



Herein, the serious student will find;

- ecstasy in stages
- truth defined
- clarity of sages, a genius mind
- real wisdom refined
- love for all ages
- strength, with spirit astounding
- energy, ever compounding
- purity of being
- spiritually potent, inexhaustible meaning
- the purpose of life
- the will of God, an end to strife
- the expansion of consciousness, a movement, a tide
- natural and spiritual laws applied
- Mastery crystallized, self realized

- intention, cannabis, meditation combined
- *true progress* galvanized, far and wide
- the world **can be saved** and realigned

**Your hands now hold the most powerful tools of all time.**

**What do you dare build with them?**



# *Veritas Super Omnia*

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**Diagrams, cover and interior art by Matthew Webb**

**In dedication to the high spirit of cannabis, and the truth from which all things arise.**

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This is a review of the primary terms used in this book, many of which are found nowhere else in the world. Refer to it often.

## Foreword

Rising Up Together provides an endless supply of love, strength and clarity to the peoples of the world. Through it universal truth is made a practical, daily reality. This is a philosophy of excellence in living, combined with all the answers to the deep questions of life. High wisdom is found herein...prepare yourself for great internal changes! Nothing even remotely similar to this material has ever been crystallized by humanity. These practical focuses have the power to create a domino effect of *very high consciousness*, traveling from person to person and nation to nation.

The purpose of this book is to transform mankind into what we were meant to be...*a race of highly conscious beings*. Through it the practitioner will unlock vast human potentials that were previously unimagined. What you see before you is a timeless social catalyst. It is the ultimate “anti-virus” for all the misconceptions of the world. It is a “spiritual enzyme” which, when applied en masse, will usher in the next great phase of human evolution.

The only reason the text is copyrighted is to protect it from alteration. The reason this \$1000 book is presented for free to the world, is because humanity is running out of time...the spiritual need for it is very great.

Within these pages, fellow travelers of the Path, you will find a step by step guide for the *limitless expansion of consciousness*. By following the scientific and mystical exercises presented herein, you WILL rise up in love, clarity, inner strength and revelations most profound. That such a cumulative, on-going transformation of self and world is fully within our reach, will seem like fantasy to the skeptical. Not a single proposition contained in this book however, is in any way theoretical or hypothetical. Those who at first think such statements lack credibility will soon realize their unmistakable practicality through first-hand experience.

As of this moment, no less than the everlasting truth of existence is within our collective reach. If the information on these pages cannot elevate the human condition, raise the planetary consciousness, make a Master of any normal human being and save humanity from itself, then surely no other set of writings which now exist can. When applied with all seriousness, such information will spread out upon the world like a great healing wave. The utopia we all secretly yearn for is at hand. What is presented is not a dogma or religion; it is truth, pure and simple.

Significantly, advanced knowledge of consciousness expansion can be used by groups of two or more, *to uplift our mutual state of being without end*. The meditative **group high** of practitioners *intending love and clarity upon one another* knows no limits. Such practice has the spiritual power to initiate anyone into profound levels of consciousness. *Any* personal effort to embody this information is well invested. Each exercise herein is based upon direct, repeated experience, waiting confidently to be validated by every seeker’s investigation.

Unfortunately the mere presentation of truth alone has rarely, in the history of man, been immediately embraced by mainstream thought. The institutions of any age have felt threatened by that which contradicts established norms. Those set in their ways tend to have difficulty adapting to change, *regardless of their own best benefit*. There is admittedly much in these writings which directly challenges the falsehoods of established thought. Inevitably, a reevaluation of old ways is required in the telling of any truth. That such revelation creates friction with historical beliefs is perhaps regrettable, but no less than necessary. A smooth transition from Old to New world would of course be preferable, however unlikely, as change always implies some destruction. But in this case that which is destroyed, is only that which is

holding back the deep unfoldment of *full human potential*. It is possible that the presentation of this book to the modern world may eventually mean my imprisonment or untimely death. But the dire need of humanity for cosmic truth, must take precedence over the welfare of any one individual. Regardless of the outcome, my soul will rest easy in the knowledge that I've done my part for *the raising of the world*.

Be warned that it is difficult in the extreme to convey high truth to those who do not wish to know it. Persons and nations alike must WANT to know the answers to the most important questions of life, for the profound to be accessible to them.

The biggest lie ever told is, “**there’s no such thing as truth**”.

Those who repeat this lie do so for only one reason, and that is to escape their responsibility for WHAT IS, preferring instead to believe WHAT SEEMS COMFORTABLE AT THE TIME, for whatever personal reason. But such denial does not change the essential nature of existence, it only hopes to prolong its’ avoidance for as long as possible.

**Truth is that collection of facts and spiritual/natural laws which compose reality, regardless of viewpoint or opinion.** It is that which gives **order** to our own bodies as well as everything else in nature. Truth is the essence of all natural events, all genuine science and all real spiritual practice.

The second biggest lie ever told is, “**Truth exists, but we can never know for sure what it is.**”

There is nothing “unknowable” about facts, or spiritual and natural laws. The question is not whether we can know the truth and in very great depth. HIGH KNOWINGNESS is an innate human power. The question is whether or not we WANT to know the truth, if the revealed facts are in contradiction to our cherished beliefs. The ostrich, with its’ head buried in the sand, clearly does not want to know. This behavior however, in no way protects the animal from being eaten. It only applies *very* temporary relief from the pressure of reality, upon false ideas.

Rising Up Together contains the facts about life, the will of God, soul, nature, the purpose of human existence and reality in general. But perhaps even more importantly, this book is a fully accessible guide for the limitless refinement of the readers’ soulic potential, individually and in tandem with others.

There are in fact specific focuses which any person can employ, in order to ascend to one level of consciousness after another. The combination of cannabis and meditation are the no-nonsense tools we will use together, to progressively build a higher and higher self. Persons with higher consciousness will then *manifest a world together* of far greater standards than those we see in the mass media today. They will seek to RISE UP, one to another, in larger and larger numbers. It is a fact that even the modern world can be enlightened without limit. To bring about that transformation it must be sincerely and properly INTENDED by many competent practitioners. Thus, *the greater mastery of intent* has a central role to play in this unfolding global work.

Rising Up Together is a blueprint for a higher, better world. It is designed to catalyze greater Mastery in as many people who will embrace it, preferably the entire human race. By all means make full use of the enormous spiritual power contained herein. Embody the truth of this message, knowing full well that it has the ability to transform worlds, not just individual lives. For the first time in history the necessary information is available to uplift ourselves and each

other, through the right use of intention. Cannabis gives us a boost of spirit to accomplish such necessary goals. Meditation allows us to navigate the high with competence. Through the combination of these tools, the practitioner can travel into levels of glory and excellence, the likes of which will revitalize all life on this world.

“Try it, know it, embody it and convey it to others.” For the sake of the human race, distribute this text widely, (print hard copies, post on forums and e-mail). Doing this will not only save souls, it also has an excellent chance to actually save this planet from self-annihilation. Read it high on Herb, as well as in a “more normal” state of mind. From both perspectives the cosmically potent truth will, over practice, be well understood. The merits of the Path will grow within the serious minded, to towering heights without end...

Bon voyage!

## Chapter 1

### In The Beginning There Was *The High*

Thousands of years ago in the ancient temples of India, the holy “ganja” was revered by many as a guru in its’ own right. It is said that yogis and the common people alike smoked, “the Herb of herbs” to gain insights into the nature of reality, to expand their consciousness to great heights. Some credit entire lineages of spiritual teachings to the influence of ganjas’ high. Wise teachers of renown, even some of the authors of the Vedas, are believed by certain scholars to have accelerated their enlightenment through this Herb. It is said that some yogis passed down what they learned by combining meditation and ganja to their closest disciples. Today we find remnants of these teachings couched in rhyming verse and in stories most obscure.

Variations of one tale in particular about cannabis, were told only to the most serious students in various places of spiritual learning...

“Brahma did look with great favor upon the enlightened, and said, ‘I will cultivate the wise just as the farmer cultivates his crops. For those who aspire to revelation, you are my seed planted in the fertile valleys of truth, growing amongst the peoples of 10,000 worlds and more. And upon that soil of plenty I will bring forth a helping spirit to enrich your progress, to fertilize your path, to make the righteous grow strong in the light of samadhi. On earth you will know this spirit as, ‘the Herb of many blessings’, and in its’ flower you shall know my glory’. Such a spirit, traveling through the ethers from world to world, did manifest itself in a thousand, thousand different ways throughout the cosmos, to aid seekers near and far. ‘Ganja’ is its’ earthly guise, and through it you may know wisdom, health, joy and insight most profound.”

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Why are people so attracted to the Herb of herbs? The answer is completely obvious to anyone who has tried it...the state of consciousness marijuana evokes is exquisite. For those who take the time to explore their feelings, the high of cannabis has great beauty. There is a definite similarity between the Herb’s effect, and what we call, “joy”, “ecstasy”, “pleasure” and in some cases, even “love”. The body functions better when in an elevated state, while the mind can soar to new heights of creative expression and clarity of perception. Historical evidence shows that cannabis has been used widely around the world since very ancient times, having been called, “the food of the Gods”, “the wise one” and, “the teacher in the garden”. It has no doubt been employed by visionaries and shamans for the sake of spiritual revelation, since well before the advent of the written word.

Many ethnobotanists like Terrence McKenna refer to the Herb as an, “entheogen” much like ayahuasca and peyote, a word which means, “a substance which puts you in touch with God”. Others point out that this plant greatly increases the user’s psychic sensitivity. We get a “contact high” when around people smoking marijuana because their chakras have been opened. Smokers then radiate an elevated state to everything and everyone in their environment. Some say that cannabis is a, “teacher plant” whose effect is incredibly instructive for those who listen attentively. There are even some today who claim that cannabis is a manifestation of earth consciousness, whose purpose is to provide a meaningful boost for human evolution.

The Herb of herbs clearly has power. “Power” in this case means simply, “the ability to take action”. It acts to sustain healthy living in hundreds of ways now recognized by medical science....from potent aphrodisiac and pain reliever to cancer preventative. The Herb provides

literally dozens of material uses, ranging from increasing the fertility of the soil in which it's grown, to seeds higher in protein content than soy. It provides extremely durable clothing and paper fibers, with bio-fuel applications that far exceed all other known plant sources. But of even greater importance than all these uses combined, is the fact that **cannabis can expand the user's consciousness**. Cannabis has the power to increase our functional intelligence, deepen the smokers' wisdom and even propel us into more enlightened levels of being.

People in the modern world are increasingly realizing that the institutions of our day have failed to truly improve human life. Many promises are given by political and social "experts" which are never kept, and which **cannot be kept** through failed conventional ideas. Time and again we place our trust in historical ideas and the society which promotes them, only to be repeatedly disappointed by unsatisfactory results. In the end analysis there is no political or institutional cure for the ills of the modern world. If we are to survive our own shortsightedness, it will have to be through the expansion of the public consciousness, or not at all. Cannabis can greatly aid the human race in this endeavor, but we must be willing students of what it has to teach. Through its' proper use, the human race could finally blossom in far greater potential.

### **Spiritual power and the true salvation of humanity**

Not only does the Herb have power, it has "spiritual power", meaning that it can allow people to take more effective action on the spiritual level of their being. The high of cannabis transcends all ideologies, all national, ethnic and religious boundaries. It can help us be more in tune with our fellow human beings **as centers of consciousness**, rather than as warring factions. Through the Herb our ability to feel the brotherhood and sisterhood of humankind is very much amplified. The high is telling us that as a species we are poised to accelerate our evolution beyond ego and thing-worship, into a much higher sphere of loving kindness, clarity, ecstatic relations and mutual understanding.

The reader new to these concepts has every reason to challenge the credibility of the above statements. After all, who has ever heard of, "expanding your consciousness with cannabis"? Billions of people have used the Herb, yet who among them will claim they ever gained greater enlightenment through it? Almost no one would try to make such a claim. Nor is there even one in a million who has ever attempted such a thing. As improbable as it may sound, the potential to reach very elevated states of consciousness through the Herb exists. The aware, determined smoker can indeed gain great spiritual power using cannabis as a vehicle. There are specific logical methods...practices, exercises and visualizations that WILL tap the vast reservoir of spiritual power which the Herb can unleash from our very souls. Spiritual and highly practical focuses will be examined in detail in this material. But it is the reader who must earnestly apply themselves to this information, if they truly desire the full measure of spiritual power(s), ecstasy, grand revelation and even at-one-ment with God, nature and truth, which Herbal meditation has to offer.

### **Getting serious**

First, let us answer the justified question... "Why is it that so many people, now and throughout history have smoked Herb, and not found enlightenment through it?" This is an easy question to respond to, for the answer is simplicity itself...*almost no one can claim they gained greater enlightenment by smoking cannabis, because almost no one has ever used that earnest intention*. How can one learn much of anything from this teacher plant, if they aren't paying attention to what it has to say? The majority of people go into smoking Herb as an escape, not to

learn wisdom. Most of us regard the Herb as merely a plaything, an idle pastime for amusement and little more. People treat this sagely plant as nothing but recreation, and this in turn is all they usually get out of it. What a waste!

Everyone knows that to learn a sophisticated knowledge, one must apply themselves very seriously to its' study. In order to comprehend electronics, or philosophy or psychology at a university, it is expected that the student attend class regularly, that homework is completed thoughtfully, and that the professor is listened to with undivided attention. So-called "higher education" is a process of accumulating knowledge *through disciplined focus*. The disciplined student does not walk out in the middle of important lectures and expect to make a passing grade. They don't speak out of turn in class, nor do they ramble on about their personal life, or about local gossip, when asked a serious question by the professor. So here most of us are, taking puff after puff while talking about local gossip, or watching television or thinking about whatever happens to cross the mind. By doing this we're missing out on what professor Cannabis is trying to say. We're constantly interrupting the lesson, not doing our homework and even walking out in the middle of class. The course curriculum is called "**The Expansion of Consciousness**" but we're not taking it seriously. What else can be expected than a failing grade?

Materialistic culture clearly assumes that there is nothing fundamental left to learn about the universe. Why should we take *high states* seriously, they say, when there is nothing going on here except altered biochemistry? While this attitude sells a lot of unneeded drugs to people who have forgotten the truth of their very souls, it offers little of value to humanity. The fact is, we live in a reality that is more energetic than material...even the atom is mostly empty space, a force field that resists the intrusion of other force fields upon it, thereby producing the illusion of solid matter. The universe is largely electromagnetic, just as social relations are largely psychic. When we smoke together our highs intermingle, becoming far greater than just the sum of their parts.

### The "Herbal Course Curriculum"

Far beyond just, "getting stoned" for amusement, it is our great need as a race to regard getting high with the attitude of a dedicated student. Even though our cultural conditioning is telling us there's nothing relevant going on with each puff, we must smoke it with great respect to, "hear" its' many profound lessons.

What profound lessons does cannabis teach? The following list will give you some small taste of the rare wisdom available through attentive Herbal use; 1) what consciousness is and how it can be expanded, 2) the purpose of life, 3) the will of God, 4) the subtle details of person to person psychic effects, 5) the "casting" of ones' state of consciousness (particularly the high) to others for their benefit, 6) the energetic nature of reality, including the drawing of chi, 7) levels of consciousness, 8) clarity and its' cultivation, 9) the raising of vibration, 10) what a "group mind" is and how groups of people can expand their consciousness together, 11) the greater mastery of intent, 12) how one can become a "Master" much like a Buddha or a Christ, 13) the cause of literally ALL the world's ills, (low consciousness), 14) the vast improvement of the human condition, (through higher consciousness) 15) the essence of evolution and ***how we can evolve at will***, 16) progressive realization of self as soul, 17) the nature of truth and truth in nature, (natural laws).. All of these lessons and more are derived from one single source...the expansion of consciousness. There is no better vehicle for accomplishing such expansion, than the sacred effects of marijuana.

The high of this Herb is rightfully considered by the knowledgeable as a source of great

inspiration, and better still, progressive wisdom. It teaches us a better, more meaningful way to live. Its' high vibration allows our souls to express themselves more fully. The Herb of herbs makes it much easier to tap into the body's cellular wisdom, and to make practical use of expanded states of consciousness for the sake of **gaining spiritual power**.

### **The right tool for the job**

The Herb is a “way-shower” for spiritual advancement, for self and world evolution, because the high has great power. It is a tool through which the user can achieve all manner of significant accomplishments, not the least of which is the embodiment of higher and higher levels of consciousness. The Herb has intention as do all living things. Its' intent is not only that we get high, but that we **EMBODY THE HIGH as a better way of life**. There are those who would argue that, “they don't need a drug to spiritually advance”. That may be true, however unlikely. Firstly, cannabis is an **herb**, not a synthesized drug. Second, saying you don't need cannabis to get higher is much like saying you don't need a screwdriver to put in a screw. Yes, perhaps you can just use your fingernail, or a penny, but why not make it easy on yourself and use the right tool for the job?

To accomplish great things with marijuana is going to take a lot of inner work. This is as true of Herb as it is with anything else in life...real accomplishment requires **disciplined inner focus**. This Path demands practice, patience and persistence, just like any other genuine spiritual undertaking. It requires trial and error...learning to avoid the errors while being strengthened by the trials. The meditative use of Herb is a fully legitimate spiritual avenue. Those who walk it are at least as worthy of respect as any robe-wearing religious figure.

### **The need for meditative practice**

With serious intention then, the aspiring practitioner must take up that inner practice known as, “meditation”. Just as cannabis is a psychic and spiritual tool, so too is meditation a tool of the progressive mind. Through such a mental focus, necessary inner qualities can be cultivated. The union of Herb and meditation is an extraordinary combination of spiritual vehicles. Through meditational proficiency you'll be able to literally “navigate” your travels in the Herbal high with competence. It is within your power to guide your high at will, to make it go wherever you wish! Meditation allows a clear, inner calm that is ideal for observation and inner action.

Most people today say they “cannot meditate”. What they really mean is that meditation **seems** too difficult to engage at will. The ever increasing chaos of today's world makes calm inner focus *appear* unattainable. Yet a calm meditative state, seen everywhere in nature as the norm for daily life, is truly our birthright. Frantic consumer society is a man-made state of being, one that does no justice to human potential. Mental chaos typically expresses itself as an unceasing, nonsensical stream of words and images in the mind. Our inner unrest is nothing but a habit born of a society that has lost its' natural roots. It's an addiction of mind, “as seen on TV” which has no bearing whatsoever to a life well lived. Don't give such habits of chronic thought-making any more credence than they deserve. **You are a center of consciousness, not your thoughts and habits**. Randomized thought patterns are just one symptom of a chaotic world society, as is unceasing war, social unrest and mass confusion. You have within you the power to fundamentally change. The meditative use of cannabis can help anyone accomplish astonishing things! This will require gradual change over time. But the effort spent in gaining spiritual power through the high, will be among greatest blessings ever known to the persistent

meditator.

Chaotic thought is destructive to health, love and sanity, since most diseases are, “mind-caused”. Randomness of thought, (and the severe tension it produces in the body) is merely a self-destructive trend that can be slowed by degrees, then stopped, then reversed. This is just a matter of setting up new trends in its’ place...that of a calm, clear inner state. The practitioner will need to cultivate such a mind to maintain lasting sanity and strength, let alone expand their consciousness. The following meditation is very highly recommended, for it is both effective and natural. It has the power to transform every aspect of your life for the better, since an expanded consciousness is one made more capable in ALL ways. Over time you’ll see why this technique is so essential in order to *elevate your state of being, both within and without the cannabis high.*

The regular Chakra Meditation is conducted *without the use of Herb*, and can therefore be performed at any time or place. Unlike other meditational methods, this one uses your own feelings as the basis for inner focus.

### **The Chakra Meditation**

Make sure you’re in a place that will not be disturbed, then sit or lie quietly and relax. Instead of creating one thought after another with the mind, simply focus on your body-wide feelings. Relax again and again. Every time thoughts reappear in your mind, go back to the sensations that are running throughout your body. Examine in subtle detail all the feelings in your hands, arms and shoulders. Move on to all the sensations in your feet, legs and hips, and finally to every subtlety of feeling in the abdomen, neck, head and face. Breathe deeply and regularly. Do this for 5-10 minutes at a time, at least 3 times daily.

There are many who will find meditation very challenging at the beginning of their practice, or under stressful conditions. If this occurs you can try the following simple variations of focus to see what works best at any given time...1) **breathing**, and 2) **the use of a mantra**.

Some will find it useful to alternate between the Chakra Meditations’ focus and an awareness of breathing. Take deep regular breaths and then notice how this feels in the chest and lungs. Relax and breathe until the mind is slowed down. Ultimately, always return to an awareness of the entire body.

Others may wish to use a “mantra”, by repeating a word or phrase over and over again, such as “love”, “truth above all”, “one”, “God”, etc. Any mantra will work so long as its’ repetition *displaces* the usual stream of thoughts in the mind, (although it is useful to employ words or phrases that have noble/practical meaning). Once your mind has calmed, return once again to the usual focus of body-wide feelings.

The Chakra Meditation sounds ridiculously simple, but don’t let appearances deceive you. Keep in mind that deconditioning the stress of modern living will be something of a feat for many people. Realize that this is *necessary inner work*, and you’ll find it thoroughly empowering in no time at all. Most will find that chronic thought-making in the mind and the stress that accompanies it, *will diminish by degrees*. A new perception of self quickly arises from this practice. Very soon you’ll be feeling a refreshing sense of increasing clarity and inner calm. With this progressive, coherent, clear focus, *any person* is enabled to perform very advanced spiritual practices. Through the Herbal Chakra Meditation, you will be able to use cannabis as a literal engine of personal growth, one that can catapult the serious smoker into higher and higher levels of consciousness.

There are typically a variety of feelings in different parts of the body...some of these will

have aspects of pain or fear. Relax these areas and return repeatedly to your body-wide focus. The more you meditate, the more the meditative state will gain inertia, (momentum) becoming easier over time. It is recommended that you try the Chakra Meditation for 2-7 days prior to the Herbal version below;

### **The Herbal Chakra Meditation**

Perform the Chakra Meditation as usual, then take 1-3 puffs of Herb. This time, focus on your body-wide feelings *as they are elevated by cannabis' effect*. Keep relaxing and focusing on the high of the Herb. Go back to this focus again and again as thoughts recur in the mind. Let the high feelings induced by the Herb become your sole focus, as a replacement for the chronic making of thoughts in the mind. Do this for 5-30 minutes at a time, about three times a week.

**Your high will increase automatically just by meditating upon it!** Be prepared to become much higher on far less Herb. Calm inner focus is a major step for expanding your consciousness. Over practice the effects are cumulative! Be prepared for better health, mental function and psychic sensitivity. It is highly recommended that you do the Herbal Chakra Meditation in a natural setting whenever possible. The natural world is FAR more psychically coherent than the current human world.

Typically, we're too "busy" or distracted to focus calmly and steadily on the Herbs' catalyzing power. But through meditation we gain the ability to notice the potency of its' effect on our body-wide feelings. To consciously focus on these high sensations is to unlock a whole new world of spiritual and social potential!

### **The individual and collective effects of cannabis**

Some ancient medicinal practices, (Chinese, Japanese, Indian, Korean, etc.) consider herbs in terms of their "heat", "vibration" and "energy". In Eastern medicinal theory, the cannabis plant is said to have evolved a very high set of vibrations. These "aspects of the high" are gained by the body of the user with every puff. The Herbal high is aptly named, for it actually raises the vibrational level of the user. "Vibration" and feeling are synonymous....the higher the feelings we experience, the higher our vibration is said to be.

Modern science has found that the human body naturally manufactures ecstasy-inducing substances very similar to the THC molecule in marijuana. The Herbal high bears striking similarity to sexual and spiritual bliss. Shamanism, the oldest form of spiritual practice known, has long considered the use of teacher plants like cannabis to be of great importance to the true progress of Man. Some researchers even suggest that the very evolution of our species has been accelerated by the ingestion of psychedelic substances over untold millennia.

The psychic and spiritual potential of the Herb is by far its' best quality. It is possible for anyone to actually transform their state, (body-wide feelings) into higher and higher levels of consciousness, **through the intention** to do so. Such transformation is a cumulative process. Consciousness expansion through Herb is actually not a difficult thing to accomplish. What appears difficult is the usually long process of deconditioning that is required, for the average "consumer" to transcend their materialistic programming.

The conscious use of cannabis can act as a kind of "spiritual tonic", through which the soul and energy bodies are exercised... made stronger over time. As an entheogen, it is likened to a window through which even the will of God and the spiritual power of Nature can be examined in detail, by the attentive meditator. **The Herb is a peerless psychic amplifier.** It can aid whole groups of practitioners to achieve progressively higher levels of consciousness

together. It even has such spiritual power that it could catalyze the further evolution of our entire species. Are you ready to prove these facts for yourself through your own experience? Are you willing to dedicate yourself to these discoveries, even if this implies disciplined inner work and a challenging of old-world ideas?

Cannabis has profound lessons to teach us. But no matter how worthy a teacher may be, no matter how compelling or brilliant, it is the student who must earnestly work to embody the lessons taught. The reason many people do not expand their consciousness through Herb is because, sadly enough, they are unwilling to take the truth of their own experiences seriously. In other words, they simply don't care enough to know! **The only student which absolutely cannot be taught is the one that refuses to learn.** Needless to say, this is not a wise attitude to have in the living of life. All the great spiritual Masters of history have said, one way or another, "You too can do as I". Heed their call and find your higher potentials, by cultivating the strong desire to know the truth. Cannabis can help you do this.

The Herb acts to elevate our state of consciousness, or "state" for short. "State" is defined simply as...**our composite of body-wide feelings.** When we smoke Herb these feelings are made higher, or in other words, our state is raised. This is a very important point. It is these body-wide feelings and the intent which is behind them, that we must elevate in order to expand consciousness...aka, gain spiritual power. Among its' other valuable uses, the basic Chakra Meditation without Herb can be considered training for this process.

In Chapter 2 we will examine **the Four Steps of intent**, which the practitioner uses to raise their level of high at will. As a rule the greater the cannabis high, the greater is the potential for the practitioner to expand their consciousness. By "traveling" from one high(er) state to the next, the meditator soon discovers that various spiritual powers arise within. By entering into elevated levels of consciousness, profound knowledge intuitively appears in the mind. This is "direct knowledge" that is crystallized even without the need of words or book learning to exist.

The practice of expanding your consciousness at will is also known as, "The Path" or, "Traveling of the Path". In all your travels, be prepared for transformation, trials and glorious rewards, for your persistent efforts.

## Chapter 2

### Traveling the High

It is popular in the modern world to declare, again and again that, “we're only human”. It is said that all the really important questions in life are, “ineffable” or in other words, “beyond the limits of human understanding”. Consumer culture assumes that we can never know the purpose of life, the nature of reality or even ourselves for that matter. We are taught that the truth is beyond our personal reach, that it can rarely if ever be apprehended directly or worse still, that there is no such thing as truth, only “my truth” and “your truth”. All of these false ideas reflect a cultural cynicism, a very negative assumption about what it is to be a human being.

The type of thinking demonstrated in the saying, “we're only human” is not a statement of genetic fact. It's merely a cultural excuse not to think deeply and be competent, wise persons. The phrase implies that we are somehow incapable of logic, deep perception and right action as a species. Yet if this were true humanity would not have survived the various trials of the last several million years of natural history. The truth of the human being is that we have the most flexible, powerful and adaptable form which nature has yet evolved into existence. Regardless of the latest advances in super computers, our brains are by far the most sophisticated information processing systems known to modern science. The human race does not lack capability. What we evidence the lack of is the willingness to challenge the false ideas derived from history. Yet challenge these we must if we are to truly excel in life, and survive our own cultural folly as race.

The European philosopher Descartes, coined the widely quoted latin phrase, “cogito ergo sum” meaning, “I think therefore I am”. The more complete form of his phrase was actually, “dubito, ergo cogito, ergo sum”, meaning “I doubt, therefore I think, therefore I am”. Amazingly such nonsense stood the test of historical time, becoming a fundamental premise for Western thought because it supposedly created, “a secure foundation for knowledge in the face of radical doubt”. Speaking of false ideas, this is a bizarre notion to say the least. If thinking were in fact the measure of an individual's existence, what then becomes of the meditator who is not thinking...do they cease to exist? Rocks, plants and animals don't think, at least not by human standards, so are we to conclude that they have no reality as a result? No, of course not. With ill-conceived concepts like those proposed by Descartes, given great credence by Western civilization, it's little wonder that we're left with a self-defeating civilization. Such bogus cultural ideas are analogous to computer viruses, which act to inhibit the higher functions of our neocortex.

What we see of the human condition today is not an innate lack of intelligence, but the effects of unchallenged mental “malware” upon our natural state of genius. There are many cultural viruses we're frequently subjected to, including, “the clothes make the man”, “life is hard”, “life is hell”, “life is suffering”, “we can never know truth”, “it's a dog eat dog world”, “don't take yourself seriously” and “every man for himself”. With assumptions like these in place about daily life, we tend to wither from within and lose our innate spirit. The mind unravels over time, imagining that “hope is lost” and that life couldn't be any other way. It **can** and it **MUST** be of a much higher quality than these viruses of culture. The truth is far greater than such misguided cynicism.

A regular practice of meditation is analogous to a computers', “defragmentation” function. Through meditative clarity of mind, the practitioner is enabled to see through the false

ideas of culture, so that they are no longer bound by the limitations of small thinking.

Descartes had it backwards, as far as humans go. The truth of the matter is, “*I am, therefore I think*”. Thinking therefore, is something we DO, not something we ARE. Like Descartes, modern psychology would have us believe that we ARE our thoughts, egos, learned attitudes and memories, and to change ourselves we must change our patterns of thought. But the reality is that behind our thoughts, emotions and learned behaviors is **consciousness**. This is the most fundamental center of every person’s self. To truly change ourselves for the better we must change our consciousness first and foremost, not just patterns of thinking. Just as the artist is far more than their paintbrush, the canvas or any number of paintings, so too are we far more than any one thought or group of thoughts.

### **The three components of consciousness**

As centers of consciousness we are built upon three things, and these are; **intent, awareness and energy**. When our physical bodies die at the end of any given life, it is intent, awareness and energy which will continue to animate the soul. As souls, we will still have “states”. We will continue to have thoughts, but these will still be our creations *only*, not SELF. It is through **intent** the chief component of consciousness, that real and lasting change is truly made. We can change thought all day long every day if we want to, but until our underlying intention is changed, nothing in life will ever be genuinely improved. So it is with the human condition in general. This is why people try unsuccessfully for years or even decades to implement self-change. Affirmations and resolutions notwithstanding, without a fundamental shift of the intent within, no meaningful change of self can EVER be attained.

These facts can and will be corroborated by the earnest seeker, in their meditative use of cannabis. The truth reveals itself to all those who look deeply and honestly. The more we realize as questioning persons with clear minds, the more sense life makes. As our level of consciousness elevates, so too does our degree of truth-realization. It is also a fact that the more realized a person is, the less sense consumer society is shown to have. In the consumer world we are expected to believe that higher price tags equal greater self-worth. In truth, greater self-worth comes about not through financial considerations, but through spiritual ones. Spirituality is at the center of all other considerations in life...this is just the nature of reality.

It is wisdom we must seek to live meaningful, fulfilled lives, not the false promises made by TV commercials. By raising our level of consciousness we realize more and more about what reality actually is. It is then that a real shock arises. This revelation will shake you to the bone, and it is but one of the expected trials along the Path. We learn that the basic premises of society, those materialistic values we've been compelled our whole lives to emulate, are simply DEAD WRONG. We learn that life has infinitely more to offer than, “fulfilling our financial goals” and imagining that just because we're wearing an \$85 shirt, that this actually makes us better than the person who wears only a \$35 outfit.

The truth is vast and it's ours to explore, but only if a person keeps an open, honest mind. The ill fruits of wrong beliefs are everywhere in the world to see, yet so too is the glorious and meaningful reality that underlies all things, *including every human being*. To access reality, beyond the illusions of marketing and fashion, is to encounter the deep purpose of life.

Life is not trivial, yet it’s our social obligation to pretend it is. We are expected to walk about speaking only of “safe” subjects such as the weather, sports and local gossip, as if there was nothing better to do with our lives. Does the modern human being actually imagine that a superficial daily focus is all that life has to offer? Or is it that we strongly suspect life has deep

meaning, and fear to implicitly challenge the social norm by embracing what is supremely relevant? The modern takes refuge from “harsh” reality in meaningless fluff. Escapism has become the norm. But what is not commonly realized is that reality is not in itself “harsh”. What human beings have *made* of the world through wrong values is harsh, but this is not reality. Human society has become a set of self-destructive illusions granted the status of the real, *through sheer repetition by the mass media*. Know this and transcend it. Know yourself through meditation and transcend your own conditioning, in a world that has lost all credible authority. Reality, best represented by nature, is run by natural/spiritual laws. The real self, best represented by soul, is also run by natural and spiritual laws. The beauty to be found in the true self and nature alike arises from deep meaning. We are literally built upon billions of years of natural history, and it is the will of God that we *DO truly progress*, to evolve beyond the thing-fetishism that now dominates our global civilization.

One of the greatest keys to the gaining of wisdom in life is *self-realization*. Real “success” is better understood through *seeing within*, where the deep meaning of self is made increasingly obvious. “Wisdom” is defined as, *the application of truth in daily life*. “Self” in the true sense is actually consciousness, also known as “soul”. *Self-realization is therefore the process by which deeper and deeper levels of realization are had, regarding the self as a center of consciousness*. When you are in the midst of a cannabis high, ask the question, “Beyond a collection of thoughts and memories, *what am I?*” Look deeply and the answer that is forthcoming is that the mind is not the self, just as any one thought is not the self. The self-realization of the mind is simply this; “I am a soul”, (AKA center of consciousness). The mind is just a set of thinking-habits...it is something we *DO* not something we *ARE*. Back to the computer analogy, the mind is merely the software that is running, whereas the body and soul are the “hardware” within which that program is allowed to function. We can develop literally ANY software, (thought pattern) that we want, but should never confuse the programmer, (intent/soul) with the thing programmed, (the mind).

What the inner explorer will soon realize about their consciousness, is that not only do we *WIELD* intent, we *ARE* intent. The true self is literally composed of this catalyzing essence. Intent is the causal force behind every single one of our decisions in life. It is the ultimate source of every single thought, every emotion and every action we take and have *EVER* taken. Just to walk from one room to another is an act of intention, to talk on the phone, to remember a beautiful sunset...and so too is the raising of our level of consciousness. The greater mastery of intent is therefore of primary concern to anyone who would actually gain whatever it is that they seek in life. When we change ourselves, or literally anything in the world at large, a paralleling change of intent must first take place. Observe the truth of this in your daily life, minute by minute, and you will come to understand the supreme importance of intention in every person’s life.

The greater mastery of intent is behind all success at any endeavor, even though most people do not yet realize this fact. Whether we realize it or not however, the human being is not just a thought-stream generator, we are intent-stream generators, first and foremost. Never are we without intent, and so, never are we without some active intention even when the intent is to do nothing at all. Smoking cannabis is an act of intention, and so too is our decision of what to do with the resulting high. If you set your intent to get higher and higher on a given sample of Herb, your level of high will indeed increase. Your consciousness will then be elevated by degrees, a process whose only limit is self-imposed. There is a Four-Step process by which intent operates, as follows;

### The Four Steps of intent

After about a week of meditative experience, you've been made ready for the next major level of this practice...the use of intent to raise your degree of Herbal high. Your state, (body-wide feelings) like everything else in day to day life, is the direct result of your intention. Through the greater mastery of your state and the intent behind it, ***you can raise your level of high without limit***, at will. But first, let us review the Four Steps in a broader context.

The Four Steps of intent in the accomplishment of literally ANYTHING in life are as follows;

1) Know the thing to be changed. 2) Know the new condition that is desired. 3) Move/transform from what you want to change, to the new condition. 4) Treat the improved condition as the new norm.

It's that simple. Just to walk from one room to the next is an act of intention that implicitly uses these Four Steps, whether we're aware of the fact or not. *This is true of literally any other action in life we will ever engage.* In Step 1, we find ourselves in a given room. Step 2 entails picturing which room we'd like to be in next. In Step 3 we walk from the bedroom to the kitchen, (for instance) and in Step 4, the "kitchen mode" is considered "norm".

### The Four Steps of intent used to elevate your cannabis high, are therefore;

1) Know your current level of high through the Herbal Chakra Meditation. 2) Know/intuit what an even higher state would feel like throughout the body. 3) Move/transform your state from your current level of high, to that higher state. 4) Treat your elevated state as the new norm, (at least temporarily).

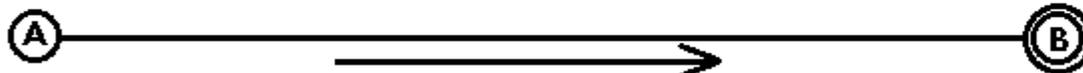
The meditator will soon discover that these Four Steps are a practical recipe for achieving ANY level of consciousness which one has the personal power to access. Even better, this knowledge can be employed by two or more practitioners to **travel together** into higher and higher levels of consciousness. By sharing their highs, couples or even large groups can psychically align with one another with the help of the Herb of herbs, and actually **witness marvels, in tandem and simultaneously**. Two or more practitioners can use their intention to **raise each other's high, thereby expanding the group consciousness!**

All four steps are analogous to taking a physical journey. In Step 1 you find your current location, (point "A") on a map. Step 2 is marking the map, (point "B") at the desired destination. Step 3 is simply traveling from point A to point B, and Step 4 is resting at, and getting comfortable with, your new location. Contemplate the following diagram;

## **"Traveling the High" using the Four Steps of intent**

**Step 1; "Where you're at"**  
**"A" is your starting high**

**Step 2; "Where you're going"**  
**"B" is a greater level of high**



**Step 3; "Going higher" Shifting your  
state from point "A" to point "B"**

**Step 4; "Stabilize the new state"**  
**Observe and rest in your elevated high**

Step 3 in the "traveling", "moving" or "transforming" phase requires a little more explanation, when it comes to inner change. To move your state to an even higher one than what the Herb is providing, you need to use your will. Simply will your state higher. Urge it upward by degrees, taking small steps to start with. After taking a puff, experiment by willing your high a little higher than it was just a moment before. This is not difficult, but is usually something the mind is not consciously acquainted with. Start small with this practice. Once you can raise your high at will, even just a tiny bit, a whole new world of potential has just been revealed.

Another method of employing Step 3 to raise your state, is to recall how the body felt at a previous time when you were VERY high for whatever reason. Good sex would be an example. A euphoric event in life would be another. Perhaps the first time you smoked Herb was extremely powerful. Focus intently upon this body-wide, feeling-memory and your consciousness will in fact begin to move into that state again, just as it was previously. The more clearly you remember/feel the details of that experience, the better the current raising result will tend to be. INTEND that such high feelings are once again manifest throughout your body.

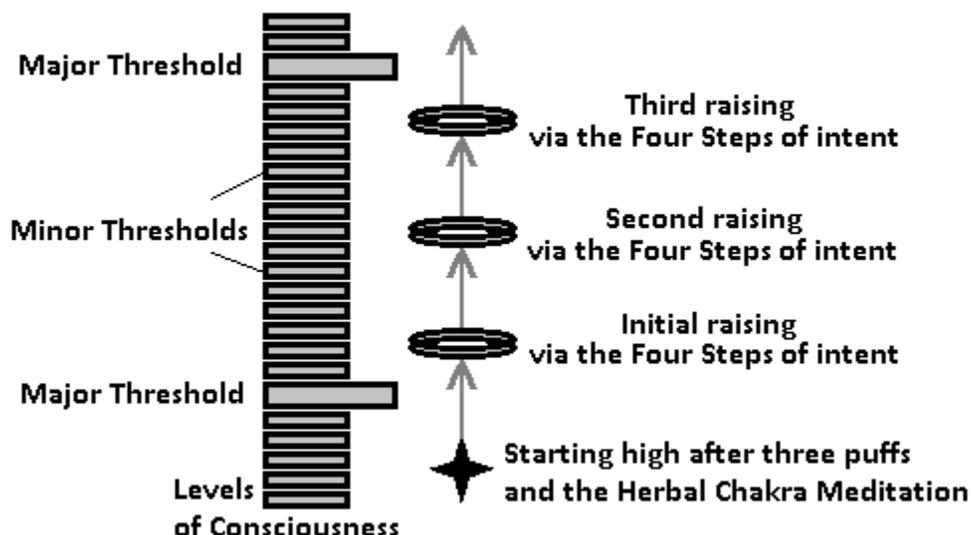
You can also use your intuition to ask the question, "What would just a little high(er) state feel like" and many times, just by asking the question, you will start to shift into that, "higher level of high". This is a learned skill, but a simple one once it is realized as a very practical activity. Soon, you'll find that not only can you raise your degree of high and stabilize it at a new level, you'll then be able to use that higher level as a new foundation from which to raise your state yet again. This is the very essence of gaining spiritual power through Herb, or in other words, expanding your consciousness at will!

Beware that this practice is extremely powerful. The higher and more unbending the intent that is used to perform it, the more extreme the results will be! Meditational expertise is of great importance here, because with it you'll be able to keep your internal balance, even during extreme internal transformations. Don't take alcohol, smoke cigarettes, eat junk food, engage in idle talk or watch TV while making such journeys...you will very likely regret it! Engage such intentions while in nature whenever possible, and only with undistracting company, (if any). Rest deeply after each excursion into higher consciousness.

"Travelers of the high" will note that as they move upwards along the Path, a whole new vista of existence opens up to them. Right now, wherever you may be in the material realm, there simultaneously exists levels of consciousness which are as genuine as the so-called, "real world". These levels are available for you to explore, for they exist in and of themselves, regardless of Herb or any other entheogen. The experienced meditator will be able to raise their state of

consciousness into successive plateaus of the cannabis high. The diagram which follows gives a brief glimpse as to what to expect in your various travels,

### The Expansion of Consciousness by Cumulative Degrees



In physics, there exists what is described as “thresholds” or “transition phases” wherein certain marked differences in the way any system behaves can be noted. The traveler of the Path will soon discover that levels of consciousness are structured in exactly the same way. Along it you will find both minor and major thresholds. The practitioner who raises their level of high through intent, will inevitably cross one minor threshold of consciousness after another. Each one may be likened to a subtle doorway. Upon passing through each threshold, your spiritual power level and knowledge will increase noticeably. These increases are cumulative in nature. It is quite fascinating to note that with the expansion of consciousness comes specific, profound knowledge, arising automatically upon the crossing of key levels of consciousness.

Major thresholds as the name suggests, are not nearly as subtle in their effects. Upon crossing these, the practitioner's high will increase dramatically, as will the corresponding knowledge that comes with it. In the crossing of any threshold the practitioner who remains attentive will notice that their state has suddenly been upgraded, often with greater clarity, depth of perception, deeper knowledge, inner strength, energy level and psychic ability. Minor thresholds are typically far easier to cross than major ones. It is not uncommon for even the most determined and experienced practitioner to be “thrown back” to a slightly lower level of consciousness, while attempting to cross a major threshold. Crossing these requires “finesse”, a certain level of inner mastery. Experience is required in order to proceed along the Path beyond them. Fortunately, repeated attempts to cross the same or similar thresholds, becomes easier with each inner journey. These raising efforts are never wasted, no matter what the result of a given smoke. Even by just attempting to raise your cannabis high, personal power is being gained. In successive smokes certain thresholds of consciousness will become familiar landmarks, which you'll pass by more and more easily with each raising session.

High, positive and restful starting states before a smoke will tend to produce great “traveling” experiences. Low starting states with noticeable levels of fear, pain, agitation or psychic battle with others, will tend to produce difficult experiences. This is why it's always a

good idea to do the regular Chakra Meditation BEFORE a smoke. Get your state into a clear, progressive mode beforehand, for the best results.

In almost all cases, the raising of your state through a meditation-cannabis combination will be accomplished by steps or degrees, (see above diagram). Note the starting point of the high in question, in comparison to the “initial raising”. After successfully employing the Four Steps of intent to raise your high, you'll feel an upgrade, a shift in your body-wide feelings reflecting this fact. After meditatively resting for a moment in that higher state, employ the Four Steps of intent to raise yet again. Use your newly elevated high *as a springboard for further travels upward, (see “second raising” above)*. Repeat this process again and again, so long as your energy lasts...push to see how high you can get after each successive plateau. Be aware that this is what might be called “a psychic (or spiritual) workout” that does take effort, just as does physical exercise. You will very likely be fatigued by this peculiar form of exertion, so rest deeply afterwards. In fact, be sure to schedule your time carefully so that such rest can take place.

Upon the next attempt to elevate your state with Herb, you'll notice that the ability to raise has increased, just as muscular strength increases with each workout. Remember that this is a progression...you are evolving yourself, expanding your consciousness at will. The process is cumulative like the growth of a plant...it goes through phases of progress. Be patient and persistent with your efforts, and find that the benefit derived from these focuses is no less than extraordinary.

Materialistic culture doesn't know the first thing about these potentials or about the Path in general. This is why it's probably a good idea not to speak of this to just anyone. If you DO speak of your practice, try to do so with those who are not staunch materialists who generally feel they have, “too much invested in the game” of society to ever change or question anything. Remember that many people are heavily conditioned to shy away from anything that even remotely resembles meaning or self-knowledge. There are few better ways to clear the room during many social occasions, than to insist upon speaking truth. This is a sad fact, but a fact nonetheless.

But if humanity is to have any realistic, practical opportunity for continuing its' evolutionary journey, it is through such means as a meditation/cannabis combination. Cannabis is widely available, and so too is the inner mastery derived from meditation. Experiment with these techniques, and realize that the road ahead has no endpoint whatsoever. The Path is inexhaustible, and so too are the abilities and perceptions gained by the avid spiritual explorer.

## Chapter 3

### How the World Could Be Raised

The Herb is showing us many things...that the high is a better way to live than the low. The high of this plant, which is not unlike joy, ecstasy, and pleasure, is telling humankind, “This is something you can BE all the time, if only you will intend it so”. This is not to say that one should constantly smoke cannabis in order to be in a high state. On the contrary, what the practitioner seeks is to learn from the Herb and embody its' high spirit, thereby *being higher and smoking less*. The message here is that the Herb is a way-shower, a guide and indicator of what right living looks like. Through it we can gain insight into what high consciousness has to offer...revelation, greater enjoyment and real fulfillment in life. Through cannabis we learn valuable lessons in *what to be*, not just while smoking, but in every facet of life while without the smoke. The Herb also teaches us to transcend those low(er) states of consciousness which are characterized by fear, pain, stress, hatefulness and anxiety of all kinds.

#### “As seen on TV”

We live in an extremely stressful world. This should be telling us that something is very wrong with the way society has been set up. As a culture we tend to value money above all other things. In so doing we cease to view ourselves as living beings with souls. Instead, we are taught to view human beings as money making machines, whose parts are expendable and replaceable. In the corporate world people are viewed not as centers of consciousness capable of love, peace, clarity, genius or spiritual insight, but as a set of economic details we call a “resume”, who function for only one purpose...generating a “profit”. So it is that we ask not what a person stands for, but how “employable” they are. Wrong values like these account for the dire state of constant war, division and crisis that our world finds itself in.

Even the nations of the world view themselves as money making machines on a large scale, (economies) whose parts we call, “human resources”. People are treated as just another exploitable commodity to be thrown away, only to be replaced by a younger employee who will eventually, “get used up” also. This world culture sees everything in life with a price tag attached. Everything is a commodity to be bought and sold: sex, love, freedom, status, education, enjoyment, entertainment, information, health, justice, relationship, truth, you name it. On the flip side of that same economic coin, it is commonplace to think that if something DOESN'T make money or have a price tag attached, ***then it must not be worth our time***. Is it any wonder then, that the modern world is so permeated with fear, pain and anxiety of all kinds? Of course, all of these values come straight off the television screen. We live in an age where the lives of many people can be accurately described by a single set of four words...”as seen on TV”. Turn off the set, smoke a bowl and meditate upon the high, if you want real “entertainment” through deep meaning and spiritual power.

Many people will ask, “how then is a person to live without falling into 'the system' and its' exploitation, if not for a money fixated life?” The answer is fairly simple...”***to be in the world but not of it***”. Yes, certain necessities of life require us to focus on money, but not to the exclusion of health, love, truth and sane living. Basic practicality is the key here...our material life is not a question of how much we WANT as dictated by television commercials. It is a matter of how much we actually NEED to be truly practical, healthy, happy and wise. This is exactly why both Christ and Buddha renounced a materially fixated society in favor of the simple, unpretentious basics of a spiritual life.

One might also ask, “Why is all this social critique included within a message of expanding consciousness through cannabis?” The reason is once again simple...“Because all these false values stand squarely in the way of real human progress”. How can people retain an elevated consciousness when they're constantly bogged down in chasing material things, just for the sake of someone else's wrong ideas of “success”? Greed does not build sustainable worlds, only dying ones.

By living a simpler existence we are granted more free time and energy. With these extra resources a person is given the opportunity to pursue what is of REAL importance in the living of life...spirituality, and the upliftment of personal and world consciousness.

### **There IS something we can do about the world**

It is popular to say, “I don't like the condition of the world, but there's nothing I can do about it”. But actually there IS something each of us can do about it. Most importantly we can live a life that does not further contribute to what is wrong in the world. The economic law of supply and demand is what creates or destroys the industries of the world. That which is in demand is sustained, but that which is not in demand withers away. The only material “vote” we have that really counts is how we spend our money on a daily basis, thereby creating a demand for whatever we value, be it world destructive or evolutionary. Also, by living a higher way we add the weight of our focus, the “spiritual gravity” of our uplifted state to the collective consciousness of society. As anyone can observe with ease, when we're in a high, loving state, those around us are visibly uplifted. Our “psychic effect” is a very real influence upon external events. As we contribute positively to each other's state of consciousness, a synergy of, “group high” arises. Everyone has felt this at one time or another when in the presence of joyous, friendly people.

As ever, we stand at a crossroads...a moment of world-changing decision. We can either choose (intend) to continue *down* the path of self and global destruction for the sake of false values, or we can choose to travel *up* the Path to higher consciousness, and the further evolution of our species. It's fundamentally that simple.

### **Raising the world and a review of the Four Steps of intent**

Changing the world is not unlike the changing of ones' self...*it must first be intended*. Just as personal consciousness can be elevated, so too can any group, community, nation or world be raised, *by intending it so*. Let us review then, the four steps of intent; 1) Know what you want to change. 2) Know the new condition you'd like to change to. 3) Move/transform from what you want to change, to the new condition. 4) Treat that condition as the new norm.

And now, the four steps of intent in a world-raising context;

1) Know what you want to change in the world. 2) Know the new condition you'd like see in humanity. 3) Move/transform the world to the new condition. 4) Treat that condition as the new global norm.

By briefly reviewing the problems facing our species, we've already accomplished the first of these Four Steps. In order to accomplish Step 2; “Knowing the new condition we'd like to see in humanity” our task is to look ahead briefly to what the world COULD look like, in a state of expanded consciousness.

Imagine standing off-planet on a cosmic highway if you will, while turning to look both ways. Behind us is a world engulfed in the flames of war, environmental destruction and strife. Ahead of us is either more of the same or a bright future where love and clarity are the new norm for social relations. As the high of cannabis can reveal to any earnest meditator, it can happen like this...

### **How humanity can save itself and become enlightened**

In the beginning there are but a handful of practitioners, who employ intent to raise their state of consciousness through Herb. As these practitioners expand their consciousness, the profound realization of the extreme value of what they're perceiving and what they're becoming arises. They're literally evolving themselves, transforming into something much higher and higher. These inner explorers want to share their revelations, the clarity, love and wisdom gained through Herbal meditation with others, so that more and more people can gain the benefits of expanded consciousness. This original group then starts to teach others about the Herbal Chakra Meditation and the Four Steps of intent. New initiates become excited about the potentials they're seeing from their own private experiences. As newcomers learn more and more about themselves and the nature of reality, they too experience an increasing desire to share that new-found knowledge with others. In a chain reaction, greater and greater numbers of people are enthusiastically telling anyone who will listen, about what we all can do to expand our consciousness with the cannabis high.

Meanwhile, those who know each other to be practitioners, join up in their efforts to engage in group Herbal meditations. At regular meetings practitioners start to smoke Herb together in small gatherings, enjoying the immensely powerful effects of the **group mind high**. They soon discover that *the group high is exponentially higher* than what each individual focus provides. Far beyond mere, "contact highs", *the intentional highs of practitioners* are consciously focused not only upon the raising of their own personal state, but also *the raising of the group state*, during each session. By sharing their highs together such groups expand each other's consciousness in ways that defy the imagination of materialistic society. Groups find that they can gain truly extraordinary levels of clarity, vibration, energy and strength together, and are amazed that this has not been revealed to humanity sooner. After such gatherings, people walk away absolutely stunned by what they've seen and shared, often needing to be driven home, as they are too disoriented by their transformations to get there safely.

More and more cannabis meditation groups spring up. Whole intentional communities form based upon the ideal of higher and higher consciousness together. Inspired by high, loving states, the brotherhood and sisterhood of humanity arises as the new theme for social relations. The Herb they realize is a psychic amplifier, whose sacred high allows them to be in touch with each other as souls, and not just as personalities with job descriptions. High(er) consciousness begins to make its' presence felt on a local, regional and even global scale. E-mailing lists form to schedule Herbal meditations around the world at regular, pre-scheduled times. "Meet-ups" form in various local communities as advertised on the internet, dedicated to the expansion of consciousness, where cannabis is smoked either openly or secretly. Soon, books, articles and magazines increasingly reveal what is going on with this spiritual movement around the world. People start getting interested in expanding their consciousness through Herb on a mass scale. Neighborhoods get a lot friendlier and far less dangerous. Formerly morbid citizens are noticed with broad smiles on their faces as they walk down the street, seemingly glad to be alive. Many don't know why this is so, but an increasing number DO.

Groups of meditators then join up in their focus with other groups, in order to RAISE en masse. The synergy of high consciousness in larger groups boosts *the group mind high* of the participants to much higher levels than before. Whole local communities start to embrace the idea of, “public smokes and meditations” where people share their experiences on the sacred Herb with others. Certain progressive towns engage in consciousness raising activities.

It is at about this time that a global threshold is reached, a critical mass of raised consciousness that is so pronounced it actually transforms the current “world mind” of fear, pain and strife, to become what humanity was originally meant to be....the very leading edge of sentient evolution in the natural world. It is here that Mankind as a whole learns the true purpose of life and the Will of God in one single stroke....*the expansion of consciousness*. National borders start to dissolve since they are no longer considered relevant. Religions become living philosophies rather than rigid, dogmatic systems, for the Will of God is made obvious to everyone at all times. Wars dwindle and then cease altogether, for the motives of, “greed-at-any-cost” have been transformed to the realization of Veritas Super Omnia...“Truth-Above-All-Else”. A multitude of very sophisticated and beautiful states of consciousness begin to circle the globe, being unavoidably felt at all times and places by every living thing on Earth. Joy has become a palpable force in the very air we breathe.

This is how it could be, how it was always intended by God, (as **one method** of global raising) and how it has happened on other worlds even more troubled than our own. We will explore these group mind potentials of the high in later chapters.

Having described what the world could be, and what every thinking mind would like to see it become, we have accomplished Step 2 in the employment of globe changing intention. As for Steps 3 and 4, (Move/transform the world to the new condition, and treating that condition as the new norm) these have yet to be manifest as of this writing.

Self-transformation is readily attainable. Each of us can raise our states of consciousness through meditation and Herb with relative ease, if we dedicate ourselves to the task. World transformation along these lines is just as attainable, but this will require the focused intention of a great many practitioners to be properly manifest. The way ahead for world change is laid out for us...we need only walk that Path with persistence and honesty.

As you can see, the expansion of consciousness with or without Herb has far greater ramifications than just individual practice. Consciousness is a fluid thing. It dynamically flows from place to place and person to person in a state of constant flux. The pains and fears of our fellow human beings are ours to experience even from the opposite side of the globe, and so too are their joys, loves and attitudes. This is why “no man is an island unto himself”. This is why “we are all connected”. It is one among many good reasons why we should care about what happens to the rest of our species, in all places of the world. Fads, popular ideas and social trends of all kinds arise not just from the mass media, but from *the group mind nature of the consciousness at large*. Anyone who has felt the thrill of the crowd at a sporting event or music concert has experienced for themselves the reality of group mind, or in other words, mass consciousness.

We have at our disposal the tools necessary for world, group and self-transformation. Let us make the best use of them in the ultimate journey of meaningful change. Let us consciously embark on this journey without hesitation, and find the profound, meaningful bliss of high consciousness together. The individual practitioner should be ever mindful that their meditations are not just for personal gain alone. They can be training for group practice and even world transformation.

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Most people will find they can engage a simple version of the Chakra Meditation while performing daily activities. This is a very useful practice. When you drive to work, have conversations, eat lunch or jog, focus on your body-wide feelings even if only for brief moments. Keep relaxing while doing this as a matter of habit. Soon you'll not only be dissolving away stress, pain and fear at a rapid rate, but finding a meditative calm that is increasingly becoming the normal state. Realize that meditative mindfulness is not just for times of sitting quietly, it's for every occasion. Calm inner focus will give you an edge in every situation...be attentive and notice the truth of this. Then, when smoking Herb and doing the Herbal Chakra Meditation, your high will be that much more powerful, insightful and profound. You'll be able to "navigate the high" with greater and greater ease, finding that the *raising of state* becomes second nature.

The beginning practitioner will soon discover that not only can they elevate their level of high at will, they can also *raise their state when not smoking Herb*. In most cases this raising will not be as profound as with the smoke, for obvious reasons. Nonetheless, you will through practice be able to elevate your feelings at any time, through a sheer act of intention. With experience, the Four Steps of intent become just one fluid and simultaneous motion, requiring little to no effort. Practitioners will notice in subtle detail what areas of their body are not as high as the rest, often seeing places infused with pain, fear or tension. They will be able to, "enter into" these afflicted areas with their awareness and, "take action" upon them. In the case of fear in the stomach for instance, the practitioner may elect to **intend** a state of love or high into those feelings, transforming them to the desired state. Sometimes this will require several applications of intention over time. In the case of a felt weakness in the legs or joints, the practitioner can simply intend feelings of strength, vitality and energy into those areas. Practitioners who are working out can draw chi, (greater energy) into themselves to increase both stamina and strength. Those who suffer from depression can fully regain their spirit, their joy and zest for life, by intending greater spiritedness upon themselves. Love, joy and ecstasy may all, as states of consciousness, be intended upon ones' self on a progressive basis. Needless to say, success at any of these endeavors is a learned skill, gained through patient practice.

Literally ANY felt condition of stress, anxiety, fear and pain may be alleviated simply by *intending them into a higher state*. It is through such means that the meditator can greatly accelerate self-healing, and even reduce or cure diseases. In all cases, the core of your success is called, "the greater mastery of intent". Just knowing you can do this is a big step for personal empowerment. Experiment with the truth of this information and prove it to yourself through trial, error and ultimate success.

It has been said that the vast majority of illnesses, be they energetic, spiritual or physical, are "mind caused". It is important to add that the details of ones' body-wide state are an accurate indicator of where any such problems will arise. Our state is the clearest, most immediate mirror for the underlying intentions we're using. When we feel fear or pain, these are not to be shied away from. Such feelings are worthy advisers which arise in our state to inform us of what we need to correct, or at least realize. Even a healthy body that remains in a chronic state of fear or pain is likely to break down. And that breakdown will occur precisely wherever the fear/pain is most concentrated. Just as the body, mind and spirit work better and more efficiently in a high state, so too do they become increasingly weakened by low states. Knowing this and having the means to correct it through meditation, Herb and the Four Steps of intent, is of immense benefit to every practitioner.

As practitioners expand their consciousness, a keen interest in maintaining excellent

health arises. They will seek to educate themselves about the subtleties of nutrition, diet, exercise, medicinal herbs, detoxification and simple/natural living. Many will consider a largely vegetarian diet, eat organic foods whenever practical and probably take nutritional supplements. All will want to work out more, especially aerobically. With basic practicality in mind, some will abruptly change their lifestyle to one that is both simple and natural. But whatever the measures taken, every practitioner seeks to improve their bodies and minds. This is a process that has been called, “refining the vehicles”, which leads eventually to *greater Mastery*.

Of course, the healthier we are, the more enjoyment and strength we derive from living life. But even more importantly, with better health comes a greater ability to expand our consciousness. This is because our bodies are built upon consciousness right down to their smallest components. Yes, even our individual cells have intent, awareness and energy, which is why we can communicate with, and fully instruct our cells to heal, be strong(er) and maintain a vibrant state. In essence, the practitioner can implement *any natural intent that they wish upon their bodies, right down to the cellular level*. Healthier bodies naturally stay in higher states of consciousness, and this fact contributes greatly to how high you will get on cannabis.

When you meditate on your Herbal high, it is to be expected that the occasional experience of heightened pain, anxiety or fear will arise. This is part of the Path, and for many people it WILL be a test of your resolve to progress. There’s no need to be anxious about this, it is a process of purification. The wise will actually SEEK OUT painful, fearful areas of themselves, with the intention of transforming them into high(er) states. The Smoke tends to amplify whatever state we focus upon. If we focus while we're high on something which brings out pain or fear, then these states CAN sometimes be amplified by the Herb, even if only for a little while. What some call, “getting paranoid” on the Herb, is typically the result of unchecked states of fear stored in the body. It can also arise from psychic influences. *Take action* upon such fear and work through it. This may require repeated applications of raising intention, during many sessions of smoking.

Realize that any state we've held in the past, lingers on in the memory-consciousness of our bodies. It is stored in the tissues, as *our cells remember*. Stored stress, pain or fear can have a lot of inertia, (momentum) behind it, having been deposited there by habits over years of time. Thus, it may not be easy to transform such areas into a high state. Internal inertia must be slowed, then stopped, then reversed. Transformation may take a good deal of time and effort. Think of it as a process of “spiritual cleansing”, or as some call it, “a healing catharsis”. In all cases meditative effort will be very worthwhile because through it, you WILL gain increasing personal and spiritual power. Your highs will get higher and your general strength/spiritedness will increase in all ways. At times you may feel sickened by your catharsis. You may feel disoriented or weak. This will pass...it is all part of your process along the Path, and is to be expected. While meditatively focusing upon those areas of your body that are in pain, fear or stress, take a puff or two. Using the Four Steps, intend that the high help to permanently “upgrade” these lower states. Cannabis helps to heal us naturally and automatically, but if the practitioner also intends internal improvement, the healing/raising process is greatly accelerated.

### **The intent used is as important as the vehicle driven**

Our smoking experiences are a direct reflection of the intent we use to enter them. Many will say they smoke as an act of escapism, but this is a path that leads to addiction. Those who misuse the Herb just to escape the stress or misery of daily life, soon find that they need more and more for their states to merely, “break even”. In other words, when cannabis is used as a

crutch, a poor substitute for greater inner mastery, it becomes just another addictive habit like alcohol, cocaine or junk foods. This is not the way of the practitioner. Because the meditator learns to get higher and higher at will, they end up smoking less and getting far more out of their experience. Cannabis is an outstanding spiritual vehicle, yet any vehicle can be driven into a ditch through user error. Beware that pitfall, and consciously *rise up* with this sacred plant.

The practitioner aims at a significant sense of inner strength in all ways...physical, mental, emotional, psychic, social and spiritual. In other words, their standing intention is one of progressive Mastery. As you raise to higher and higher thresholds of consciousness, increasing capability will make itself apparent. This is to be expected, and so are some trials along the way. Keep focused and ever persevere in high living through progressive intent, as the rewards are truly without limit.

## Chapter 4

### Person to Person Psychic Effects

There is a rush, a felt thrill that travels through the body like the current of some exotic electricity, which everyone has felt at music concerts and sporting events. This is mass consciousness in action. Especially in the case of events with large crowds where the audience is highly charged with emotion, it is literally impossible not to be swept up in that powerful psychic phenomena. The **group mind** of thousands cheering in unison creates a "charge in the air" that travels in great surges, in exact timing with the reactions of the crowd. It is precisely this psychic phenomenon which attracts most spectators, even if they don't realize it...not the "comfortable seating", the "perfect acoustics" or the "exquisite cuisine" of stadiums. Live band performances rarely offer the kind of polished music that appears on their albums...but what these events DO offer is an incredible feast of group mind excitement. This is but a taste of what the natural law known as "group mind" can accomplish, **even without the conscious knowledge of the participants.**

**Group mind** may be defined as follows; 1) A natural law that is the joining of constituent elements of consciousness into cohesive systems, **whose whole is geometrically greater than the sum of its parts.** 2) The synthesis of resonant minds in psychic alignment, which acts in entity-like fashion above and beyond the participants.

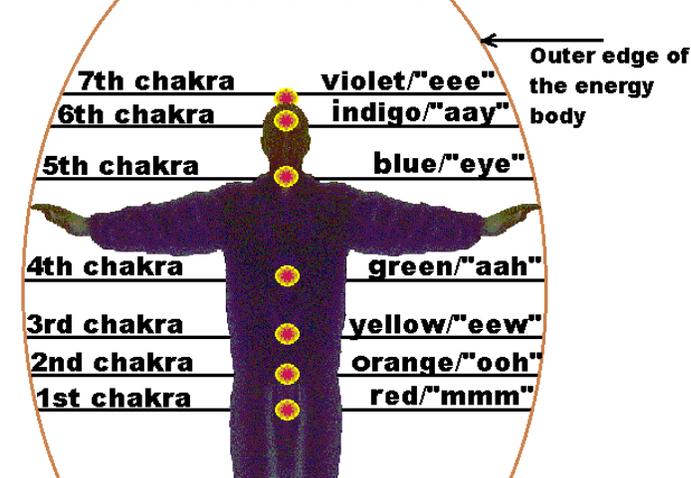
Experienced bands feed off of the "vibe" of a crowd, just as the crowd has been amped up by the spirited vibes of the musicians. Back and forth the energy flows, from band to audience and the audience back to the band, in a psychic feedback loop of positive, high vibrations. Increasing that effect there also are a great many people smoking Herb together, so as to enhance the already high collective state. Yet imagine what level of consciousness could be reached if such a crowd were to smoke Herb and intend their high to get higher and higher, using the Herbal Chakra Meditation and the Four Steps of intent! And what if the crowd were to use their intent to not only raise their own states, but also the states of those around them? If but a hundred people were to do this, the resulting high would be spectacular, but can you imagine what the group high would be like if 5000 held such a focus for even 3 minutes? The psychic effect would be stunning...no less than supernatural. Everyone knows all this at some level of their being and it's pointless to try to deny it, no matter how materialistic one prefers to be. As modern persons we can easily accept the fact that at any given moment, various transmissions of both natural and artificial origins are constantly passing right through our bodies. We live in an electromagnetic ocean, and this is common knowledge. Why then should we be so "skeptical" of person to person psychic effect(s) when these are in actuality our moment to moment experience?

On a small scale, it is well-known that couples who have been in a relationship for many years are so "tuned in" to each other psychically, they can actually communicate in half-sentences and be perfectly understood. As with long time friendships, couples not only merge their states together, they actually share them in a group mind of unified thought and perception. Every couple knows at some level that mutually felt experience is a daily reality. What else is true love but the psychic exchange of heartfelt feeling, from one person to another? What else is true friendship but the positive vibrations of one body-mind-soul to another, via the intention of mutual appreciation? Everyone knows or at least suspects that sex is a very energetic, psychic exchange, as is a heated argument, a joyous reunion and the group "atmosphere" of a party. In

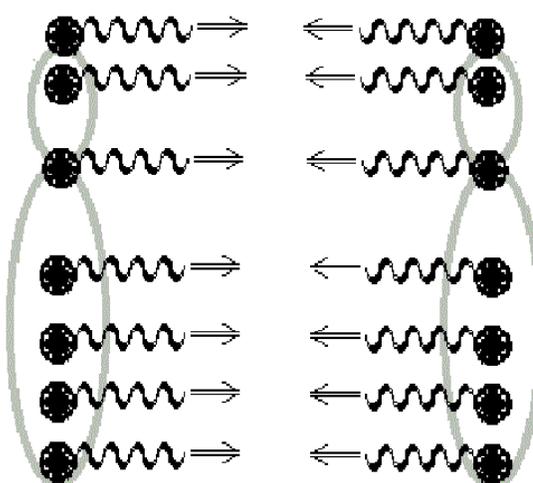
fact, every single social occasion one can imagine occurs not just in the physical, but in the realm of the energetic. This is the context of spiritual and psychic phenomena, which are actually as common-place as breathing in and out, yet they seem exotic to most people because of our materialistic conditioning.

One of the many great values of cannabis is that it opens our chakras, (energy centers) raises our vibration and energy level, to a point where this psychic reality of life is made more self-evident. The Herb makes visionaries of us all, yet there is no guarantee of **seeing** what it has to show us. To SEE we must observe carefully, while **wanting to know and understand**. The following diagrams begin to explain the energetic nature of reality;

### The Resonant Colors and Sounds of the Seven Chakras



### Person to Person Psychic Effects via the Chakras



Like all other living things, the human being is an energetic creature, not just one made of atoms, cells and organs. In nature we find spectrums of electromagnetic phenomena...the rainbow, musical octaves of tone on the diatonic scale, as well as the frequencies and bands of broadcast in radio technology, to name just a few examples. EEG tracings of human brainwaves demonstrate that we are in effect multi-frequency transceivers, who are constantly radiating our inner state to the surrounding environment. Smoking cannabis will help the observant to witness the truth of our innate, psychic nature. On the left is depicted the fact that at an energetic or "ethereal" level of being, we possess what are known as "chakras", as well as their vibrational equivalents, in terms of color and sound. On the right we see represented the psychic interaction of two peoples' chakras, when they are focused upon one another.

The word "chakra" is taken from ancient Sanskrit, which means "wheel", reflecting the general shape of these energy centers. The chakras belong primarily to what has been called the "energy body" or "ethereal body". They may be thought of as, "energetic organs" of that body, just as the heart, lungs and liver are organs of the physical. [Note that the energy body extends outward to a distance equivalent to ones' outstretched arms, and below the feet, approx. three feet into the earth...see diagram, left]. These energy organs are not as diverse in function as their physical counterparts. They all concern themselves with sending and receiving energy, (chi) to

and from the environment, just at different frequencies of broadcast. The chakras are in fact a **spectrum of transceivers** ranging from the lowest frequency emitter, the first chakra at the base of the spine, to the center with the highest frequency of broadcast at the crown of the head. Contemplate the following table;

<b>Chakra</b>	<b>Physical region includes</b>	<b>Energetic issue/specialization</b>
<b>Seventh</b>	crown of head	soul connection, holistic comprehension, wisdom
<b>Sixth</b>	middle of forehead, (third eye)	clarity, logic and clear discernment
<b>Fifth</b>	Throat, arms, hands	communication, expression
<b>Fourth</b>	heart, lungs, liver, arms, hands	love, unity
<b>Third</b>	stomach, intestines, kidneys	will, drive
<b>Second</b>	lower back, intestines,	survival, assimilation, stability
<b>First</b>	feet, legs, hips, sexual organs, base of spine	sex, pleasure, basic life energy

There is a resonant connection between our chakras and the systems of the physical body. If a given chakra is in a low state of consciousness, (pain, fear, anxiety) this will adversely affect the proper functioning of the corresponding organs of the physical, and vice versa. When we raise the states of our energy centers, the physical body automatically gets stronger, more vibrant and energetic.

With elevated states of consciousness in place, our energetic effects upon other people take on a higher quality. Everyone knows that when we're feeling very positive, others around us are visibly uplifted. The higher our vibration and positive intention, in fact, the more beneficial our psychic effect becomes. So when we speak of person to person psychic effects, what we're really talking about are the interactions of people at the level of energy and vibration...ALL of which is governed by intention. At every level of society, from tens of thousands at a music concert to the interactions of couples, we witness a mutual transceiving, (sending and receiving simultaneously) of energy, as channeled through the chakras of our energy bodies. This energy, also known as "chi" in China, "prana" in India and "ki" in Japan, is subatomic in nature. Chi is basically the flow of free electrons as applied to living systems. We send it back and forth to one another constantly. Such energy is "flavored" if you will by whatever emotion (state) we're in at the time of sending, and **in accord with our intention at that moment**. If we're feeling hostile at the time of thinking about a person, no matter where they may be in the world, then that person will tend to feel a hostile "vibe" at that exact moment. If we are in a state of love or clarity while contemplating someone we care for, then they will be immediately boosted by these states of consciousness.

### **Our multi-dimensionality and the three bodies**

In essence, we possess more than one body. Although the Chakra Meditations refer to, "focusing on the feelings that run throughout THE body" the fact of the matter is that **we possess three bodies simultaneously**. Our states are actually a product of all three bodies...the physical, energetic and soulic. Of the three, the physical is the only one which appears "solid"...the other two may be described as, "highly coherent fields of force". We don't usually see our energetic bodies because they exist simultaneously **in separate dimensions**. The implication here is that we are multidimensional beings, a fact that will surely horrify many devout materialists.

The electromagnetic band analogy will help many to understand our multi-dimensionality. As just mentioned, the universe is structured into bands of existence...whole groupings of related frequencies, such as what we refer to as "AM", (amplitude modulation) "FM", (frequency modulation) "VHF" (very high frequency) and "UHF" (ultra high frequency). Most modern people understand that different transmissions can exist simultaneously in the same cubic yard of space. This is possible because each transmission is broadcast at a different wavelength, (frequency) and therefore do not interfere with each other. So it is with our three bodies, which exist on different dimensions, or "bands". In the radio analogy our physical body might be compared to the "FM" band, the energy body to "VHF" and the soul body to "UHF".

Each of our bodies has consciousness and therefore INTENT. Each is quite capable of taking semi-independent action even though the mind is quite unaware of this fact. For instance, while our minds are well aware of the subtleties of meaning when speaking to someone on the street, our energy body and its' chakras are simultaneously interacting with that person at a feeling/psychic level. Meanwhile our soul bodies are sizing up the person's intent at a spiritual level. So not only are we multidimensional beings, we constantly take action upon ALL those dimensions, usually without even realizing it. Of course the meditating practitioner is one of the few people who are enabled to not only notice these other realms of self and world, but to also take CONSCIOUS action upon them as well. Needless to say this is of immense value to the practitioner, for reasons which will be revealed in detail through practice.

Of all three bodies, the soul is the only one which lasts beyond physical death. It is the soul, (also known as the, "causal body" or "true self") which acts to preserve the spiritual gains made, if any, during each physical life. **The soul is the real center of self, not the mind** and to know this truth is a matter of **in-depth self-realization**. Recognizing this, the experienced practitioner will cultivate a perception of others that includes BOTH the mental and soulic simultaneously. The eyes are indeed windows into the soul for those who See with meditative depth. To see people as both a mind and a soul will give a far more accurate examination of their qualities, than just a review of their mental attitudes alone. It is quite possible for a person to have a very low state of consciousness at the level of mind, and yet simultaneously be a, "high soul" who has temporarily forgotten the truth of self and life.

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Smoking cannabis dilates our chakras, just as excitement dilates the pupils of the eyes. It raises the frequency at which the chakras are operating, and attracts chi into our physical and energetic bodies. For all these reasons and more the Herb expands the smoker's consciousness, and thereby amplifies our psychic sensitivity. It is fairly common knowledge that cannabis ingestion makes one more intuitive, creative and sensitive to the vibes of others. When combined with meditation, the high of this plant becomes a focused dynamo of spiritual opportunity, for with the meditative high we become powerful centers of action upon the "subtle" realms of existence. There is a saying in Eastern cultures to the effect of, "The Master does nothing and leaves nothing undone." What this means is that the Master, who is an expert in the spiritual aspect of existence, takes potent psychic action upon the environment in which they live. In meditation they *appear* to do nothing, but in reality their energetic deeds are so powerful as to significantly change the outcome of physical events, *just through the intention to do so*.

*Anyone can and will* prove these premises to themselves by earnestly applying the knowledge contained in this material. People would do so naturally were it not for the false conditioning we receive from materialistic society, one that closes the mind to practical

spirituality. Ordinarily those who smoke Herb don't notice these potentials, because they're too busy with other focuses..."having a good time", performing mundane tasks, socializing, etc. But when a person learns to meditatively **focus upon the high itself**, it is then that a whole universe of opportunity makes itself available. Instead of just using cannabis to "**do other things**", it is the wise who **delve into the high itself** through such focuses as the Herbal Chakra Meditation. It is they who are truly fortunate, because the expansion of consciousness is theirs to explore at will.

The meditator soon learns of the reality of chakras, though they may not realize it initially. By performing the Chakra Meditation and resting your awareness *on state rather than thought*, major concentrations of feeling in the body(ies) will make themselves evident. Even now without meditation, look with your awareness to the center of the throat, the heart, the center of the forehead and the front of the stomach, just below the navel. You'll notice with little effort the greater intensity of feeling(s) in these regions as compared to the surrounding areas. In so doing you've just consciously connected the mind with the chakras. The "Chakra Meditation" is so named because the practitioner's awareness is naturally drawn to these portals of psychic influence, simply because they are more intense concentrations of feeling.

We render psychic effects upon each other constantly and without exception...in the office, thinking about others in the drive to work and even in the most casual conversations. *Psychic influence is sent out from our chakras to the corresponding chakras in others*, due to the natural law of resonance. This fact is represented in the above diagram, labeled "person to person psychic effects via the chakras". When we feel love for another in our heart chakras for instance, that love is **CAST** outwards to them creating a replica of that feeling in their own hearts. When we have tension in the forehead, this is cast to others in a way that makes those same areas of their foreheads feel tense. The sexual attraction of first chakra to first chakra is easily perceived by anyone, even from across a crowded room...and so it is with all our energy centers. Do you remember countless times when speaking to someone, where suddenly your throat tightened up as you were trying to get a point across? This happened because at that exact moment the person resisted what you had to say, by tightening THEIR throat chakra. By doing this the person was trying to prevent you from speaking whatever they disagreed with. In return, you felt their rejection of your statement in your own throat chakra, through a paralleling tightness in that region.

Those who have been in reciprocating love, scarcely need to be told that this state is one that is mutually shared, especially via the 4<sup>th</sup> or heart chakra in the chest. In this case the love state is freely exchanged back and forth in a way that builds up a reciprocating field of high intention, one that is strengthening to both people. In contrast, a gripping sensation in the stomach is often accompanied by persons who are constantly talking, in an effort to galvanize our attention upon them and take our energy. This is actually a form of psychic attack that can destabilize our states, if we allow ourselves to be overwhelmed by such intent. The vibrant sexual act for a couple is as much energetic as it is physical. Sex is a mutually reinforced, dynamic exchange of pleasure, (first chakra energy) that can be very strengthening. Practitioners have the opportunity to add a state of love in the heart, (cultivated through intention) to the sexual act, bringing real meaning to the phrase, "making love". A pleasure-love combination is extremely powerful, and it *will be felt* by your counterpart. In all these examples we see the energetic component of social relations going largely unnoticed. Never the less such phenomena are as common as the wind, and as real as sunrise and sunset. When the cannabis high is added to any of these examples and countless more, the result is the greatly amplified psychic power of

any person to do benefit or to do harm. This is *especially* true if the user is a practitioner who knows how to amplify that high with their intention.

### **The Use of Color in the Raising of Consciousness**

Naturally vibrating as a spectrum of frequencies, the chakras have what might be called a "harmonic resonance" to corresponding sounds and colors, as alluded to in the above diagram. Note how the correspondences of the various colors to the chakras occurs in exactly the same order as one would see them in a rainbow...from the lowest frequency starting with red at the first chakra, to the highest frequency of violet which is resonant with the 7<sup>th</sup> chakra at the crown of the head. This is no mere coincidence...we are in fact, "multi-frequency transceivers" who both **transmit and receive information constantly**, via a natural spectrum of vibratory levels.

In Chapter 3 we spoke briefly about how practitioners may focus upon areas of fear or pain in their body-wide feelings, especially while using the Herb as a booster, so as to accelerate healing and raise the state of those areas. You may add even more potency to these meditative efforts by visualizing the color that is resonant with the problem area. Let's say for instance that one is experiencing lower back pain. While using the Chakra Meditation and focusing on the feelings in the lower back, take a puff and intend that pain to be elevated by the high, even more than it would ordinarily be. This focus will accelerate healing and balancing. But when the color orange is simultaneously visualized as permeating the afflicted areas, this will amplify your healing efforts even more. Stiffness in the feet can be better raised by the visualization of red permeating all the cells of that area. Anger or a "contracted" feeling in the heart, can be more easily raised by visualizing green throughout the chest. Visualizing indigo in the area of the forehead helps to relieve stress there, and so forth. In each case try visualizing the brightest, purest form of the color being used, while intending the raising of state in the area of the body in question. Visualization of color superimposed over the body will tend to "purify" the chakra(s), much like a struck tuning fork helps a musician tune an instrument. Experiment with these exercises and find an interesting array of good effects.

### **The use of sound in the raising of consciousness**

Of even greater and more dynamic effect, is the use of sound to amplify your psychic/spiritual power. The above diagram shows the resonances of the chakras to certain tones. While the spectrum of rainbow colors has its' correspondences with the chakras, these energy portals also have their sonic equivalents. Just as the visualization of the corresponding color stimulates a chakra, the same is even more true of the sustained, corresponding tone. For example, while the heart chakra responds mildly to the color green, it can be extremely stimulated and raised by the sustained use of the "aah" sound.

The practitioner is strongly urged to develop their voice in an unusual way, through a practice known as, "intonation". Intonation is merely the use of the voice to sustain certain tones or combination of tones. At first, this effort may seem difficult. Your voice may sound unsteady or out of key to the ear. This is a natural part of the learning process, and through practice it will be overcome. To acquaint yourself with this meditational focus, try making the sound, "mmm" for at least 30 seconds straight, with or without the mouth being open. Notice the pleasant effect this can have on your state. Next try a sustained "ooh" (as in "row", and then "eww" (as in through). These three sounds harmonically correspond to the first three chakras. The commonly known "OM" chant is properly pronounced through four consecutive minor tones in this order, "aah", "eew", "ooh" and "mmm". In other words, the OM sound resonates with all of the first

four chakras, from heart to base of spine, which is one reason it has such power and appeal.

Conduct the Herbal Chakra Meditation, and then practice some intonation. Notice the very positive effects this practice has on your state. The chakras are especially benefitted by the intonation of their equivalent sounds. If you use the Four Steps of intent to raise your state **while intoning** the result can be quite spectacular, especially through practice. Try raising the level of high in your heart for instance, while intoning the sound "aah", (as in "saw"). You might even visualize a rich, deep green permeating that area at the same time. Notice how the high in your heart is improved, and even more easily raised, when sound is added to this focus.

Your intonation is a vibrational waveform sent into the surrounding environment. Such a meditative frequency, especially when it is combined with Herb, *will* render psychic and spiritual effects in the immediate area, which the observant will soon feel. As we will discuss in later chapters, intonation can even be used as a powerful tool for the CASTING of your state to whole, "areas of effect". Through intonation and the meditative use of cannabis, the experienced practitioner is enabled to strongly *cast* whatever inner state they may be in at the time, especially while in a natural setting like a forest, meadow or beach. They may cast love, chi-gaining, clarity, their Herbal high, whatever state they choose, and in so doing **cause that state to be increasingly manifest in the surrounding area**. To "cast" in this context is defined as, "the projection of intent to any area of effect". An "area of effect" can be as small as subatomic particles in one's own body to individual people, whole crowds, a forest and even much, much larger areas of effect. It is **visualized intent** which crystallizes the parameters of any casting, but we will speak more of this later.

Later on in your practice, when you wish to raise with others in group meditation, the practitioner will find that *intoning together* is an extremely powerful tool for the **elevation of the group state**. This practice has a very strengthening effect on the **group high, via the natural law of resonance**. Mutually made tones act to synchronize, or make resonant, the states of two or more practitioners. Just as sustained sound produced by the voice will unify and uplift your entire body, (not just the chakra in question) it will also uplift and unify groups of meditators in their quest to **raise together**. You will soon have the opportunity to prove all this to yourself, when joining or forming a local group of practitioners. But first you must be proficient in raising your own state of consciousness at will. Then your psychic and spiritual contribution to the group will be that much more productive.

## Chapter 5

### The Mutual Raising

The effect of conscious Herb use bears striking resemblance to tantra. Tantra is the spiritual practice of conscious sexuality. Sexual pleasure is not unlike the high of cannabis...both are of a high vibration, and both are *capable* of expanding consciousness. The key word here is "capable"...there is no guarantee of success without the determined, disciplined focus of the practitioner. What distinguishes "regular sex" from tantra is largely the fact that pleasure is meditatively focused upon and worked with, in order to gain greater and greater levels of sexual high. What distinguishes, "just getting stoned" from actually **raising** with Herb, is that the effect of this plant is meditatively focused upon, and worked with, in order to gain greater levels of cannabis high. In both tantra and conscious Herbal use, the practitioner **intends** a cumulative elevation of state, recognizing the literal truth that the higher one's consciousness, the more advantaged they are in every way, physically, psychically, mentally and spiritually.

Couples proficient in tantric focus soon find that the level of pleasure they experience together can be astronomically stronger and more satisfying than what non-conscious sex has to offer. *A sexual couple is a group mind of pleasure.* They find the sexual act very strengthening, empowering and liberating, in ways which mainstream society is largely oblivious to. The conscious intake of cannabis is exactly the same...the scope and degree of visionary ecstasy are beyond the measure of the "every-day world", especially when experienced in the group setting. Revelation(s) great and small are ours to explore by intending the Herbal high to greater plateaus, as is increasing inner strength. The elevation of pleasure and Herbal high are both a simple matter of repeatedly applying the Four Steps of intent to their increase.

Every couple has experienced sex as a very energetic act, even if they didn't crystallize the fact in those terms. You don't have to be a tantric practitioner to feel the pleasure of one's counterpart, especially during orgasm, just as you don't have to be an expert of *raising with the Herb* to feel the, "contact high" of others who are smoking in the same room. It is a natural fact, one readily explainable by particle and quantum physics, that the human being constantly radiates their inner state of consciousness to the surrounding environment. Through our chakras, and to a lesser degree through our entire bodies, we constantly broadcast and receive felt information. In sex we transmit "pleasure-flavored chi", back and forth from one nervous system to another. The pleasure vibration we feel from our counterpart is automatically sent by their first chakra to our own pleasure center. Our pleasure vibration is also resonantly sent to their first chakra. In this way a couple creates a reciprocating field of criss-crossing energy flow, a group mind of sexual high that builds up higher and higher. And although it is not implicitly sexual, the smoking of Herb with others also involves the mutual flow of high vibration from one energy body to the next. If this flow is reciprocating, which is to say done by practitioners who not only raise their own highs but also the highs of others, then a similar mutual field is established, building up in an ascending, group mind fashion.

How do we know at an energetic level that our counterpart is sexually aroused? And likewise, how do we know about a "contact high" when in the presence of those who are smoking Herb? In both cases the answer is the same...we know these things directly through our **states**, or body-wide feelings. We can easily feel other people's psychic impact upon our state of consciousness...this is a natural ability *which everyone possesses*. We are all psychic, by nature. The survival value of such an ability is obvious...to be in tune with the feelings of others places

us in a position of greater cooperation, empathy and understanding. Psychic sensitivity forewarns us of hostile intention, just as it can advise the aware person as to the degree someone can be trusted. Our feelings show us the loves or hates, the anger and the joy of everyone we're in contact with, even at large physical distances. In ALL cases of social interaction, there is a **state to state interaction** taking place between people, even if those involved are avid materialists who will deny to the death that psychic phenomena exists.

### **Increasing our psychic sensitivity and power**

Every person without exception has states of consciousness, and at all times. However, to merely have a state is one thing, but to consciously raise that state at will is entirely another. By using the Chakra Meditation every day, the practitioner soon discovers a great many subtleties about their state. They gain an increasing familiarity with the details of how the body normally feels from head to toe. With an improved awareness of their own state, the practitioner is enabled not only to raise their body-wide feelings with proficiency, but to better perceive the states of others as well, especially through the aid of cannabis. Knowing our own normal state in feeling-detail then, and consciously staying in that awareness, allows us to *accurately perceive* other people's states with whom we come in contact. This is true even in the case of casually walking down the street.

Upon meeting a total stranger on the sidewalk, the practitioner can learn much about the person's intention and current focus, just by maintaining a Chakra Meditation type of awareness. It happens like this; as we stay in tune with our body-wide feelings while passing by other people, sudden shifts in our state are made apparent. Such shifts, be they subtle or dramatic, are the impact of other people's feelings upon our own. These impacts are automatic and are based upon various natural laws...resonance/dissonance, karma, vibration/frequency, polarity, group mind, etc. People who hold similar intentions are those we're generally more comfortable with upon first meeting, as their states more resonant, (of a like nature) with our own. Those we feel an immediate antagonism toward are typically those with very different intentions than our own, a fact which reflects the natural law of dissonance. The experienced meditator learns to perceive the states of others with nearly as much ease as they do their own body-wide feelings. Through such focus, the expert practitioner can even perceive many of the thoughts, feelings, visualizations and motives of other people while interacting with them. This they can do routinely, even at a casual glance. Of course, all of these psychic abilities are nothing exceptional...they are innate to our species. For instance, any man or woman can readily tell the sexual intentions of the opposite sex, even from blocks away. Hostile persons with bad intention are easily distinguished by anyone paying the least bit of attention, from those who are loving or friendly. We live in an energetic, psychic universe. It's long past time this obvious fact became accepted by the public, as the norm for human relations.

To consciously perceive other people's states, by staying focused on our own body-wide feelings, is a learned skill. But it is also a very natural ability with which we were born. We are all intimately familiar at an unconscious level with person to person psychic effects, **since we use such powers on a daily basis**, usually without realizing it. By intentionally focusing on states in the social context however, the practitioner automatically increases their psychic ability above and beyond the natural human power, just as a runner increases their aerobic stamina by working out. The experienced meditator finds that as their self-knowledge of state becomes more detailed, so too can they know other people's states to a very refined degree.

Couples and long-time friends become very aligned with each other's states as a strong

group mind, but it is very rare for anyone in the modern world to capitalize upon this profound knowledge for the sake of mutual benefit. To consciously know other people's states of consciousness **is to be able to raise their state, just as you would do for yourself.** Just as you can intend to raise your level of cannabis high, for instance, so too can you **intend to raise the high** of anyone you're smoking with. The Four Steps of intent apply equally in all cases. To review: 1) Know what you want to change. 2) Know the new condition you'd like to change to. 3) Move/transform from what you want to change, to the new condition. 4) Treat that condition as the new norm.

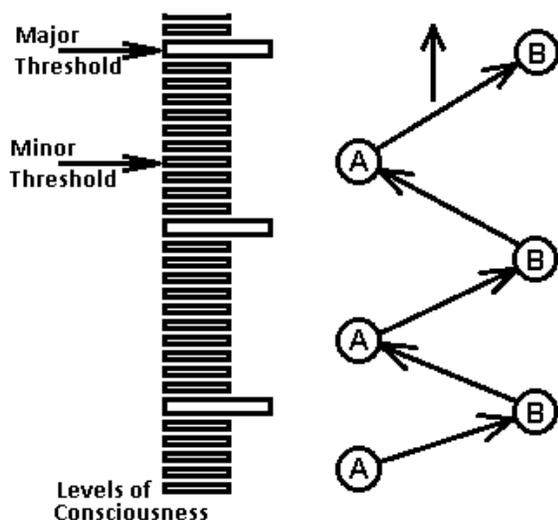
To raise another persons' state, one must first be proficient in raising their own. The practitioner first learns to raise their own cannabis high by, 1) knowing their starting high through the Herbal Chakra Meditation. Then, 2) using their intuition/memory to bring to light, "what a little higher state would feel like" the meditator crystallizes the higher level of consciousness they want to gain. In Step 3, the meditator moves their state from that starting high to the higher state as an act of will, to "travel" upwards along the Path, and in Step 4, they treat their consciously elevated high as the new norm, only to repeat this process again and again, using elevated states as a springboard for further upward progress.

### **The Mutual Raising**

Using the four Steps of intent to *raise another* is essentially the very same process as individual raising. Imagine smoking Herb with someone else. We accomplish Step 1 in this powerful act by first focusing on our own Herbally high state, as always. Then we focus upon THEIR state, **by feeling their high in our own bodies.** Yes, we can consciously focus on other people's highs, readily distinguishing these from our own, through practice. In Step 2 we use intuition/memory to bring to light, "what a little higher would feel like" **for them.** In Step 3 ***we treat their felt high as if it were part of our own state and raise it as we would do for ourselves.*** To accomplish this, *stay in tune with both your own state, and the state of the person you're smoking with.* So while we're meditatively focused upon our own high and the high of someone else at the same time, we can **intend** their state to raise in the very same manner as we intend our own state higher and higher. In Step 4 we treat their high, which we just boosted with our intention, as their new norm for the sake of further, **mutual travels upward.** By consciously raising another person's state, we start to realize the truly unlimited scope of human potentials.

If the person we're smoking with uses their intent to raise our state, a mutually strengthening field of elevating consciousness is established. *The mutual intention of raising has considerable spiritual power.* It creates a spiritually potent group mind between two or more practitioners, which possesses **a synergy of each person's high state,** one that far exceeds the mere addition of highs. By raising each other's state, practitioners have officially entered into a whole new phase of their practice...that of consciously employing the unlimited power of the natural law known as, "group mind". Back and forth such raising intent travels, boosting two or more meditators in a way that can **totally transform lives.**

## Basic Mutual Raising



Using the power of the Herbal Chakra Meditation, practitioner "A" intends the level of high of practitioner "B" to be raised. B's state is then boosted. From this elevated position, B reciprocates that intent by raising A in turn. A's state is now higher than either of them have been before in this session. With an increased level of vibration, energy, knowledge and even clarity, A boosts B's state once again. B soars to higher levels of state, passing through many thresholds in the latest round of consciousness expansion. On and on the two raise each others' state, using the Four Steps of intent, without ultimate limit.

When smoking with other practitioners, experiment with this simple yet profound process of mutual raising. If humanity were to realize even one percent of the potential we have to expand each other's consciousness, it would completely change the course of human history for the better. Add this potential to the spiritual power of the sacred Herb, and what we could have in a short time would be a world so much higher and more evolved than the current consumer paradigm, that it would be barely recognizable to the average person.

In essence, true friendship displays many of the same qualities as the Herbal example above. It too is a mutually reinforcing, psychic phenomena shared between two or more people. Friendship is a resonance of chakras based upon a certain similarity of intention. We can easily feel in our states when our friend(s) are either pleased or displeased with us, through the waxing and waning of good, body-wide feelings. Couples will notice exactly the same thing...that their group mind of good feelings together goes through times of great height and resonance, or great turmoil and dissonance. Person to person psychic effects are the norm rather than the exception, *and always at the behest of the intention held by each person in every moment that passes.* Imagine if you will what social relations would look like if practitioners were commonly going about their daily interactions, using **the intent to boost the state** of whoever they came across. One can rightfully call such a practice, "spiritual ministry", for its' effects are quite potent.

Imagine a world where people treat you at the feeling level as if you were a dear friend of long acquaintance, even upon first meeting! After all, why should we necessarily reserve our best psychic effects only for a select few? Why should it necessarily take years or decades to exchange high intent (friendship) with each other, when we could simply DECIDE to do this without any preliminaries? Imagine what could happen to the world if practitioners were walking around here, there and everywhere, sending love, clarity, good will and high states to everyone they pass, as a matter of everyday practice. It would indeed be a far better planet to live upon together, and this is in fact *what we should do* in order to expand our personal and global consciousness. Casting our high states to others based upon the intention of good will, is a boost to our karma. "What comes around goes around" is in truth a spiritual principle. Karma is essentially the natural law of cause and effect, so when we send out intent that causes an uplifting of other people's states, this in turn uplifts our own. This is why it has been said, "**It is**

**the wise who would cast what they would gain**". To gain love cast it to others. To experience the depths of warm friendship, or clarity or mutual strength, cast these things to your fellow human beings, using your body-wide feelings to both send and receive. Everyone knows how to do this, just not at a conscious level.

Every strain of Herb offers a different high. The states of every person likewise display unique differences. Although there are universal similarities, we all get high in different ways. The details of our lives are unique, thus our psychic effect upon others is equally so. Even the high of the same person can vary greatly from one smoke to the next, depending on their energy level, starting state, psychic connections, environment, mental focus and most of all, the type of intent they're using. Every person's state reflects their life experience, their spirit and karma. When two or more people meditate together, the resulting group mind of calm, focused consciousness starts to flow together, getting stronger over time and repeated meditations. The resulting "group space" is very rich in its' quality, for it contains the **synergy** of all the meditative variations of state in each participant. Anyone who has attended a group meditation can attest to its' sophisticated group mind effect. But when two or more people smoke Herb together, *especially while meditating on the high*, the resulting synergy of states is even more potent, since the high of cannabis is now boosting everyone's consciousness. With the addition of a third person to the smoke, the group mind is further enriched. A fourth meditator raises the collective state even further with their unique, "psychic signature". Essentially the more participants a group meditation has, the more powerful and sophisticated the resulting psychic effect becomes. If the meditators involved have expertise in raising the states of others, the group space will be **exponentially elevated**.

As psychic creatures in an energetic universe, our experience with group mind phenomena is extensive. In the classroom we can readily feel the state of our fellow students as they focus on the instructors' lesson. On the job we experience our co-workers' presence as, "the atmosphere of the office". Children at play often interact as a seamless group mind, within that state known as, "fun". People with pets know all too well that changing vibes are shared between animals and humans. In ANY meeting of two or more people, some group mind phenomena will begin to arise, made more and more potent over time, type of intention and strength of emotion.

Regardless of their extensive group mind experience, many people will express a fear of becoming, "too caught up" in an Herbal group meditation, hoping not to, "lose themselves" in it. Admittedly, group meditation boosted by the Herb of herbs is very psychically compelling. Yet, this is part of its' value for the sake of *the mutual expansion of consciousness*. Rest assured, you will not "lose yourself" in the group consciousness. Experience will show that while the meditator is temporarily "at one" with others in the group space, this does not imply that independent thought and action are now out of reach. After such group meditations you will usually feel elevated, made stronger, more clear, more intuitive and high in all ways. The incredible boost to our individual consciousness which group raising provides is truly amazing. All levels of one's being are advantaged, from the physical and energetic bodies, to the very core of the soul. By meditatively smoking with others we gain the synergistic advantages of each person's unique way of working with the high, within our own state.

We often experience the group high as if the collective space were a singular, mutually shared body. In this space, the "WE" prevails. It is from this "we" that we can gain strength, for the group high is geometrically more powerful than our individual states alone. The meditator who clearly knows their own state, is enabled *to see clearly into any group state*. The group

space “overlaps” into ones' own, just as individual states do in the one-on-one context. Practitioners learn to distinguish between their personal state and that of the collective space, often switching back and forth between the two. This is as true of two people meditating together as it is for a thousand.

Beginners can refine their psychic ability by observing with their body-wide feelings the collective vibe of every roomful of people they enter. Each one will differ in its' characteristics, just as individual vibes do. Some group states will be aloof or hostile; others will be receptive and friendly, depending upon the average intention of everyone present. In driving through a neighborhood, notice the shift of vibes from, “good neighborhoods” to “bad ones”. When walking in a park or in the woods, observe the impact of the trees, bushes and creatures on your body-wide feelings. This is easy to discern, especially after camping overnight and sleeping on the ground. *To See (perceive) a thing is to be able to take action upon it.* With such a practiced ability to **consciously** feel group minds, the practitioner is then able to **intend changes in any such collective**, much as they would do within their own personal state. In other words, you may use the Four Steps of intent to raise the “we” or “collective state” of any group mind you encounter.

While staying focused on the feelings of the group state, use your intent to raise it. You may for instance, cast the Herbal high and/or love in your heart, to the hearts, (4<sup>th</sup> chakras) of everyone present. Visualize such things as streams of light/love traveling to everyone's heart, to add potency to this focus. Success in your efforts will be indicated by a returning feeling of love or high from the group space. Look for such psychic feedback...it will guide you to more precise efforts. Just as with the raising of your own state, repeated applications of raising intention to any group space will yield cumulative results. This is a learned skill. Practical experience will reveal the truth of all these details to anyone who seeks to learn them.

### **Psychic Reciprocation**

For the sake of practice and good karma, try casting love or any other warm feelings upon the collective consciousness of your co-workers on the job. Cast your high upon others at a party, or groups of people at a park. ***Visualize and feel it to be so, in your state.*** You might even try casting your Herbally high state to the local area of a forest or other natural place. After employing the Herbal Chakra Meditation, FEEL the forest you're meditating in by noticing the rich, high state that is characteristic of natural areas. Visualize streams of love, strength, clarity and/or cannabis high, streaming outward from your body to RAISE the plants and animals in that grove. Feel the local area rising up in greater and greater degrees of the high.

Notice with your body-wide feelings whether or not this casting is returned to you in like kind. Experienced practitioners soon realize that the higher the state they cast, the better is the returned energetic effect, as a general rule. This is ALWAYS true in nature, and only partially true in the human world. In any case, the high is reflected back to the practitioner one way or another, and has been called, “***psychic reciprocation***”. Know that to give a thing one must first have that thing. To cast love one needs to first cultivate that state within. To cast goodwill, warmth or clarity, it is necessary to embody these qualities by intending them on yourself, first and foremost.

Once again, the main key for practitioners who engage Herbal group meditation, is to frequently switch back and forth between their personal state and that of the group. Even couples who smoke and raise their states together, are well advised to switch back and forth between “me” and “us”. So in one moment the practitioner is intending the raising of their own state, and

in the next moment they're using that same raising intention for whoever they're with, by tuning into *their state*. Experienced practitioners will be able to raise *everyone's* state, including their own, simultaneously. Keeping track of our own state enables us to proficiently raise others, since all psychic action is taken through our body-wide feelings, especially through the seven chakras. The experienced meditator will even find that they can raise a group state to successively higher plateaus, just as they can their own state of consciousness. Raising the state of a local grove, for instance, is a thing registered by one's body-wide feelings. Usually, both practitioner and grove are simultaneously elevated. Using the groves' elevated state as a new foundation, the practitioner can then raise the area even higher. On and on any such an, "area of effect" can be elevated by degrees. In so doing the meditator usually receives higher and higher psychic reciprocation as a result, a fact that keeps boosting their personal state to incredible levels.

After any group raising, even when the "group" is only two people, rest deeply. You've made great changes to yourself through the power of the group mind high. These will need to be integrated into your being. All three of your bodies, (physical, energetic and soulic) have been "worked out" much like jogging and lifting weights. You'll usually need to recover on an individual basis, before further group work is engaged. After recovering from your psychic workout, perhaps for a few days or longer, you'll then be even stronger than before. You will have embodied much of the previous group state, even if this fact is not readily apparent. It is at this point that the individual practitioner comes back to the group setting with more spiritual power than before. The level of high, as well as ones' psychic impact upon the other participants, will be increasingly elevated. The group can now get even higher than it did before, with new insights and collective highs that will astound the imagination.

Another key for meditators is the use of "good intent", especially in the group setting. Remember that group meditation, with or without Herb, is a spiritual practice. "Goodness" is very simply defined as, "that which raises consciousness and is of natural, evolutionary benefit". Evil is defined as the reverse, "that which lowers consciousness and is of unnatural, de-evolutionary harm". As practitioners engaged in spiritual advancement, we aim to cultivate better and better intention. We aim for being more loving, kind, high and clear. The gaining of goodness then, is an indispensable part of the Path in general. When we raise with others not only should we cast our high to them, but to do so in such a way that renders, "best benefit". One might call this, "following the golden psychic rule" which is, "cast unto others as you would have them cast unto you". Seek higher and higher consciousness and a greater scope of goodness for your fellow practitioners, not to mention for humanity in general, and this benefit will be karmically returned to you.

## Chapter 6

### Intent is the Key to All Locks

It is acknowledged by musicians of all genres, that many of their greatest works have been composed while under the raising influence of cannabis. The high of this Herb is creatively powerful, as a potent tonic for body, mind and soul. When a composer gets high their consciousness is elevated, allowing them to **see** with far greater depth into the potentials of exquisite music. If the musician can successfully transmute the Herbal effect into sound, as well as put their own spirit into song, then artistic creation becomes an act of power. Music that is infused with spiritedness is then transmitted to the listener, so that they too gain a measure of the soaring highs that created the album to start with.

On the dance floor, music and color form a landscape of ecstatic movement. Bodies move in unison, not just to the rythm, but to the group high which animates it. Dance becomes an expression of joy, a state of body-wide movement which reflects the last million years of natural history, right down to our individual cells. By listening to music we borrow the spirit of the musicians, letting their high(s) carry us like white water rafting, to other places, other visions of life. By listening or dancing with others we raise our consciousness together, even without realizing it. Any dance floor is a group mind of high feelings. In the dance we psychically convey our enjoyment with each other, to levels of collective high that are usually of far greater depth and sophistication than what we would achieve alone. This is one reason why people pay high prices for night club admission....for the group high that is probably above and beyond their own current state of consciousness.

Just as we raise our own state, we psychically raise the states of others around us, whether it is through dance, music, Herb, lively discussion, chanting or any other group activity. The group in turn raises our state, making it more fulfilling and elevated. Those who have attentively participated in drumming circles for instance, know a great deal about the group vibe and how it shifts from moment to moment. The mutually created rhythm shifts and reconfigures. It changes tempo and timing in a cascade of collective focus, while sweeping everyone up into a synchronized inner movement. Not coincidentally, as the group rhythm goes through one shift after another, so too does the group state. In fact, it is at the precise moment of each shift in the drumming, where the practitioner will witness a corresponding shift in the group consciousness. It is the group state and the intentions behind it which account for the quality of experience in *any* social setting.

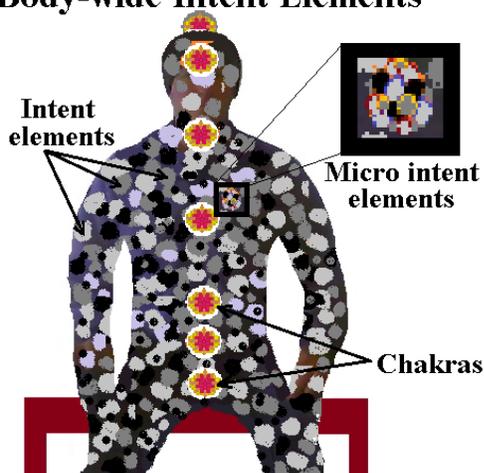
One of the many things these examples illustrate is that human beings are no strangers to collective consciousness. Intimately familiar to us is how good a positive group space can be. We all know at the feeling level of soul and cell, that the "contact highs" of other people are an attracting, uplifting force. Regardless of our consumer conditioning, we know very well what it means to contribute to such a collective high, with or without Herbal influence. In other words we know what it is to both **be raised** by a collective high, and also, ***how to contribute to such a group space*** through our own elevated state. At every level of social interaction, from that of a couple to parties, concerts and sports stadiums, our knowledge of person to person psychic effect is literally built into our DNA. Our souls and energy bodies are likewise very familiar with group mind dynamics, for they engage these considerations every hour of every day.

The practitioner will want to use whatever vehicle they can for the sake of elevating their consciousness, be it through music, Herb, dance, tantra, the use of mantras, inspiring video,

singing/intonation, art, etc. But whatever the medium used, the meditator recognizes that it is *the right use of intention which is essential*, above and beyond all other considerations. There are billions of people who dance, smoke Herb or listen to music, and yet there are very few who **consciously aim to elevate their consciousness** by doing so. It is precisely such conscious effort in applying *the science of consciousness* to higher aims, which distinguishes the practitioner from the casual dabbler in truth and ecstasy.

By using the Chakra Meditations we are given the opportunity to know our states in detail. As a center of consciousness, the self realized person knows that **their state is FAR more representative of what is going on inside themselves**, than is the process of thought. Besides our moment to moment actions, there is no better mirror of the intent which we are employing than these body-wide feelings. As practitioners of consciousness expansion, knowledge of body-wide feelings is supremely useful for through it, we learn the subtle details of how our states can be elevated. Through conscious experience in raising our own state, we then become aware of the very same steps through which we may raise the states of others, especially with the help of cannabis. Let's examine in more detail what this means in terms of practical action. The following diagram explains;

### Body-wide Intent Elements



Our state is a collective phenomena, one composed of what may be described as, "intent elements". These elements, most readily perceived as areas of concentrated feeling even more subtle than that of the chakras, reflect the consciousness of each area of the body in which they are harbored. Our overall state is actually the average consciousness of these constituents, whose size ranges from a tennis ball to that of a baseball. The magnified portion labeled, "micro intent elements" shows that even our component intent elements are themselves group minds comprised of smaller parts, about the size of large marbles. These marble-sized components in turn have their own state of consciousness, which is the average of yet smaller group minds the approximate size of split peas, and so forth, right down to the cellular level of our bodies.

By resting their awareness upon body-wide feelings in meditation, the practitioner discovers that the body is not monotone in its' state. There are distinct differences in feeling from one area to the next. Some intent elements of the body will be of a higher state than others. Some may have stored stress, fear, pain or chronic tension, others will have a standing state of positive qualities, such as strength, love, height or clarity. The "raising of our state" with or without cannabis, is a matter of uplifting the level of consciousness not just of the chakras, but of our body-wide intent elements as well, so that the system as a whole is upgraded again and again by successive degrees. To raise our state then, is to progressively uplift the average consciousness of our constituent parts, by cultivating positive states inside them.

The meditator who notices that their entire body is a felt collection of divergent feelings, also soon learns the reason why these areas are called, "intent elements". Intent is literally what keeps a state as it is, or changes it for better or for worse. Intent, the governing essence of the consciousness that we are, is responsible for everything we feel, do and achieve, even at the microscopic level of our bodies. **Our overall state is governed by intent, as are our intent elements and micro intent elements.** Every one of our cells possesses a rudimentary

consciousness, which means they too are governed by intention, while also possessing awareness and energy.

The ancient principle of, "a house divided shall surely fall" applies seamlessly to the feelings/intentions which we harbor inside ourselves. When we are greatly divided in feeling/intention within our state, this weakens our power to act **in all ways**. The average person imagines they must live with this internal division, assuming a powerless lack of self mastery. The practitioner however, recognizing that the condition of their state and its' constituent elements are based upon intention, is empowered with the ability to turn what the world calls, "uncontrollable emotion" into what Masters call, "the raising of our state elements". The raising of one's state through the raising of body-wide intent elements, is the very essence of self evolution.

### **Raising your micro-intent elements**

The personal expansion of consciousness in its' simplest form, is merely the intending of body-wide feelings higher and higher. It is a spiritual principle that **to raise any system of consciousness, be it a part of the body, a person, a forest or an entire world, one need only elevate its' constituent elements**. The meditator is invited to experiment with the truth of this principle. Take three puffs of Herb. While using the Herbal Chakra Meditation, focus on your body-wide intent elements and **intend their elevation in the high**, as usual. Note how this feels. Next, visualize your smaller, more subtle *micro intent elements*. Intend to raise the state of these throughout the body. Note how your high can be greatly boosted by this focus. Then, while perceiving ever smaller intent/feelings, raise the consciousness of pea-sized elements, those the size of a pin head, and finally, those at a microscopic, cellular level, throughout the body. The practitioner can expect more and more potent levels of high to result, in the raising of finer and finer levels of their being. Repeat this experiment time and again, and observe the powerful effect it has on your state. As a simple exercise, focus on the tiny areas of feeling in the tip of either index finger. *Intend* to raise the state in these micro-elements, even if only a little. Cause them to be of a higher, more pleasant feeling. If you can raise the state in the tip of your finger, then raising the whole hand is the next step. If you can raise your hand higher and higher, try the whole arm, and then the whole body, in a succession of practical focuses.

The body is a group mind composed of lesser group minds, which are themselves composed of still smaller sets of consciousness. At EVERY order of magnitude, the consciousness of each larger level of organization is based upon the state of its' smaller, constituent members. By using the Four Steps of intent to raise more and more fundamental levels of the body, the practitioner can greatly accelerate the rate at which their overall state is purified of pain, fear and tension. As micro intent elements are raised, the whole system is purified, strengthened and made more powerful in all ways. Health improves, the mind soars, psychic powers increase and the body is made more resistant to diseases of all sorts.

The practitioner should keep in mind that the typical use of the word "body" in this text is merely a convenience. The energetic and soulic bodies are also group minds composed of smaller and smaller units of consciousness. These bodies also have intent/feeling elements which can be raised progressively by the focused meditator. Experiment with this fact also, and discover fascinating results. To intend the raising of one's own soul is a spiritually potent act.

### **The Use of Thoughtforms**

Simple visualization without the conscious use of intention, is of limited power. But when visualization becomes a conscious aid to *the manifestation of intention*, it then becomes what is called, "**a thoughtform**". *Visualizing the thing desired gives intention specific parameters through which to function*. To picture in the mind what is intended, more clearly crystallizes the desired outcome, thereby making intention more potent. As a rule, the more specific and detailed an intention is, the more powerfully it will be manifest. Intent can manifest itself within ANY order of magnitude, from the subatomic to the planetary and beyond. As you might expect however, not all intentions are equally easy to bring about. Whereas one can raise their personal state with relative ease, it can be a much more difficult thing to elevate the consciousness of a whole roomful of people, let alone a forest or an entire continent. But whatever the, "area of effect" (visualized parameter) of a thoughtform, the same basic principle holds true...**that which is intended is that which immediately begins the process of manifestation.**

### **The manifestation of intention**

Intent manifests itself in three stages..."initiation", "continuation" and "diminution". The initiation phase begins immediately after making any decision to act, usually lasting only a fraction of a second. It is here that the force of intent is set into motion, streaming toward whatever goal is decided. The potency of the initiation then determines how long the continuation phase will continue. The more emotion and determination that is behind an initiated intention, the longer it will tend to last. Intent continues to render the effects we have specified, during the entire continuation mode. The most potent manifestation is usually had immediately after the initiation phase is set into motion, deteriorating constantly over time until it is rendered inert. Indistinct decisions of weak determination do not continue for very long. Decisions of grave importance to a person, especially those involving life and death considerations, may well have a very lengthy continuation.

The force of our intentions constantly stream into the environment. There they encounter a variable degree of resistance, (as existence is filled with all manner of intent, some of which is contradictory to our own) and are eventually eroded. This is diminution, the final phase of intents' manifestation. The continuation of intentions for the greater spiritual good, will tend to be much longer than those used for selfish purposes, as they are supported by **the intent at large**. The intent of both nature, (the earth mind) and God are the raising of consciousness, and therefore a furthering of the process of evolution. When we're in alignment with such intent, our efforts are supported, time and again, making the tasks of the practitioner much easier to accomplish.

Intentions which are more difficult to manifest often require multiple, "castings" or, "initiations" in order to render the desired results. Every time we re-initiate a given intention, its' power is cumulatively strengthened, lengthening the subsequent continuation phase. Know that such efforts are often subtle but cumulative in their effect. As always, patient persistence is required in the context of trial and error. There are also such things as, "level of intent" and, "purity of intent". "Level of intent" refers to the potency of the practitioner's focus as well as their level of consciousness at the time. Experience plays a large role here, as does the greater realization of self and spiritual laws in general. As a rule the higher the level of consciousness, the greater is the implicit level of intention used, and vice versa. "Purity of intent" refers both to how undivided an intention is, as well as how spiritually focused it is, which is to say, how devoted ones' focus is to the greater good. Purity and level of intent are central considerations

for a practitioner to generate good karma, and attain that level of consciousness known as, "Master".

### The Prevalence of Group Mind

Like every other universal principle, "group mind" is a natural law because it is seen everywhere in nature, and at all orders of magnitude. Physically, we see it evidenced in the alignment of cellular consciousness into group minds known as "tissues". Group minds of various tissues form organs, organs form whole systems of physical function, and systems give the group mind that is the entire body its' efficient unity. The group mind principle is then witnessed at the multi-person level, neighborhoods, towns, cities, counties, regions, nations, continents and finally, **the world mind** as a whole. At each of these orders of magnitude, consciousness is seen to form subunits of collective organization...group minds of increasing sophistication, which owe their alignment with one another to some form of common intention. At all levels of organization, the universe is connected by that common thread which is called, "consciousness" and which Einstein referred to as the, "Unified Field Theory". Even that which is called "God" is composed of consciousness just as we are, which is why it is possible to communicate with that entity in a two way, psychic fashion.

Meditating with other practitioners offers many advantages. This is because natural laws such as group mind, resonance and harmonics make our consciousness naturally flow together into a collective, highly coherent state. In the meditative group mind we experience the calm, clear focus of everyone present, *simultaneously*. In the meditative setting which *raises via cannabis*, we feel in our own bodies the collective high that is the synergy of everyone's raising intention. The collective high of meditators can greatly accelerate each participants' evolution into higher states of consciousness, by exponential leaps. Because of the prevalence of consciousness everywhere in the universe, we can converse with God, just as we can raise and be raised by, our fellow practitioners.

### Group raising via intonation

As explained previously, we raise other peoples' consciousness in the same basic manner that we raise our own. By using the Herbal Chakra Meditation and the Four Steps of intent, practitioners elevate their state of consciousness by cumulative degrees. By "tuning in" to the body-wide feelings of others, we can in the same fashion **intend the progressive raising of other people's states**, especially when they have smoked and are using a similar intention. Drumming, chanting, recorded music, dance or intonation can then greatly strengthen the collective state, raising the group high still further. Regardless of the aid to raising that is used, each meditator should make ample use of visualizations which include everyone who is participating. As an example, let us assume that five practitioners have gathered for the sake of group raising, and are seated in a circle. Each meditator then visualizes streams of white light connecting the group together, or sparks, or colored orbs...anything that represents for them the unity and raising of the collective state that is desired. If the group can decide on a given thoughtform to use together beforehand, this will make its' effect more potent, due to the principle of *resonance*. In this case, the thoughtforms' *area of effect* is the five person group.

When all the meditators in our example are focused on raising the group state at the same time, a **five-way reciprocating field of mutual raising** is established. This five part group mind then gets more and more mutually coherent. It elevates in vibration, energy, clarity level and "sophistication" of the group mind high, which everyone experiences **simultaneously and**

**continuously.** Threshold after threshold of consciousness expansion are felt body-wide by each practitioner, as the group elevates their mutual state. After 10 minutes of this, let us say that the designated group leader cues the group to begin **intoning together**. The following table reviews relevant information;

Chakra	Resonant sound and color	Physical region includes	Energetic issue/specialization
Seventh	"eee"/violet	crown of head	soul connection, holistic comprehension, wisdom
Sixth	"aay"/indigo	middle of forehead, (third eye)	clarity, logic and clear discernment
Fifth	"eye"/blue	Throat, arms, hands	communication, expression
Fourth	"aah"/green	heart, lungs, liver, arms, hands	love, unity
Third	"eew"/yellow	stomach, intestines, kidneys	will, drive
Second	"ooh"/orange	lower back, intestines,	survival, assimilation, stability
First	"mmm"/red	feet, legs, hips, sexual organs, base of spine	sex, pleasure, basic life energy

The group leader stands and says, "Let us cycle through the various tones of the chakras now, one after another up the spine. He points to the table above, which is affixed to the wall nearby. "We'll start with "mmm" and end with "eee". As we intone together, the vibration of the mutual sound helps us synchronize our states even further. It will aid us in raising our group high, one chakra at a time. When we start to intone 'mmm', focus on the first chakra of everyone in the group, using raising intention and the usual thoughtforms. We'll do this for a few minutes, and then I'll switch my tone to that of a sustained 'ooh', which will be your cue to switch also. At that point we will intend to raise the state in everyone's second chakra, and so forth, until we reach the crown of the head, in a high, sustained, 'eee'. Everyone get out your pipes and we'll take a fourth puff together. After about 30 seconds I will begin with 'mmm'".

With the meditators intoning, "mmm" while raising the group high, the collective state is given a cumulative boost. With every minute that passes, the collective state and purity of tone will get higher and higher, especially in the case of experienced groups. The vibratory power of intonation offers extraordinary advantages, **especially when it is applied in tandem**. The tones made in such a way can be purified and raised through the intent to do so, just as states can. The higher the state of consciousness used to intone with, the sweeter and higher the corresponding tones will be. In fact, tone and state have a direct relationship...to raise one is to raise the other.

Those experienced with this practice will be able to discern how to resonantly merge their intonation with the tones made by other meditators. By listening to the group intone, "mmm" for instance, and then "aligning" one's own making of that sound with the group in a resonant way, the practitioner can create very potent effects that *will be reflected in the quality of the group state*. You'll learn to distinguish what a "resonant tone" sounds like through practice. It happens when two or more sources of sound merge together in a mutually augmenting way. Musicians do this by listening to see if their notes are "in key" with their fellow players. The practitioner

*intends the increase of the purity and height of their intonation. At the same time they can intend such an increase in the group state.* Just as the individual meditator is advantaged by raising their state and tone simultaneously, so too is any group advantaged in their raising of the collective state and tone. As a general rule, tones made should sound pleasing to the ear, both individually and as a group.

As the spectrum of chakra-resonant tones are engaged by the group, the collective state is uplifted again and again. The "mmm" sound acts as a strengthening tonic for the hips to the bottoms of the feet. When "ooh" is intoned everyone in the group feels an upliftment in the lower back region of the body. "Eew" gives everyone present an increasing sense of amplified will. "Aah" tends to generate an increase of group empathy, of mutual appreciation that can even lend itself to a state of collective love. "Eye" makes for sweeter mutual tones since the throat chakra specializes in communication. Intoning "aay" together will tend to increase mutual clarity, boosting the amount of sensation in the third eye, and "eee" is particularly effective in stimulating soulic perception and spiritual enthusiasm, (refer to the above table). Couple-practitioners have a great opportunity to practice their intonation together on a small scale. On this level it is very easy to perceive the fine details of the practice.

Meditation groups may want to simplify their focus occasionally, for the sake of intensive effects. Let us say that on another occasion our group of five practitioners meets to raise solely on the basis of a love focus, in the heart or fourth chakra. After the usual preliminaries, (five minutes of the Chakra Meditation, and another five minutes of the Herbal Chakra Meditation, after three puffs) the group is prepared for, "mutually raising via the high and love". The leader cues everyone to focus on their fourth chakra for the purpose of, "intending and continually raising the degree of love" in that area of the body. The thoughtform of small green lightning bolts constantly streaming from each meditator to all the others, heart to heart, is decided upon. While visualizing this, the leader begins intoning, "aah" and is joined by each person in turn. A collective state of love soon arises, subtle at first, but increasing moment by moment.

Within minutes or even seconds, the group love state can elevate to unbelievable heights...unbelievable that is, to those who haven't yet experienced what **group mind raising** can accomplish. At the same time the collective "aah" tone gets progressively sweeter and higher. The Herb provides, "common frequencies" of high, amplifying our psychic power for the sake of group action. As we become more adept at **working with the high and causing it to go where we will it to**, we gain increasing degrees of spiritual power. Through such experience we're then enabled to focus that power for the sake of the common good, which is to say, for the sake of expanding the consciousness of everyone involved. In our personal practice we can learn how to intend a greater and greater state of love upon ourselves even at will, via the Four Steps, especially while using the tone of "aah". With this ability comes the implicit power to cast such self-enhanced love to others, so that they too can gain its' benefits. Each persons' love has unique vibratory qualities. So when the unique love states of five practitioners are combined into a synthesis, a "super love" of group mind power arises, which everyone involved can take advantage of.

The collective high, whether it is focused upon love, clarity or mutual strength can be overwhelming, such is its' power. Be prepared for this, as it can be quite a system shock to the uninitiated. With experience you'll learn to handle extreme group mind effects, and selectively absorb them into your state. In the case of a collective love focus for instance, the experienced practitioner will be able to retain a detached perspective. From this vantage point, the meditator can clearly see the various sophisticated, expanded qualities of the group high they're

contributing to, as contrasted to their own personal high. This will be a body-wide perception, one that is centered in the heart. By clearly observing the collective love-high then, the practitioner can **INTEND any desirable aspect of the group state to enter into their own fourth chakra** for the sake of gaining, and preferably maintaining, its' advantages. Experiment with that potential. Intend to take into your own heart the high feelings of the collective love state. Intend that the group love/high boosts your own state on a lasting, even permanent basis. This act represents the ideal for group spiritual action. Through it, your energetic bodies will be progressively strengthened.

Be at one with the group state and contribute to the collective high. But at the same time seek and intend the gaining of spiritual power **on your own individual basis**. By doing this you'll find your own consciousness is greatly expanded, with progressive effects lingering on days, weeks and even months afterwards. The practitioner then returns to subsequent group meditations with increased spiritual strength. With this amplified spiritual power, your contribution to the group mind high will be ever greater with each successive meeting. Ideally, the other meditators are doing the same in the mean time, by absorbing the groups' psychic effect into themselves, with the intent to gain higher and higher consciousness. In the future then, the group can raise yet again from an even more elevated starting position, resulting in higher and higher levels of consciousness for all participants.

## Chapter 7, Intermediate Practice

### The Laws of Incarnation

Ultimately, there is no limit to the level of consciousness each of us can attain, even without the boost of cannabis. Buddha crystallized this fact by pointing out that any person can achieve greater and greater enlightenment, just through their own meditative focus. Historically, that which has been called, “enlightenment” is basically just a given minimum of truth and self-realization. The word is a convenience of language expressing a RELATIVE distinction between the adept meditator and the average person. There are ALWAYS higher states and levels of enlightenment to be explored.

Self-realization teaches us that not only do we wield intent, we ARE intent. When we expand our consciousness, **we are simultaneously the intent that is raising and also the intent that is being raised**. The high of cannabis is showing us a way for our intent to advance, but it is not the way itself. The Herb is not the Path, but it is an excellent guide for our advancement upon it.

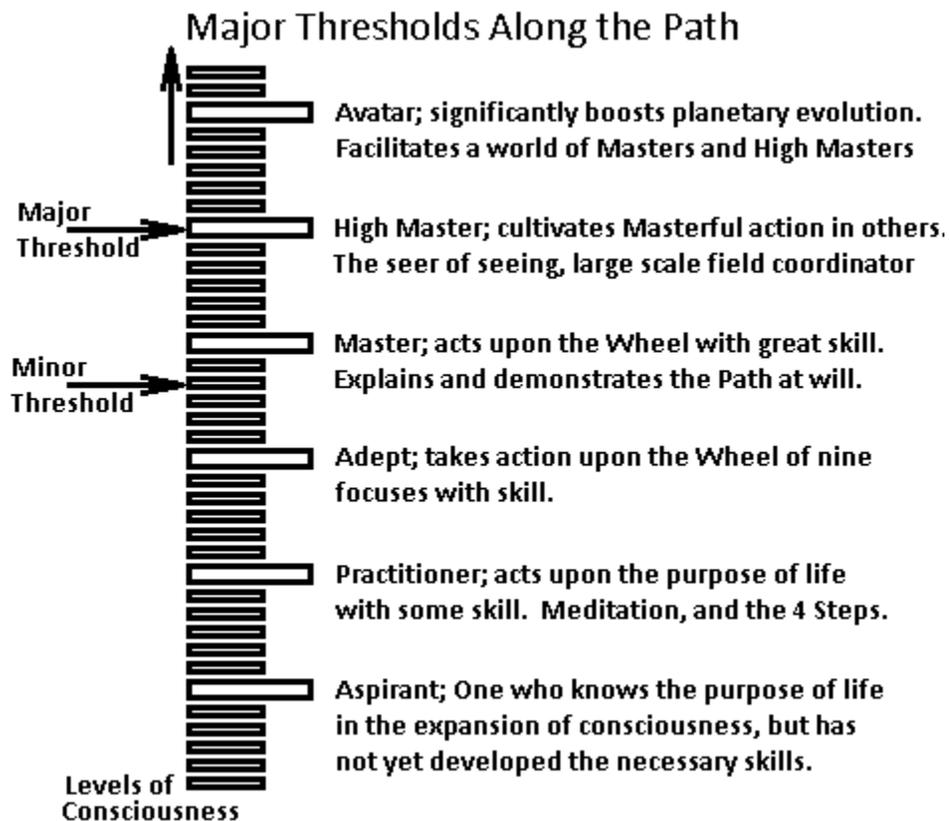
The high of the mighty Herb is showing us not a finite goal but an infinite direction of travel. Every form of life holds a position on that infinite scale. The Path is all encompassing, for all entities both great and small are based upon consciousness. The amoeba has consciousness, which is to say that it possesses intent, awareness and energy, but to a very primitive degree of sophistication. A squirrel has consciousness to a much greater evolutionary degree. An ordinary human has consciousness whose scope is far greater and more inclusive than that of the squirrel, even to that major evolutionary threshold known as, “sentience”. Sentience gives humanity the power to reflect upon its’ own essence and all of its’ products, (thoughts, feelings, memories, creative expressions). Better still, sentience gives us the power to be self-aware, right down to the foundation of soul and cell. A Master enjoys a much higher level of consciousness still, with perceptions and abilities that go *far* beyond what is known in the public domain. Yet ALL of these levels of consciousness, ranging from the most primitive to those of high sophistication, are not a question of **kind** but of **mere degree**.

The basic three part composition of consciousness...intent, awareness and energy, is the same at all evolutionary levels, in all times and places. The amoeba is therefore not essentially different in its’ fundamental composition, than is a Buddha or a Christ, only much less evolved. Even that which we call, “God” is composed of consciousness. This is why it is possible for the true mystic, or gnostic to “commune” with every part of nature, just as they can extend their awareness into the cosmos, and be at one with Deific Intention. The consciousness that we ARE places us in essential oneness with all other people, all plants and animals everywhere on this planet, and beyond.

Over time and repeated application of intention, the meditator discovers that their journey into higher states is an exciting adventure which will never find an ultimate conclusion. The science of consciousness is the most inexhaustible subject matter known to the cosmos, *for all time*. Even God dwells upon this ultimately important subject matter with great interest, and indeed, this is why **the will of God is the expansion of consciousness**. The exact nature of Gods’ intention need no longer be a mystery to mankind. Anyone can confirm this fact for themselves simply by raising their state to a certain minimum threshold, where such in-depth realization begins to appear.

By raising or “traveling” into higher states of consciousness, the practitioner confirms

that there are in fact levels of being one can cross to gain great powers of perception and spiritual ability. There exist minor and major thresholds of consciousness expansion. If the intent of the meditator is strong or persistent enough, they will eventually cross into that level of being known as, "Mastery" and even beyond. ANY person can achieve this through the right application of the science of consciousness. In fact, the diligent practitioner will invariably cross given major thresholds, known to a great many across the cosmos. Specific names vary somewhat from place to place, but their essential meaning is always the same, throughout space and time. Generally speaking, specific major thresholds are named in accord with their function, as the following simplistic diagram demonstrates;



Even the simple realization of the aspirant that **the purpose of life is the expansion of consciousness** is a noteworthy achievement. In the context of this materialistic society of very low consciousness, such insight is quite revolutionary. Modern culture tends to take the attitude that it already knows everything truly fundamental. But the sad fact of the matter is that consumer culture knows next to nothing when it comes to wise living. Ignorance of the purpose of life renders all other action ineffective, no matter how technically advanced. We go about blindly splicing the DNA of nature's creatures into unnatural combinations, for instance, as though life were just a casual process of molecular manipulation. We pollute the oceans, rivers and groundwater to an extreme, contaminating our own food supply with deadly poisons, and then claim not to know what the cause of cancer is. This proves only one thing...that the advanced degree of our scientific understanding is inversely proportional to our lack of caring about the greater truths of life. The modern world is in dire need of a combined mega-dose of honesty and humility, in order to pursue science for the sake of truth, rather than pleasing

investors with the latest quarterly earnings.

The major thresholds of consciousness are quite real, there to be discovered by anyone who raises their state sufficiently. The practitioner knows this to be true, while at the same time realizing that the historical ideas of culture have led our race to an evolutionary dead end. The true advancement of culture is not found in mere technological prowess. It is found in the wise application of the deep meaning of life, one that has yet to be realized by mainstream society. The above diagram gives a glimpse into what REAL human potential is all about. ANYONE with the natural abilities of a healthy human being can become a Master, (and beyond) through the employment of *right intent*. To squander that potential on infantile, consumeristic gibberish is no less than tragic.

Each threshold of consciousness represents a spiritual attainment earned by the meditator. How will you know when you've crossed such a threshold? The fact of such a crossing will be rather obvious, much like passing through a tunnel of awareness, to reappear in the daylight of higher states on the other side! There will be a significant, felt shift in your body-wide feelings on each occasion. It is *possible* to overlook such a threshold as it occurs, by not paying enough attention with the conscious mind. This usually happens when we're too caught up in the "colorful" phenomena associated with great shifts of state, to be cognizant of what is going on. Never the less, with such an expansion of consciousness comes more advanced knowledge, as well as a powerful upgrade in strength, clarity, vibration, spirit and energy levels. The more experienced the practitioner is, the more dramatic their shifts of state will be, as they employ the holy Herb to raise and raise yet again.

The science of sciences that is consciousness expansion has saved WORLDS, and it can still save ours, such is its' tremendous power. Upon this great truth are built the eternal, "Laws of Incarnation" which the smoke will reveal when used with spiritual intention. Not coincidentally, the first six Laws parallel the six major thresholds mentioned in the diagram above. The word "incarnation" implies that **we are souls, whose true purpose is to walk the Path, life after life.**

- **The First Law of Incarnation; Remember your mission.** Your mission, just like ALL OTHER SOULS, here and elsewhere throughout the cosmos, is **the expansion of consciousness**. It is the walking of the Path. Upon realizing the First Law during any incarnation with certainty, the *aspirant* rises.
- **The Second Law of Incarnation; Don't get caught up in local karma.** "Karma" is the natural and spiritual law of cause and effect. "Local karma" refers to family, cultural, national and in particular, the world karma of the human race. If you get snared in the low consciousness and arbitrary norms of modern culture then you have failed, at least for the time being, to observe the Second Law. In fact, ANYTHING which keeps a soul from the Path is the **ultimate hazard** to be avoided with care, since you can spend many lifetimes being, "lost" and unsure of your true purpose, by getting bogged down in distracting considerations of lesser importance. This Law is equated with the *practitioner* who has the wisdom **to reject what is false and practice what is true**, in favor of obeying the First Law. The Second Law exists to ensure that the First Law is completed successfully.
- **The Third Law of Incarnation; Refine the vehicles.** "Vehicles" in this case refers to the central means by which one travels the Path. These are the tools you incarnated with...the physical, energetic and soulic bodies, as well as mental prowess. To, "refine the vehicles" means to improve, upgrade and otherwise strengthen these primary tools of

self, in order to achieve **true success** in life. The physical is routinely improved by regular exercise, right diet and the intent of strength. The energetic and soulic bodies are increasingly energized, raised in their vibration, purified and made more coherent. The mind embraces logic, the scientific method and the cultivation of accurate intuition **for the sake of genius**. All these activities are the province of the *adept* who actively works for self-improvement in all ways so that the rigorous demands of the Path are met with competence. The adept is proficient in all nine aspects of the Wheel of meditative focuses, detailed below.

- **The Fourth Law of Incarnation; achieve progressive Mastery.** When the adept reaches a certain minimum of proficiency, the *Master* arises. While the adept can often perform many sophisticated focuses of consciousness expansion, **only the Master can both demonstrate and clearly explain them at will**. The adept moves in and out of highly competent focus, (the Wheel below, as well as the basics described thus far in this series) but the Master LIVES them in everything that they do. “Progressive Mastery” refers to an ever increasing level of high self-refinement, spiritual ministry and realization. While the adept employs an often high degree of spiritual power, the Master has *embodied it on a permanent basis*. The Master is a visionary who *sees deeply* into the nature of truth, and who can project their high state(s) into wide areas of effect, such as large crowds or whole forests, in order to help expand the consciousness of those areas.
- **The Fifth Law of Incarnation; transmit progressive Mastery.** It is the *High Master* who successfully conveys Mastery along the Path to others. While the Master **knows** many deep and profound things, it is the High Master who also **knows that they know**. This added dimension of understanding creates an extraordinary refinement of the meditator, and can also be called, “the seeing of the seeing”. The High Master knows many very high states and methods of Mastery, and it is they who Masters call upon for sophisticated advice. It is at this level of proficiency which allows the meditator to not only cast their high to large areas of effect, but to actually coordinate them as group minds with sustained high states.
- **The Sixth Law of Incarnation; Convert the planetary consciousness.** The *Avatar* is an extraordinarily proficient practitioner who is capable of actually upgrading the consciousness of an entire species, not to mention an entire world. It is well within their power to literally raise the collective state of an entire planet, as an act of will and high realization of truth. The level of proficiency of such a meditator is so profound that they are actually able to create Masters and High Masters, by virtue of advanced explanations and large scale demonstrations of spiritual power. The Avatar acts to catalyze mass waves of consciousness expansion among the sentient population of any world, creating a planetary critical mass of species-wide enlightenment.

There are of course levels of consciousness greater than that of the Avatar, but whose abilities are well beyond the scope of this text. Keep in mind that all of the abilities of lower thresholds of consciousness are contained in higher levels. Just as the practitioner level of proficiency is a “subset” of the adept, so too is the adept merely a minor portion of what it is to be a Master, and so forth.

Many modern persons will find the above statements so challenging as to be frightening. But even more terrifying to them is the idea of actually transforming their consciousness across major thresholds, into new levels of spiritual power. Yet such crossings are not really, in and of themselves, truly frightening. What is terrifying beyond normal belief is what the expansion of

consciousness implies...that life is **not at all** what we've been told it is. What the meditator who raises their consciousness soon learns, is that the norms and values of modern society lack any real merit. They learn that what is presented as "success" is all a great and purposeless misconception, designed by the ultra-rich for the sake of self-indulgence, **and nothing else**. To even suggest there is something which exists called "truth", and that the purpose of life is the expansion of consciousness, is the most utterly horrifying revelation known to materialistic man. But this is not the measure of how frightening truth actually is; **it is a measure of how far away humanity has removed itself from that truth**.

Basically, humanity doesn't want to admit just how wrong it has been about life. The modern ego is deeply offended by truth and consciousness, which is ironic when you think about it, since we ARE consciousness, and our very essence is built upon, and functions through, none other than **truth itself**. It is not that we're afraid of the expansion of consciousness because it is an untrue threat to our socially cherished ideas. We're intimidated precisely because it IS true. We're afraid of it because of a deep-seated suspicion at the level of the mind, of something **the soul knows very well**. It's because the Path is so intimately familiar with what we **really know and value as souls**, that the ego, a product of a neurotic society, fears for its' very survival. Yet we are not minds/egos, just as we are not thoughts or societies. The human being is a center of consciousness, and that consciousness can be expanded without limit. This is why **self-realization is so important to the living of real wisdom**, not to mention the very survival of the human race.

So far in this book we've explored the basics of consciousness expansion, at the level of proficiency known as, "practitioner". [Note that the word "practitioner" is also the generic term used to denote ALL levels of practice in this text] Chapters 1-6 then, detail beginning practice. The next major threshold up from that position, known as "adept" is where we encounter the functional core of more advanced understanding. That core is detailed by the following Wheel;



The nine-point wheel of intermediate focuses employed by the adept in the expansion of consciousness. At the center of the wheel is right intent, upon which all other functions depend in order to be manifest with competence. The arrows imply a frequent motion of focuses from one to another, for they amplify each others' potency in a synergistic way.

Note that the focuses opposite each other, such as chi-strength or spirit-vibration, are closely related in function and/or effect.

The basic Chakra and Herbal Chakra Meditations, as well as the Four Steps of intent described previously, have been but preliminary work leading up to the Adepts' Wheel. It is here that we get into the heart of the traveling of the Path. These nine tools are an extremely powerful means to advance and evolve, especially when used in conjunction with one another. All nine are enhanced through the use of cannabis, and all nine are more greatly mastered using the Four Steps of intent. Some of these the practitioner will already be familiar with to some degree, through previous exercises. The raising of **vibration**, for instance, is something automatically granted by smoking Herb...it is the elevation of ones' pitch of feeling. **No-**

**thought** is a practice we've been using in the Chakra Meditations while focusing on body-wide feelings. The use of a love focus, which is to say the increase of the state of love, especially in the heart, accomplishes five of the above focuses simultaneously, making it a very efficient intention. The love state automatically **strengthens**, raises **vibration**, increases **chi** and **spiritedness**, while also **purifying** our entire system.

Of greatest importance by far in the expansion of consciousness, is the use of **right intent**. "Right intent" basically refers to that intent which results in the actual accomplishment of whatever is desired. Every action we take in life requires a prerequisite intention to precede it. Without that intent we cannot succeed at any action. The common phrase, "the road to hell is paved with good intentions" reflects a cultural misconception. What society usually means by "intention" is, "something we thought about doing but didn't". The reality is that every act implies an originating intention. Equally true is that for every lack of action there is a lack of appropriate intention. Just thinking about doing a thing does not qualify as *the intent to do it*. This is an important distinction worthy of considerable reflection.

Different tasks require different right intentions to accomplish. By going through the process of learning to ride a bicycle, what we were actually doing was learning the right, body-wide intent required to accomplish that action. Jogging, swimming, speaking or driving a car all require other intentions in their accomplishment for one obvious reason...not all tasks are the same in what they require of us. So it is with focuses of the Adepts' Wheel. The right intent in the accomplishment of each of these focuses requires specific, felt understandings, much like riding a bicycle in order for proficiency to be gained. But rest assured that each of these is *a very practical focus designed for a powerful and specific end...the expansion of the practitioners' consciousness*. This is not by any means theoretical knowledge. It is based upon year after year of repeated research into precisely what works and what does not. We will be examining all nine of these intentions in detail very soon, but it is useful to provide a brief overview, for the sake of understanding.

- **Right intent** is, as a general definition in life, the holding of the appropriate intention so that literally any practical task can be accomplished. Specifically, it means **the doing of what works** in the accomplishment of the other eight focuses on the Adepts' Wheel. Right intent results in a lifestyle based upon the greatest good. It is the essence of the highest benefit for the greatest number, not just in the human context, but for **all life**. All real spirituality is based upon this focus, and the universal truth is its' guideline for logical, practical action.
- The gaining of **chi**; Chi is subatomic energy, usually comprised of free electrons. To draw chi into ourselves is something we do automatically with each in breath, through our skin, (especially via bare feet in contact with the earth) and through living foods such as fresh salad. To draw chi consciously is a matter of amplifying this natural ability so that it can be increased at will.
- The gaining of **spirit**; "Spirit" or "spiritedness" is something that can be observed as that natural quality of wild animals or children at play, which reflects a vital, potent and high-feeling state of being. Spiritedness is evidenced by musicians in their performance of moving pieces. It is witnessed in ecstatic dance, the spontaneous expression of joy, in the deep conviction of firmly held realization, and through strongly motivated competition. To gain spirit at will is a matter of intending it upon the self in ones' state, as an ever increasing sense of internal power.

- **No-thought** is simply the absence of chronic thought-making in the mind. This enables a deeper level of reality-perception, so that right action can be taken in life.
- **Purification** is a process of becoming more refined in goodness, high state and right intention. It involves a greater uniformity of the practitioner's state elements, as well as the intentions which underlie them. To purify ones' self is to increasingly adopt truth and only truth as the guiding standard in life, and to clear the vehicles of impurities, ranging from hatred, fear and pain, to physical toxins.
- **Strength** involves, as the term suggests, the cultivated increase of internal capability. It is the ability to weather the adverse forces that can arise in life and, rather than being weakened by these, to choose, (intend) the gaining of competence instead. With this intention in place the practitioner chooses to see any adversity as an opportunity for personal growth. But most of all, the strength focus involves cultivating such a feeling throughout the body.
- The increase of **vibration** is simply the cultivation of a higher and higher pitch of feeling throughout ones' state.
- The accumulation of **clarity** not only contributes to greater and greater genius; it allows deep perception and precise internal control. The gaining of clarity is best approached through a specialized form of meditation upon the sixth chakra, (the "third eye" in the forehead) via what is called, "awareness of awareness" or, "the seeing of the seeing".
- **Restoration** is a process whereby the energy body in particular, is once again made whole. Our energy bodies constantly send forth "packets" or "quanta" of consciousness, (intent, awareness and energy) to anything and anyone we think about. The more an individual feels strongly about a person, place or thing, the more the energy body invests in that desire. Like the soul, the energy body is a coherent field composed of lesser fields, (intent elements). It is an oval shaped energy field that surrounds and penetrates the physical body, and the chakras are its major organs of transmission and reception, with the outside world. The energy body sends forth pieces of itself to obtain our desires, and upon doing so is left cumulatively depleted. Restoration is a focus which corrects this depletion, helping greatly to restore our vitality by retrieving the packets of energy previously sent out into the world, especially to other people. This focus also involves ejecting the packets from other peoples' energy bodies that have impacted our own, so as to clear away their interfering intention to our efforts in raising consciousness.

Contemplate the Adepts' Wheel at your leisure. Remember that these are intermediate focuses which should be engaged **after** gaining proficiency in meditation, the Four Steps of intent, and raising your level of cannabis high at will, by successive degrees. After gaining such abilities with proficiency, experiment with these nine focuses one at a time, taking careful note of what is required, (the right intent) to accomplish them. The science of consciousness is yours to explore...being respectful of its' power by using the right, spiritually-focused intention in the employment of the Wheel, is strongly advised.

## Chapter 8, Intermediate Practice

### Earth Mind as Ally

Smoking cannabis with *right intent* means using its' effect to boost our personal and collective consciousness. It implies using this plant's lessons as an unsurpassed learning opportunity...even the "secrets" of nature are revealed in the high. The aspirant soon learns to approach Herb with great respect, for the power of the high is not a thing to be casually toyed with. Not only does cannabis naturally expand our consciousness, it also enhances every one of the nine aspects of the Adepts' Wheel. Through it, *chi* gaining, greater inner *strength*, *vibrational* upliftment and *spirit*-raising are all improved. Through Herb we find an increase in *clarity*, a *purification* of state, an improved ability to clear the mind in *no-thought*, as well as the enhanced power to *restore* our energetic bodies to a condition of wholeness.

Additionally, expanding our consciousness with this power plant, this botanical sage, is not without its' psychic hazards in the modern world. Although the Herb itself is quite benign, the degenerate state of society has created a paradigm which makes getting high somewhat dangerous. The *psychic condition* behind the cheerful facade of the consumer world, is a battlefield of ill-intention. The "REAL world" is filled with the extreme pain, stress and fear brought about by wrong intent. When we smoke cannabis with *raising intention*, our psychic abilities are amplified again and again. The problem in this context with the amplification of psychic ability, is that the practitioner can then become even more prone to the fear and pain in the world than is the average person, unless they take the necessary measures. So before we examine the details of the Adepts' Wheel, it is necessary to first explore the true meaning of the phrase, "psychic self-defense".

When you think about it carefully, the modern human condition is no less than bizarre. As a species we spend our every waking moment involved in some form of psychic interaction with other people and the environment in general. At the very same time, consumer culture would have us adamantly refuse to admit there is even such a thing as psychic phenomena. This is a form of mass denial. As a culture we don't want to admit that there is much more to life than material objects. If we did make such an admission then the implications would be most unpleasant, especially one in particular, which is that our cultural compass is FAR OFF COURSE from what right living has to offer. If we start to accept that person to person psychic effects are real, and that we can actually boost each other's consciousness instead of tearing each other down, then the whole "dog-eat-dog" world is shown for what it is...a waste of life, time and natural resources. But conscious acceptance of our energetic, electromagnetic reality is not required for psychic phenomena to exist, and neither is any other aspect of truth. And the truth is that we live in a veritable ocean of quantum phenomena, one that is governed by intention. As wielders of intent our psychic ability is built-in, **it is natural, like it or not**. The fact exists, so we might as well learn to like it, to embrace and enhance it.

Sadly, we do not live in an enlightened world. It COULD be enlightened even now, but it is not yet so. As of this writing, the world is filled to the brim with strife, war, discord, and diseases of all sorts... physical, mental and spiritual. It is within this context of psychic stress that the valiant practitioner arises, one who honors the truth above social and political convenience. The practitioner knows that truth is all that really matters, and also, that the world is in such a condition for the lack of it.

Part of the truth of the world is this...that the natural law known as "group mind" is quite

real. It exists as a force of consciousness which organizes all systems into components and subcomponents of like kind. The human world is just such a system. Whenever two people interact, some group mind phenomena are ALWAYS taking place. Families are group minds, as are neighborhoods, communities, towns, cities, states and nations, and in each of these cases, the larger consciousness is always composed of smaller subcomponents. There is even such a thing as *global human consciousness* composed of several billion people, known as, **the world mind**.

We all know what happens when a roomful of people get angry and start shouting at one another...a group mind of great psychic turbulence arises. But what happens when an entire planet is permeated with anger, stressful fear and even war? What we have then is a collective consciousness that is almost always spiraling downward, a world mind of mutual destruction and entropy. As centers of consciousness we can never be, "islands unto ourselves". It is simply not possible on a psychic level. But what we **can** do is intend psychic self-defense while consciously rejecting what is poisonous, and embracing what is pure, strengthening and true. The world mind as it currently exists is a textbook example of negative group mind on a planetary scale. And so, the practitioner must by necessity learn to deal with negative world intention. It is necessary to clearly distinguish our own state of consciousness from the negative psychic effects created by others, near and far. In essence we have to cultivate an attitude of detached, yet caring spiritual intention, in a generally hostile environment.

### **Psychic self defense**

Meditation by itself is one of your best psychic defenses. So too is the self-awareness which arises from it, for when you clearly know your own state, it is then that the influence of the states of others becomes similarly clear. *That which is clearly known can be clearly acted upon*. As explained previously, the practitioner can use the Four Steps of intent to uplift any part of their body-wide feelings. Fear, pain and stress can be **intended higher**, made strong and even joyful. As one gains spiritual power, especially through the help of the holy Herb, their state gets higher and higher as the daily norm. Even so, there are times when the world mind state gets very chaotic. There are also times when those with whom we are in psychic contact are in great pain or fear, or when person to person psychic battle arises. In these cases the practitioner may need an extra boost to their efforts at maintaining their optimum state of consciousness, in the face of adverse psychic conditions. When this happens, experiment with the following focus.

First, perform the usual Chakra or Herbal Chakra Meditation. Then employ a thoughtform...any image which represents for you a type of protection. You might visualize a surrounding force field of any color, a large shield, body armor, waves of light, anything which renders relief from the pressure of externally caused pain, fear and stress. If none of these examples appeal, try visualizing a rapidly rotating orb or barrel-shaped force about six feet in diameter surrounding your body. With this thoughtform in place, use your intent to declare that you are, "being freed of any psychic interference, cleansed of the stress, fear, pain and hatred of others who know you, and of the world in general". Monitor your body-wide feelings for these negative states. As your focus proceeds, fear and pain will usually diminish by degrees until they are either gone entirely or barely noticeable. For chronic circumstances, multiple applications of such thoughtforms may be necessary. Perform this exercise for as long as it takes to experience psychic relief, and as practical. A typical application of such intent for the very experienced practitioner will usually require only a few minutes. In fact, a Master will be able to **intend away** any undesirable psychic effects, instantly or almost instantly, even without the use of a thoughtform.

**It is desirable in the extreme to reject the consumer status quo**, because of a simple principle...what you immerse yourself in is what you're psychically affected by. If you actually imagine that wearing expensive clothes makes you *better* than those who don't, then you'll be karmically tied, psychically connected, to that world of stress, fear and pain. If you identify with what's on the television or cater to the false values of image-over-reality which it promotes, then this will act as a poisonous influence that will eventually damage your very soul. Beware of this and take it very, very seriously! A person may take self-protective, psychic measures all day long, but if at the same time they continually invest themselves into what is causing that psychic stress to start with, then progress along the Path will remain very difficult. The same is true of associating with persons of bad intent. Those with poor intention render poor psychic results on our state of consciousness. Beware of this and avoid or uplift such people. Remember that you can't expect to detoxify your body while simultaneously bathing in poison. This is as true of the psychic-spiritual level, as it is the physical.

Fortunately, the world mind is not the only major source of psychic effect on this planet. There also exists something called, "the earth mind", which is the group mind manifestation of everything in nature. It is in that collective consciousness where natural joy and height of state still exist, as the everyday norm. Just as the planetary human consciousness is made up of neighborhoods, cities and nations, so too is the earth mind composed of the groves, grasslands, forests, bush-lands, streams, lakes and oceans in the natural domain. Every living thing upon the earth **except for Man** is a subcomponent of the earth mind. The fact that we are no longer as a species a functional component of natural consciousness, is due to our own misguided works. The world mind is distinct from the earth mind because our kind has decided that **anything natural is beneath us**, that it is there for us to USE and EXPLOIT, and nothing more. We think of ourselves as *better* than the animal and plant domains, when in fact we have "fallen from grace" as a species, to become far less than the evolutionary goodness of the natural world. This is not to say that we cannot return to that grace, but to do that we must first change within ourselves the false values of greed and selfishness at the cost of all else, which permeate the consumer world. Any human being can be aligned with nature and even have the psychic support of the earth mind. But to do this a person must keep their state naturally high, and with good intention. We gain even more psychic support from the earth mind by standing for the same things it stands for...evolutionary progress, high states and the enhancement of all life in the expansion of consciousness. The practitioner who conducts the Herbal Chakra Meditation in nature will soon learn that all living things appreciate the high, especially when it is intentionally cast upon them.

What humans were originally intended for, in fact, was to be the sentient, leading edge of planetary evolution. We were supposed to be for the earth what our own neocortex is for us...that highly self-aware portion of the brain which not only knows, but also knows that it knows. In our capacity for self-reflection and transformation, **we were designed by the consciousness of the earth to embody the process of further planetary evolution, knowing and accelerating itself**. So not only is the purpose of human life the expansion of consciousness, its' greater goal is to accelerate planetary evolution. **We are supposed to be extensions of the earth mind**, not an enemy invader bent on wanton destruction, just for the sake of monetary and material self-indulgence.

## The earth mind is an ally of the practitioner

The higher the practitioners' level of consciousness, the more psychic reciprocation they can expect to receive from the natural world. The meditator will soon notice that their state is enhanced while in the natural setting. Unlike the chaotic influences of the world mind, natural areas are coherent energetic fields that readily and positively respond to the high states of the practitioner, especially with the boost provided by cannabis. For this reason, the reader is strongly urged to align themselves with natural states, and frequently go to wild areas to practice their inner work. Align yourself with the earth mind, while simultaneously dis-aligning with the world mind in all its' forms. Be in the human world but not of it, and return to that natural state of bliss, health and true progress that is our birthright. All natural areas are a boost to the practitioners' consciousness. Make ample use of them and get stronger by the hour. Raise your state highly using the Herbal Chakra Meditation while in nature, and soon you will notice the presence of something sophisticated and ancient, surrounding and supporting your efforts!

Armed with knowledge of the earth mind and psychic self-protection then, we return to the nine focuses of the Adepts' Wheel, which are the major tools for **real** success in life. In review;



The nine-point wheel of intermediate focuses employed by the adept in the expansion of consciousness. At the center of the wheel is right intent, upon which all other functions depend in order to be manifest with competence. The arrows imply a frequent motion of focuses from one to another, for they amplify each others' potency in a synergistic way.

Note that the focuses opposite each other, such as chi-strength or spirit-vibration, are closely related in function and/or effect.

Let us first examine the chi-strength axis of the wheel. These two focuses are related because they're both strengthening to our efforts for self-evolution. Chi is the basic substance of life energy, also known as "nerve force" in some occult literature. "Chi" is the Chinese term for this energy that permeates all things, and which is especially concentrated wherever life is present. Upon drawing this essence from a variety of sources, (via the intent to do so, of course) the practitioner is strengthened in state, psychic power, physical stamina and spiritual ability. When we smoke cannabis, our chakras are opened more widely. Just as larger gauge copper wires can carry more electricity, so too can chakras, raised to a higher vibration and opened to a larger diameter, carry more chi. Chi can be best understood as the flow of free electrons, which once again evokes the electrical analogy. Where hydroelectric and coal fired turbines spin rapidly to produce a strong flow of electrical power, ocean surf lines, wind, rays of sunlight, fire and flowing streams of water generate chi. This chi can be absorbed by the practitioner and the Herb makes that act considerably easier. Just by walking barefoot or sun-bathing we naturally replenish our chi, but when it is done intentionally, the incoming flow of energy is increased dramatically. Try the following exercise;

## The Practice of Chi Gaining

The ideal circumstance would be to build a campfire or stand in a creek, river, pond or lake. Go to the beach and stand in the surf, or sun bathe naked in any unobserved place. Lacking any of these options, sit facing the sun or next to the flames in a fireplace, meditate in the shower, or go barefoot in a park. Conduct the usual prerequisite of a Chakra Meditation, (preferably the Herbal version) in a natural setting where you won't be disturbed. Sit or stand with a straight spine, and take deep, relaxed breaths.

Then, while in a meditative state, employ a thoughtform which represents to you the absorption of energy from the environment. An incoming flowing river, light particles coming into the body from all directions, beams of light pouring in from above or below...any of these will do **assuming that your intent to gain chi is well focused**. Use the Four Steps of intent and feel with your state an increasing amount of energy throughout the body. If any of these images don't appeal, try visualizing "roots" that extend down from the soles of your bare feet, deep into the earth. With each deep, relaxed in-breath, picture these roots lighting up brightly, filling with earth chi. Hold each breath for about 30 seconds, while continually visualizing incoming vitality. See this energy traveling up the "roots" into the soles of your feet, and then filling the entire body with white light that grows brighter and brighter with each in-breath. For particularly good results, take a fourth puff of Herb, and with this breath, draw chi into yourself via the high. Intend that this chi is cumulatively stored throughout the body.

Experiences with the chi gaining intention will tend to vary widely from person to person, and even for the same person at different times. If you are fatigued, stressed or ill-focused, the results will be less noticeable. If you're taking some toxic, unnatural chemicals in whatever form, your ability to draw chi will tend to be diminished, but not prevented. Alcohol and other sedatives are out, since these act on the nervous system in a depressive way, hindering the natural flow of nerve force. Those in good health and a clear mind of focused intention will experience the best results in the gaining of chi. Many will feel a great in-rush of vitality, *especially through continued practice*. Dizziness may result, your consciousness may undergo shifts of various kinds...be prepared for such things, and know that these symptoms will soon pass.

Much like the high of the Herb, chi will tend to travel in the body and manifest itself in whatever way is being used at the moment. If one draws chi while working out, the energy will flow to the muscles being used, augmenting their stamina and strength. If you gain chi during times of heavy mental work, drawn nerve force will tend to flow mostly to the upper chakras, especially the sixth chakra in the brain. If the practitioner is raising their state, then drawn chi will go to whatever chakra or chakras are involved. The gaining of chi while having sex will amplify sexual energy and increase one's level of pleasure, and so forth.

Like all other aspects of consciousness expansion, chi gaining is a learned ability that improves dramatically over repeated experience. The beginner is benefitted by reflecting upon the fact that **every feeling we have is chi-based**. Sexual energy is first chakra chi, love is fourth chakra chi...all body-wide feelings of vitality are in some measure a manifestation of this universal nerve force. Practices such as reiki, advanced martial arts and tai chi are built upon its' existence. Familiarize yourself with the natural reality of a chi-filled world. The more familiar the practitioner becomes with the medium they're working with, (Step 2) the more dramatic the results will be when they employ the Four Steps of intent in its' handling. The expert practitioner will learn to draw chi for others, or even whole groups of people, by visualizing "roots", (or

through other thoughtforms) that supply energy for everyone involved. Groups of meditating practitioners can draw chi for each other, so that a group mind of energy gaining is established, one that is constantly building and mutually reinforcing.

The experienced practitioner will notice a distinct difference in the felt experience of drawing chi from a fire, as opposed to drawing it from the earth, the wind or a flowing stream. In each of these cases the body-wide sensations can be very distinct, and thus it is common to use the terms, "fire chi", "water chi", "earth chi" and "air chi". In all cases the energy is *fundamentally* the same, but as you will soon discover, it can be "flavored" in its' character, depending upon the energy source. In ayurveda, the branch of ancient Vedic literature that deals with medicine, many references are made to the "doshas" of the body. These doshas are energetic or chi-related considerations of three types, vatta, pitta and kapha. Vatta is air chi, pitta is fire and kapha is earth chi, whereas all three are said to exhibit the properties of water. Ayurveda aims at sustaining health partially through the balance of the doshas which, when in equal proportions, lead to extraordinary vitality. The practitioner can readily confirm the importance of the balance of types of chi, (prana as it is called in India). In the winter months of heavy cloud cover for instance, a person can get what may be called "fire chi" (pitta) deficient. It is during such times that standing next to a fire is indeed most balancing and energizing. In the summer months after getting a great deal of fire chi from the sun, swimming is once again very balancing to the excess of pitta. Drawing chi from the wind will tend to balance an excess of pitta and kapha, and so forth. The practitioner is encouraged to make at least a cursory study of the principles of ayurveda, as well as classical occult practices, especially magic/wicca/shamanism, and the use of the "four elements"...air, earth, fire and water.

Of particular note is the gaining of chi from a fire source, especially the sun. Fire energy is the easiest to draw into oneself, as it is the most dynamic. The sun definitely emits fire-chi, and gaining its' energy is similar in effect to the drawing of energy from a campfire. Where many people do not always have access to a fire such as in a woodstove, direct sunlight is frequently available, even indoors. This availability of solar chi, plus its' great quality as an energy source that can be readily used to expand consciousness, is noteworthy. Try sunbathing, stand or sit facing the sun, and visualize beams of light streaming into the body, making it glow brighter and brighter, (especially the energy body). Do this while conducting the Herbal Chakra Meditation. Take deep in-breaths and hold them for 30 seconds, while picturing your body(ies) filling up with more and more light and energy. With practice you'll find the effect of this focus most empowering.

Chi gaining can also be used in the context of psychic self-protection. When in the company of people who constantly talk and demand your attention, know that they are doing this mostly to drain you of your chi, whether realizing it or not. These "energy vampires" can be thwarted by the practitioner, by visualizing such energy flowing back into the body from the would-be thief, while taking deep, relaxed breaths, and using the chi (re)gaining intention.

### **The Intent of Increasing Strength**

Strength is one of the nine focuses in the Adepts' Wheel, because it is so essential for progress along the Path. Strength is as much an attitude as it is a mystical focus, as the assumed norm for the practitioner in all ways. Mental strength is cultivated in the direction of genius. Physical strength is cultivated for powerful immune function, quick healing, the curing of disease, longevity, clarity of mind and capability in everyday tasks. Psychic strength is likewise increased, especially in the energy body, (just as the muscles get stronger through repeated

workouts) allowing the meditator the power to cast their intentions with great force. "Strengthening the vehicles" in all such ways and more, is the accomplishment of the Third Law of Incarnation, as essential preparation for that level of attainment known as, "Mastery". Strength of will, of love, clarity and personal power in all ways is a very powerful focus when employed with right intent. The practitioner cultivates the feeling of strength throughout the bodies, as a cherished source of capability in life.

The increase of strength at will is a far simpler matter than competence in chi gaining, yet no less important. The intent of increasing strength is once again a matter of the employment of the Four Steps of intent, which in review, are as follows;

Step 1; Conduct the Chakra Meditation and scan your body-wide feelings. Ask the question, "How strong (or weak) do I feel at present?" Step 2; Imagine at a body-wide level, how being a little stronger would feel. Ask your intuition to supply this information, or remember a time when you felt very fit and vital. An easy method is to ask your body's muscles to recall the relative difference in feeling, between strength and weakness. Step 3; "Move" your state from a weaker condition to a stronger and stronger feeling, and, Step 4; assume that this stronger state is the new norm. It's that simple, but a learned skill never the less. The above process **will** increase the sensation of strength in the state of the serious practitioner. As a result, physical stamina will be improved, but so too will psychic power and even ones' level of manifest intelligence.

When going about your regular activities during the day, practice chi gaining and the increase of the feeling of strength. Casually intend these upon yourself whenever you think of it, to realize benefits in addition to regular meditative practice.

We have now examined two parts of the Adepts' Wheel...two major intentions which are essential for traveling the Path. It is very useful to reflect upon the fact that it's commonplace for *every person* to use more than one intention at a time, at any given moment. Someone who is driving a car, talking on their cell phone and thinking about work, is employing three standing intentions simultaneously, regardless of being conscious of the fact. The very same thing can be done with the Adepts' Wheel, except that THESE intentions are not only individually powerful, they are **mutually reinforcing**. After gaining some experience with the chi and strength gaining focuses, *try using them both alternately or even simultaneously*. The gaining of chi is naturally strengthening. But to actually add the intent/feeling of strength on top of that effort, can be quite dazzling in its' effect. Notice this fact especially while high on the sacred Herb, and see for yourself what a combination of consciousness expanding intentions can accomplish...

## Chapter 9, Intermediate Practice Scientist and Mystic

In the ancient world, to know things intuitively was taken as a matter of course. Some called the ability to directly understand real and accurate knowledge, “cognition”. Some called it “direct knowledge” and others still, “gnosis”, (from the Greek, meaning, “to know directly”). In 200-500 A.D., gnostic Christianity still advanced the concept and practice that any person may, if they so desired, know God directly without the need of priests or other intermediaries. But like all movements advocating “intuition”, (meaning, “to gain learning within”) gnosticism was suppressed or simply outright exterminated at the tip of a sword. History strongly suggests that the collective mind of man has frequently sought to purge itself of any hint of self-generated knowingness or empowerment. As a species we seem bent on denying the responsibility to LOOK and to KNOW *for ourselves*, preferring instead to live through the dogmas of established institutions. Yet the fact remains we are all born mystics, who have the ability to know ourselves and the universe in a quantum, intuitive fashion. The only reason we don’t exercise this ability freely is because it is strongly suppressed by a culture which only sees value in material considerations.

Science and mysticism have long been considered mutually exclusive by mainstream thought. As a matter of fact, the now worldwide ideology of materialism does not recognize mysticism as valid at all, unless it is taken in the context of religion. But even within religious thought, the prevailing view clings to the notion that although persons of great spiritual insight have existed in history, we can never hope to be like them or do as they did. Let us throw off these shackles of cynicism and rise to the occasion of a fully lived life! The fact is, in order to realize genius within our greater human potentials, we need to cultivate BOTH the scientist and the mystic within. We need both logic and intuition working together in a mutually complimentary fashion, to achieve true greatness and Mastery.

When looking at the structure of the human brain we find that different ways of knowing are actually built in to its’ natural design. Needless to say this has immense survival value. The frontal lobe behind the forehead specializes in pinpoint clarity of understanding. Much like a microscope which examines the fine details of any subject matter, this mode of the mind is analogous to, “the scientist”. The occipital lobe at the back of the head on the other hand, is designed to, “see the big picture”, to holistically comprehend and intuitively know. This mode of mind can be likened to a telescope, which sees far into any area of study, understanding the bigger relationships and questions of life, and is analogous to, “the mystic”. The frontal lobe is generally more active in the modern person during waking hours, processing the various technical details of daily life. The occipital mode is more active at night during sleep, and is occupied with such activities as dreaming, which is actually a very sophisticated process of creative visualization and even mystical revelation. At a genius level of mind, logic and intuition work seamlessly together to bring about advanced understanding. Logic checks the accuracy and details of what is being intuited. Intuition provides logic with inspiration and overall direction, so that it can investigate efficiently.

The practitioner will find it useful during meditation to focus their awareness on both the frontal and occipital regions of the brain. A frontal awareness will tend to yield an increasing degree of clarity, whereas a sustained awareness of the feelings in the occipital region will tend to promote creativity, better visualization and intuitive understanding. A meditative focus on

BOTH the frontal and occipital regions of the brain simultaneously, especially when this is coupled with the intent to better align the two modes, will eventually yield a great synthesis of considerable power. In this case, the inner scientist and mystic tend to amplify each other, which can increase one's functional IQ and even level of manifest wisdom. During smokes this focus will yield impressive results, in terms of the levels of high consciousness that the meditator can achieve.

The scientist and mystic within can both be cultivated at will, and in such a way that they work seamlessly together. To amplify our reasoning ability, *the scientific method* is employed. To amplify mystical prowess, the following exercise improves intuition. That state known as "genius" then arises, as a fully practical avenue of personal progress.

### **The right use of intuition**

Correctly intuiting the answer to any natural question is a learned ability, one which improves over time of practice just like all other acquired skills. Needless to say an intuitive hunch is not always correct for whatever reason. Wishful thinking can interfere with the accurate functioning of intuitive insight. Fear can strongly inhibit such cognition. So too can conditioned thinking...to constantly suppose something is true, (even when it is not) can obscure the sight of the mystic within. Investigate with a fresh, clear mind as a matter of standing intention.

Let us say for instance that a given practitioner feels something is wrong with themselves on a given morning. They employ intuition to discover what that could be. To begin, the mind needs to be cleared of interfering thoughts. To give intuition its' best chance to **See** correctly into any given subject matter, *first perform either the Chakra or Herbal Chakra Meditation*. After the mind enters a state of no-thought, or at least limited thoughts, simply ask the question that you seek an answer to. In this case our practitioner asks, "Why do I feel so low on energy this morning"? After making this inquiry, the meditator expectantly waits in a state of no-thought, *using the intent of finding their answer*. Such a response may or may not come immediately. When intuition is functioning well, the correct answer will simply, "pop into the mind" all of a sudden. If this doesn't happen keep asking the question over and over again, while waiting restfully for the answer. After 7 full minutes our practitioner finally receives an answer to their question, and the message that pops into the mind is, "you need fresh vegetables to eat today because your diet hasn't been very nutritious". Intuition has now supplied an answer. Now it's time to check the accuracy of that answer through the scientific method.

### **The right use of the scientific method**

This method, which should be taught in every school in the world, uses a logical process of investigation to determine **the truth** of any given question. The scientific method can be summarized by four distinct steps...1) observe carefully, 2) create a theory based on your observations, 3) test the theory through experimentation and, 4) conclude logically. To "observe carefully" is to obtain needed information. We can't conclude anything of value without some information to evaluate. In the example above, a practitioner has obtained their information via intuition, which is a legitimate way to gain facts. The premise of, "I need to eat vegetables so as to have more energy" also serves as step 2, "the creation of a theory". In step 3, experimentation is required...the practitioner prepares themselves a meal of steamed organic vegetables, and then waits to see if their energy improves significantly. In an hour this experiment yields *some* useful results...our meditators' energy does indeed rise, but only slightly, and they still feel tired. In step 4 of the scientific method then, this person concludes that the main reason they feel tired

must be *primarily* due to something else besides the need for vegetables in the diet, and in this they have made a logical conclusion, (step 4) based upon the observed facts.

In this case we see that although intuition worked correctly, it did not provide the BEST and most relevant answer available to the question, “Why do I feel tired?” since the lack of energy persists. Desiring to know the *main* cause of tiredness, our meditator goes back to step 3 and tries another experiment. This time they try the **restoration focus** of the Adepts’ Wheel to regain some of their lost energy. After 20 minutes of restoration they find that a strong feeling of vitality has returned to their body. While doing this the image of someone they know keeps intuitively popping into their mind. Intuition says, “This person has been draining you of energy”. No longer tired, the practitioner logically concludes due to their experiment, that they were being psychically drained by a long-time acquaintance.

Overall, our practitioner accurately realizes that although a lack of right diet was in some minor way responsible for having low energy, the main reason was due to a bad psychic influence. Therefore, the cause of the problem has been determined through the teamwork of the scientist and the mystic within...both logic and intuition have revealed the truth. Experiment with these procedures, realizing that the above is only one small example of an extremely useful practice. There is no question that cannot be approached with at least some meaningful degree of competence, using a combination of logic and intuitive insight. Over time and proficiency of practice, the expert meditator gains what may be referred to as, “practical omniscience”. ALL natural information is ours to behold, by combining the frontal and occipital modes of the brain in this way. Any normal human being can gain *high genius* through the right use of these methods...try them and see the truth of it for yourself.

It is interesting to note that most if not all of the greatest scientific minds throughout history have had strong mystical tendencies, a fact reflected in some of their most famous quotes. Max Planck, [the father of quantum physics, 1858-1947] is quoted as saying, “*All matter originates and exists only by virtue of a force. We must assume behind this force is the existence of a conscious and intelligent Mind. This Mind is the matrix of all matter.*” Planck was correct in his conclusion that there is such a force of Mind, even within ourselves. He was incorrect in saying, “*we must assume*” that such a force exists, however, since any one of us can confirm the existence of the consciousness that is both within the self, and at large in the universe. We need only look within and cognize such truth, then scientifically test that cognition through repeated experimentation.

*“Anyone who becomes seriously involved with the pursuit of science becomes convinced that there is a spirit manifest in the laws of the universe, a spirit vastly superior to that of man.”*  
Albert Einstein

Because of intuitive insight, Einstein was haunted by the strong desire to find an over-arching model for all the universes’ laws, forces and phenomena. He was unable to accomplish this adequately through mathematics, but was none the less convinced that there IS such an underlying foundation for existence. He called his attempt the, “Unified Field Theory”. What Einstein didn’t know is that the unified field is actually consciousness, which does indeed join all things into a cohesive whole. The popular phrase, “We are one” represents a correct intuitive hunch, one which owes its’ truth to the fact that all persons everywhere, ARE consciousness, at the innermost level of their being.

Max Planck also said, “*Science cannot solve the ultimate mystery of nature. And that is because, in the last analysis, we ourselves are a part of the mystery that we are trying to solve.*”

There's little doubt that God, consciousness and nature as a sum total, cannot be adequately represented by mathematical equations. But mathematics are in no way our only means to cognize the universe. Planck evidently didn't do any Herbal meditation, because if he had, he would have realized that the language and science of *consciousness* is fully capable of expressing truth, even more fully than carefully joined variables on a chalkboard. It is within such thinking expressed by Planck that we see a failure in traditional science, at even the most brilliant level of inquiry. Why should our own selves be a mystery to us? The implied problem here with mainstream science, is and always has been one of application. The one and only area of study where human beings DO NOT apply objective observation, is the one between the ears and within the soul. If scientists were to apply the scientific method *to the logical workings of their own minds and souls*, human civilization would take a gigantic leap forward. But if science were to recognize the value of the occipital region of the brain to human understanding, embracing true mysticism as a legitimate arena of investigation, our species would evolve beyond the imaginations of every science fiction writer who has ever lived.

Dr. Lynn Sereda Ph.D., spoke of the human brain and nervous system as, "the most evolved, quantum, solution-generating computer ever devised on this planet". The problem, he said, is that in the course of history human beings have accumulated various, "mental viruses", also known as, "the false ideas of culture and religion". Through them our vast, innate potential is reduced to a level completely inferior to what is truly natural for us. "Imagine", he said, "if you could learn to clear that processor to a point where it would begin to totally hum and be in tune with the quantum field, at such a level of openness and vibratory awareness, that it would function at the level for which it was truly designed." Indeed, meditation does act to "clear our processor", and so too does logic. *Logic is simply that system of reasoning which, through the objective interpretation of facts, arrives at an accurate, truthful conclusion.* To embrace the logical rather than wishful thinking, (or institutionalized dogma) we need HONESTY. The practitioner cultivates a logical mind by honestly examining confirmed facts. They then draw conclusions for themselves, without relying on so-called "experts". In this way we keep critical thinking alive and well, while employing the scientific method of experimentation and objective conclusion. Everything contained in this book has been derived precisely through such methods.

The many problems we see in the modern world, no doubt started well before the advent of written history. It is not hard to imagine cave dwelling Man scrawling creative images on rock walls, and then in later generations, falling on bent knees in worship of the gods invented by their ancestors. Surely our first troubles started when we began to *make up* false concepts from emotional need, rather than simply seeing truth for its' own sake, and upon its' own terms. Today it is commonplace to imagine that it's our human right to believe whatever we want. Many people today look not so much for evidences, or logic, but for reassurances that what is already assumed is correct. Perhaps it *is* our right to delude ourselves. But accepting delusion as the status quo is not of real benefit to anyone. Only truth can rescue modern humanity from itself, and central to the truth of God, nature and self is **consciousness**. Regardless of whatever we would like to believe, this central fact of existence is eternal and without a single exception. The more we expand our consciousness, the more the need for the transcendence of culture, religion, nationalism and historical ideas in general, becomes self-evident. We are **much more** than these creations of the human mind. We are souls in bodies whose central purpose for all time is to evolve, to expand consciousness, to become greater than we were.

In their excursions into higher consciousness, every expert practitioner will one day come across an advanced, realizational threshold about Deific Intention. They will find that the one

and only true “commandment” of God is as follows, “**In all that you do, rise up**”. In other words in all the trials and circumstance of your life, make the expansion the consciousness, the raising of your state, to be the first priority. Do this in life, between lives and in lives to follow, *and you will prevail in lasting wisdom*. This is the First Law of Incarnation, and it is **truth, everlasting and indispensable**.

To follow the truth we must recognize its’ meaningful definition. **Truth is that collection of facts which make up reality, as governed by natural and spiritual laws, regardless of viewpoint or opinion**. Truth has specific properties that can be easily recognized by anyone, as follows; 1) Truth is always practical and universally applicable. 2) It is simple in fact(s) yet sophisticated in application. 3) The truth is self-evident to any honest investigator, and is backed up by EVIDENCE that can be independently confirmed. 4) The truth is always logical, and never self-contradictory. Whenever you encounter propositions, beliefs or ideas which do not meet these criteria, know that what you see before you is NOT the truth.

Our own bodies operate through the facts recognized by physics, by biochemistry, genetics and natural history. The rest of nature follows these same laws in all other living things near and far. ALL applied technology is based upon the recognition of natural laws and how they function. This is commonly known. Strangely enough, many human beings will never the less adamantly deny that there even is such a thing as truth, let alone a responsibility to apply it on a personal level. We must change this attitude if there is to be any real hope for true human progress.

Therefore, when speaking of the human condition we must by necessity speak of mass denial. Reality, which is composed of facts, rarely agrees with ego-based desires, which are composed almost entirely of wishful thinking. Politics has become institutionalized wishful thinking, utterly devoid of real substance. Time and again this is proven true, which is why there will never be a truly political solution to the ills of society. If there is to be a true and lasting cure for the modern condition, it will have to be through the expansion of consciousness or not at all. For it is through consciousness that politics, just like all other human creations, exists to start with. Culture is a creation of the human mind. Like nations and passing thoughts, cultural ideas come and go.

What IS of lasting importance is that which stands behind thought and its’ constructs...intent, awareness and energy, the three pillars of consciousness. **These three compose soul, nature and God in all places and times, and are NOT a product of human thought**. The practice of the Chakra Meditations will reveal these facts to you, especially with the aid of cannabis. Self-realization is key here, for through it you will discover for yourself the necessity of a truthful life, over one which is dominated by the wishful thinking of modern society. The greater the degree of self-realization, the greater is ones’ subsequent understanding of God, nature and reality in general. Real inner strength arises from such revelation. In modern society we are taught to be weak, that we cannot govern ourselves effectively without depending on belief systems and “experts”. Self-realization fundamentally changes these false assumptions to make us realize we are NOT innately weak. We do NOT need experts and institutions to run our lives for us, when the truth of self and life are logically and intuitively known.

To accomplish meaningful realization the practitioner is immensely benefitted by the cultivation of **clarity**, as well as the meditative practice of **no-thought**, which we have been engaging through the Chakra Meditations. The clarity/no-thought axis of the Adepts’ Wheel is next to be explained;

## The Adepts' Wheel



The nine-point wheel of intermediate focuses employed by the adept in the expansion of consciousness. At the center of the wheel is right intent, upon which all other functions depend in order to be manifest with competence. The arrows imply a frequent motion of focuses from one to another, for they amplify each others' potency in a synergistic way.

Note that the focuses opposite each other, such as chi-strength or spirit-vibration, are closely related in function and/or effect.

Clarity is essential in life, no matter how one may choose to live out their days. It is through this quality of consciousness that we are given compass, helm and chart in our navigation of life's shoals. Through clarity the practitioner is given **any desired degree of insight into** nearly **all questions**. The seeing of truth is in fact no great feat, for we are endowed with natural seeingness as sentient creatures. The real challenge for the average person will not be the development of clarity in the cognition of great things. It will be through *the honest acceptance and application of what is thereby revealed*. It is precisely here that our mettle will be most severely tested, for the transcendence of our cultural conditioning in such a world as this is a noteworthy achievement. By clarifying our state of consciousness, the meditator gains deeper and deeper insight into the nature of reality.

Your task as a practitioner is to effectively DEAL with what you are about to witness in detail, to embrace truth on its' own terms rather than the false norms of a society run aground on the rocks of faulty thinking. It is said that the greatest regret of the elderly in looking back upon their lives, is the unshakable feeling of waste, of having been betrayed. Having lived our days only in accordance with what is expected by a failed paradigm, as inculcated by that false prophet known as "television", we find in the end that the, "happiness and success" we were promised are but shadows without substance. The fact of a failed world society is not difficult to see. Every single instance of the modern world is filled to the brim with ideas which simply do not match the reality of life, from agriculture and mainstream medicine, to psychology and religious dogma.

There comes a time in the life of every true seeker, where the absolute need of FACT over FICTION becomes too self-evident to ignore. It is at this point that the awakened soul and the enlightened mind work together to build a much higher self. True success in life means that our own hands are on the helm of life, leading us to what is of **real importance as defined by truth itself**, not television advertisements. With the gaining of clarity you will be empowered to guide your own life rather than have it exploited by faceless institutions, who care only for their own misguided, selfish interests.

Clarity is a thing that can be gained at will. It is a very simple process, yet one which requires right intent and the appropriate focus. Part of the right intent which brings about clarity is the genuine desire to know the profound, the real and the true. You must WANT to SEE. When this desire is firmly in place, try the following meditation;

### The Awareness of Awareness Meditation

As always, perform the Chakra Meditation for at least 3-5 minutes. Then shift your awareness from the feelings that run throughout the body, and turn it entirely to the sensations at the center of the forehead. This location between and above the line of the physical eyes, has in occult literature been referred to as, “the third eye”. The third eye is actually the central portion of the sixth chakra, (the frontal lobe of the brain) and its’ specialization of function is that of clarity and pinpoint focus. Meditate upon the feelings in this area for a while, until you notice that the awareness or “presence” in the forehead is particularly concentrated. This awareness may also be referred to as, “that which looks” or, “that which perceives”. As soon as you have identified awareness or **that which looks** in the forehead, a final step remains. **Let this awareness focus back upon itself.** In other words, engage that meditative focus which can be called, “awareness of awareness” in the third eye. Perform awareness of awareness for at least 10 minutes, and then take note of the qualitative difference in feeling and even perception, in the front portion of the brain as a result.

To review these steps: 1) perform the regular Chakra Meditation by focusing on body-wide feelings instead of thought, 2) shift from a body-wide focus, to those feelings in the center of the forehead exclusively, 3) notice how awareness, or “that which looks” is particularly concentrated in the third eye, and, 4) cause (intend) awareness to recycle back upon itself in the center of the forehead, thereby accomplishing what is called, “awareness of awareness”.

Normally, we use our awareness at the direction of intent, to focus on whatever happens to cross our path. People routinely employ awareness to walk down the block, to watch television, or to eat a meal, all without realizing it. It is commonplace to shift awareness from a sight, (looking across the room) to a tactile sensation, (of eating dinner) and then on to a sound in the distance, (a car horn blaring)...all this involves the shifting around of awareness at the behest of intention. But what happens when we cause *that which looks* in us to gaze upon itself? What does awareness of awareness accomplish? What this extraordinary focus amounts to is a literal refinement of the practitioners’ level of clarity, meaning that **the ability to comprehend and crystallize any given fact is enhanced. Clarity enhancement is cumulative.** The more you meditate upon awareness of awareness, the more clarity increases without limit. Like the other eight focuses of the Adepts’ Wheel, awareness of awareness can be enhanced throughout the body. The entire body is capable of an increase in clarity, even down to the cellular level! Experienced practitioners can accelerate the benefits of this practice even further, by performing the Herbal Chakra Meditation beforehand. The Herb will enhance your clarity to unbelievable heights if you use the right intention in this focus. Experiment with it, and see for yourself what it can accomplish.

***The revelation of awareness of awareness which produces the increase of clarity at will, is a discovery of such significance that it rivals the domestication of fire.*** No longer does humanity have to linger in the shadows of uncertainty, feeling unable to clearly know deep truth. With increased clarity we can readily perceive the subtleties of God Itself. With clarity the practitioner can cognize, which is to say logically and intuitively know the answer to ANY natural question. Through awareness of awareness elevated to a sufficient degree, ***practical omniscience arises within***...no question of self or world need go unanswered. The phrase, “we’re only human” becomes particularly repugnant to those who have embodied greater clarity, for it is merely a false cynicism based upon the lack of self-understanding.

Literally ALL the problems of the world can be effectively addressed through at-will increases in awareness of awareness. Logical faculties increase without limit. Critical, accurate reasoning becomes second nature, FAR exceeding the ability of so called “experts” to understand

any given social issue confronting humanity in the world today. And like the other eight focuses of the Wheel, the increase of clarity is a contributing factor to the expansion of consciousness. As the practitioner increases in their degree of awareness of awareness, they will cross one threshold of consciousness after another. Both minor and major thresholds of clarity can be “traveled” through...accomplishing this is not a great feat, so long as you are prepared to honestly embrace what is progressively revealed. The question then, is not whether the reader has the capacity to meditate upon awareness and awareness to an ever higher degree. The question is whether or not you have the inner fortitude to absorb what will be witnessed, and make practical use of those grand revelations in your daily life. Prepare yourself for such a quest and be well rewarded for persistent efforts.

The consciousness expanding property of “**no-thought**” is something we have engaged together since the beginning of this book. Both the Chakra and Herbal Chakra Meditations imply the cultivation of no-thought, which is to say, the absence of thought-making in favor of a body-wide, *state* focus. No-thought returns us to our normal and natural state of being, as centers of consciousness. We have forgotten as a race that words, a subcomponent of language, are an artificial construct. Words are merely tools for communication and remembrance. Yet to say a thing like, “the Will of God” is only a representation of that Will, not the thing Itself. To merely say the word “love” is not necessarily to invoke a rapturous heart. To speak of self in terms of adjectives and nouns is not to actually represent ourselves in any authentic manner. Society would have us believe however, that we ARE our thoughts, yet this is simply not so. Thoughts, like cultures are something that we do, something we create, but they are not the creators themselves.

When we engage a meditative state of no-thought, it allows us to extricate ourselves from our own creations. This gives us a chance to stand back from our mental activities, (such as thought-making) to reflect and take action upon, our real selves as centers of consciousness. In this practice we can remember ourselves **as souls with states**. No-thought is by nature clarity enhancing, since it acts to remove the clutter of mind which obscures a clear state of consciousness. Further explanation of no-thought here is unnecessary, as the reader is presumed to have been implicitly practicing it through the Chakra Meditations.

In Chapter 8 we examined the strength-chi axis of the Adepts’ Wheel, introducing the fact that multiple intentions such as these can be employed simultaneously. A powerful, synergistic effect in the expansion of consciousness, the gaining of spiritual power, then arises. The intentions of strength and chi gaining are mutually enhancing, which anyone can easily demonstrate to themselves. But when the intention of increasing clarity is added to this mix, the overall synergy is greatly increased yet again, and still further when no-thought is included. Take three puffs of the holy Herb. When you draw chi from the sun, or from the stream of water in the shower, try doing so in conjunction with the awareness of awareness focus. Not only will you feel an increase of vitality from the inflowing chi, but the awareness of awareness focus will *clarify* that chi, even throughout the body. This means that not only will increased revelation be yours to explore, but with the added boost of extra chi to increase your insights and strengthen the body. Add the intent of strength to this mix, and the practitioner has no less than a recipe for an enormous increase in personal power. No-thought will tend to naturally follow, and you will soar upwards in levels of consciousness to whatever degree you have the nerve to travel into.

Keep in mind that the above four aspects of the Adepts’ Wheel we’ve investigated so far, (chi, strength, clarity and no-thought) are merely half of its’ periphery. If you think these four in conjunction with one another, (or in any combination) are powerful, wait until you then include

the other four, which we will soon examine together.

The best way to realize the unlimited value of any one of the focuses of the Adepts' Wheel, is through direct experience. Experiment with each of these time and again. Smoke your sacrament with a reverent, humble attitude, (right intent) as a motivated student who seeks the guidance of a wise, competent teacher. The high of cannabis will act as a proper guide for any genuine seeker of truth. Be patient as well, for revelation comes in waves or degrees of cumulative depth. Some smoke sessions will prove difficult, as personal purification and transformation imply much karma to work through. In some sessions you will be led by your very soul to focus exclusively upon only one or two aspects of the Wheel. Let your intuition guide you. When an indication of this kind is given, such as the need to focus on awareness of awareness or chi gaining exclusively, by all means be flexible and flow with it. It may be that the practitioner will often enter a smoke session with specific ideas of what they wish to accomplish, and yet the soul, earth mind or even God may intervene, and direct you to specific, needed focuses. This is part of the Path, where flexibility and patience are also components of right intent, the very center of the Wheel in ALL instances.

Your experiences of the sacrament will reveal landmarks of progress along the Path. The traveling of consciousness, upward to higher and higher levels of realization, is without doubt the most challenging journey one can ever undertake, in this life or in any other. Yet at the same time, the Path is also the most rewarding by far, for through it you will find peace, spiritual power, profound truth and increased capability in all ways. When you encounter inevitable trials along the way, be reassured by the exciting potentials of expanded consciousness. Be inspired by the increase of spiritual power, of grand revelations regarding the greatest mysteries of the cosmos.

Through increased chi the practitioner will find the energy to accomplish any progressive task. Through the intent of strength we find the fortitude to carry on in the face of any adversity, and to embody the transcendental lessons learned along the way. In no-thought we are returned to that natural state known to all the denizens of the natural world, finding the innate wisdom of soul and cell. And through ever increasing clarity the practitioner pierces any illusory veil of false culture, to reveal the very fabric of existence...reality, God, nature and the consciousness of soul. The adept of the Path can do all of these things and more. It is precisely because of such profound competence, that the adept is empowered to weather any storm in life or death, with the inner fortitude of great realization. Let your life be guided by these most powerful of all tools. Let such knowledge enliven your days for there is none higher in all the world, or for that matter, in ANY world, near and far. You are embarked upon the journey of journeys, the Path of all paths, where even gods must tread if they are to progress in evolutionary merit.

## Chapter 10, Intermediate Practice

### Right Intent In Cosmic Purpose

There has been much talk in recent years about the “mind-body connection” in the more progressive circles of health care. Even some mainstream doctors now admit that most diseases are “mind caused”, as are most healthy states of being. What is not generally understood is that mind and body are not merely “connected”; they are in fact one and the same thing to a large degree. The tissues and even individual cells of our bodies have consciousness, which means they have states, intention, awareness, memory, morale and even rudimentary “thoughts” of their own. There is no distinct boundary between mind and body. Each cell is a miniature life, contributing to our greater life. While it is true that specialized groups of cells form tissues to perform specific physical roles, their sophistication goes well beyond merely physicality. Tissues are also group minds. As such they have a sophisticated collective consciousness that is geometrically greater than the mere sum of their cellular parts. All this implies that the brain has no monopoly on thought...the body also thinks, knows and understands. What people usually consider purely “mental activity” of the brain, is actually a whole-body consensus and decision-making process.

When we scan our state in meditation, the diversity of sensations throughout the body makes itself very apparent. The more a person meditates the finer and more subtle their feeling-awareness becomes. Over time of practice such self-awareness allows insights into smaller and smaller areas, even down to the cellular level of our physiology. In the beginning of practice our awareness usually reveals only the strongest and largest areas of feeling, such as whole organs and the chakras, in our body-wide states. Later on, meditation allows insight into areas about the size of walnuts, then marble-sized micro-elements, then those about the size of a pea, according to the state and intent we're in at the time. These insights show us that our smallest feelings can vary widely from area to area, and from time to time. It is very important to realize that each and every one of these feelings in our states, down to the tiniest micro-elements, is EACH governed by a corresponding intention.

Look into the feelings in your heart chakra at this moment. Feel this chakras' overall state. Then feel how that state is composed of a group of smaller, varied subcomponents. By observing even more carefully, you'll then see how each of those subcomponents has tiny subcomponents of their own...this is the group mind nature of our own bodies. At each level of organization, **intent** is what sets the tone for the function of every area, be it large or small. As practitioners, we have the opportunity to literally intervene with our overall intention upon the tiniest portions of our being, implementing there whatever natural intention we choose.

Over the course of years, the overall intent we use in life imprints upon our organs and tissues, creating there a microcosm of self in a holographic way. A hologram is an image that when split apart into its' constituent elements, reveals itself once again in sum total. The hologram of an apple, for instance, when broken down into its' tiniest portions, will once again reveal the entire picture of that apple, though probably not with perfect resolution. This is in part how the consciousness of the body tends to function. But while our cells reflect our overall consciousness, so too does our overall consciousness reflect the average state of our cells, in a feedback loop of mutual reciprocation.

To say that most diseases are “mind caused” is actually too vague a concept to have much practical use. The fact of the matter is that most diseases, and ANY state of being that matter, is

***intent caused.*** Even the mind is caused by long-standing intentions. Most people don't realize it, but the intentions we use on a daily basis DO render cumulative effects upon every single cell of our bodies. There is much at play here that can be described in terms of karma. Simply put, karma is a continuous process created through how we live out each day, hour and even second of life. The intention we act upon every moment is a causal force, one that **sets up a chain reaction of effects of like kind**, that manifest themselves in our lives in the days, weeks and even years ahead.

Good, progressive intentions form the basis of right action, and these set up what is described as "good karma". Evil-mindedness, from which entropic "wrong action" arises, generates "bad karma" in like kind. This is not to say however, that all good or bad outcomes are purely the result of our own personal karma. They are not. Remember that ALL people are intent-wielding and therefore karma generating. It is quite common to be affected by other peoples' karma, be it good, bad or neutral. There is even such a thing as, "the collective karma of humanity", which by the way is mostly negative, given our historical treatment of nature and each other. Wise people are of course very much concerned with the generation of good karma for themselves, especially as spiritual practitioners. Acts of kindness and empathic understanding, above and beyond what is normally expected in today's world, (which isn't saying much) are routinely engaged by those who walk the Path in the knowledge of, "what comes around goes around".

We can see examples of poor intent every hour of every day in the mass media. It is here that selfishness is portrayed as necessary, and extreme greed is apparently received with nothing but admiration. But what we don't see mention of is the karma that inevitably results from these norms of "civilization". Yet the real statistics of the modern world cannot lie. They paint the genuine picture behind the façade of material "success". Nearly one out of every two people today will get some form of cancer. At least thirty percent of the population will have "multiple chronic conditions" which persist until they die. One out of four, ***including a higher percentage for small children and teens***, are diagnosed with some form of persistent mental disorder. These statistics definitely DO NOT represent the natural state of the human being. Many of these diseases of mind and body are caused by a contaminated environment, polluted in our quest to gain "profits" no matter what the cost to ourselves or to nature. There is no doubt of this and everyone knows it. But what is not well understood is that the cultural attitudes of selfishness come at a severe cost of mental, spiritual and physical health as well. When we live stressful lives made all the more so through the wrong intent of selfishness, our very cells suffer, not to mention our souls and minds. By dedicating our lives to utterly selfish pursuits the karma that results is, predictably, more of the same.

A tumor is really a rebellion at the level of cell, tissue and organ. Normally, the cells of the body are totally cooperative for the sake of the greater good. In a healthy state, our cells consider themselves to be team members, working for our collective benefit even to the point of self-sacrifice. In the case of a cyst where poisons are encased, for instance, some will gladly die to save the rest of the body from toxicity. As spiritual practitioners we can learn much from the high intent of our own bodies in their natural state. But in the case of tumors the opposite is true...the cells of these areas have turned to such selfishness that they will gladly sacrifice the rest of the body, and even suffer death themselves, as a result. A tumor draws its' nourishment from the rest of the system, like a parasite. This is noteworthy for many reasons, not the least of which is the fact that this is exactly what humanity has been doing to the earth for untold centuries. The mass environmental destruction of our species today, "profit" oriented such as it

is, can be likened to a selfish tumor that is only interested in short term benefit, and LITTLE ELSE. So it is with the average, self-proclaimed “consumer”, whose very name suggests a pair of parasitic jaws moving up and down.

In the living of selfish lives such an intention, like all others we use in life, is translated down into the cellular level of our bodies. When all of nature and even our own cells feel abused by the selfishness of mainstream mental focuses, why should they not rebel? Why shouldn't the cells of a selfish person become selfish themselves, forming tumors as a result? Is this not the karma of the person in question? Ponder these questions at length, for they provide very valuable lessons that can even save lives, not to mention souls.

The practitioner who realizes such facts, will have all the more reason to purify themselves of poor intent. Remember that the bottom line in the raising of our states of consciousness *is found in the elevation of our daily intentions*. The greater the purity and goodness of intent we hold, the higher our resulting state will be. We can for instance, readily manifest *the standing intention* of good will as the *default* attitude held toward strangers, within ourselves. Upon meeting anyone for the first time, demonstrate your good will with a smile and positive vibes, as a form of spiritual ministry. If the practitioner does not open that door of opportunity, then who can be expected to? The practitioner intends to be helpful, but in a practical way that does not hinder their own development along the Path. They seek the cultivation of inner goodness, of spiritual ministry in daily practice.

As a general rule, it is the wise who apply any quality they want to cultivate within, to whatever task they're involved in hour by hour, be it mundane or on a smoke. This is the best way to gain Mastery...constant practice. In turn, the practitioner will tend to seek out others of good intent, so that a potential *collaboration of right action* can be accomplished. Better and better karma will then follow. Of greatest import then, is the refinement of our intention so that highly relevant deeds and levels of being can be accomplished. This is the context within which a truly meaningful incarnation is lived.

Contemplate the meaning of the phrase, “*the intent to raise intent*”. For every level of consciousness no matter how high, there is a corresponding level of intent which makes it possible. This knowledge and its' right application can be progressively achieved by ANY person with the will to truly succeed in life. The Master, High Master or even Avatar, are all just named thresholds of consciousness expansion along the Path. In each case, their accomplishment hinges entirely upon **the level of right intent** employed by the practitioner. Yes, anyone can achieve such levels of being and the various spiritual powers which come with them, just as Christ and Buddha did. These are but two examples of an endless number of potential manifestations of Mastery and High Mastery. Through the progressive practice of the nine focuses of the Adepts' Wheel, such levels of consciousness are yours to explore and even embody.

The meditative smoking of cannabis acts as a tonic for the increase of mental, spiritual and physical health. The Herb raises our vibration. Meditations upon love under its' influence can be quite sublime. Through right intent this plant can increase our spirit, causing our very souls to be powered by sheer ecstasy in, “the ultra-high”. Through cannabis we can achieve profound levels of inner revelation, even into the subtle workings and concerns of God Itself. The high automatically attracts chi, but the intentional drawing of chi while in high states can generate enormous well-being and strength. The marijuana high also has the power to purify our states, to erode pain and fear in favor of extraordinarily elevated levels of consciousness, a fact which leads us to the next axis of the Wheel to be examined...restoration-purification.

## The Adepts' Wheel



The nine-point wheel of intermediate focuses employed by the adept in the expansion of consciousness. At the center of the wheel is right intent, upon which all other functions depend in order to be manifest with competence. The arrows imply a frequent motion of focuses from one to another, for they amplify each others' potency in a synergistic way.

Note that the focuses opposite each other, such as chi-strength or spirit-vibration, are closely related in function and/or effect.

Cannabis lends us a portion of its' "spirit" when imbibed. It can be said that every living thing has a spirit or spiritedness which sustains its' very life, making it vital and hardy. Over untold millennia of natural history, the "high of life" that is everywhere present in nature, has evolved over generations in each of the species of plants and animals we see today. In the case of cannabis, such a spirit has evolved into a truly remarkable state of being; one that is incredibly productive in dozens of scientifically documented ways. Of all the ways cannabis is useful, its' ability to expand the consciousness of the smoker is peerless. The high of the Herb is aptly named, for it reflects an elevated state of inner consciousness, one which no doubt protects this plant well under a wide variety of circumstances. By smoking cannabis and employing right intent in its' use, we effectively borrow the Herbs' spirit.

As the spirit of the holy Herb enters our system, it acts to purify us of our social ills. When used correctly the high is an antidote to hatred, fear, pain, stress, confusion, lack of perception and lack of spirit. It purifies out by cumulative degrees, every aspect of low consciousness which the practitioner may yet have to purge. Of course, it cannot do this alone...at least not under the stressful conditions which now exist in this world. **The practitioner must willfully seek to be purified in the high**, and to soar on exalted levels of consciousness as a matter of conscious effort.

### The intent of purification

As a preparation for the purification focus, do the Herbal Chakra Meditation for at least 5-10 minutes. As your state soars on the spirit of the Herb, look inwardly to see every subtle feeling which is NOT as high as the rest of the self. Consciously seek out every nuance of pain, fear, tension, stress and hate, stored in the body. Wherever there is pain, intend that the high of the Herb concentrate there, transforming it to an elevated state. Wherever there is even the most subtle fear, put your clarity into these areas and dissolve it away by degrees. Where there is hatred or stress relax into the high, and intend that elevated states replace those areas of the body under such duress, with help from the sacrament. Search the entire body with your awareness, finding more and more subtle manifestations of low consciousness, (fear and pain most commonly) stored there over months or years of time. Intend a purification of your state in general, with the advice of the cannabis high as an excellent guide to more elevated states of being. Know that a major reason why we don't usually expand our consciousness with Herb, or simply through daily life, is because of the inhibiting influence of stored fear, pain and stress at the cellular/micro-element level of our bodies. Cannabis will help you work through this purification process time and again. The less burdened you become, the more easily your

consciousness will soar upwards. Perform this focus for 10-60 minutes at a time or more.

This is a healing process, one that will tend to heal wounds and even chronic diseases with much greater rapidity. Beware however of, “the healing catharsis”. As layer upon layer of pain and fear are released from your system, a catharsis of old ways is to be expected. At times, the process is likely to be unpleasant. Be prepared for this “spiritual detoxification” which strongly resembles the symptoms of crisis that arise when detoxifying the physical body. It is commonplace to “relive” portions of old emotions and trains of destructive thought, when engaging a purifying intention. In the case of transforming long term anxiety, strong fear may arise again when you are in the midst of various smoke sessions. Strong pain can be relived from previous years of emotional turmoil...all this and more is not unusual, including debilitating physical symptoms. Stay strong when in the midst of such a crisis...it is during these focuses that great personal gains can be made. Use the Wheels’ strength focus, and amplify that feeling throughout the body time and again, especially in those areas afflicted with any kind of discomfort.

Review in your mind time and again that such “extreme” symptoms are well worth the effort, for afterwards you will be much stronger and wiser. It may take many, many smoke sessions to work through such previous karma. But in the end you will arise like the phoenix from the ashes of your former life, to find a whole new frontier of joy and personal power which were assumed to be long lost! Let the high of cannabis guide you in this process. Let it aid you not as a crutch to rely upon, but as a worthy advisor whose advice is sound, (the many merits of the high) and whose influence is both profound and benign. The Herb can and will aid your efforts to rise up, but ultimately, YOU are the one who must do the necessary inner work to make it happen.

Purification also applies to mind and body as well. In the physical sense, the practitioner will want to educate themselves about the principles of detoxification, of cleansing the tissues of the body of every form of chemical ill-intent which modern society has wrongly created. At the level of mind, the practitioner will be called upon to generate better and better karma for themselves, by purifying their thoughts. Ill thoughts create ill psychic, spiritual and physical effects. Not only are at least 80% of all diseases psychosomatic, so too are psychic and spiritual ailments. The purification of thought implies the adoption of good will toward all, as a default assumption. It means thinking in accord with truth, and envisioning that which generates the greatest benefit for the greatest number.

The average persons’ thoughts have considerable environmental effect, a fact which few people recognize. But the practitioner is a being of far greater potential...the more spiritual power they’ve gained, the more potent their every thought will be. Beware of this, for the combination of the gaining of spiritual power and the base concerns of selfish consumer society, are an explosive mix. In short, you can’t use your newfound levels of spiritual power to bring about false and low ends, for the two are in implicit contradiction to one another. The lower the thoughts had in the high, the greater the resulting pain and fear you will experience as a result. Let such pain and fear advise you as to what intentions and focuses to avoid along the Path. Divest yourself from the norms of a false world. Focus instead on the upliftment of personal and planetary consciousness, recognizing that the only true salvation is found therein. More on this subject will not be said here, as experience is by far the best and most convincing teacher.

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We turn now to what is known by some as “restoration”, whose practice strongly resembles the gaining of chi. In the chi gaining meditation, part of our visualization is the flow of incoming particles from the surrounding environment which are then accumulated in the body. In the restoration focus, a thoughtform of incoming particles can likewise be used, and these are again stored in the body(ies). But these restorative particles are not exclusively chi. They are actually portions of your energy body and even soulic body, (intent elements) which have been cast outward over the years of your life. Whenever we feel a want, especially a strong one, energetic portions of our subtle bodies stream forth into the environment toward the object(s) of our desire. Upon arriving at their intent-attuned destination, these “packets” of consciousness, composed of charged intent, awareness and energy, impact that desired person, place or thing in order to render the desired change.

Upon desiring a person to do or be something, we send parts of ourselves to that individual. Our desire then impacts their subtle bodies, swaying them to some variable degree to act in accord with our originating intention, and modified by their resonance or dissonance with that intent. If a person seeks employment then their energy body will take action on others to bring this about. If we want love then that intention will try to manifest it for us. If we seek, “fame or fortune”, packets of consciousness stream outwards, seeking to manifest these goals. Everything we intend in life has karmic consequences however, which is the reason for the proverbial warning, “be careful what you ask for”. It is in this way that we, “create our own reality”, (actually, “*modify*” is a far better word, as reality already exists). Likewise do other people, who desire something from us, send parts of themselves into our energy bodies, in order to sway our behavior in accord with *their intent*. Distance is no true object in this regard...we readily and instantly affect others from clear across the world if that is our desire, through such psychic means as these.

Over time and intensity of emotion, the energy body works to manifest what we seek. Having sent out a vast number of miniscule portions of itself in an attempt to attain our desires, it becomes weakened. But fortunately, the practitioner has within their power the ability to restore these, “lost intent elements” which have been sent forth into the world. In essence, they need only be summoned back to us. Skepticism on these points is understandable from the beginners’ standpoint. So in the spirit of the scientific method, simply TRY the following again and again, and notice the resulting effects upon your state. In a short time you will be convinced through personal experience, of the validity of what is herein explained.

### **The Restoration Thoughtform**

Perform the usual Chakra or Herbal Chakra Meditation for at least 5 minutes. From this position of no-thought and state focus, visualize your energy body as a surrounding oval, like an opaque, pale white force field. Take a deep in-breath as you do when drawing chi. Visualize packets of yourself from near and far which you’ve left behind in people, places and things over the years of your life, streaming back into your energy body. Picture small blobs of energy, (usually about the size of golf balls) flowing inward from all directions, by the hundreds each second. Picture the energy body glowing brighter and brighter with each held in-breath, regaining its’ strength and vitality. Use this thoughtform for at least 10-20 minutes. Notice how extreme the sense of vitality, the feeling of regaining something essential becomes. This focus has great power and you will know the truth of it through repeated experience.

The soul can also be similarly restored, but its’ investment in the world is usually far less than that of the energy body. Nonetheless, a soulic restoration can be quite potent, especially

when it is focused on the regaining of packets of consciousness *from past lives*. Experiment with this fact, and be prepared for some pretty extreme internal changes over the course of your practice!

There also exists the reverse application of restoration, which is actually a form of energetic purification. Instead of visualizing the retrieval of parts of your energetic self, picture **ejecting** energy packets left in you from others. INTEND pieces of other people's energy bodies out of your system. See them streaming away from you **with each out-breath**, time and again. Keep repeating this procedure and you will inevitably feel increased clarity, less burdened, and more in attunement with your own guidance in life.

### Right Intent

Truth is of course fundamental to right intent, and therefore, **honesty** is essential to its' embrace. The practitioner recognizes that **it is truth which underlies all of existence, from self-as-soul to God, and from the natural world to the far reaches of the universe**. Without honesty about the facts of existence, the truth revealed to us lays dormant and relatively useless. But with honesty, we can embrace FACT as a practical compass in life, without the misguided encumbrances of fiction, especially those fictions created for us by human history.

Right intent is **spiritually** focused, **because truth is innately spiritual**. WE are innately spiritual...which is to say, "of and pertaining to spirit" as sentient, energetic centers of consciousness. We are souls with a cosmic purpose to progressively fulfill...the expansion of consciousness. Any act which expands consciousness is considered to be based upon "right intent". The practitioner recognizes that spirituality is indispensable to true success in life, to genuinely good living. Nowhere in this world or in any place of the cosmos, are spiritual concerns not supremely relevant. Even God holds these concerns to be of utmost importance, where love, clarity, high karma and progressively good, evolutionary intention, are the very cornerstones of RELEVANCE.

Right intent is **progressive** and therefore implicitly *evolutionary*. As we look within, ever searching for what can be improved, made more evolved and sophisticated, our progress along the Path of all paths is assured. One could also readily say that right intent includes **logic**, loving spiritual **ministry**, **goodness**, sound **judgment**, **efficiency**, an **objective questioning** of everything especially the norms of society, the cultivation of **genius**, **practicality**, wise **prioritization** of one's values, being **cause-oriented** instead of selfish, and **matter-of-factness**. These and many other qualities may be called necessary intentions for the practitioner. Right intent may then seem complicated, difficult to approach in its' many-faceted nature. But surprisingly, ALL the virtues contained at the hub of the Wheel can be summed up by one simple phrase, and that is, **the doing of what works**.

The intent which works...

- in the increase of clarity, is one which focuses upon awareness of awareness.
- with the cultivation of no-thought, is one which engages meditation.
- for the increase of strength, is the amplification of such a feeling and attitude, throughout the body.
- in the gaining of chi, is the visualization of incoming rivers of energy during deep, prolonged in-breaths.

- in the increase of love/vibration is the progressive upliftment of the pitch of feeling in ones' self, along with spiritual good will.
- for the increase of spirit is the contemplation of high and natural states of being, and the amplification of these at will.
- in the purification of the self in all ways, is a realization of what purity means, and taking those measures which return one to the natural state of health and height that is our birthright.
- for the restoration of the soulic and energetic bodies, is the visualization of the return of sent portions of the self from the environment, and the will to once again **be whole**.

For all practical purposes, the above examples illustrate the essential nature of right intention, inasmuch as "right" implies, *that which is of practical value in the accomplishment of the Adepts' Wheel*.

You now are in possession of yet another set of tools for advancement along the Path of paths. Employ them wisely, carefully and methodically. They are not to be taken lightly under any circumstance! The more powerful the tool, the greater is its' potential to be used in a destructive way. Remember this, and learn from your karmic mistakes. At the same time revel in your newfound potentials, for real power flows through the right use of the Adepts' Wheel.

## Chapter 11, Intermediate Practice Right State Management

There once was a great seer who lived in northern India, whose wisdom was legendary amongst the peoples of that region. It is said that Mahavir, after spending years in the jungle in meditation, gained many siddhis or spiritual powers. He enjoyed extraordinary health to a very old age, and intuitively formulated herbal remedies to any ailment known to man. Mahavir could provide the practical truth to any question asked, and multitudes sought his counsel, including the great Rajas of the land. But most of all the sage was known for the ability to convey various states of consciousness to anyone he meditated with. Those who approached with an open mind were quickly enraptured by his “darshan”, experiencing bliss and their minds clarified, or their infirmities strengthened by the Masters' presence. When asked by villagers what the secret was in performing such “miracles”, Mahavir would only say, “The center of self knows no limits.”

One foggy day on the bank of the Ganges, Mahavir sat with his three main disciples. The three were tested daily with questions and discussion, in order to refine their understanding. On this occasion Mahavir asked his disciples, “What are the two most compelling reasons to dedicate one's life to the expansion of consciousness?”

Disciple #3 answered immediately, “to become a renown healer and sage”

Mahavir; “No, those are not the most compelling reasons, although they are worthy goals.”

Disciple #2 thought for a moment and replied enthusiastically, “To gain many spiritual powers, and become a great force for good in the world”.

Mahavir; “No. Those are not the most compelling reasons. The gaining of spiritual powers is a bi-product of right intent, and so too is becoming a great force for good in the world”.

Disciple #1, after deep thought then answered with confidence, “To gain great wisdom, and to find such meaning in life that it inspires others to walk the Path”.

Mahavir; “No. Deep wisdom is certainly desirable, and inspiring others to walk the Path is commendable. The Master closed his eyes for a moment and then looked at the three with an intensity that reached within their souls. “You have all given worthy answers of merit, but even so, none of these are correct. The first and by far the most compelling reason, in dedicating one's life to the expansion of consciousness, beyond the gaining of siddhis, beyond gaining renown as a healer or sage, beyond manifesting goodness in the world, beyond even wisdom itself, is surprisingly simple.”

Mahavir paused quietly, and all three students bent forward slightly with rapt attention. “The most compelling reason to expand consciousness, is none other than FOR ITS' OWN SAKE”. The second most compelling reason is due to the simple fact that we ARE consciousness. To expand IT is to expand the horizons of the self in every conceivable way.”

Disciple #1, having been with Mahavir the longest by far, asked, “Why is the best reason to expand consciousness for its' own sake, Master?” and Mahavir replied, “Because nothing in this universe offers more than the Path itself. We may enhance clarity for instance, in order to become wise teachers, and this is well and good. But to gain clarity for the sake of clarity is by

far better, for in this is found **the Seeing of all things great and small**, from God to simple practicality. We may cultivate the love within for the sake of the most passionate embrace. But to cultivate this state for its' own sake is to fly upon the wings *of love itself*, the love of all things in glorious exaltation. This is the essence of spiritual cause, the love of love, for the betterment of ALL near and far.”

“Master, please explain further” pleaded Disciple #2.

Mahavir; “The understanding of our lives as an act of consciousness, arises mainly from self-realization. To comprehend this is to see deeply and truly, as the sage does. Self-as-consciousness implies we are **not** our thoughts, but the creator of any thought. It means that we are **not** our emotions, but the creator of any and all emotions. It means that we are **not** our memories, or past experiences, or family history, or beliefs or culture. We are in truth THAT which sustains memories, experiences, beliefs and cultures, by assigning them value. Likewise, we are **not** the products of the senses, but THAT which stands behind sight, hearing, taste and touch...aware and apart from them all. When a person realizes this they have in all honesty no option, but to either expand that most basic foundation of self, or fall prey to all the ancient vices and infirmities which have plagued man, since before the dawn of civilization. This simple fact of self-as-consciousness leaves Man but one ultimate choice...to embrace and expand that true center of self, or fail as a race.”

The disciples nodded thoughtfully and each asked in their own way, “What does this imply for the individual as well as mankind?”

Mahavir; “Just as any individual must walk the Path to know true fulfillment, so it is with humanity as a whole. All the great leaders of the world may institute different forms of government, all manner of social revolution may arise, and even the most progressive economic or political agendas may be implemented. Yet none of these will ultimately rescue the human condition...only the collective expansion of consciousness can do that.

“Why is that Master?” asked Disciple #1.

Mahavir; “Because even the best governments, institutions or tribes will fail, then ultimately fall apart, in the face of low public consciousness. These social constructs stand upon the shoulders of the people. They will all be eroded from underneath, like a sand bank at the edge of a river, when public consciousness is lacking. Likewise, even the most ill-conceived and faulty political system will correct itself, in the presence of an enlightened constituency. Given this, there are no political, social or economic solutions to the ills of society. Everything we do as a race hinges upon that one central fact...that we ARE consciousness, and only its' expansion to higher levels will enable us to transcend the ills of society. Raise that essence and prosper in all ways. Neglect it to find only despair and pointless death upon the battlefields of social mediocrity. To know the center of self, therefore, is to know limitless potential. Contemplate upon this at length, and see the truth of it for yourselves.”

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The success or failure of our actions every second of the day is founded squarely upon **what is intended during each of those moments**, either consciously or unconsciously. This is an inescapable fact of life, implying *the responsibility for right action is eternally ours*.

Logically, we might as well be conscious about our intentions as they occur every moment, rather than being swept up by the intent of the world, like leaves in the cultural wind. Get into the habit of constantly searching within for the answer to the question, “What is my intent?”, during any given moment or decision. To know this is to know the deepest level of self. Humans are centers of *causal force*, whose guiding essence is *that which manifests*. All of us are manifesting society around the world, such as it is, every second of every day. History is actually the inertia of human intention set into motion over centuries of time. ALL global events in the human realm are in large part the product of our collective expectations and assumptions, or by another name, our *standing intentions*.

Right action in life is spiritually based. The practitioner cares about the welfare of others, and indeed all life, knowing it is goodness which evolves. Love and clarity evolve, whereas selfish fear and hatefulness rot everything they touch. Goodness rises up in states of consciousness, in compassionate deeds done and in the eternal truth spoken. The more we expand our consciousness the more these facts of life become crystal clear. The higher we raise our states the greater is the compulsion, the felt need, to convey spiritual benefit to every corner of the world. The higher we are, the more spiritual ministry compels us to take every opportunity to share with others the excellent nature of truth. THIS is right action in life, which arises without exception from *the right intent of those who walk the Path*, one way or another.

To accomplish right action and even gain Mastery, we must first cultivate high states of consciousness within. It is difficult to give to people what you don't have. If one seeks to manifest love, or clarity or truthful values to the world, then these must be firmly in place within the self, in order to competently convey them to others. ALL NINE aspects of the Adepts' Wheel, in fact, owe their successful embodiment to the how well we hold them with our intent, as a felt reality throughout the body. This is a matter of daily focus. It is the wise who will practice these nine throughout the day, enacting them through their daily activities.

Beyond the effects of toxins or physical injury, if there is fear or weakness in the stomach, then this is because a fearful, weak intention habitually dominates that area. If there is strength in the heart then this is because the intent of strength is present there. Where there is pain in the joints or lower back, then wrong intention is implicit in those regions. Where there is joy and height in the body, (or bodies) right intent is demonstrating its' nature once again. Behind the quality of state or lack thereof in any part of ourselves, there is also a causal intention which is far more responsible for our overall condition, *than any circumstance of physical life*.

A significant portion of right intent for the practitioner is what is referred to as, “right state management”. Our overall state of consciousness is a composite, an average of the component states of all our chakras and intent elements which run throughout the body. Fear in the heart but strength in the legs and arms, may just average out to a neutral state that is neither weak nor strong. Love in the throat and clarity in the brow, but severe pain in the feet, will likely result in a state that is weak but rather lucid and progressive. Severe stress in the lower chakras may average out with spiritual bliss at the crown of the head, creating a state that is pained, but insightful, beautiful and of goodness. A state that is homogenously high on the other hand is extremely powerful, basically unstoppable. THIS is the adepts' goal...to uniformly raise all their body-wide intent elements and transcend in **Mastery**.

As we employ the Chakra Meditations, conscious awareness of our body-wide feelings, (states) is implicit. It is through such awareness that we can, over practice, recognize what areas of the body need the most raising, and with ever increasing subtlety. The practitioner will find that some areas need much extra work, which is to say they need recurring applications of raising

intention in order to get them truly healthy, and to properly observe the Third Law of Incarnation, in *the refinement of our vehicles*. By the time we experience a chronic disease in any area of the body, much inertia has already been set into motion from the wrong intent of past years. Correcting this inertia, and putting high states with correspondingly excellent health in its' place, may take much patient effort. Be persistent, and work through such karma with great determination. You will not regret the effort, even if it is extreme.

### **Right State Management**

What follows is similar to *the intent of purification*. After taking about three puffs of the holy Herb, perform the Herbal Chakra Meditation for a few minutes. Next, look around through your state for areas which are of a lower nature. Seek out pain, fear and imbalance wherever they may be found within the body, and **take right action upon them**. In other words, intend, (using the Four Steps of intent) that these areas of lower consciousness be raised higher and higher, especially according to the advice of the Herbal high. Where there is fear, intend clarity and high vibration. Where there is stress and anxiety, intend no-thought and relaxation. Where there is weakness, intend strength. Where there is a lack of spiritedness, intend love and vitality upon those tissues. Then, examine your body-wide feelings to see if they are more or less uniform. If there is too much intensity of feeling in one area, intend it to become less intense. If there is a dullness and lack of sensation in another, intend that area to increase in intensity.

Make effort to create a homogeneously strong state of being. In essence, *balance* your body-wide feelings into a state that is clear, powerful and high. Employ any combination of the nine aspects of the Adepts' Wheel to accomplish this, over time. DO WHAT WORKS in the daily elevation of your state of consciousness, as such efforts add up. As your state accumulates more and more high, balanced consciousness, especially through the help of the Herb, *right state management* will become easier and easier. This focus will amplify personal power in all ways...experiment and see the truth of it for yourself.

The holding of high states is a learned skill of such great value, that it transcends anything that can be learned at a university. Through it you'll find lasting health, greater mental lucidity, and an improved ability to both communicate and understand. But best of all, by managing your state in higher and higher ways, you WILL expand your consciousness, thereby gaining personal power by cumulative degrees. The practitioner will want to make right state management the habitual norm, even during the day or night, while engaged in various mundane tasks. By the time the high management of state becomes a habit taken for granted in the life of the meditator, its' result can only be called, "ever increasing spiritual power". "Power" is the ability to take action, whereas "spiritual power" is the ability to take *right action*.

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Keeping right state management in mind, we turn now to an examination of the spirit-love/vibration axis of the Adepts' Wheel. The word "love" is frequently misused in modern culture, to the point that it no longer has any distinct, definite meaning. In the consumer world, the word could well mean just about anything at all, including selfish ownership and fickle attachment. These are definitely not the meanings implied in the context of the Path. **True love is based upon truth**. True love is spiritual by nature, for in such an intention the greatest and highest benefit is sought out for others as well as ourselves. Love exists in the cosmos as a thing, a palpable force. The love of God, which is to say that part of the state of God which is love, exists and exerts influence not just on this world in which we live, but in the entire Milky Way

galaxy at large. As a matter of fact, one does not ascend to the position of, “Galactic Overgod” without an ultra-high embodiment of spiritual love.

Love in its’ true form is not personal by nature, any more than one can own the wind or claim the rays of the sun as ones’ own. **True love is a state** which acts as a natural law does. *It wants to permeate everything and anything, everywhere*, seeking to rise ever higher in the glory of mutual bliss. A practitioner who intends love upon themselves, as well as upon the states of others, may well ask, “What then is the highest love?” The answer to the question is this... **the highest love is love for its’ own sake**, just as the highest raising intention, is the one which is based upon the innate merits of the Path. The “**love of love**” is for this reason an extremely powerful, profound intention, worthy of any seekers’ contemplation. Why is love for its’ own sake the highest love? The reason is simple...because **there is literally nothing higher or more worthy**. Love itself, like progress along the Path, enables the practitioner to improve in all ways. Any other form of personal or particular love, no matter how profound or intense, can ever compare to **love in and of itself, as a state of consciousness**. Likewise, the answer to the question, “What is the highest intention in the elevation of clarity?” the answer is the same, and for the same reason. The goal here is not to have clarity *about* any one subject no matter how profound. The goal is to cultivate **clarity itself**, thereby understanding ANY subject to a more refined degree. That which enhances love, clarity, strength and spiritedness in the expansion of consciousness, fulfills the will of God and the purpose of life in one single stroke.

Love is a very high vibration that is typically centered in the heart, but which can be manifest ANYWHERE in the self. Our “vibration” is simply the pitch of feeling we hold in our state at any given moment. Like love our vibration can be raised at will, without limit. There is no such thing as, “ultimate love” or, “the ultimate high feeling” any more than the Path itself has an endpoint. There are **always** higher and higher degrees of love and vibration to be attained, just as there are always higher levels of consciousness to be mastered. Even God does not possess “ultimate” love or knowledge, since there is no such thing as “all knowing” or “highest loving” regardless of what common opinion may say about the matter.

Although the phrase, “raising our vibration” refers to everything from the elevation of joy, Herbal high, bliss and even sexual pleasure, to that which is called “fun” by children, love is something more specific. Love has a definite “signature” of spirited feeling. It is a state that tends to rise explosively, to become expansive, high, purifying and revelatory, and ***of good will***. The higher the state of love, the more good will is evidenced by the practitioner, regardless of national boundaries, ethnicity, race or religious affiliation.

### **The raising of love and vibration**

As with everything else to be accomplished, we return once again to the Four Steps of intent in the accomplishment of higher love and vibration. The practitioner of the Herbal Chakra Meditation routinely intends a higher vibration upon themselves by elevating the cannabis high. This is the primary method for the entire practice of, “***gaining spiritual power through cannabis***” and its’ power is self-evident. At this point then, the reader is assumed to be thoroughly familiar with the intent of raising vibration, even if it is only narrowly focused upon the elevation of the Herbal high.

From the experiences of various smokes, the practitioner learns what it is to raise the vibrational level of their state to higher and higher plateaus, (review diagrams in Chapter 2 entitled, “Traveling the High” and, “The Expansion of Consciousness by Cumulative Degrees through the Four Steps of Intent”). Now that you’re a more experienced practitioner, it’s time to

apply your vibrational raising ability to a wider range of applications. During the day, try intending your vibration a little higher *without* the help of the Smoke, whenever the idea arises. Using the Four Steps of intent, *will yourself into more a positive, high-feeling state*. Intend that your best feelings are given a boost, and that any fear or pain is transformed to a higher state of being. When alone and undisturbed, do the Chakra Meditation and intend your body-wide state into a higher and higher pitch of feeling. Refer often to your experiences during the Herbal Chakra Meditation as a guideline for the elevation of body-wide vibration. Listening to uplifting music can also accomplish the elevation of feelings, as will sexual activity, dance, a good movie, etc. But in all these cases, it is the INTENT to raise vibration which counts the most.

The raising of love to higher and higher levels is much the same. Using either the Chakra or Herbal Chakra Meditation as a preliminary, employ the Four Steps of intent;

Step 1; Meditate upon feelings in the heart, or fourth chakra. How high and loving are the feelings there? Are they constricted or expanded, selfish or giving? Step 2; Remember a time when you were in a love state, or ask intuition to provide the answer to the question, “What would a little more love feel like?” Step 3; Staying focused on the higher love you seek, move your state into the one pictured in Step 2. Step 4; Stabilize your state in this elevated love. Through practice you’ll be able to increase your level of love in the heart at a moments’ notice.

Stabilizing your state at a higher level of love/vibration creates a new plateau of expanded consciousness. From this higher position then, launch your state upwards yet again, by repeating the Four Steps above. The only limits to this process is one which a person imposes upon themselves, and the lack of observing the Second and Third Laws of Incarnation, (local karma dragging you down, the downcast vibes of people we know or insufficient refinement of the vehicles).

As a suggestion for your personal research, try either Chakra Meditation as a prelude to a focus of, “the love of love”. *Intend* the state of love to rise up in yourself. Witness this in subtle detail, especially in the heart chakra. Then use the intent, “the love of love” and even visualize something like a circle with an arrow circling around and around in the heart, coming back upon itself time and again. Take stock of your existing degree of love, and cause it to cycle back upon itself, **thereby boosting its’ own nature**. Not unlike the clarity focus which employs “awareness of awareness”, the love of love can yield some very extraordinary, consciousness expanding results. By all means experiment with this and realize its’ spiritual power.

### **Consultation with the soul**

The experienced practitioner will also be able to do what is known as, “consulting with the soul”. The soul knows a great deal about love and high vibration. As a lasting center of consciousness, it has experienced both of these time and again not only in past incarnations, but between incarnations as well. Rely on your soulic knowledge in the greater accomplishment of **any** of the Wheels’ focuses.

While focused upon the feelings at the crown of the head, (which are of the highest vibration and therefore closest to the soul) use the intent of, “consultation with the soul” whenever you are in doubt as a mind. “Call” the soul into closer alignment with the mind and body. Then ask the **true self**, “What do YOU desire in terms of my degree of vibration or love?” With practice your (open) mind will receive very specific answers to any such questions. In general, what the soul truly desires as a center of consciousness are states of such soaring

excellence and bliss, that the mind would find itself quite disoriented. In those high states where you've successfully elevated your consciousness with or without cannabis, you will often **be in the soul as a first priority**, sometimes without realizing it, and the mind will be secondary, probably struggling to, "keep up". All this is part of **refining the vehicles** and is to be expected. Give the mind a chance to decondition itself from the norms of consumer society. Be patient with it but not complacent, as it is in the mind where we most often fail as practitioners, upon a world such as this.

It is very useful in the understanding of others to see them **as both mind and soul**. The practitioner refines their mind so that it can better address the challenges of life, but most of all, to accomplish the designs of the soul. It is not unusual for the intent of the mind and the intent of the soul to be going in different directions. Sometimes these directions will be contrary to one another. It is your task to work out this dichotomy, teaching the mind to get itself in proper order so that the true self can properly evolve. The mind must be taught to respect the revelations of the soul, a fact which many smokes will reveal. Remember that the self-realization of the mind is, "I AM SOUL". The use of honest logic increases genius. From the position of genius and self-realization, the mind then becomes what it was always intended to be...a proficient tool for the expansion of soulic consciousness. Mind and soul must work more and more closely together, for progressive results to be achieved along the Path. Ultimately, self-realization teaches us that **we are in fact not minds**. The mind is merely a set of sixth chakra habits, a set of inertias in the head, brought about by long-term use. It is the soul, AKA center of consciousness, which underlies ALL thought, memory and trends of action. This makes the mind merely a sophisticated secretary, one who should never be confused with the "real boss" behind the scenes.

In the case of the increase of spirit, at the opposite end of the love-vibration axis, we find the same profound potentials. But of all the nine aspects of the Wheel, spirit is perhaps the most difficult to describe and cultivate. The orderly lines of iron filings which are seen to appear around a magnet, are easier to describe than magnetism itself. So it is with spirit. It is far easier to give examples of spiritedness, than it is to crystallize precisely the nature of **spirit itself**. The limitations of language are largely responsible for this. One could accurately say that "spirit" as it appears on the Adepts' Wheel, is a felt, animating vitality within all life. It is that empowering set of high vibrations which vary in pattern from one form of life to the next, reflecting its' natural history and life experiences. Spiritedness is composed of, "high feeling trends" which express the "joy of life" in any individual, to be vital through great inner dynamism.

As you can see, such descriptions are of limited practical value. It is far more useful to give the following examples. Spiritedness in the human being is best observed in children at play. That innate state of being which young people call "fun" is in fact an expression of spirit. Young children are often wrongly reprimanded for being spirited, for yelling and running to and fro with one another. This quality is not to be automatically stifled, but rather, **channeled** so that it can become more sophisticated. The adult world assumes that such behavior represents mere immaturity, when in fact it is just the crude beginnings of what would ordinarily be called, "an aspect of spiritual power" later in life.

Spirited behavior can be seen everywhere in the natural world, most obviously in the sheer strength and vitality of the undomesticated animal. Even on limited food, the undomesticated animal runs fast and far, with considerable agility. When injured, the natural creature heals rapidly *without* medical intervention. They are highly resistant to disease and environmental hardship of all kinds. These are all the **natural** powers of a spirited state of being,

which have been largely lost by Homo Sapiens through *unnatural* living. Because creatures feel naturally high, with an undying, innate spirit of great strength, *they are sustained in all ways*.

It is interesting to note that not only has humanity lost a major portion of its' spirit, so too do the domesticated animals under its' care. Our penchant for the unnatural, for aims and values which do not feed the spirit but only destroy it, is part of the karma of Homo Sapiens. It is also interesting to realize that while we see the play of young animals to be thoroughly useful for their survival, we discourage our own young from such behavior through the thinking that they should "outgrow" their spiritedness, "in order to become productive members of society". Nothing could be further from the truth. Play and vitality have a very powerful relationship. They feed one another so that a person is made stronger and stronger. By all means find the time to play, and to revel in an uplifted spirit that is allowed to express itself. Contrary to popular opinion, play has real spiritual value when seen in the light of *spiritedness*.

Spiritedness can also be witnessed in the adult world in fervent competition of all kinds. The drive to excel, to be the best or at least among the best in one's area of expertise, is a clear expression of human spirit. Sex and particularly orgasm, are manifestations of the spirit of human life over millions of years of natural history. All the best artistic expression throughout history, be it musical, theatrical or literary, owes much of its' potency to the spiritedness of human authors.

### Cultivating Spirit

The Four Steps of intent are once again evoked. Perform the Herbal Chakra Meditation, and contemplate your degree of spirited feeling. Evaluate your state on the basis of high, moderate or low spirit, and you will have achieved Step 1. [Spirit often shows itself in optimism, and the lack of it in pessimism, but in either case, high or low feelings will tell the most accurate story]. Now recall a time in your past where you felt the most exhilarated, perhaps even in young childhood, where it felt exquisitely good just to, "play and have a good time" even through the most simple of things. Or, use your intuition and ask, "What would being more spirited feel like?" and Step 2 will be accomplished. Steps 3 and 4 will involve, "moving" your state into higher levels of spiritedness, and then seeking to stabilize these as an act of gaining spiritual power.

Dancing and listening to inspired music, or the making of such music yourself, is an excellent exercise in the gaining of spirit. Meditatively FEEL how the increase of spirit is thoroughly empowering, and in particular, apply this to your raising efforts during smokes. The high of cannabis is, in and of itself, an extremely spirited set of high vibrations, as we spoke of in Chapter 10. ***Consult with the spirit of this plant through its' high*** after smoking it, just as you can consult with your own soul, for the sake of very useful spiritual guidance. See into the Herbal high as a spirited thing, and embody its' excellent nature by progressive degrees, by routinely holding such spirit within your body-wide feelings. Remember that "spirited love" is one which cannot be easily eroded, just as "spirited strength" does not easily fatigue. Apply this aspect of the Wheel to any of the other nine, **to empower their effectiveness in lasting fashion**.

All the tools of the Adepts' Wheel are now yours to employ. Use them to build a truly meaningful life, and by cooperating with other practitioners, use them to build a truly meaningful world of limitless merit...

## Chapter 12

### We Are That Which Raises

Smoke drifted lazily through the Douglas firs down the slope from the house. A curved stairway cut into the hill, adorned each step with quartz-laden river rock, leading to the small pond below. It was an unusually warm day for mid-April. Deer grazed in the meadow to the west, amongst the purple, yellow and pink wildflowers, apparently heedless of the strange sounds of didjeridoo arising from the campsite at the edge of the water. A white mantle still clung to the upper reaches of the Coast Range to the east, where snow fell even then from a small grey-black storm, crossing over on its' way from the sea. About halfway down the stairs, one could glimpse through the branches five figures seated on upturned sections of a log, in a circle around the fire. All were nearly motionless. Three played kelp didjeridoos while the rest intoned in a resonant droning. The sound was at once eerie and yet uplifting to the spirit. It carried on the breeze with uncanny vigor in a way that seemed to stretch out for miles in all directions.

#### **The names have been changed to protect the conscious**

A frogs' jump stirred lily pads in the pond, and the fire popped a large number of orange sparks that rose at least twenty feet into the air. The group stopped to take a breath. The silence that followed was unusually deep, punctuated only by a few crows in the valley below. Sam, our host, took a driftwood pipe packed with a combination of four different strains of cannabis out of his jacket, and lit it with a burning twig from the fire. The rest of us followed his example...this was our fifth puff of the sacred Herb since we arrived some two hours ago. Lela his wife, a redhead with piercing eyes who stood nearly as tall as her husband, got up on slightly shaky feet and said, "Practitioners all! I am ever grateful for our time together, once again, and am looking forward to many more sessions such as these throughout the summer months!"...eliciting a "yes, thank you for having us" from Brandon and Evonne, a young couple from town, and the nodding of heads. Lela cleared her throat for a moment, and then said, "Excuse me. Our group space has raised me so high I'm having a bit of trouble coming back to the physical plane!" Muted chuckles rose in empathic agreement.

"What I want to say is this", said Lela..."We've raised our states to a very high place through Herb yet again, and each time does seem like it's higher than the last. How many times has it been this year?" "This is the eighth since January", said Mark from across the fire. "Oh...yes, I believe you're right. Sam and I thought we might step things up a bit on this occasion, and try something more advanced than the basic raising of the high together. What do you say?" The group expressed enthusiasm, and Mark asked, "What exactly do you have in mind?" Smiling, Lela gestured to her husband as she plopped down heavily on her wooden "chair" and said, "Sam will explain". Sam got up and presented us with a small cloth bag, while Mark piled some more wood on the fire. Out of the bag came eight smooth river stones, with something painted on each one. "I did the painting" said Lela grinning. He placed the hard grey ovals in a row on a log near the fire, and said, "These eights stones are painted with all the focuses which appear on the periphery of the Adepts' Wheel. Now ideally, I would have liked for our group to have at least eight participants, but Benjamin and company had to drive his friend to the hospital. But in any case, our idea is to have everyone step forward and choose one of these stones, and to make that your intention for what comes next in our meditation. We

propose that for the next thirty minutes, each of us focuses on our chosen theme, not just for ourselves, but for our group consciousness as a whole.” Mark asked, “You mean, if I choose the chi gaining rock, for instance, I’ll be drawing chi for the entire group?” “That’s exactly what I mean, Mark, well said. Basically what we’ll be experimenting with is called, ‘specialization within a group mind’. I’d like to cast clarity to the group, and if no one objects, I’ll take that stone. Lela got up to take the stone marked “spirit”. Mark took the “strength” stone, Brandon took “chi”, and Evonne picked up the stone marked, “love/vibration”. Sam laughed at the ready enthusiasm of the group and said “Well then, I guess we’re all in agreement with this focus. Great! Let’s get to it and see what happens!” Everyone indicated their readiness.

### **The group mind rises up highly**

The group took a sixth hit of the sacrament, which was a little more than usual. “Intonation then, Sam?” asked Mark. “Yes brother. Start with whatever tone you want, and we’ll chime in”, he replied. Mark started intoning the sound “eew”, (as in flew) which is a good ‘tonic’ for the will, in the chakra centered in the area of the navel. Everyone else added their voice to this tone, creating a delicious resonance. The lower tones of the men blended in unison with the women’s higher pitch, creating a rich and mystical synthesis of sound and state. Soon, Sam pitched in with a long kelp didjeridoo, his favorite instrument, adding a new dimension to the chorus. A deer was seen up the hill watching us in rapt attention, its’ ears pricked, and there was a steady increase in what we call, “Earthmind presence”. We raised highly with the increasing breeze, which had changed directions from northwest to due east. Those downwind of these shifts moved to dodge the smoke, to keep the eyes from stinging.

We were already quite high, make no mistake about that. But as soon as we specialized in our focuses, the group state took several major leaps upward. Brandon faced the pond for a moment and drew “water chi” for the entire group, visualizing energy from the rippling water flowing into the bottoms of each of our feet. Minutes later he then drew “fire chi” from the campfire, and with great concentration pictured sparks of energy pouring off of the burning wood, filling our energy bodies with warm vitality. His efforts were successful...our group energy did raise higher and higher. Some of us felt such a rush that we felt like jogging in place to “settle down” the great vigor that flowed in from all directions. Mark intended a state of strength on our conclave, a focus which suited him well, at a fit 6’ 2” inches of burly muscle. As a fitness instructor, he often advised people to, “intend fitness through feelings of strength in order to build muscle”, and he is an expert in that intention. Lela, who has always enjoyed folk dancing, whirled about occasionally, raising her arms in the air as if invoking the very spirits of the woods. She intended upon all of us that same dancing spirit. Evonne, a quiet brunette with frizzy hair held her hands over her heart, casting torrents of love to every person in the group. She told us later of her visualization of all our heart chakras being connected by a rainbow of high intention, “carrying high and lasting love”. Sam, the natural leader of the group, projected his usual intense clarity, a high awareness of awareness directly into each of our brow chakras, as he stood motionless near the fire.

Very soon, our group state was extraordinarily high, higher by far than we’ve even been together, (as Mark said later in the week, half kidding, “Our space was like a triple hit of LSD on just SEVEN puffs of Herb!”). The intentions of clarity, strength, love, chi gaining and high spirit all combined into a group mind, which at times took on an amazing life of its’ own. Each of us, (as we avidly discussed later in the week) were simply awestruck by the, “group spiritual power”

which arose from our efforts, but as disciplined practitioners we stuck with our individual focuses throughout the session anyway.

There was a “WE” that arose from all of us, a collective presence that started **to take raising action, above and beyond what any one of us was intending**. We KNEW high things together. Not only did we know together, in fact, we all knew the others were Seeing the same revelations. When I say *we knew*, I don’t just mean knowingness as individuals added together, I mean WE as a **group mind** knew things collectively and simultaneously which any of us could access, but which no one of us came up with. *We knew* for instance, that any group of people anywhere in the world could replicate or even build upon, such an experience as this. We knew that if such a group focus, guided as it was by the Herb of herbs, were it to be taken up by meditators here and there across the globe, it could EASILY change the course of human history for the better. We understood as one how the unity of consciousness in the high could actually evolve our species into a completely transformed state of being. There would come a day, we thought, which would look back upon this present era and call it, “those dark times when few people had yet understood the MUTUAL value of life, clarity and love”.

We Saw together that the Earth itself has a form of sentience. The Earthmind presence was particularly “aligned” with us that day. It ALWAYS is on these group smokes, but on this occasion it felt that the earth was extraordinarily appreciative of such raising focuses. A group of deer who are normally skittish in this area came very close to our circle and just stood there, staring and almost unmoving. The trees felt as though they were participating in the group raising, and we could feel their presence very strongly. There was a “freshness” in the air, combined with deep feelings that came up from the earth itself, which felt very invigorating.

Our smoke lasted a lot longer than another thirty minutes. We were so high together that all sense of time was utterly lost. An hour passed, then two more until the mild orange of sunset appeared, and even then we did not realize the day had been spent. Only when a pair of owls hooted conspicuously in nearby trees, did any of us take note of the hour.

At one point we all felt compelled to stand near the fire together, with our stones showing on upturned palms. We then became strongly united in a feeling of comradeship, basking in the mutual appreciation of our brothers and sisters in the spiritually focused high. None of us had ever felt such a boundary-less, spiritual unity with another human being as we did that day. In fact, we felt a complete empathy with the entire human race, in a place that rendered nationality, religion, culture, economics and ethnicity completely irrelevant. All that existed for us was a high and expanded consciousness together, to a degree where **“we” felt more like “I”** than “I” usually does. Perhaps that sounds bizarre to the uninitiated, but never the less, we have repeated this experience many times since, and have concluded that it is a literal phenomenon of consciousness which any group of two or more can enter, and even stay within, if they have the personal power to do it.

We *saw together* the fact that each person carries aspects of strength and merit within themselves. A billion years of evolving DNA make our bodies incredibly sophisticated. We have much spirit and power in these physical forms which each of us can access. But even more importantly, we are, every one of us, a soul which has incarnated into many lives. All the greatest revelations and spiritual merit contained in those incarnations, carries on to some degree within us. We also gain merit as we raise ourselves in individual meditation, and through the spiritual strength of the cannabis high...from these sources and more the practitioner marshals ever increasing spiritual power. This strength can be shared with others! What we have seen together time and again is that **the unique strengths of each practitioner in group meditation,**

**can be readily conveyed to everyone who participates.** It need only be intended competently. Even the incompetent casting of good intention to others is worth accomplishing. When we gain more and more spiritual power as practitioners, our psychic benefits for others increases proportionally. The higher we are in consciousness the stronger our intent becomes. The stronger our intent becomes, the greater will be our intended blessings upon our fellow travelers of the high. There are times as we smoke together, where gazing into another practitioner's eyes has the effect of conveying incredible vistas of meaning, directly into body, mind and soul. All aspects of the Adepts' Wheel can be conveyed to one another, through that exquisite road known as, "eye to eye contact".

Sam took notes on the following day, and this is an excerpt from those writings; "as our group mind rose up through threshold after threshold of consciousness expansion, **we all became much more** than we were before. Truth be told, we EVOLVED together, getting much stronger, higher, wiser and more spiritually adept than we ever were before, by progressive stages. By my estimate, we crossed over at least four major thresholds as a collective, and a multitude of minor ones. Between our personal power as practitioners and the sheer spirit of cannabis, we clearly became travelers, (as a party of Masters) upon the Path. We may have even crossed into that space that has been called, "conclave of High Masters" on two separate instances. We clearly went over that one very familiar threshold, as we have on previous occasions, where the individual practitioner is compelled to declare, "I am That" and if in tandem with others, "We are That". "That" is of course, high consciousness itself...our intent, awareness and energy was transformed, and this is what all of us seek.

None of us will ever be the same, and I for one can't wait to meet yet again and build upon these extraordinary gains, ones which the mainstream world cannot even imagine. Clearly, the spiritual power of group intention, of group mind, FAR surpasses what all but the most advanced practitioners can accomplish alone. The definition of "group mind" keeps making itself obvious to me... 'a group mind is geometrically greater than the sum of its' parts'. I would further add that *a group mind composed of competent practitioners is astronomically higher than the sum of its' parts*, and is capable of almost any spiritual feat, even *the raising of the world*. Do you recall my brothers and sisters, that moment during our smoke where we raised so highly, that our group state seemed to spontaneously spread itself like a great wave over the entire surface of the world? I could feel our high being cast over this planet like a blessing. In fact, it seemed to me that the very will of the Earthmind, maybe even of God, was helping us. It felt like God and Nature both wanted, (and want) for us humans to do precisely what we did that Saturday afternoon. Perhaps on the next occasion, we should attempt to consciously *raise the world* with our group mind high, to see what will happen next..."

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### **The gaining of High Mastery is within your reach**

The above event is but one small example of what the combination of cannabis and high intention has to offer. Any one person can, especially with the aid of the holy Herb, raise their level of consciousness to become like a Christ or a Buddha. This is "a doing" like any other. It is done simply by using **right intent**, that most important aspect at the center of the Adepts' Wheel, to accomplish such a goal. Every action or "doing" requires right intent in its' accomplishment, and **even High Mastery is within our reach if we will but employ such an intention**. First, one must learn the right intent of High Mastery, to see its' various particulars in

detail, especially in terms of body-wide feelings. Intuition can supply this information, and experience in traveling the high, even more so. Then, attaining such a level of consciousness is a matter of holding the state, *the feeling and doing* of High Mastery throughout the body, as the assumed norm in everyday life.

What greater “success” in life can one even imagine, than the gaining of high consciousness in a greatness of spiritual glory? What path in life can ever hope to compare to the rich rewards in the expansion of consciousness, upon that Path of all paths? Cannabis can help us greatly in the traveling of this endless road. From life to life we journey as souls, hopefully to further our own evolution and to find the deepest meaning existence has to offer. I say “hopefully” only to point out that this is a thing that need only be intended, and yet there are still those who, in their carelessness, would not do so even though their need is very great. The vast majority of human beings still do not realize that the high of the holy Herb is a way-shower to vistas of spiritual power unimagined. It is an entheogen of such unsurpassed quality that it could transform our species into a new and greater form, one that might well be called, “Homo Veritas”, meaning “man of truth”. In this form Homo Veritas would be superior in every way to the current entropic state of our world society. Such people would be capable of ushering in a truly New Age of Enlightenment for our species, for all time. Such a human being would be just as God and Nature intended. Such Masters of consciousness, of intention, would form the leading edge of evolution on this world. They would lead us *far* beyond mere “hope”, into a life based with clear certainty upon the greatest revelation of truth our kind has ever known.

### **The gaining of high levels of consciousness in tandem**

Of equal importance are the potentials of **the group high**. Where one adept can raise a whole forest or city block with their high state, two or more can achieve no less than miracles. With the addition of each new member into the group high, the collective state of consciousness of ALL is greatly enhanced. A group mind is indeed geometrically greater than the sum of its’ parts. Through this natural law we can raise up together in ways none of us can yet fully foresee. There are hidden potentials within the right application of the knowledge contained in this book. These could make this world a sparkling gem of spiritual merit, even to such a degree that the very graces of God would fall upon us all near and far, and in every smallest corner of the world. Even group meditation **without cannabis involved** can accomplish such a feat, but admittedly with far greater difficulty.

We have within our power the ability, as centers of consciousness, to spiritually aid each other without limit. Let us make ample use of that power to boost our brothers and sisters in global cause. Let us CAST the high to one another, benefitting our fellow human beings, (just as we would benefit ourselves) in the mutual expansion of consciousness. When smoking with others, try the following intent, captured within a single phrase...“**Let all the benefits of my high be your benefit also**”. Cast such an intent to them from your high, body-wide feelings, and urge them to do the same in return. You will rise up together in the glory of the ultra-high.

Two or more practitioners who raise each other simultaneously, form a reciprocating loop of high intent, awareness and energy between them. Spiritual love alone, (also known as “love for its’ own sake”) when cast back and forth can become an extremely dynamic psychic engine of high effect, that has no finite limit. But when we add clarity to this mix of mutual raising, the results are even more exquisite. The gaining of chi added in, creates even more impressive results, and so forth. On a larger scale, whole groups of practitioners who specialize in a given

intention on the Adepts' Wheel can raise in teams of meditative focus. Imagine what could happen if even a hundred competent practitioners were to **raise together** for group meditation through cannabis, with whole sections of that collective specializing in aspects of the Wheel. A dozen or so could specialize in chi gaining. Another section could specialize in clarity amplification, and always for the greater good of the 100 participants, and so on. The collective meditation would be as group minds within group minds, just as tissues in our bodies form group minds within organs, and organs within the collective that is our entire body. They would be psychically mighty, and without parallel in the history of the world! Such a large group would easily raise the world mind without difficulty, and whose spiritual effect would be the strongly felt upliftment of every single person, animal and plant on the surface of the globe! Work for this goal and record your results, especially on quality video and audio equipment. Post these events on the internet. Chronicle the greatest transformation the world has ever known, as it happens. Preserve this collective journey for future generations, and Homo Veritas will indeed arise among us, to create a world so far advanced from the current status quo, that it would be unrecognizably alien to those who now persist in consumer consciousness.

By all means do not merely reject what the author has to say calling it, "not credible" and then never testing out its' accuracy through experimentation. By the same token, do not merely accept what these words reveal with blind faith, for in so doing you will cheat yourself of the greatest spiritual opportunity ever revealed in the history of man. Instead, try out these focuses time and again and see for yourself their undeniable validity, through no less than logic, honesty and the scientific method.

Using the knowledge contained in this book alone, the karma of human civilization can be improved to such a degree, that mutual annihilation is no longer a looming threat to the world. Groups of practitioners can join together all over the globe to raise each other and the planet at large. As the peerless merit of this knowledge spreads outward it will take root in society. Those whose *enthusiasm for the raising* springs from repeated revelation, will be compelled to teach these things to as many others who will earnestly listen. Those others will then have opportunity to take up these mightiest of spiritual tools, to craft a civilization of unsurpassed merit. Like the flash point of fire suddenly crossed, the spiritual flames of truth will initially spread across the globe in small bursts, igniting more and more interest. Such knowledge has, on other worlds throughout time and space, saved whole civilizations from the brink of their own self-induced destruction. Make use of it as your most precious asset. It is by FAR more valuable than all the gold and gems in the world combined.

### **That which raises is an agent of God**

Reject what is inferior and unworthy of true human potential. Live in such a simple, truthful and spiritual way, as to allow yourself time to focus upon what is of REAL importance in life. Refine yourselves according to the Laws of Incarnation. **Do what works** in high intention according to the will of God and Nature alike, and **you will prevail in your works, in this life and in lives to come.** You will have the spirit of God at your front and the great strength of the Earthmind at your back. The dedicated practitioner may count upon such sources of high intent as unwavering allies, for nothing is considered more worthy than *that which raises*. With such an intent held and life lived you cannot be defeated, not even by miserable death. For the true self carries on upon this endless quest, all the stronger for any trials along the way, no matter how severe.

Reflect once again upon the one and only commandment of God;  
**IN ALL THAT YOU DO RISE UP**, (expand consciousness).

In this the individual practitioner finds true wisdom and fulfillment in any life, as do entire worlds of the wise.

## Chapter 13

### Harmony of Rhythm and Soul, Part 1

It is well within humanity's power to guide our own fate. We **can** clean up world pollution through naturally based industry. We **can** solve overpopulation by having only one child per couple, reducing world population by half in each succeeding generation. We **can** live in peace with one another by raising our consciousness, and upon that basis realize our common ground, soul to soul. The old growth forests of the world can be grown back once again, and largely with the help of hemp fiber production. Yet the question remains, "Do we have the **will** to embrace a philosophy of life, rather than the, 'nothing matters' cynicism of materialistic thinking?" Will we change our values before the earth is too exhausted and contaminated to support advanced life? If so, what will motivate that change? The fact is, *the expansion of consciousness is the only realistic avenue for meaningful social change*. From it such motivation will indeed arise, as will the necessary insights and personal power necessary to undertake the saving of this world. No change of "liberal" or "conservative" politics can do this. No government, corporate or privately sponsored project will compel us to truly CARE and act in an enlightened fashion, so long as the consciousness of our race remains bogged down in destructive intention. *This is the truth* and denial of it is ultimately suicidal.

There is not one person in 5000 today who will confidently say that the current course of human civilization can be sustained. It cannot, and this is obvious for all to see. Anyone who has researched the subject in even the most superficial manner is forced to admit this is so. Even now as major, widespread crisis looms over the natural world, the oversight of regulatory agencies to protect the environment is being loosened around the globe. We constantly hear the catch-all phrase in the mass media that, "such deregulation is good for the economy and provides jobs" as if "having a job" is the epitome of human potential. The implication is that we somehow NEED to further destroy the earth for the sake of corporate earnings, as if the making of *even more money* for billionaires is the very will of God. We hear that we **must** pollute the environment and squander natural resources even more, and ever faster, "in order to remain competitive in this difficult world economy".

Have you ever noticed how the bottom line of our world always returns to money, *regardless of the consequences*? In this international sprint to the bottom we appear heedless as a race to the fact that we're poisoning ourselves, and destroying each other in constant warfare. Why? Well for the sake of money of course! Never mind for what meaningful, sane reason we're doing all this, because as "good consumers" we don't need to concern ourselves with practicality and sanity. The television commands..."Consume!" and it is supposedly our social obligation to comply. Nothing else need be considered.

Given these false values, the course ahead for our species offers three basic options. The first and least likely of the three is that we tear off these consumer blinders over our eyes en masse, to embrace a philosophy of life rather than just cynical, short-term self-indulgence. In the second option, which by virtue of statistics alone must be considered quite possible, we end up annihilating each other through a combination of world war three, (which will likely end in a nuclear exchange) environmental devastation, cutthroat economic competition and the fall of agriculture. In the third option, civilization falls but not fatally. In this scenario we find survivors who are willing to reevaluate our obviously failed Old World ideas, in order to usher in a new era of human evolution. Some of these survivors will embrace logic and truth as their standard. They will seek out natural, simple and healthy ways of living, as the template for a far better

philosophy of human life. The cosmically important information contained herein will serve as the best template by far, for the establishment of that new world. Embrace it, and teach it to your children for all time. Although what follows is nominally “fictional” the truth of its’ content shall be proven out time and gain, throughout the following centuries.

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The scene unfolds around the year 30 AGF, which is to say 30 years after the Great Fall. Various “tribes” dot the landscape arising from the sheer chaos of those previous years. We find here people who clearly remember the mistakes made by their ancestors. Having analyzed the errors of human history, the progressive tribes are those who have returned once again to the earth. The dignity and strength that is the birthright of all that is natural, once again becomes ours to enjoy. Wisdom is then embraced an indispensable, even over intelligence and force of arms. It is here that wisdom is taught to every child from the day they are born, through logic and the daily example of the adult community. Children are taught to respect what is **demonstrably TRUE**, not through social obligation or, “because anyone said so”. Questioning, debate and logic are ever the daily norms for “education” in everything that is done, not a ‘politically correct’ curriculum of sterile classrooms, with a geometrically perfect arrangement of desks in long, uncomfortable rows.

And so it will be said; “Before entering into any meaningful position amongst the people, the youth of the various tribes are urged to study the written wisdom of our remade world. They must competently demonstrate their understanding of that wisdom, to be considered ‘adults’”. Hung inside the doorway of every nature-temple and sweat lodge, is found a compact book detailing the philosophy of **the new way**.

The following is some of the contents of that sagely tome...

“The book you now hold in your hands is ‘required reading’ by the youth of our allied tribes. So that our regained utopia can be preserved, let this message remain respected by young and old alike, for all time. May we *never again* make the mistakes reflected in the history of the Old World. The very reason why, “history repeats itself” is due to the lack of wisdom. Such failings are *a lack of living truth in daily life*. Therefore, our peoples jointly declare that **the holding of truth above all else shall remain our first priority**. May we continue to find lasting fulfillment in our real home...nature itself, and evolve in all ways as the Earthmind has intended.

In those days before the Great Fall, humanity had lost its’ roots. We forgot what gave us real strength and let our spirit diminish as a race. Humanity forgot that the true quality of life has nothing to do with ever-greater quantity. “More” is not necessarily *better*. As a species we yearned intuitively for an eden-like state of being to revitalize the soul, to heal mind and body, to race with joy amongst old growth forests. The call of the good Earth upon the marrow of our bones drew us away from a plastic world, to a place at peace with itself. It has been said that the unspoiled places of nature are the true cathedrals of God. Humans once abode there, calling that sanctuary both “home” and “temple”!

There was a time when the drums and flutes of Man spoke to sacred green places, and in return was answered by all living things. But that was before the time that Romanism, and its’ modern reflection consumerism, arose to declare, “Nothing in life matters except money and material possessions”. That was the time before unlimited greed was called “success”, before the

dreams of the average man aspired to little more than the enlargement of ego. Yet even in the depth of consumer despair did the spirit of Man seek to **rise up**. Even then our innermost selves sought the glory of natural spiritedness. It is in our nature to seek the spiritually profound, to understand and be fulfilled through ecstatic highs. The body, mind and soul flourish through exquisite depths of meaning.

Unbeknownst to most, caught up as they were in a money dominated world, that even in the darkest hours of the human race there existed opportunities for great excellence. There have always been inner tools like meditation and intention at our disposal, waiting to unlock the shackles of history. Let us employ these with inspired wisdom, to maintain high states of consciousness that elevate the soul, and even the world as a whole.

In hindsight we now know the consumer mindset served no one's best interests. At the time though, in an era where the television ruled as God almighty, it seemed to many that there was no other way to live. Yet, history shows us that in all centuries past, people ever imagined their current ideas were unshakable. In each now-dead culture such as the Romans, Mayans, Sumerians, Persians, Celts and a host of others, people clung to social "norms" as though they would last forever. The Old World human being it would seem, loved to strongly attach to the familiar even when it was deadly. Mental and physical illness amongst the citizens of empire reached epidemic proportions in the final days. Yet a great many continued following those ways, "as seen on TV" up until the very collapse of agriculture, government and electrical grids. The modern Rome, even though it encircled the world before its' turbulent end, suffered from all the ancient ills. Chronic corruption, disease, mass anxiety, global conquest through war, deep dissatisfaction, wage and debt slavery, were but a few reflections in the human mirror of history. Just like the ancient Romans we made the mistake of avarice at the cost of conscience. Like them we found that a life so lived has no substance, it does not enrich inner strength, but only erodes it mercilessly.

Intense soul searching was brought upon us by the hardships of the Great Fall. Without denial but with considerable regret, we concluded that the last centuries of human society represented an era without soul, without meaning or purpose. For who among the survivors of the Before Time can clearly explain, what that era was supposedly accomplishing? Indeed, there has never been any among us who can quote a good purpose for that materialistically focused world. Even so, those who survived the second fall of Rome did so with renewed enthusiasm for the fate of our kind. We perceived the Fall as a second chance for Homo Sapiens. We found a superb opportunity unlike any other before it, to refashion ourselves in greatness rather than mediocrity. Looking back upon the errors of the past, we resolved not to make those same mistakes yet again. History would NOT repeat itself with the tribes of the earth at the helm of human fate.

Looking back we see that it was the secret though unspoken wish of every man, woman and child alike, to regain *paradise lost*. Our species would find bliss in life once again, and through the simple pleasures endowed upon every body and soul. In an overly complex world smothered in advertising slogans, there came a time where people increasingly sought to regain their sovereignty on a simple and natural basis. They sought solid footing in an increasingly unstable world. We now know that **wisdom** is FAR more important than mere technological advancement. Increasing numbers of people saw the need to cleanse themselves, body, mind and soul, from a toxic society that made less and less sense, even as it made the wealthy few more and more "profits".

Our historians conclude that an extraordinary transformation of the human condition had

already been gaining momentum for over 50 years. Born upon the fertile ground of deep dissatisfaction with materialism, the human spirit was about to find new growth. It was springing forth like green shoots, which even sizable stones cannot keep contained beneath the earth. This revitalization of spirit was largely missed or intentionally suppressed, by the mainstream media. It was and is a slow revolution in attitude. We found a fuller appreciation for all things natural and wholesome, not to mention an intense desire to re-think our most basic social assumptions. In increasingly greater numbers there were those of us who sought the truth above all else, clarity without denial, love without attachment, and honesty without the felt need of rationalizing old ways.

In the constant search for truth, we sought out those tools, those ways and means which had the best chance to transform our fallen civilization. We searched high and low, near and far, in the philosophical sense at least, to crystallize those engines of change that would set Man free. The result of 30 years of debate, experimentation and experience, have shown us what we call, “The Four Pillars of Transformation”. These four vehicles are capable of significantly accelerating human evolution. It is upon these four that the tribes of the earth have made *true progress in the evolution of the human race*. Beyond simple, natural and practical living, they are as follows;

- 1) The making of music and dance, singularly and in groups, as a spiritual act.
- 2) The engagement of conscious sex, or tantra, as a way to gain mutual empowerment.
- 3) The practice of meditation, and the gaining of self-knowledge.
- 4) The use of entheogens, or “way-shower substances”, to expand consciousness.

Every one of these tools makes the quality of life *high and higher still*. In other words when consciously employed, any one of these vehicles expands consciousness. But when used creatively in the context of a practical and natural lifestyle, the results are no less than evolutionary. We’ve found this fact noteworthy to say the least. Such truth has reduced crime among us dramatically, increased the measurable IQ of all the people, induced a deep sense of fulfillment in the vast majority, and has reintroduced the word “wisdom” into our daily vocabulary. Those engaged in such practices as these, whose aim is to ennoble our species and expand the conscious horizons of the human race, have yielded very sweet results. It is an ancient saying, “Know a tree by its fruits”, and the fulfillment of our people is plain to see.

There were many among us who realized, even in those early years before the Great Fall, that the making of *conscious* music has the power to transform the world. We knew from countless experiences that drumming circles and other forms of “folk music” can spontaneously change people at a core level. Within seconds the natural joy of cell and soul manifests itself, in the process of creating beautiful rhythm together. This is as true for the newcomer as it is for the expert player.

As far back as the year 2013 and beyond, drumming circles were forming all up and down the east and west coasts of North America. They were also forming in Europe, South America and Asia. “Raves” and events like “Burning Man” held in remote, natural areas, far from the prying eyes of a disapproving establishment, were becoming well known. Some called this movement, “The Archaic Revival”, viewing it as a return of humanity to the sanity of its’ Paleolithic roots. It was and is a return to tribe and all things natural, for the sake of the common good. It is a way that dispenses with the pointless antagonisms of a, “dog eat dog world” in

favor of mutual delight.

We've discovered that circles of players, regardless of the instruments used, can reach sublime states of mutual enjoyment together. But far more than just having a good time, people can actually provide a spiritual experience for each other, whose effects are deeply felt and long-lasting. Experienced players can actually raise their consciousness to greater and greater degrees. There are those among us in fact, who play not only for their own uplifted consciousness, but also for the **raising of all others in the circle**. They recognize this **as an act of intention**. We have learned to use music, (which is not the ultimate purpose in and of itself) as a means through which to achieve high spiritual ends. It is upon such a vehicle that our spirits can fly together, as a very worthwhile tool for the creation of sophisticated, *group mind highs*.

The members of a circle are always in some degree of felt rapport with one another. There arises a spontaneous resonance between players, an alignment of energies that is unmistakable. The members of any established circle will enthusiastically explain "the high" they feel, especially when performing before a receptive audience. They will tell you that there is a two-way flow of "vibes" from the players to the tribe, and the tribe back to the players. When that flow of positive energy becomes mutually reinforcing, look out...it is then that potential miracles are in the making! People speak of the "atmosphere" of inspired concert-giving in terms of the spectacular and even the supernatural. But what they're really talking about is the spirit of the players psychically projecting itself into the audience. Experienced musicians they say, play as much upon the *two-way exchange of energy* with spectators, as they do upon the chords of their instruments.

The members of a new drumming circle, even one as small as 2-3 people, will immediately perceive a taste of what all musicians intuit to some degree. They find that through drumming a resonance between players comes and goes, sometimes stronger, sometimes weaker, but always present to some degree. This is a thing felt body-wide. Those who are watchful for this phenomenon feel it to be something like electricity flowing through their veins. Called "group mind" by some and "synergy" by others, the collective high of players is readily perceived by the most casual observer. It is easy to notice how the synchronization between drums changes, recedes, gets stronger and then changes yet again. The collective creation of rhythm unfolds as the minutes pass, resembling the course of a river meandering here and there, yet always with recurrent themes. Order and beauty arise out of disparate beats, becoming a synchronized whole for a time, only to transform into new themes with new tempos.

Changes in the collective beat are an expression of *the shifts of consciousness* within the group mind of all drummers. Each person who comes to a circle brings their own unique style and state of consciousness into the collective sphere. Predictably, the more drummers that join a circle, the more sophisticated and varied the psychic results tend to be. But far more important than sheer numbers in the forming of a truly uplifting circle, are the **intentions held** by each participant. As a general rule, what each of us feels during every second of playing is exactly what we're constantly sending out to the tribe. Others in turn are simultaneously sending their "vibes" back to us. The same is of course true in regular conversation, as well as all other aspects of social relations.

Successful musicians play from their innermost feelings. Taken for granted in the world of music is the assumption that depth of feeling amounts to the depth of a performance given. Toward this end many will simply say, "I play from the soul" in all aspects of life. Whatever the genre, the deeper and more intense the players' passion for their art, the more profound their music is. Those who drum together will notice precisely the same thing...that the more intensity

of “high” that they feel throughout the body when playing, the sweeter their drumming will be. This is especially true when done on an *intentional* basis, within the *conscious group high*.

A comfortable group rapport quickly arises of its’ own accord. After just a few minutes of playing, a million evolutionary years begins to show itself through hand-on-drum. Our instinct is timeless and DNA remembered. The solo player will quickly notice that the body becomes “tuned in” to the creation of rhythm, as an act almost as natural as breathing. At the same time the beats of many players become psychically aligned together. As a unified whole, the circle then begins broadcasting a coherent effect, one which exerts its’ influence on everyone present. Physics calls this “entrainment” or “induced resonance”. The group focus acts to compel all participants into a unity of minds and bodies in motion. There arises then a two-part alignment; body with drum, and player to circle. All this happens automatically. But when it happens consciously, which is to say with the full knowledge of the participants, **it then becomes a vehicle for the collective expansion of consciousness**. During the making of rhythm together, feelings rise up in a feedback loop of spirited highs that have marvelous, rich depth. The synchronized states of the collective have potentials difficult to overestimate.

There are those among the tribes who seek to clearly understand such events as detailed above. We have analyzed our repeated experiences and found fascinating consistencies. Identical themes have arisen without our bidding time and again. Practical conclusions and principles have revealed themselves, demonstrating their truth on each occasion. By using the scientific method, through experiment and careful observation, our people have crystallized the following “spiritual laws” of group action. Let these principles be a guide for future generations, and may they build upon our accumulation of wisdom without dogma:

- 1) A principle of raising is this; “the greater the level of high, the more spiritual potential it offers”. **Bliss is holy**. The higher one's state of consciousness, (and not just due to Herbal influence) the more empowered is the individual holding it. This is why we encourage others to keep themselves of high spirit, with great respect for love and ecstasy of all kinds.
- 2) That music, tantra, enlightened social interaction, cannabis and meditation are all vehicles for elevating a person’s consciousness, **if one is steadfast in that intention**. Let the high stay strong among us!
- 3) Let it be known that through meditation, anyone can gain ever greater levels of self-realization and consciousness. Let it also be known that when the sacred Herb is added to the effects of meditation, the results are multiplied many-fold. Better still, when Herb is smoked by two or more people it grants them high frequencies upon which to resonate with each other. It provides a medium whereby all participants can **rise up together**, as a group mind. For such reasons do we consider the sacred Herb a “way-shower” to better ways of living. Cannabis points out a path of bliss to us all, saying, “You too can do as I”. The high of the Herb is a spiritual gift of the good Earth. Some say it is even a gift of God, and the most evolved form of plant life known to our planet.
- 4) When meditation and Herb are added to the making of music, the three act to form an extraordinary alliance. They form a superior spiritual vehicle that is unmatched in its potency, especially when engaged in by groups of experienced practitioners.
- 5) We've found in Gatherings, as well as in local tribal circles, that to *coordinate* the smoking of Herb renders stronger effects. When a leader signals a group to puff simultaneously, the rush

of the high occurs within everyone present *at the same time*. When employed this way, the Herb provides an especially powerful boost to mind, body and soul, particularly when used with the **intent of mutual benefit**. Cannabis possesses great spiritedness that is imparted to the smoker. The spirit of the high then boosts groups of practitioners, providing a *resonant spiritual connection* for everyone smoking it. For this reason, practitioners aligned in the Herbal high can take mutual psychic action with ease, using the cannabis state as a springboard to greater and greater levels of consciousness together.

6) Raising ones' high or the highs of others is an act of intention. Thus, the greater mastery of intention is extremely important to all of our practices. So too is *realizing the self as consciousness*, for without this realization, we experience difficulty in rendering meaningful change. The chief component of the consciousness that we are is INTENT.

7) Practitioners may cast their inner states to the surrounding environment, rendering an, “area of effect”. In other words, high states can be intended outward onto an individual, a meadow, a forest and even the entire earth. All forms of life within such an *area of effect* WILL feel uplifted to some degree. To cast one's high is in essence to bless an area or group of people, with uplifting intention.

8) Visualization is key to all such spiritual work. To visualize wisps of white light, or incoming lightning bolts, or a rainbow of iridescent colors surrounding whole regions of land...these and countless other images held steady in the mind, can be employed to manifest a raising intent. Many call this, “the use of thoughtforms”. But by any name, it is good, progressive intention which counts the most. *Visualization acts as a crystallizing conduit through which intention can manifest itself more effectively.*

9) Any feeling or intention can be cast to others. This is in fact a very natural act...we do it constantly in our everyday lives, even without realizing it. But after the Great Fall, many have learned the value of focused, positive intention as *the daily norm for all social interaction*. Gone are the ways of competition for its own sake, and greed for the purpose of ego-boosting vanity. In this new era of mankind, we know that there are far more valuable intentions to act upon. Among these are mutually cast love, clarity, beauty, honest simplicity, pleasure, friendship, ecstasy, joy, wisdom, the Herbal high and great inner strength.

### **How the group state is raised at will**

The practitioner is frequently in tune with the state of any group they interact with. The “collective vibe” or “group mind” is felt within ones’ own state. This is an innate ability which requires no formal practice to perceive. Even small children and pets do this to some degree. The experienced practitioner however, is a disciplined meditator who can focus at will upon any subtle detail of a group mind. From this perspective, it becomes clear how the group space can be raised, much like any individual. The group mind of a gathering, in fact, is not unlike the state of a given person. It is a unity of feelings and intentions, a collective ONENESS whose specific attributes are **the average state of those people which compose it**. If a meeting feels downcast, it is because the majority of its’ members are feeling upset or depressed. If a gathering feels joyous, it is due to the elevated feelings of the majority present. Remember that *the attributes of any group mind arises from the average state of those who create it*. This same principle is true at every order of magnitude, from groups of cells and individual persons, to forests, towns and

even whole worlds.

In the context of drumming circles or group intonation, the practitioner once again perceives the collective high of those present with their entire bodies. The meditator feels the state of the drumming circle shift and transform, rise up and sometimes fall, just as they experience their own state of consciousness. From this psychic perspective then, the practitioner **takes spiritual action** upon that collective state, just as they would do for themselves. They seek to RAISE the group state, so that it elevates again and again by successive degrees. As with personal practice, the Four Steps of intent are employed to accomplish the expansion of consciousness of any group mind. Any area of effect can be raised, be it a grove or a group of people, and through **all** of the focuses of the Adepts' Wheel.



The nine-point wheel of intermediate focuses employed by the adept in the expansion of consciousness. At the center of the wheel is right intent, upon which all other functions depend in order to be manifest with competence. The arrows imply a frequent motion of focuses from one to another, for they amplify each others' potency in a synergistic way.

Note that the focuses opposite each other, such as chi-strength or spirit-vibration, are closely related in function and/or effect.

The making of music together produces a natural, collective high that is unmistakable, even to the novice. As we drum our group mind elevates on its' own. But the experienced meditator knows that there are FAR higher states available to the group, ready to be **intentionally** explored. Even while playing an instrument or intoning then, the practitioner intends the group high to elevate time and again, by staying in tune with the group space. Just like raising the state of a given person, the group is intended higher and higher to the point where it crosses one threshold in the expansion of consciousness after another. Such thresholds are then felt by everyone present, simultaneously.

The practitioner knows which focuses of the Adepts' Wheel to cast to the group at any given time, through two main avenues...intuition and direct observation, (the scientific method). If the collective space appears to lack sufficient energy, the practitioner casts *chi gaining* upon the entire group. Typically this is done while taking deep in-breaths and visualizing something like miniature lightning bolts rising up into **everyone's** feet from the earth, seeing people glow brighter and brighter with accumulated energy. If intuition indicates that more spirit is desirable for the group, then a visualization of everyone smiling, shouting, or dancing wildly with abandon may be employed, even while ALSO drawing chi. Strength may be cast upon the circle of players by projecting greater vitality, or intending **a replication of the practitioners' own feelings of strength, into the bodies of everyone present**. Love can be cast from the heart into the collective, and there it can be amplified again and again, in the hearts of all. Clarity sent from the forehead, can likewise be replicated and amplified in the sixth chakras of all concerned. A *group restoration* can be accomplished by visualizing incoming lights from all directions, revitalizing the energy bodies of everyone present. Group purification can be enhanced by intending away any hate, pain and fear which may plague participants. Combinations of these

intentions cast to the group produce excellent, synergistic results. In each case, it is important to cast with the intention of; **“best benefit for all”**.

Practitioners who act *to raise the group space as a joint effort*, produce dazzling results in the expansion of consciousness together, because their intentions are mutually reinforcing. When an entire group is knowledgeable about these great and transformative potentials of mutual raising, miracles are in the making. It is then that the collective can rise up in ways which defy the imagination, to heights that will astound and amaze.

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After the Year of Madness, also known as the time of the Great Fall when the cities of the Old World burned like ancient Rome, we rethought our commitment to past ideas. Having found these thoroughly lacking, it became necessary to return to a more logical and productive course, one that actually enhances life rather than destroying it. In just a few years the tribes of the earth were born, based upon a philosophy of daily wisdom. Tribes from various regions soon formed an alliance based upon natural, spirit-centered ways. Ancient values were rekindled amongst our people, like the fanning of coals long neglected for millennia. Truth, nature-based wisdom, simplicity, practicality, and above all spiritual intention, became the foundation of our new world.

We consciously advocate a cooperative approach to living, **for the greater good of all**. Cooperative intention is a form of spiritual ministry. Through it we cultivate a golden age in the brotherhood and sisterhood of humanity. Explore the truth of these words through your own experiences, and **rise up together** without limit.

## Chapter 14

### Harmony of Rhythm and Soul, Part 2

According to the Tribal Chronicles, it was during the year 21 AGF that we hosted a very special Gathering, just 70 miles north of what had been known as Redding, California. All 27 of the regional tribes attended that summer. It had been a very mild winter and the crops were yielding a generous abundance. So we held a sumptuous feast gracing several rough-hewn log tables, on the first day of week-long festivities. Talks were given by tribal elders within the convergence of two creeks, upon a meadow reserved year after year for sacred events. In the shade of Douglas fir and hazelnut, 518 of us did reflect gratefully upon the abundance that the new ways had given the people of the land. It was a very warm day and few wore many clothes, preferring instead to be at one with nature without pretense. We feasted and laughed with abandon. Violin and guitar graced the meadow, while songs sung accompanied many groups of dancers.

By 3 PM, several fires were started within a great circle of stones, placed there years ago by many in attendance. The majority tucked under their arms some sort of musical instrument, but drums were the most common. A cloverleaf of four large circles of drummers formed within the stones. In the center, a small oval of tribal elders readied themselves for the highlight of the day. Long stemmed pipes in the Native fashion were popular in those days, wrapped in leather or home-spun hemp cloth. In these were packed the finest cannabis the land could grow, and grow it did on hillside and valley alike.

Among the tribes it is common for those reaching adulthood to rename themselves as they see fit. In the center circle a stocky man known as Diogenes among the elders, dressed entirely in deerskin, did stand and initiate the proceedings. He held both hands aloft, and immediately the expectant crowd drew silent, waiting for the traditional, “focusing speech”. Tribal historians did record his address as follows;

“Brothers and Sisters, seekers, elders and kin, let us begin our work in earnest on this most excellent summer day. Many of you have come from afar and with no small effort. Some from the inland hills, some from coastal beaches, others from rivers and forests which now bear no name other than what we, the survivors of the Before Time, care to give them. But regardless of our local ways we share the common bond of respect for the good earth. We all share a love of truth and a philosophy which embraces the improvement of life and self! We come together as souls of common purpose in the RAISING. May we know ourselves, just as we know that which is called ‘God’. We come together today as evolving beings that reflect upon our own nature. We find within the greatest treasure known to man...the consciousness that we all are, which flows through nature and God alike. And from this common essence we gather today to transform ourselves and each other for the better!”

“As we drum, chant, intone, play didjeridoo and a host of other instruments, let us raise each other just as we would raise ourselves. I urge you to seek the highest benefit for your brothers and sisters here today, one and all. They in turn shall intend your highest benefit, so that we may achieve higher and higher levels of consciousness together. Turn your intention and the eye of your very souls upon the highest states you can possibly reach, first in yourselves then for our Gathering as a whole! Hold your intention on the goal of making this the highest day you

have ever lived, the most clear, the most wise and of the greatest inner strength! Let us then turn such intention upon each other, so that we might *rise up in tandem*. Let high intention flow between us, reciprocating and building one to another, so that we find glory in truth together, exaltation in nature...even in the eyes of God Itself! Join hands and let us pray and meditate upon the task before us”... (several minutes pass in silence).

Diogenes stood once again and spoke; “Prepare your Sacrament!” [All gathered unsheathed their pipes, and prepared to smoke the holy Herb cannabis. All drums and other instruments were readied. Diogenes holds his pipe aloft, as does the entire Gathering.] “As one in the high and higher still!” [the crowd repeats] “For the greatest benefit, one and all!” [the crowd repeats, enthusiastically]. “Alight, raise, and play from the soul!” declared Diogenes, lighting his pipe while the rest followed his example. Everyone smoked about three puffs. Then all began to drum, to chant and intone. The historian Hypatia recorded the event as follows;

“Almost immediately the entire group was deeply synchronized in a very powerful beat. It echoed eerily off the nearby hills. Time seemed to stop, as did the subtle breeze and the sweet notes of songbirds. Only a few clouds moved across a blue sky, while our energy as a group jumped and rose up, like sparks from a great bonfire. An uncanny unity of rhythm in hundreds of drummers arose, and its’ name was, “WE”. As the minutes passed, the pitch of our high grew in intensity again and again. An extraordinary clarity appeared among us at the same time. All of our spiritedness...the drumming, dancing and Herb increasingly merged together into a great tidal wave of ever higher consciousness. WE knew many things, such as; the earth is a conscious collective, that the very forest within which we gathered was aware, that it had intention. WE knew that while all of us were so aligned, there was little the group could not accomplish.

The group rhythm changed, paused and shifted upwards again while crossing a threshold. It was like stepping through a doorway into other possibilities, one which mankind mistakenly left behind ages ago. I knew then with certainty, that the human being is capable of greatly accelerating their own evolution. I and others were once again swept by the certainty that consciousness can be expanded at will, and that SOUL is who we really are. As a group mind, we were bent on just one thing...getting as high, clear and strong together as we possibly could. And we were succeeding! Minutes later the hair stood on the back of my neck, followed by a truly delicious group high that can only be described as, “spiritually profound”. A voice from my true self resounded in my mind as clear as if it had been whispered in my ear. It said, “everyone’s high spirits have merged together, and together we can be millions of times greater than just the sum of our parts”.

An image of many hands clasped in good will spontaneously presented itself to my inner eye, and I knew without doubt three things. I knew the great power of the high, (cannabis or otherwise) when it is used correctly, which is to say used with spiritual focus. I knew the power of progressive intention, which could literally free this world and liberate our species. I also knew the nature of what we call, “group mind” and how transformative it can be. I FELT as clearly as the warmth of the sun on my skin, that we were all having these realizations simultaneously. The truth which kept pouring into my mind was also flowing into our collective consciousness, throughout the grove.

The fact that the Earthmind was aiding our efforts was unmistakable, and there was a strong presence of God in the forest. Myself and many others occasionally felt dizzy, falling to our knees or leaning on a tree. I was barely able to focus on the Herbs' high and play at the same time, so powerful was the collective force that gripped us. I caught my friend Sees-far staring

into the glow that now permeated the tree-tops, just as I was. As we looked at each other, we both knew that we shared the same observations without having to speak a word. In fact, the people were glowing too, some more so than others. There were times when the inner circle of elders glowed so brightly that their bodies were nearly obscured to my sight. All that was visually left of them was a strong presence. This light was their souls and coming through into the physical realm via the collective high. I thanked God for the truth, and for the spiritual gift that is marijuana, as it was partially responsible for such events as these. The Herb is truly a psychic amplifier, and the high it bestows has much in common with the exalted spirit of life that animates us all.”

Just then Diogenes held a long-stemmed pipe over his head and the drumming circles went silent. He declared, “‘Prepare your Sacrament!’ and pipes appeared near and far. Various fires were stoked with Douglas fir, crackling pitch smoked like incense and sparks flew, while the day began to cool.

“Let us crystallize again what it is to intend ourselves higher and higher”, he said. “Let us consciously build upon the spiritual gifts of the sacred cannabis. And after we reach greater levels of consciousness individually, let us once again intend upon our brothers and sisters the various benefits of our elevated high. Let there be a reciprocation of such excellent intent between us, that it lifts all those gathered here today permanently, and with great strength together!’ A great banging of drums and clapping of hands arose in agreement.

“As one in the high, for the greatest benefit of all!” Diogenes shouted, with eyes that shone like starlight. Many whooped in spirited agreement, while the rest repeated in unison, “As one in the high, for the greatest benefit of all!” Pipes were lifted skyward, then reverently lit.

Hypatia writes, “Seconds later another wave of **group mind high** swept over us. Threshold after threshold of exquisite feelings were crossed, ever increasing in their sweetness. Our group space took on, 'more evolved qualities'...I am at a loss to explain it otherwise. There was a peculiar blending of awareness, one to another amongst the Gathering. Individuality at that time felt irrelevant compared to the great peace and joy that wove its' way throughout the circles. In the group high each of us felt, (which I later confirmed in excited discussion with many others) we were as the cells, tissues and organs of a much greater being. In the collective consciousness the words that repeatedly came to mind were, 'WE ARE THAT'. We were indeed, all together, increasingly like a body of souls with extraordinary strength. We danced and intoned with abandon, but ever as exhilarated parts of a greater whole known simply as, 'WE'. There was no need to explain group mind to anyone at that point, we knew it firsthand as a felt reality, as surely as the ground underneath our feet.

Even as we felt one another, just as we usually feel our own bodies, our individuality was never lost. Individuality could be summoned up at a moments' notice, through which personal action could be taken. Yet no one I knew of even wanted to 'separate' again into individuals, as the group space was ten thousand times more satisfying. I saw then the great strength that is the physical body, as a collection of cells with a common intention. That intention is known as 'mutual benefit'. A mere collection of individual cells would be little more than an uncoordinated heap. But look at the wonders the human body can perform, whose members hold each other's benefit in high regard! What then could ultimately be done, I wondered, if humans were to routinely raise each other up based upon the wise example of our own bodies? And what wonders could we achieve if humanity were to focus constantly upon the purpose of life, which is the expansion of consciousness? I saw that the only reason humanity had not long ago aligned one with another in such a fashion, was due to petty ego and vain misconception. It is here our

species had failed most profoundly, in that era we now call, 'the Before Time'. Toward what end are the foolish notions of nations and religious dogmas, when compared to the ecstasy of souls, aligned in the intention God via height and mutual benefit? In what revelation most truthful must we invest our 'faith', when the clarity of direct experience answers all the questions of life?

But I did not ponder long, as all of this occurred to me in great flashes lasting only a few minutes each time. The same was true to varying degrees of everyone I spoke with the next day. The more I spoke with others, the more obvious it was that we had shared not only high states together, but incredibly important revelations as well. A few hours passed. The group high ebbed and flowed, morphing this way and that as consciousness often does. More puffs of the sacred herb were taken, and the use of drums was soon replaced by kelp didgeridoos and intonation.

Good will flowed through us like water in the nearby creeks. It flowed without end or diminishment, and even kept increasing by cumulative degrees. Love permeated the air between us so intensely that one could almost reach out and touch it. As often happens with the Gatherings, our loving group consciousness expanded itself outwards through the forest, and even far beyond into the hills. The tones and chants we created together then took on an ephemeral quality, and I mused with the term, "The Forest Tabernacle Choir".

One way to describe the experience would be to say that the group felt like one cohesive body. By this I mean that I and others experienced the group state and everyone in it, as they normally would their own individual selves. I/we felt huge, diverse and incredibly strong. There were times when this enormous, meadow-sized body called, "WE" flowed out into the environment in progressive increments. But at times it expanded in great leaps, and WE felt as large as whole territories of land. Preposterous as it may seem to the uninitiated, this collectivism and expansiveness are phenomena that we repeatedly experience. We conclude from such evidence, that this is the nature of consciousness ...to unify resonantly, and sometimes, to expand outward and render spiritual effects upon places near and far.

Our psychic effects expanded in a larger and larger diameter, even to the distant mountains and the ocean waves far beyond. Almost all of us spoke of this afterward. At certain times our collective state seemed even to encompass the entire world, rendering uplifting effects upon distant lands and peoples. Upon us returned psychic waves of reciprocation that could be described as, "felt thanks" from the earth and from tribes far away. In essence we cast our state outward, and were reciprocated for our efforts, yes, even by God Itself. It felt as though God was aiding our efforts at various times, truth be told. It is from such experiences as these that we know the will of God...and that will is the raising, also known as, "the expansion of consciousness".

Spectacular harmonics rose, fell and built even higher, and I wished for a recording device to capture the spectacular merit of the event. Toward nightfall many had retired to their tents and yurts, only to later rejoin those who continued to make music into the night. Toward midnight, amidst the hooting of several owls, did we all rest with a deep, satisfying sleep. Interestingly, almost all of us felt extraordinarily high and strengthened in mind, body and spirit, for many weeks afterward."

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With solemn purpose Demeter led the young woman far beyond the central clearing of the Spiritu Sancti Tribe, into the forests beyond. Spring was just taking hold; the promise of lush new growth made the trail a pleasure to walk upon. Yet this was no pleasure stroll which they took that day, their business was very serious indeed. Lessons of great importance were to be

learned. The two left behind the mild roar of a salvaged generator used for cutting lumber and the ringing of hammers...a meeting hall was being built amongst our collection of tribal yurts and cabins, a project the entire community engaged in. Soon they came to the organic apple orchard and beyond it the composted vineyard. Both areas showed signs of health and vigor.

Spiritu Sancti called itself a “tribe” not only because of a deep respect for nature, but because everything was done for the purpose of the collective good. Gone were the false ideas of, “a man's work” or “a woman's work”, and there was no such thing as, “economic classes”. As within our own bodies, when a job needed to be done it was simply engaged in by whoever noticed the need, and soon, others joined in to help until it was accomplished. Leaders and followers changed roles constantly, where even elders were not elevated “above” any other tribal member. All tasks of growing natural food, building practical shelters, caring for children, aiding adjacent tribes, defense against those still aligned with selfishness, cleaning, weaving and tanning, were all considered a joint effort. Initiating young people into spiritual truth was likewise the task of every adult.

So it was that Demeter, a stately woman in her forties, gladly led her young student Grace into the woods beyond the vineyard. After 30 minutes of silent walking, Grace broke the silence.

“You must be going to teach me something special, Dem, to lead me all the way out here.”

“It is something important, but the lesson will not be taught by me, at least not most of it.”

“What's it about?”

“You'll see. Soon we'll come to a clearing in the woods, beyond that fallen tree. In it we'll find Zenith demonstrating some of the adept uses of intent to one of his students.”

“What must I do?” asked Grace a little nervously, hoping that her lesson would not be too demanding.

“Relax, first of all” replied Demeter, nudging her pupil in the ribs playfully. Grace rolled her eyes and smiled, a little embarrassed about her edginess. “Do as I do and nothing else. Walk quietly to the clearing and observe, not just with your eyes but with the feelings that run throughout your body. Don't disturb their lesson, unless you are invited in to participate.”

“Why would I be invited?”

“Because if I deem you show the right focus, I'll let Zenith know and he may decide to include you.”

What right focus?”

“Keep a clear mind with few thoughts, and feel body-wide. If you do this well enough, you will not only understand Zeniths' actions, but his manifest intent as well”.

Grace nodded hesitantly, but said nothing as they neared the clearing.

Demeter and her student approached a vibrant clearing of grasses and small shrubs. There, amidst the shadows of a dense forest canopy, a huge old growth tree had recently fallen. Zenith sat high up on its' trunk, with a straight spine and legs tucked under him meditatively, some six feet off the ground. His voice produced a sustained, “eeee” (as in 'sea') sound,

quavering back and forth through a sustained “ayyy” (as in 'say'). An eerie vibration arose from the combination of the two tones. It seemed to Grace that the sound seeped far into the woods beyond, to be answered by the presence of many trees. She noticed birds and chipmunks were attracted to the scene, many coming within 20 feet or so, only to dash away to a nearby branch. Zenith increased the volume of his intonations, with a slight glow arising from the top of his head and both hands, while looking down upon his student Dervish, seated in the grass below. The eyes of the two were locked together unblinking and their breathing seemed synchronized.

Grace blinked repeatedly because her vision became fuzzy, as if a light fog had descended for a moment. Then the “fog” lifted. Branches of small bushes and those trees which ringed the clearing, took on deep hues of brighter green, while the air of the grove around the teacher above glowed white, intermixed with patches of violet. The violet-tinged light streamed directly toward Dervish without dimming, and swirled about his body as an energetic blanket. Dervish's eyes brightened. Almost shaking he stood up with hands interlocked, facing Zenith. The student was extremely focused. Small tremors ran through Dervish's muscles, while he labored to take deep inhalations of air.

As instructed, Grace “listened” with the feelings of her entire body and found them increasingly euphoric, especially in the region of the temples and crown of the head. The forest appeared very energetic and she repressed an urge to sprint in circles. “I wonder if Dem sees everything I'm seeing” she thought to herself, and out the corner of her eye, noticed Demeter watching her intently. “Well done”, Demeter whispered, “you are perceiving things a little better than I expected. And by the way, “yes” in answer to your question.

“What question?” Grace whispered.

“I do see what you're seeing, plus some other things too”, Demeter replied.

Grace twitched involuntarily upon hearing her unspoken thought answered so clearly. “How did you know”...but Demeter stopped the question with a finger to her lips, motioning to the lesson with a nod of the head.

The instructor was silent for a moment, eyes closed. He took a deep breath while drawing chi from the earth, storing the extra energy throughout his body. Zenith followed his chi-gaining by intonations. These began to accelerate an unbroken loop of, “eee-ayy-eee-ayy-eee-ayy” in a way reminiscent of Native chants. Like a Buddha, he now held one hand pointed skyward and one hand pointed to the earth, fingers straight and outstretched, wrists only a few inches apart. The hand that pointed upward moved in tiny circles, in time with the alternating tones. Grace felt a tumult of feelings centered in the head and then passing body-wide. She felt bombarded by huge, semi-visible waves that passed through every nerve, as if on their way far out to sea. At that precise moment Zenith put both of his hands together as in prayer. Shifts in tone between “eee” and “ayy” now were occurring about once a second. The tones took on a multidimensional, unearthly quality and became simply sublime. They kept morphing into a very alien-sounding series of sub-tones, becoming more and more hypnotic. Grace felt the euphoria increase again and again, but at that moment it reached a crescendo. A line of hazy light, almost like smoke joined teacher and student together, and they both began to glow more brightly by degrees, and in unison. Suddenly the small meadow doubled in its' brightness in a great flash, and so did Graces' clarity. She no longer felt like a mere physical body, but as a center of awareness, adjacent to three other centers whose presence was a felt joy. A gladness to be alive and a strong love of the three filled her whole being. A small voice within then said, “that was a

major threshold". "What kind of threshold" she asked, not expecting an answer. The voice replied, "that was a threshold in the expansion of consciousness, initiated by Zenith".

The meadow fell silent and Grace, with eyes closed, tried unsuccessfully to regain her bearings. After a minute or so the spike of feelings receded somewhat. She opened her eyes again, only to find that all three were looking at her. "Oh!" she said, startled. "I didn't mean to not be attentive, but those feelings got the best of me". A knowing look passed between instructors. Demeter nodded her head to Zenith and then glanced at Grace with a grin on her face.

"No need to apologize", replied Zenith, "Not only is this a good time to pause, but it is clear to Demeter and I that your focus is steady. Your perception is largely accurate. If you wish to join us in such doings, then you would be a most welcome addition". To her surprise, and despite the reservations of her mind, Grace immediately said, "Ah, yes, I would definitely like to participate! But I'd really like to ask some questions first."

"Questions are definitely in order so long as we keep this discussion fairly brief", Zenith replied. "Not only is one picture worth a thousand words, but one demonstration is worth a thousand pictures...ask away".

"How did you create that light around yourself?"

"Well, actually the change in lighting is more a bi-product of certain intentions. It is also the result of certain states of consciousness, which is why you see 'halos' and auras depicted around the heads of saints in classical literature. But in specific answer to your question, I created the light the same way I shifted the change in tones and states". After the word "states" Zenith motioned back and forth between himself and Dervish. To this Dervish only nodded affirmatively.

"What do you mean?"

"Do you want the short answer or the long answer?"

"Both, but I'll settle with the short one for now", replied Grace.

"Ok, but it won't sound like much in the short form."

"After experiencing what I just did, any explanation will sound profound!"

"Ok, here goes", replied Zenith. "My explanation is simply this...I intended those things, just as anyone else could do".

"That's it?" Grace exclaimed. "You mean that if I 'intended' to create all those effects right now I could do what you did?"

"Well, let's just say that it's possible for you to accomplish such things. But saying a thing is very rarely as easy as doing a thing. For every action there is an intent which can accomplish it... mere intellectual knowing that is not enough. As conscious beings we need to experientially understand at a felt level, what intent is required to effectively take any action. This is far different than just mental understanding. For instance, how would you teach someone to ride a bicycle with words alone?"

Grace thought for a second and said, "I couldn't teach them through words alone."

"Why is that?" asked Zenith.

"Because riding a bike requires a kind of body-knowledge that has to be learned through doing".

"Right, and so it is with the majority of things in life, especially such things as the raising I was just demonstrating. You could also call what I was doing, "taking psychic action", or "projecting my intent for the benefit of others". But by any name it is merely a practical action taken at the behest of intent, just like riding a bicycle or walking from one place to another."

## Chapter 15

### Harmony of Rhythm and Soul, Part 3

The scene of the young woman's initiation, near the Spiritu Sancti tribe continues...

"I've seen similar things done during tribal gatherings, and I've heard of 'the raising' all my life. How do I learn to use intent this way?" asked Grace. "Are there steps to follow that I can learn?"

"You may be surprised to learn you're already practicing the main prerequisite."

"Which is?"

"Which is the habit of keeping aware of your body-wide feelings, instead of a continuous stream of thoughts. As you know, this is taught to the youngest of children, sometimes before they can even talk. It is a practice we call 'meditation' or 'mindfulness'."

"Yes, I know it's called meditation, but what does that have to do with intending such effects as those I just saw?" asked Grace, a little annoyed.

"It has everything to do with creating such effects, and with the gaining of inner strength of all kinds." Zenith explained patiently. "There are two basic reasons why this is so. The first is that when a person gains an intimate knowledge of their various body-wide feelings, they have also gained a subtle and intimate, intent-based knowledge of themselves. Remember this always...self-knowledge is absolutely indispensable for all matters pertaining to the gaining of personal power! And this is made true by the second reason, which is, 'intent is a body-wide phenomenon'. Every subtle feeling we have, in every single part of the body, is generated by intention. To know our body-wide feelings then, is to know a great deal about the nature of our current intention."

"Can't we know our intent through our thoughts?" asked Grace.

"Thoughts may or may not accurately reflect a person's intent. One can have thoughts about anything at all, but that does not mean to imply that those thoughts are truly believed in or taken seriously. It is very easy for instance, to think about something while having no intention whatsoever to act upon it. A far better indicator of intent is feeling. Whereas thoughts and spoken words can lie, feelings do not."

"I've seen how that is true when interacting with other people. I know when someone's words don't match up with what I'm feeling from them." said Grace with a note of confidence.

"Right. In other words, it's a natural ability of the human being to psychically sense the intentions of others. In fact, creatures can do that too, as any animal trainer knows. But meditation allows us to refine this natural ability. The practice gives us a conscious awareness of our normal state, which is to say, 'how we usually feel, body-wide'. A person armed with such self-knowledge can notice in subtle detail how their feelings change when someone else comes

along. All the practitioner has to do then is compare how they usually feel, with the changes in feeling while in the presence of others. What we're actually perceiving then, is how that other person feels to themselves. In other words, we feel their 'state'. From this felt impression we can easily determine what their underlying intention is with surprising accuracy."

"How do you and Demeter sometimes know what I'm thinking?"

"The same basic way...mostly through self-knowledge and staying aware. If you know your own mind and stay aware, you'll find that the thoughts from other minds just 'pop in', often even more clearly than if they had been spoken aloud. Just take careful and quiet notice...it's really that simple."

"So it's possible to read minds?" Grace asked, amazed by the turn of conversation.

"It's not only possible, but fairly common place. Everyone is psychically sensitive it's just that most people don't notice this fact. Everyone 'hears' the thoughts of others to a variable degree. But through a lack of self-awareness they make the mistake of disregarding their own psychic observations. They immediately imagine that the thoughts of others are of their own making. Those who cultivate self-knowledge on the other hand, and who actually intend psychic sensitivity, can be a thousand times more adept at knowing the inner condition of other people. The main difference is that those who meditate have the advantage of clearly discerning which thoughts, feelings and intentions are of their own making, and which ones are the creation of others. They do this through a quiet mind, self-knowledge and careful awareness of their body-wide feelings."

"I understand. It is clearer to me...but how do you project intent at will, instead of just in the usual subconscious way?" asked Grace.

"It is first useful to understand that we are electromagnetic beings" replied Zenith. "It is part of our nature to send and receive energy, and at various 'wavelengths' or 'frequencies'. The human being is like a radio tower...a multi-frequency transceiver' to be exact. We have energy centers called 'chakras' going up and down the spine, and each one is a major input-output portal to the external world. But perhaps more importantly is the fact that each chakra is a concentrated center of feeling. Look to the heart, the solar plexus, the throat or the area above and between the eyes, and notice the intensity of feeling in those areas. Those are chakras, and they are very energetically active. It is primarily through the chakras that we send others our feelings, thoughts and intentions. Other people in turn send us their feelings, thoughts and intentions in the same way. Groups of people naturally create a group mind or group state of consciousness. Some lump all these aspects together and simply call it, 'other people's vibes' or 'the atmosphere' of a party, meeting or social event."

"So that's how you created those effects just now, by sending energy out of your chakras?" asked Grace.

"Yes, basically that is true, although you don't *have* to keep an awareness of the chakras to have them send or receive. They do that automatically in response to any intention. Plus I intended

energy-gaining and high vibration for everyone's benefit. High intent is a blessing of good will upon any and all recipients."

"Please tell me how to do such things", pleaded Grace.

"I'll show you", replied Zenith. "In fact, let's try something...let's do a four-way raising while using intonation as a booster. He effortlessly jumped down from the gigantic tree trunk like a cat on all fours, then quickly stood up. "Everyone gather around in a circle and relax for a minute, while I prepare something." Grace sat next to Dervish, while Demeter gazed past Zenith into the forest, with her eyes half closed.

Zenith brought several blank file cards and a felt-tip marker out of his pocket. Upon each card he wrote a sentence or two and placed them in order, face down, upon a thick piece of Douglas fir bark in the center of the clearing. He then found a thin stick to act as a pointer, turned to the group and said, "I've created something with these five cards which will aid our efforts to create *a four-way raising*. During our raising we will be using a group of five intentions that will elevate our state of consciousness. Each of these cards has one of those intentions written on it. During the raising, I will use my stick here to point at any of the five cards. When I do that, shift to that intent immediately, and this will keep the group effort synchronized. Remember that this is essentially a lesson in the use of multiple intentions." Everyone nodded understanding, but Grace looked apprehensive.

Zenith turned the first card over. It said, "Intention #1; Stay focused on body-wide feelings instead of thoughts. He looked up at the group and commented, "this is self-explanatory is it not?" and everyone agreed. The second card was flipped, and it said, Intention #2; Intone "mmm" and 'synchronize' your tone with the tones of the group. "Questions anyone?"

Grace said, "Making a sustained 'mmm' sound is easy enough, but how do I synchronize my tone with everyone else?"

"Just listen for it. Just as you can tell if musicians are on or off-key with one another, so it is with intonation. When you get synchronized, the mutual tone will become much sweeter, easier to make and more resonant. This comes with just a little practice, and you'll soon get the hang of it".

Zenith flipped the third card...Intention # 3; Visualize streams of light passing between all four of us. "This is a thoughtform that will help us remain strongly connected. A thoughtform is simply a visualized image with an intention behind it. The principle here is that any intention which is visualized is made more powerful. When we visualize this together, we will in fact be creating a group thoughtform, and as such, it will have all the more power."

He flipped the fourth card, which said, Intention #4; Feel, then send, good will and good vibes to everyone present. He turned to Grace and said, "The beginner can do this by remembering how it felt on the most enjoyable day with their very best friend. Summon up such feelings of strong friendship as completely as you can, body-wide, by remembering them in detail. Then share them with everyone here as if each of us were your best friend. You can also silently repeat the

words, 'best benefit to all' and be sure to feel that intention as strongly as possible, while willing it to each of us. There are a great many methods....experiment and see what works best for you.”

Finally, Zenith flipped the last card, which read, Intention #5; Notice the group high and feel the group state as if it were your own body-wide state. “In other words”, Zenith said, “extend your awareness out to the group state, and experience body-wide what its’ subtleties are. Feel the group as you would normally feel yourself. Each intention in succession will be added to the one before it.”

“What if I can't do it correctly?” asked Grace.

“The mastery of intent is a learned skill. Just be patient and keep re-applying your efforts to any of the five intentions which seems difficult. Persevere, and I promise you will soon look back and wonder what you could have imagined is so difficult about any of this.”

“But how do I hold more than one intent at a time?” she asked.

“Holding more than one intention at a time is a natural skill. We've been doing such things since we were little children, just as with psychic sensitivity, except without knowing it. When a person rides a bicycle and talks to another at the same time, that is the employment of two intentions at once. Thinking about where to ride next would be a third intention, and so forth.

“You make it sound so simple...and how will we know when to use each intention, Zenith?”

“I will tap twice with my pointer here to get the groups' attention, and then point to the intent I want you to focus on together. I'll lay the stick down, pointing at any intention which is currently running, and only pick it up when a change is called for.”

Everyone said they were ready, and Zenith began by tapping twice, pointing at the first intention. For at least five minutes, the group stayed silently focused on body-wide feelings instead of thoughts. Then there came a second tapping and all four began to intone with sustained “mmm” sounds. At first everyone used a slightly different tone that was out of phase with the rest. Demeter and Zenith were the first to gain a sweet-sounding resonance, followed by Dervish a minute later. Grace was struggling a bit to 'sound resonant' with the others, but after a little experimentation her tone quickly shifted, seemingly of its' own accord, in step with the group intonation. She was surprised that at one moment the task seemed difficult, and a second later it was extremely easy, and immediately the true meaning of the word “resonance” was made very clear. As soon as the synchronization of tones occurred, Grace noticed a shift in the group space. It felt somehow far more 'comfortable' or 'unified in good feelings together'. She noticed right away the building of a kind of group strength that was felt in various places throughout her body.

A third tap of the stick caused everyone to once again read the intention written on the paper below; “Visualize streams of light passing between all four of us” and this they did visualize together, while maintaining the “mmm” intonation and body-wide awareness. Once again the group space almost immediately became much higher, and the light in the forest meadow seemed to grow brighter by degrees. A fourth tapping caused the group to, “Feel and

then send, good will/good vibes to everyone present”. After about five minutes of this Grace was swept up in a feeling of unity with not only the three others, but with the trees in the local area as well. The group intonations got sweeter and more resonant by degrees, until they took on that 'alien' quality she had noticed with Zenith's demonstration. Good will seemed to flow and bloom between them like a psychic avalanche in slow motion. Grace felt that it amplified the already pleasant feeling of spring, and could at times swear that the groups' efforts were felt and appreciated by the surrounding forest. She felt light and vitality-filled, and once again suppressed the urge to sprint around just for the sheer joy of running.

At last the group came to the fifth intention, “Notice the group high, and feel the group state as if it were your own body-wide state.” Employment of this intent seemed to place a final touch on the collective space, and the four soared together on feelings of peace, mutual completion and great strength. These feelings were centered at first in the feet, legs and heart, but soon spread throughout the body.

Altogether the four-way focus lasted only 20 minutes, but it seemed like two solid hours of bliss to Grace. At this point Zenith spoke, “Ok, very good. Just spend a moment now in individual meditation, by focusing on your body-wide feelings in a relaxed way.”

“Grace, does this answer your earlier questions about intent, and how Dervish and I accomplished what you saw before?” Zenith asked.

“Yes, quite a bit. Thank you so much for including me”. Dervish and Zenith both bowed slightly, obviously pleased with her contribution.

“The feeling of your intent is very fine, and all of us are appreciative of its' effect”, said Zenith, while glancing at Demeter. Demeter looked at Grace and said, “You did very well, and based upon that there is one more thing Zenith and I would like to share with you for today.”

“Yes, what is that, Dem?”

“We want you to try a few puffs of the Herb, and then focus together with us just as before. This time though, I want you to compare what we just did with the boost of the cannabis high. We teach about consciousness both ways, as a person should be made aware of what it is to focus their intention both with and without Herb.

“Ok, I'll give it my best shot” replied Grace, more sure of herself than before.

“Good. Remember that the sacred cannabis is a way-shower, a teacher plant. Some like to call it 'vitamin M', and others like myself think of it as the ultimate tonic, even as medicine for the soul. My point is that this substance should always be used sparingly, and never as a crutch. Never rely on the Herb to keep yourself stable inside. Instead, follow its' advice and acquire or embody its' high as the object of meditation, never as simple recreation. Understand?”

“Yes, I have heard all this before”, replied Grace, “but now I'm beginning to understand it. I will use the high respectfully.”

“Very good” said Zenith simply, producing a small wooden pipe from a hemp shoulder bag hidden in the bushes. After you take two puffs, Grace, I want you to cycle through the various intentions here on these cards, according to your own intuition. I will not be using the pointer. Shift emphasis from one to another however you like, and we will do the same for the next five minutes.”

So the pipe was passed around the circle twice, and intonations began. Immediately after the first puff, the group space felt like a towering column of exquisite sensations. Grace found her consciousness soaring like clouds in the sky, but better still, she felt the highs of everyone present as a collective strength. In fact, the four felt not only each other’s state, but each other’s Herbal high. Many realizations passed between the four simultaneously, as a group mind. One of these was as follows; “the group high can be a wondrous thing, but the group high of disciplined practitioners is a marvel to behold...a miracle of spiritual potential”. Another was, “a group mind is exponentially more powerful than the mere sum of its' parts”. Good will and high vibe traveled back and forth between the four, and as it did, it amplified again and again. There were times when they felt the presence of the Earthmind underfoot. Upon passing through certain thresholds of consciousness, the group even caught glimpses of the intention of God Itself, manifesting through the glory of forest and soul.

The lesson of the day was successfully ended, and all were made wiser for its’ mutual effects. But in the tribes every daily act, no matter how mundane, is viewed as an opportunity for the expansion of consciousness, and the greater evolution of Man.

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Among the tribes of the New World, there is a poetic dedication that is oft repeated before public gatherings...

### **“We Are That”**

“Empaths know, rivers of feeling flow,  
mind to mind thoughts unfurled, soul to soul they go.  
One to another across the world, faster than light,  
intention hurled, ever potent, out of worldly sight.  
Omens arise day and night, what we picture does take flight  
to places high or low, in love or fright.  
Tis human nature to transceive, to first send and then receive.  
No need for words, intention’s might,  
does leap down street, up mountains, across oceans, forever in motion, it does not sleep.  
Heart to heart... truth be known, the science of soul is deep...  
a mystics' art and from the start, the only hope for human plight”.

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Our very souls are centers of consciousness, as is God and every form of life in nature. This is the foundation for the brotherhood and sisterhood of Homo Sapiens for all time. It is the basis for alignment with the Deific and the transcendence of historical norms, all in one instant. Consciousness is the essence of our partnership with nature. For when we understand that our

own state of being is elevated by benefitting the plant and animal kingdoms, it is then humanity will return to *the karma of natural bliss*. It is upon this understanding of underlying unity, that mankind will either succeed or fail as a species.

To see the inner workings of self is to see intent, the essence of consciousness, the very origin of **all action**. That which sees its' own nature can also improve itself, as an act of personal power. Knowing this, we now have the opportunity as a species to INTEND strength, bliss, love and clarity upon one another. What was once considered "ineffable" are the principles of consciousness and their practical application. What was once considered "impossible" in the finding of common ground to unite the peoples of the earth, is now made a step by step reality.

### **The vast potentials of psychic co-operation**

Those who understand reality know that the clarity of one mind increases the clarity of others. The honest know that love does indeed travel from heart to heart, between parent and child, between lovers, friends and kin from across the world. Let us create together the kind of world we all long for as souls, by intending higher consciousness upon each other. Let us rise up as never before, to realize the extraordinary beauty and merit of the truth which surrounds us. Higher levels of consciousness await our exploration. The carefully applied practices of this book are your ticket to sublime accomplishment, individually and collectively.

Mutual psychic benefit starts with the intent of cooperation. It has been said by the wise that, "to obtain love, give love". To intend strength, clarity or love, is in turn to karmically strengthen these qualities in the self by manifesting them in community. To cast a raising intention upon others is to receive that very blessing in turn, sooner or later. Let us all bestow the highest benefits of true friendship without attachment, clarity without dogma and strength without indebtedness even to total strangers, so that we might rise up together as a world civilization, to become Homo Veritas...the peoples of truth.

What wonders might we achieve together, upon grappling with these basic facts of life? What can we accomplish in our relationships, if we would only enhance each other psychically with spiritual intention, and through untiring good will? For that matter what could we as a species accomplish, were we to found a world civilization based upon such knowledge of consciousness, backed up by the steadfast will to elevate our brothers and sisters around the globe? The science of consciousness provides ready answers to all these questions, to those whose inquiry is focused and sincere. High intent takes many forms, but its' boosting and strengthening effect is universal.

Never doubt the extreme power of the group mind principle to elevate each other and the world at large. As we cooperate with one another in aligned, high intention, our psychic energies are multiplied manifold. As we rise up together, geometrically greater than the sum of our parts, there is very little we cannot accomplish as practitioners of the Path. Even a small group of adepts can generate towering highs together, benefitting each other without end, especially with the aid of cannabis. With these high states being created repeatedly, others will soon come to know the extraordinary benefits of employing a raising intention **in tandem**. In the mutual reciprocation of high intent, more and more people can and will come to know what all the Masters of history have taught to mankind..."you too can do as I". Yes, we can all become Masters and High Masters through diligent practice. Such knowledge and spiritual action can then sweep over neighbor, town, city and nation alike, causing elevated states of consciousness to manifest as a felt reality. Eventually, the whole world could elevate to such exalted group

mind highs that it would transform every single person who now lives, accelerating our evolution as a species, and creating that planetary utopia of good will which our very souls secretly yearn for.

Apply what is contained herein to yourself first and foremost. What the world most needs is competent practitioners who are capable of elevating their own consciousness, at will. Learn the facts of unlimited consciousness expansion by gaining greater and greater self-realization. Meditate, both with and without cannabis. Study the high and the multitude of lessons it is capable of teaching. Be strong in truth and convey this strength to others, so that they too may know the unlimited merits of the Path of all paths. Teach these lessons to as many who will listen, near and far. Such knowledge has saved countless worlds, and it has the power to save ours. Embrace it, and find *true fulfillment* in this life, and in those to follow...

## GLOSSARY OF TERMS

Used in this Book

### A

**ADEPT**; A practitioner of intermediate expertise in the expansion of consciousness, who displays competence in the employment of the Adepts' Wheel.

**ADEPTS' WHEEL**; The nine-point combination of consciousness expanding intentions, [right intent, restoration, purification, strength, chi gaining, vibration, spirit, clarity and no-thought) which allow great progress on the Path.

**ALIGNMENT**; The act of establishing, (or maintaining) a resonant unity of consciousness, generating a psychic connection.

**AREA OF EFFECT**; The visualized parameters of a psychic effect, cast by the practitioner. The intended scope of a projected intention.

**ASPIRANT**; A person who recognizes that the purpose of life is the expansion of consciousness, but who lacks the necessary skills to be called a, "practitioner".

**AWARENESS**; One of the three components of consciousness, providing perceptive focus at the direction of intent.

**AWARENESS OF AWARENESS**; That state which is the focus of awareness recycled back upon itself, resulting in enhanced clarity.

### B

**BODY-MIND**; A term denoting the inherent unity of the body and mind, as a single, interacting phenomenon of human life.

### C

**CAUSE AND EFFECT**; See KARMA

**CHAKRAS**; Seven in number, these centers of the energetic and soulic bodies function as psychic portals to and from the world at large.

**CHAKRA MEDITATION**; The most basic of the practitioners' tools, this practice involves the focus upon ones' body-wide feelings as a replacement for the usual stream of thoughts that cross the mind.

**CHI**; The life force possessed by the physical, soulic and energetic bodies, which is coordinated by awareness at the direction of intent. The energy which animates all life at the subatomic level of existence, also known as "prana" and "ki".

**CHI GAINING**; One of the nine aspects of the Adepts' Wheel for the expansion of consciousness, involving the drawing of environmental chi to supplement the practitioners' own energy.

CLARITY; One of the nine aspects of the Adepts' Wheel for the expansion of consciousness, evoked through the meditative practice of awareness of awareness.

COGNITION [to "See"] That ability of consciousness which is capable of perceiving the essential truth of any question or circumstance. Clarity of perception, and the capability to distill the principles of truth from observations of the self and the environment.

CONSCIOUSNESS; The primary causal force of universal action and manifestation. That ultimate cause in nature composed of energy, awareness and intent, which is responsible for the state of being in all things. See GOD and SOUL

CONSCIOUSNESS EXPANSION; The evolutionary process of greater self-realization of energy, awareness and intent as they are found throughout the universe. The means by which greater mastery is directly achieved, representing the purpose of life, the will of God and the foundation of evolution. See PATH

CONTEMPLATION; The practice of in-depth mental reflection, used to reveal the details of any subject matter to greater depths of personal realization.

## D

DISSONANCE; As a natural law, the phenomena of vibrational discord. The mutual psychic interference of mind to mind with deleterious results, also known as "psychic battle".

## E

EARTH MIND; The group mind entity of nature as a sum total. The residing consciousness of the Earth whose composition is a synthesis of all natural plants, animals, minerals and atmospheric elements, not including the majority of humanity. That intelligent and guiding consciousness of our planetary body, which has coordinated the evolution of biological forms throughout the natural history of this world.

EGO; A fear based and unnatural aberration of mind which arises to protect personal integrity in a hostile environment. A psychological disease based upon personal weakness and arbitrary assumptions, which is a major cause of all the continuing imbalances in human society.

EMPLOYMENT OF INTENT; The active application of intent by the practitioner to cause desired effects, on both a personal and environmental basis.

ENERGY; See CHI

ENERGY BODY; One of the three bodies of the self, which is primarily concerned with action taken on the subtle, pre-material realms of existence. The energetic body in the human being which closely parallels the physical form, but which coordinates the chakras and psychic action in general.

ENLIGHTENMENT; A term which refers to a certain minimum of personal unfoldment, in the expansion of consciousness. A state of being which recognizes truth to be the guiding factor of life, and which embodies the principles of natural law that compose it. The clear perception and embodiment of the fundamental facts of life.

EVOLUTION; The process of the refinement of consciousness into higher forms, via biological, and non-biological means.

EXPANSION OF CONSCIOUSNESS; The act and process fundamental to all evolution, whereby intent, awareness and energy are elevated. The raising intention of the practitioner, which results in fundamental self-improvement. See PATH

## F

FIELD(S) AT LARGE; The surrounding psychic field(s). A generic term used to refer to the psychic environment of the earth mind and/or the world mind in general.

FREQUENCY; See VIBRATION

## G

GOD; That all-pervading force and center of intent which coordinates evolution in the expansion of consciousness. The Will behind all galactic evolutionary design, composed of energy, awareness and intent. The collective group mind intelligence of the galaxy, whose local representative is the earth mind.

GROUP MIND; A phenomena and principle of nature that is the joining of constituent elements of consciousness into cohesive systems, whose whole is geometrically greater than the sum of its parts. The synthesis of member minds in psychic alignment, which acts in entity-like fashion above and beyond those members.

## H

HERBAL CHAKRA MEDITATION; A basic tool of the practitioner which involves a focus upon one's body-wide feelings in conjunction with the high of cannabis, as a replacement for the usual stream of thoughts in the mind.

## I

INTENDING INTO PLACE; The act of generating effects in the self or in the environment through the employment of intent.

INTENT; The single-most causal agency behind all action, from the Deific to the subatomic. The means by which the Will of God is manifest. The essence and source of all motivation as the primary component of consciousness, giving rise to all forms in conjunction with natural laws.

INTENT AT LARGE; Intent as it exists in the environment, as a function of the group mind(s) prevalent there. The intent inherent in the fields at large, which coordinates their organization and composition, to manifest the various forms of nature. The motivating force in the fields at large which compose the earth mind and the world mind, from which "omens" often arise.

INTONATION; The act of creating sustained pitches of sound with the voice as a meditational device. A practice which can be used to augment the employment of intent, to manifest, to

increase the cohesiveness of an intentionally formed group mind, and/or to purify and uplift the chakras.

## K

**KARMA**; The law of cause and effect which reflects personal and collective actions in like kind, back to their originators. The manifestations brought about in life as a result of the type of intent employed.

## L

**LEVELS OF CONSCIOUSNESS**; The endless and progressively higher plateaus of intent, awareness and energy which result in the enhanced ability for progressive right action. Plateaus of sentience in ascending succession, whose states of being are ever closer to, and of God. On a personal level, the greater realms/degrees of self-realization in consciousness and their embodiment.

**LEVELS OF INTENT**; That which determines the level of consciousness as it manifests in an individual or group of individuals. The ascending order of higher intentions which act to promote the Will of God/Nature at more inclusive levels of greater benefit. On the personal level, the degree of embodied wisdom as employed moment to moment.

**LOVE**; A unifying agent of universal design, which is based upon the intent of best benefit to all, as well as high vibrational states. A mutuality of appreciation in the common recognition of spiritual oneness. That inherent quality of existence whose depth of feeling liberates and inspires spiritual revelation. See **VIBRATION**

## M

**MANIFESTATION**; the act or product of bringing about change at the direction of intention.

**MASTER**; A practitioner who has embodied such competence in the expansion of consciousness, that they can both demonstrate and explain this practice at a moments' notice. An individual wholly and permanently identified with the Path and truth in general. A spiritual administrator whose primary focus is the promulgation and manifestation of enlightenment.

**MASTERY**; The process of acquiring proficiency in any aspect of spiritual practice. See **MASTER**

**MEDITATION**; That premier tool of the mind which enables realization and inner transformation. See **CHAKRA MEDITATION** and **HERBAL CHAKRA MEDITATION**

**MUTUAL RAISING**; An act of intending into place the mutual expansion of consciousness in a reciprocating manner. The mutual manifestation of spiritual intent between two or more practitioners.

## N

**NATURAL LAW(S)**; Naturally occurring principles of reality which regulate the manner in which existence is structured. Those parameters of Nature/God which channel material and

spiritual existence in universally consistent ways. The determiner for the ways and means of creation, in which consciousness is expanded and evolution is carried out.

NO-THOUGHT; One of the nine aspects of the Adepts' Wheel for the expansion of consciousness, involving the cultivation of a body-wide feeling focus to the exclusion of thoughts in the mind. See CHAKRA MEDITATION and HERBAL CHAKRA MEDITATION.

## P

The PATH; The primary avenue of cosmic spiritual advancement and evolution, for all times and in all places. Synonymous with *the expansion of consciousness*.

PRACTITIONER; One who is involved in this system of consciousness expansion, for the evolution of self and humanity. Any student or teacher of spiritual practice who earnestly seeks the embodiment of truth, as a focus of daily living.

PREVAILING PSYCHIC CONDITIONS; The psychic attributes (states) of a surrounding field at large, at a given time and place.

PRINCIPLE; A law of nature which guides the manner in which the universe functions. A consistent parameter in which the forces of nature are manifest. An unchanging fact, representing a significant facet of truth.

PSYCHIC GRAVITY; The psychic attraction rendered by group minds upon smaller groups and individuals, compelling them to conform to the majority intention.

PSYCHIC PHENOMENA; That principle in nature of unified field interaction, which facilitates direct body to body and mind to mind connection. All manifestations of mind force such as telepathy, empathy, thoughtforms, group mind effects, etc.

PSYCHIC RECIPROCATION; The energetic effect reflected back to the practitioner from the environment, as a result of their employment of raising intent. A karmic phenomenon, which is the reflection of a given person's inner attributes back to them in the form of the same, or similar states. See KARMA

PURIFICATION; One of the nine aspects of the Adepts' Wheel for the expansion of consciousness, invoking a pristine condition of the mind, body, energy body and soul.

PURITY OF INTENT; The employment of intent that is in accord with natural law and spiritual ministry. A homogeneity of state. A personal or group focus that acts in accord with the Will of God, evolution in nature and the greater good of humanity. See PURIFICATION

## R

RAISING; the act of a practitioner who expands their consciousness through the employment of elevating intention. The projection of intent into any area of effect, for the sake of expanding the consciousness of that location.

RAISING THE WORLD; that intent employed and psychic action taken, by an individual or group to expand world consciousness.

RESONANCE; The principle of natural law which relates to that degree of alignment of two or more centers of consciousness with one another. The vibrational synchronicity of two or more people, especially in terms of their state(s). The essence of friendship and rapport.

RESTORATION; One of the nine aspects of the Adepts' Wheel for the expansion of consciousness, involving the retrieval of intent elements lost by the energetic and soulic bodies.

RIGHT INTENT; As the basis for all right action, this is the most important of the nine aspects of the Adepts' Wheel for the expansion of consciousness. Right intent can be summarized by the phrase, *doing what works* especially in the context of progress along the Path.

## S

SELF KNOWLEDGE/REALIZATION; Comprehension of the self, (soul) as consciousness, especially in terms of intent and its' greater mastery.

SELF MASTERY; The application of self-knowledge in consciousness which renders the progressive ability for right action, and desired personal changes at will. That state of spiritual attainment which reflects the high embodiment of truth in daily living.

SENTIENCE; That threshold in the evolution of consciousness which allows self-reflection, and therefore self change.

SOUL; A lasting, coherent center of non-physical consciousness composed of intent, awareness and energy. The conserving agency of life and afterlife which preserves the lessons learned through various incarnations, for the purpose of gaining greater cumulative enlightenment.

SPIRIT; One of the nine aspects of the Adepts' Wheel for the expansion of consciousness, involving the increase of animating vitality and strength of motivation, for the practitioner.

SPIRITUAL INTENT; That intent held by the practitioner which seeks the greatest enlightenment for the greatest number. Action in accord with spiritual ministry

SPIRITUAL MINISTRY; The practice of acting upon truth as the highest priority in life for the purpose of the best benefit for all. A way of living adopted by the practitioner which serves truth nature and God, and which promotes these in society.

SPIRITUAL PRACTICE; Any personal lifestyle based on right intent/action, especially that which cultivates the expansion of consciousness.

STANDING INTENTION; An intent which is on-going in its' effect, and continually reinforced, by virtue of being the assumed norm.

STATE; A term which refers to the quality and type of body-wide feelings currently held by a given person, group or field at large.

STRENGTH; One of the nine aspects of the Adepts' Wheel for the expansion of consciousness, cultivated body-wide in the practitioners' state for the sake of competence in all ways.

## T

THAT WHICH LOOKS; See AWARENESS

THOUGHTFORM; An image or images held in the mind of a practitioner which aids in the manifestation of intent. An agency of psychic effect which exists on the pre-physical realms of existence, that acts in accord with the intent of its creator(s).

THRESHOLD; The period of transition between one state of consciousness and another. In physics, synonymous with the term “transition phase”.

TRUE SELF; See SOUL

TRUTH; That which is universally and at all times the determining basis for the reality of existence. Factuality, and that which exists regardless of view point or relative opinion. The essence of natural/spiritual law and its principles.

## U

UNIFIED FIELD; The universal phenomena of consciousness described by physics, which attempts to demonstrate the connectivity of all matter and energy via the medium of pre-physical existence. The scientific model postulated by Einstein, which accounts for the actions of consciousness and its psychic effects.

## V

VIBRATION; One of the nine aspects of the Adepts’ Wheel for the expansion of consciousness, involving the increase of the practitioners’ pitch of feeling, body-wide.

## W

WILL; The personal aspect of Intent. See INTENT

[The] WILL OF GOD is the expansion of consciousness, summed up by the phrase, “In all that you do, rise up”.

WISDOM; The application of truth which embodies the understanding of natural/spiritual laws and their right application in daily life. The spiritual attribute which accounts for the recognition and employment of right intent/action as a lived philosophy.

WORLD MIND; The planet-wide group mind of humanity as a species. The currently ego-based collective consciousness of consumer society, whose focus is primarily upon destructive and unnatural aims.

### About the Author

Matthew Webb lives on the southern Oregon coast in a simple and practical fashion. As an old soul I have written this same book and others like it, during many incarnations. The expansion of consciousness is my one true interest for all time, and I work from life to life advocating its' merits.

