pillar is Tree of Joining (Knowledge). Not knowledge for he knew, but joining with good and evil.

Adam the first of the new species, spoke to God and had no attachment to good and evil.

On the day you eat it you will definitely die. (God day)

Ten saying that it is good, eleventh it is not good for man to be alone. Since death is possible a replacement is required because he may fail mission.

The body returns to dust and remains dust until the resurrection when the dust will be re-formed into a body again and reunited with the soul. Body will be in same state as Adam's body prior to sin.

Tree of Life is standard arrangement of ten sefirot. Meditating on the tree of life may extend one's life.

The classic Jewish teaching is that each soul has a particular, unique mission to accomplish on earth. Until it completes this mission, the soul must continue to incarnate on earth from lifetime to lifetime.

Kabbalah teaches Moses had three separate reincarnations. Moses, Abel, Seth.

Gen 2.7: Living soul = Soul attached to body