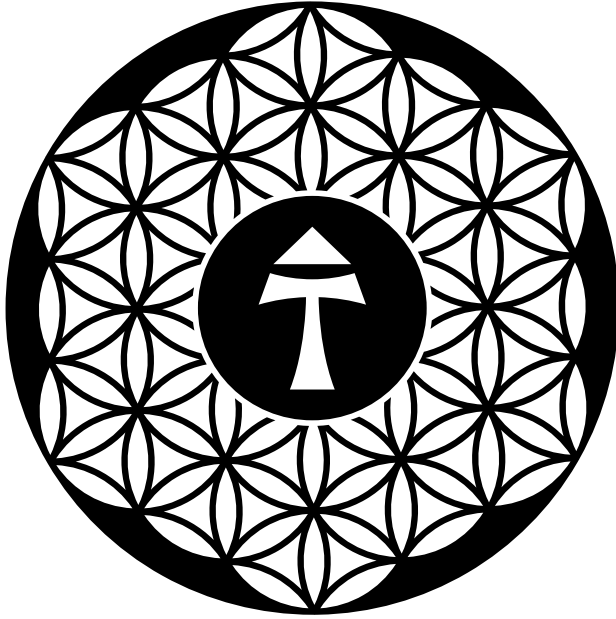




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SOULSPIRO

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Church of SOUL established by the founders in Oregon
on the 2nd of February 2022

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1. Introduction

Together all faiths and spiritual paths make up a sort of orchestra, each playing a different musical instrument that encompasses some unique quality of the divine. The etymology of the word universe can be broken down to literally mean one-song, “uni-verse”. And that’s exactly what we are consciously manifesting together at SOUL. A system of complementary global beliefs. Each a valued part of our divine instrumental harmony. Singing and dancing together in spirit, simply allowing this grand melody to unfold. Opening to each other’s wisdom and our own inner knowing.

The faith of SOUL has located common ground and a strong foundation between many beautiful spiritual traditions. This is a solid starting point for a new global community of spirit-minded peoples. We built this faith upon ancient wisdom, while incorporating modern concepts. We have gathered a variety of sources, both old and new, from scientists, psychologists, psychonaughts, shamans, artists, philosophers, and spiritual traditions around the world. We have discovered several themes that can serve to unite us all together. Including the breath, the vessel, the sacrament, the Earth, our words, our heart, our consciousness, and sacred energy.

Soulspira is not intended to replace anyone’s faith. It is simply an added dimension to existing practices. Bring whatever you want to the table and throw out that which does not resonate. Use this doctrine as a guideline and philosophy of life. We only wish for all to see how much potential they have. Your breath is powerful, your consciousness is powerful, even your words are powerful. We are in control of so much of our reality. Together, as a unified and joyful global community, anything is possible.



II. Breath

Breathing is considered a sacred experience by many ancient traditions. Breath is considered to be a bridge between us and the higher energy spiritual force of the divine. It is capable of bringing that which is unconscious into consciousness. Ancient philosophical concepts like Qi, Prana, Ruah, Holy Spirit, and Pneuma all associate spirit with breath. We believe this concept of breath sacredness is inclusive for everybody, from all walks of faith. Countless breathwork techniques have been practiced worldwide for thousands of years, and they continue to be practiced. We honor this fact and highly encourage all types of breathwork for our congregation. One can continue to worship whatever they already worship, yet join us in the celebration of breath. Sacred breath consciousness is an added dimension to any spiritual practice. And as we shall see, breath has always been an aspect of our human spirituality.

Christianity: *“The spirit of God hath made me, and the breath of the Almighty hath given me life.” Holy Bible, Job 33:4*¹

Hinduism: *“Like the Sun’s glance, like wealth of varied sort, like breath which is the life, like one’s own son” Rig Veda (1:66:1)*²

Taoism: *“All things that have consciousness depend upon breath.” Zhuangzi Basic Writings 140*³

We believe breathing is a sacred phenomenon. That every breath is a seamless interaction with the spiritual force some call God. This is not a new idea. For millennia humanity has held the belief that something special happens when we breathe. Its self-evident connection to life and spirit is easy for all to see. Divine breath references can be found in sacred teachings all over the world.

Judaism: *“...[Rememb]er, O Lo[r]d that...Thou has fashioned A[dam], our [f]ather, in the likeness of [Thy] glory; Thou didst breathe [a breath of life] into his nostrils...” Dead Sea Scrolls Fr. 8 recto*⁴

Chippewa Native American: *“Most of earth’s children need the air to breathe so their lives can continue. Humans, the plants and the animals all need elements of the air for our life processes to work. The water needs the air to carry it from one location to another, and our Earth Mother needs the winds the air brings to keep her stability from becoming static. The sun needs the air to carry his rays to the earth, and the fire needs air to begin and continue.”*

*The Medicine Wheel Earth Astrology 151*⁵

Church of Jesus Christ Latter Day Saints: *“I say unto you that if ye should serve him who has created you from the beginning, and is preserving you from day to day, by lending you breath, that ye may live and move and do according to your own will...” Book of Mormon Mosiah 2:21*⁶

Practitioners of our faith value ancient wisdom. With modern perception, we look to the ancients for guidance. We actively pursue common spiritual themes capable of uniting humankind together. One theme found in seemingly every corner of the world, is breath sacredness. Breath’s vital



importance to life and spirit is a natural focal point for the entire planet.

Yoga: *“The breath is the most vital process of the body. It influences the activities of each and every cell and, most importantly, is intimately linked with the performance of the brain. Human beings breathe about 15 times per minute and 21,600 times per day. Respiration fuels the burning of oxygen and glucose, producing energy to power every muscular contraction, glandular secretion and mental process. The brain is intimately linked to all aspects of human experience.”*
*Asana Pranayama Mudra Bandha 373*⁷

Hermeticism: *“and from the ether nature received the breath and produced the bodies according to the form of man.”* *The Way of Hermes, New Translation of The Corpus Hermeticum 21*⁸

Islam: *“So when I have fashioned him and breathed into him (his) soul created by Me, then you fall down prostrate to him.”* *Quran Surat Sād 72*⁹

Christianity, in all its various forms, is the most practiced religion in Western society. Within the Christian Bible, teachings on the sacredness of breath are scattered throughout several books, in both the old and new testament. The Bible teaches us that breath is a divine animating gift from God.

Genesis: *“And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.”* *Holy Bible Gen. 2:7*¹⁰

Isaiah: *“Thus saith God the Lord, he that created the heavens, and stretched them out; he that spread forth the earth, and that which cometh out of it; he that giveth breath unto the people upon it, and spirit to them that walk therein:”* *Holy Bible Isaiah 42:5*¹¹

Ezekiel: *“Then said he unto me, Prophecy unto the wind; prophesy, son of man, say to the wind, Thus saith the Lord God; Come from the four winds, O breath, and breathe upon these slain, that they may live.’ So I prophesied as he commanded me, and the breath came into them, and they lived, and stood up upon their feet, an exceeding great army.”* *Holy Bible Ezekiel 37:9-10*¹²

Many well-known ancient concepts associate breath with spirit. Such as the Holy Spirit or Holy Ghost, said to be one of the tri-part aspects of God. Although there is no consensus, many Christians believe the Holy Spirit is God’s breath of life. The Hebrew concept of Ruah in Judaism is another example. Ruah is considered the spiritual wind or inner being of a person and also connects spirit with breath. Another example is the Greek word, Pneuma. Similar to Ruah, Pneuma connects spirit with breath and wind. All of these concepts are describing a similar phenomenon. A spiritual energy that manifests through breath and connects us with God.

Holy Spirit/Ghost: *“Then said Jesus to them again, Peace be unto you: as my father hath sent me, even so send I you. And when he had said this, he breathed on them, and saith unto them, Receive ye the Holy Ghost.”* *Holy Bible John 20:21-22*¹³

Ruah: *“Wind, breath, spirit; from the base meaning of ‘wind’ (or ‘breath’) come the meaning of ‘spirit’ as an immaterial supernatural being, and as the immaterial part of the inner person, with a possible focus on the reasoning and thinking faculty: ‘mind’ or ‘heart’: spirit, mind, winds, wind.”* *Strongest Strong’s Exhaustive Concordance of the Bible 7305*¹⁴

Pneuma: *“Wind, breath, things which are commonly perceived as having no material substance; by extension: spirit, heart, mind, the immaterial part of the inner person that can respond to God; spirit being: (evil) spirit, ghost, God the Holy Spirit: spirit, ghost, spirits, life, spirituality, spiritual, wind.”* *Strongest Strong’s Exhaustive Concordance of the Bible 2052*¹⁵



In the East, the ancient Sanskrit word Prāna describes something similar. It is said that breathing oxygen creates a spiritual energy in the body. This energy is called prāna, which is used to nourish every cell of the body. Because of this energy, we are alive. Prāna is viewed as a type of fuel that all organs and body functions depend on. Some refer to Prāna as the life force or the vital energy.

Prāna: *“Prana means ‘vital energy’ or ‘life force’. It is the force which exists in all things, whether animate or inanimate. Although closely related to the air we breathe, it is more subtle than air or oxygen.” Asana Pranayama Mudra Bandha 369¹⁶*

Prāna: *“As long as there is breath in the body, there is life. Death is the departure of breath.” Hatha Yoga Pradipika 33¹⁷*

Similar to prāna and all the other examples, is the Traditional Chinese Medicine (TCM) concept of Qi or Chi. Qi is considered the great breath of manifestation. It has a wind like, flowing quality that animates movement in the natural world. There are numerous martial arts practices dedicated to the control and manipulation of Qi energy. Such as kung fu and tai chi. TCM breaks Qi down into three subsections or types of energy. The third type of Qi is directly related to air and the breath.

TCM Qi: *“The Qi that is directly involved with a person’s life has three sources. The first of these is Original Qi (yuan-qi), also called Prenatal Qi, which is transmitted by parents to their children at conception. This Qi is partly responsible for an individual’s inherited constitution. The second source is Grain Qi (gu-qi), which is derived from the digestion of food. The third is Natural Air Qi (kong-qi), which is extracted by the Lungs from the air we breathe. These three forms of Qi intermingle to produce the Qi that permeates the entire person. There is ‘no place that does not have it, and no place it does not penetrate.” The Web That Has No Weaver 47¹⁸*

The Taoist conception of Qi differs slightly from above. It connects Qi with the primordial source of the Tao. Like all the other ancient concepts listed above, Taoist Qi energy is connected to vitality and the breath.

Taoism Qi: *“To recapitulate, the qi is the Vital Breath, the dynamic principle that is at the foundation of the world, existing before it existed and constantly present in all things. It is eternity, and it ensures the unity of the cosmos. In this sense it is the Original Breath, the Ultimate Truth, the equivalent of the Tao.” Taoism, the Growth of a Religion 105-106¹⁹*

Buddhism connects breath with consciousness expansion. Often Buddhist meditation practices focus attention on the breath. It is observed as a bridge between voluntary and involuntary movement within the body. Between conscious and unconscious experience. When practitioners focus attention on the subtle force of breath, they experience notable changes in their conscious state.

Buddhist Philosophy: *“Breath means life and is ideally suited as a meditation subject for several reasons: We always have it with us and can’t leave it anywhere else. Yet we take it for granted. We never take a good look at it until we lose it, choke or drown or suffocate. Then all of a sudden breath becomes important. But as long as we have it, we never think of it. Yet it means life, which is the dearest thing each one of us has. It is directly connected with the mind. When one is excited or in a hurry, the breath goes fast. When the mind becomes calm and tranquil, the breath becomes equally soft and tranquil. When the breath becomes so fine we can’t find it, that’s the moment when we actually enter into a concentrated state. Having the breath as one’s meditation subject is the training period for that. It’s the only bodily function which is both self-regulating and subject to intention. We can make it deeper, longer or shallower and even stop it altogether for some time.” Being Nobody, Going Nowhere 14²⁰*



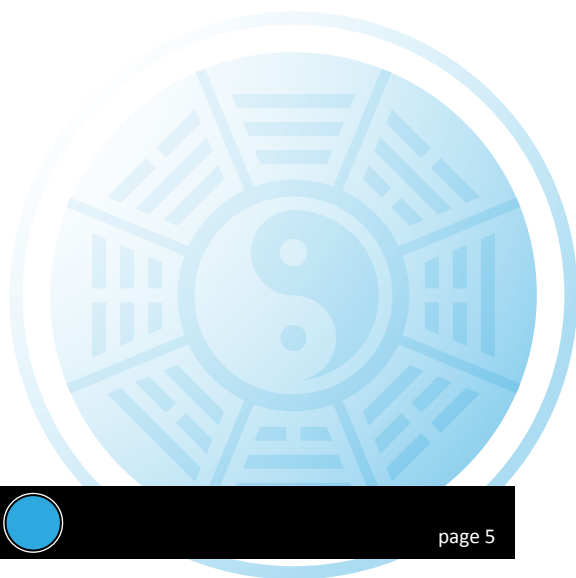
Buddhist Philosophy: *“Because mindfulness of breathing has such advantageous qualities, it was recommended by the Buddha himself as suitable for everybody. He praised it as the meditation object through which all the ‘Noble Ones,’ himself included, had achieved success and which they regularly practiced.” Anapanasati 91²¹*

Buddhist Monk Ajaan Fuang Jotiko: *“The breath can take you all the way to nirvana you know. The first step is simply to look at the breath as it is.” Awareness Itself²²*

Pranayama, loosely defined as breath control, includes a vast array of yogic breathwork techniques. Such as diaphragmatic breathing, kapalbhathi, and ujjayi breath. These breathing techniques have been practiced in India for thousands of years. Yogi’s claim that by working with the breath, one can bridge the gap between man and divinity. They also believe that pranayama practices can expand consciousness and open the heart center.

Pranayama quote: *“The fact that the nadis are related to the nostrils is the basis for the science of pranayama, one of the most important and basic ingredients in kundalini yoga. For it is by manipulating the flows of breath that we can learn to control the deeper and more subtle aspects of our body and mind, to release energy and send it to areas of the body that we wish to energize, heal and awaken.” Kundalini Tantra 356²³*

Breathwork is a widespread practice that comes in various forms. Many Muslims practice deep breathing exercises, similar to pranayama, in order to expand lung capacity and read longer verses of the Quran. Polynesian Ha-Breathing is an ancient energizing technique, said to have been practiced by the Kahunas. Breath sacredness is a global phenomenon, connecting us all together, a grounding focus for both ancient and modern spiritual seekers. Uniting us all with a spirit-animating energy called by many names. The ancient teachings regarding spiritual breath continue to inspire us. Sacred breathing techniques continue to be practiced, opening our consciousness and bringing us closer to divine source. To strengthen this connection, we continuously breathe energy in and out in an unobstructed flow. We believe denying anyone access to a full inhalation, denies them access to spirit. We encourage breathwork as part of our daily spiritual practice.



III. Unified in Sacred Energy

Many ancient traditions believe in a sacred energy that exists beyond the physical. They also describe a special energy that emanates from both humans and the Earth. It appears that scientific evidence is available to support these initial claims. Great thinkers in science have shown us an infinite spectrum of energy vibrating all around us, at rates and frequencies outside the human-eye spectrum. Examples of divine energy exist within indigenous, religious, and esoteric thought. Initiates can expand their spiritual practice by contemplating and consciously interacting with sacred energy, in whatever form their faith may frame it.

Dagara Shamanism: *“Beneath the material world that we can see and touch and feel is an energetic world—the world of Spirit— whose vitality enlivens not only all living things, but the very geography of the world that holds life.” The Healing Wisdom of Africa 312²⁴*

The physical body both transmits and receives energy, like an antenna. We emit brainwaves, heartbeats, breath/speech patterns and subtle electromagnetic energies; such as the infamous aura. This energetic reality is a natural phenomenon and it is possible to become more consciously aware of it. We are capable of decoding a vast spectrum of energy. When standing next to someone, they aren't just communicating with speech, they are also emitting electromagnetic energy waves, such as thought patterns. These “vibes” are unconsciously communicated to others. That's why everyone feels a little different. Some people claim to be more sensitive to a larger range of this energy. These individuals have been called by many names: empaths, mediums, yogis, psychics, martial arts masters, etc.

The Subtle Body Encyclopedia: *“According to Pert, we constantly transmit and receive electrical signals in the form of vibrations. Our experience of feelings is the ‘vibrational dance’ that occurs as peptides bind to their receptors; the brain interprets different vibrations as different feelings.” The Subtle Body Encyclopedia 59²⁵*

Kundalini Philosophy: *“It was later seen and confirmed by Banquet, who studied transcendental meditation and found that after the theta waves, rhythmic beta waves were produced, present over the whole scalp and ‘the most striking topographical alteration was the synchronization of anterior and posterior channels.’¹⁷ The whole brain was pulsating synchronously, rhythmically and in an integrated fashion. This was subjectively experienced as deep meditation or transcendence.” Kundalini Tantra 392²⁶*

Hermeticism: *“Every thought, emotion or mental state has its corresponding rate and mode of vibration.” Kybalion 136²⁷*

Spiritual Teachings of Eckhart Tolle: *“The key is to be in a state of permanent connectedness with your inner body—to feel it at all times. This will rapidly deepen and transform your life. The more consciousness you direct into the inner body, the higher its vibrational frequency*



becomes, much like a light that grows brighter as you turn up the dimmer switch and so increase the flow of electricity. At this higher energy level, negativity cannot affect you anymore, and you tend to attract new circumstances that reflect this higher frequency."

*The Power of Now 97*²⁸

The Earth also receives energy, most obviously from forces like the sun, but also from other forces we are really just beginning to understand, or remember. The Earth has an entire network of electromagnetic energy lines that surround it, called Ley Lines. Also known as "the old straight path" and "dragon lines". Often intersections between Ley Lines are the home of sacred or megalithic sites, as well as natural geographical marvels. From Stonehenge to Mt. Shasta, which both reside upon Ley Lines. The vanishing art of Geomancy or Feng Shui uses this natural flow of Earth energy to produce certain outcomes.

Ley Lines: *"From their obvious association in many cases with structures known to be several thousand years old, it is evident that these lines were set out in prehistoric times. The full purpose of this terrestrial geometry is not yet by any means clear. The evidence here assembled points to the former existence of a civilization based on the manipulation of certain natural elements, a form of spiritual engineering whose implications are now barely conceivable."* *A New View Over Atlantis 14*²⁹

Geomancy: *"However, the practice of geomancy, which may roughly be defined as the science of putting human habitats and activities into harmony with the visible and invisible world around us, was at one time universal, and vestiges of it remain in the landscape, architecture, ritual and folklore of almost all countries in the world."*

*The Ancient Science of Geomancy Living in Harmony with the Earth 7*³⁰

It is said that we humans interact energetically with the Earth and vice versa. Grounding and Earthing practices can be found worldwide. The Schuman Resonance is a 7.83Hz low frequency wave emitted by the Earth. This frequency can regulate the human body's circadian rhythms and brain waves. 7.83Hz is similar to the frequency emitted by meditation bowls of Tibetan Monks, as well as the sacred didgeridoo of Australian aborigines. The Schuman frequency creates in us a tranquil emotional state of wellness. We encourage earthing and grounding practices for all initiates.

Schuman Resonance: *"The Schuman resonance is one of several natural earth-based magnetic fields. These affect the brain through the magnetite located near the pituitary gland, as well as through the pineal gland which, in turn, influences the perineural system and other parts of the body."* *The Subtle Body, An Encyclopedia of Your Energetic Anatomy 106*³¹

Earthing: *"Earthing research, observations, and related theories raise an intriguing possibility about the Earth's surface electrons as an untapped health resource—the Earth as a 'global treatments table.' Emerging evidence shows that contact with the Earth— whether being outside barefoot or indoors connected to grounded conductive systems—may be a simple, natural, and yet profoundly effective environmental strategy against chronic stress, ANS dysfunction, inflammation, pain, poor sleep, disturbed HRV, hypercoagulable blood, and many common health disorders, including cardiovascular disease. The research done to date supports the concept that grounding and earthing the human body may be an essential element in the health equation along with sunshine, clean air and water, nutritious food, and physical activity."* *Earthing: Health Implications of reconnecting the Human Body to the Earth's Surface Electrons*³²

Kundalini Philosophy: *"It is interesting to note that the rhythmic magnetic pulsations of the brain which is set up in meditation at 7 cycles/second is almost the same as Earth's magnetic pulsation whose doughnut-shaped field has a strength of 0.5 gauss. These extra low frequency*



(ELF) waves have a predominant frequency of about 7.5 cycles per second, and this is called the Schumann resonance. Another interesting point is that the brain wave frequency of 7 cycles/second is the region between alpha waves and theta waves. This is the borderline between waking and sleeping, where we are most relaxed, and if we can stay awake in meditation, it sets the brain up for creativity and intuition. It is the time we are most psychically receptive.” Kundalini Tantra 387³³

Captivating energy sources can also be found in the realm of science as well. It seems the world is not as concrete as we thought. Just when we think we've got it all figured out, we discover some new perspective that changes everything. Including scientific theories like mysterious dark energy, torsion fields, morphogenic fields, and orgone energy. There is an infinite potential of energy swimming all around us. We believe science and spirituality can and will ultimately find consensus.

Dark Energy: *“The most accurate measurements to date reveal dark energy as the most prominent thing in town, currently responsible for 68 percent of all the mass-energy in the universe; dark matter comprises 27 percent, with regular matter comprising a mere 5 percent...So what is this stuff? Nobody knows. The closest anybody has come is to presume dark energy is a quantum effect—” Neil DeGrasse Tyson’s *Astrophysics for People in a Hurry* 107-110³⁴*

Torsion: *“The concept of torsion fields is not new. Torsion field theory has been the subject of scientific investigation by theoretical physicists since 1913. A. Einstein demonstrated the existence of a close interconnection between gravitational forces and the curvature of space-time. At about the same time, E. Cartan demonstrated that a connection may exist between some physical values and another geometric abstraction which he called ‘torsion.’^{xvii}” Nikolai Kozyrev: *His Theory of Time and the True Position of Stars. 201-241 (October 2020) Bischof, Marco, and Ludwig, Thorsten*³⁵*

Morphogenic fields: *“Whereas morphogenetic fields influence form, behavioral fields influence behavior. The organizing fields of social groups, such as flocks of birds, schools of fish, and colonies of termites, are called social fields. All these kinds of fields are morphic fields.” Rupert Sheldrake’s *Morphic Resonance* xxii³⁶*

Orgone: *“‘Orgone’ is a visible, measurable, and applicable energy of a cosmic nature.” Wilhelm Reich’s *Character Analysis* 297³⁷*

Orgone: *“The life energy, the orgone as he called it, was completely new and different from all other forms of energy. It obeyed functional laws, and could not be understood from either mechanistic or mystical contexts.” James DeMeo Ph.D’s *The Orgon Accumulator Handbook* 8³⁸*

Even great thinkers like Nikola Tesla preach the ultimate vibrational and energetic nature of our reality. Echoing spiritual concepts found in many ancient traditions. Such as the Kybalion, a Hermetic treatise written in 1908.

Nikola Tesla: *“If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration.”³⁹*

Kybalion: *“This principle embodies the truth that ‘everything is in motion’; ‘everything vibrates’; ‘nothing is at rest’; facts which Modern Science endorses, and which each new scientific discovery tends to verify. And yet this Hermetic Principle was enunciated thousands of years ago, by the Masters of Ancient Egypt. This Principle explains that the differences between different manifestations of Matter, Energy, Mind, and even Spirit, result largely from varying rates of Vibration.” *Kybalion* 66⁴⁰*



Many types of spiritual energy exist in ancient teachings. Hindus believe in different types of energy or energy fields. Prāna for example, can be broken further down into five sub-energies: prāna, apana, samana, vyana, and udana. Prāna, as stated above, can be acquired through breathing and is considered vital for life. Qi is a similar concept that can also be broken into sub categories. Native groups around the world describe the energetic elemental forces of earth, air, fire, and water. In Japan, Reiki is considered a powerful healing energy that can be channeled through the hands. All of these examples describe a dynamic spiritual reality of various energetic forces. We welcome divine energy into our life with each breath we take.

Chippewa Native: *“There are four of these clans, as there are four basic elements from which the earth is built. These are the earth, the water, the air and the fire. Without these elements, life would not have begun and could not continue. The earth with all her minerals is the basic building block of life as we know it.”* *The Medicine Wheel Earth Astrology 151*⁴¹

Shamanism: *“The shaman knows and works with the four elements and the spirits of the seasons as much as with animals and plants. Not only as healing properties but as spiritual instructors, the elements and seasons can teach us about the sacred mysteries. We are encompassed by the four elements and we are composed of the four elements, for the Creator decided that we should be made of the same stuff as the rest of Creation.”*
*Shamanism as a Spiritual Practice for Daily Life 71*⁴²

Reiki: *“Reiki healers receive cosmic energy (from the sun and the universe beyond). Energy which is amplified and passed to patients via the laying on of hands.”*
*The Hayashi Reiki Manual 22*⁴³

In some traditions, there is a belief in one ultimate underlying source energy. Concepts like Ashe, Brahman, Tao, Nous, and the ALL of the Kybalion encompass this ideal.

Ashe: *“Ashe is explained as the universal life force of Afro-Caribbean religions. Absolutely everything and everyone has Ashe: I have Ashe, you have Ashe, the trees and rocks outside your front door have Ashe”* *Orishas, Goddesses, and Voodoo Queens 6*⁴⁴

Tao: *“The Way [Tao] produced the One; the One produced the Two; The Two produced the Three; the Three produced all beings. All beings flee from stillness and seek movement. All immaterial Breath forms harmony.”* *Tao Te Ching 47*⁴⁵

Nous: *“Nous, the Word, emerging out of that which is whole, entire and complete; Nous containing itself, unembodied, steadfast, unaffected, and impalpable, itself standing by itself, containing and preserving all beings, whose glories are the Supreme Good, truth, the origin of breath, the origin of soul.”* *The Corpus Hermeticum 28*⁴⁶

ALL: *“The Infinite Mind of THE ALL is the womb of Universes.”* *Kybalion 92.*⁴⁷

Brahman: *“He is Brahman, the Spirit of Light, who in truth is called the Immortal. All the worlds rest on that Spirit and beyond him no one can go: This in truth is That. As fire, though one, takes new forms in all things that live. He is within all, and is outside all.”* *The Upanishads 64*⁴⁸

A primordial light energy is described within the cosmology of multiple traditions. Light itself can be considered a quality of divine energy. We align with lightwork, light energy, and God’s divine light that shines within each and every one of us.



Christianity: *“And God said, Let there be light: and there was light. And God saw the light, that it was good: and God divided the light from the darkness. And God called the light Day, and the darkness he called Night. And the evening and the morning were the first day.”*

*Genesis 1:3-5*⁴⁹

Kabbala: *“I have seen that all those sparks flash from the High Spark, Hidden of all hidden All are levels of enlightenment. In the light of each and every level there is revealed what is revealed. All those lights are connected: This light to that light, that light to this light, one shining into the other, inseparable, one from the other.” Zohar Annotated and Explained 119*⁵⁰

The Emerald Tablets: *“In all space, there is only ONE wisdom. Though seeming divided, it is ONE in the ONE. All that exists comes forth from the LIGHT, and the LIGHT comes forth from the ALL.” The Emerald Tablets of Thoth 52*⁵¹

Gnosticism: *“Jesus said, ‘I am the light that is over all things. I am all: from me all has come forth, and to me all has reached. (2) Split a piece of wood; I am there. (3) Lift up the stone, and you will find me there.’” Nag Hammadi Scriptures 149*⁵²

Sacred energy philosophies exist all over the world. The sheer amount of different teachings indicates the perceived value of this knowledge. These ideas have been passed down for thousands of years in some cases and continue to be taught in different cultures and contexts all over the world. Belief in sacred energy bonds us together. It is another timeless spiritual teaching. The belief that we are all swimming in a unifying energy field has been concluded by many great thinkers. Science accepts that everything can ultimately be broken down into energy with this simple equation: $E=mc^2$. We believe in the importance of contemplating these divine frequencies and using the breath to interact with whatever form God’s energy appears as for you.



IV. Consciousness as a System

Consciousness expansion is the ageless path of spiritual awakening. There are many differing opinions about what consciousness is, but the truth is we can never really know. The capacity of the human mind is simply too limited. Psychologists can't say with certainty how it works and neither can neuroscientists. Western philosophers like Immanuel Kant would say we can never know. For you need to use consciousness in order to observe consciousness. Western medical models theorize it is generated by the brain, yet cannot prove it. The following subsections break down the dynamic of consciousness through both ancient and modern perspectives. Thought, mind, brain, perception, chemistry, and self-discipline are integral parts of a masterfully intelligent system, all viewed from the lens of consciousness. We see consciousness as a spiritually integrated system and the next frontier for our species to evolve within. We advocate for its exploration under the guidance of qualified teachers. In so doing, we expand both the individual and collective. For when one person consciously elevates, they elevate us all.

Section 1. Consciousness

Moment to moment, consciousness is ever present. It is the backdrop from which our reality is experienced. It is the aspect of our lives that allows us to know Divine Source. We ultimately label consciousness as a sacred spectrum of experience. While under the guidance of authentic teachers, we believe the inner potential of all beings should be explored openly. We believe the experience of extraordinary, mystical, and transcendental conscious states should not be barred. This spiritual exploration has been happening for millennia. It comes in countless forms and brings us closer to sacred insight. We see the obstacles of today's world as disguised opportunities for evolutionary growth. This process of growth is unfolding on both the individual and collective level. We believe that in order to overcome these global obstacles, our species needs to expand consciously and create something new.

Psychonaut Terence McKenna: *"You are an explorer, and you represent our species, and the greatest good you can do is to bring back a new idea, because our world is endangered by the absence of good ideas. Our world is in crisis because of the absence of consciousness."*

*Terrence McKenna*⁵³

There are many things one can do to help along the expansion of consciousness. One can experience alternative states through breathwork, heart-opening practices, mediation, chemical and vibrational substance alteration, and physical movement to name a few examples. We recommend regular spiritual practices like these to aid in the exploration of alternative states of consciousness. We ask practitioners to seek the assistance of experienced teachers as guides along the path of spiritual development. One can explore their consciousness and bring faith along with them. Whatever you believe can amplify your spiritual experiences. It is possible to experience more



than the average state of consciousness, no matter your faith. Cultures all over the world have recorded experiencing alternative states. Many shamans, yogis, and philosophers have described these alternative states in the spectrum of consciousness.

Shamanism: *“In engaging shamanic practice, one moves between what I term an Ordinary State of Consciousness (OSC) and a Shamanic State of Consciousness (SSC). These states of consciousness are keys to understanding, for example, how Carlos Castaneda can speak of an ‘ordinary reality’ and a ‘nonordinary reality.’” The Way of the Shaman xix⁵⁴*

Kundalini: *“Kundalini induces an altered state of consciousness (ASC), that is, it takes us to realms of inner experience beyond those normally accessible... There are many people, however, who believe that the state of consciousness most people exist in is very limited and fixed, itself a retarded, degenerate and unhealthy state which induces fear of change, neurosis and disease... The real yogi or swami is the master of all realms of consciousness and can move into and out of any state he wants at will, depending on the degree of his skill and mastery. Various cultures have developed ways and means to attain these different realms of consciousness, each varying in its capacity to do so.” Kundalini Tantra 396-397⁵⁵*

Integral Philosophy of Ken Wilbur: *“There is a spectrum of depth, a spectrum of consciousness. And evolution unfolds that spectrum. Consciousness unfolds more and more, realizes itself more and more, comes into manifestation more and more.” A Brief History of Everything 37⁵⁶*

Yogic Philosophy of Swami Satyananda Saraswati: *During the practice of yoga nidra, periodic bursts of alpha waves are interspersed between alternating periods of beta and theta predominance. This means that the consciousness is poised on the borderline between wakefulness and sleep for an extended period, fluctuating cyclically between extroversion and introversion. Extroversion leads into wakeful, sensory awareness, and introversion into dreaming sleep. By remaining aware and alert in the alpha predominant state between these two, a profound experience of total relaxation is gained, which is not only far more beneficial than conventional sleep, but is also the doorway to higher states of consciousness.” Yoga Nidra 163-164⁵⁷*

If one is brave enough to go beyond material experience, beyond the mirage of standard perception, then we are told an infinite spectrum of realities, energies, divine encounters, and conscious experiences await us.

Rupert Sheldrake: *“The case against materialism is that there are features of our conscious experience that are not accounted for by science... Chalmers argues that to take consciousness seriously, it is necessary to go beyond a strict materialist framework.” Morphic Resonance 15-16⁵⁸*

Dagara Shamanism: *“The geography of human consciousness is very expansive, almost without limit. A shaman in my village once told me, ‘Our minds know better than we are able and willing to admit, and we are witness to many more things than we are willing to accept. The spirit and the mind are one. Their vision is greater, much greater than the vision we experience in the ordinary world’.” The Healing Wisdom of Africa 30-31⁵⁹*

The Hero’s Journey is an archetypal method of consciousness expansion. It is one of the greatest quests for both ancient and modern spiritual seekers. The Hero’s Journey is a blueprint for consciousness development. It is a legendary quest of self-discovery. When one’s soul gets into the upper echelon of this journey, or begins initiation, they encounter alternative states of consciousness. Within these states there are reports of: egoic death or dismemberment, mystical experiences of the divine, transcendental healing, personal growth, deep insight, connection with nature, and the finding of individual purpose. Each experience is but a stepping stone upon the path of soul development.



The Hero's Journey: *"The journey of the hero is about the courage to seek the depths; the image of creative rebirth; the eternal cycle of change within us; the uncanny discovery that the seeker is the mystery which the seeker seeks to know. The hero journey is a symbol that binds, in the original sense of the word, two distinct ideas, the spiritual quest of the ancients with the modern search for identity, 'always the one, shape-shifting yet marvelously constant story that we find.'" Joseph Campbell⁶⁰*

Integral Philosophy of Ken Wilbur: *"The general point is fairly simple: different stages of consciousness growth present a different view of the world. The world looks different—is different—at each stage. As new cognitive capacities unfold and evolve, the Kosmos looks at itself with different eyes, and it sees quite different things." A Brief History of Everything 52⁶¹*

Shamanism: *"Initiation into the shamanic journey is a paradigm of death, having many characteristics of the near-death experience (NDE) itself." Shamanism As A Spiritual Practice For Daily Life 171⁶²*

Yoga: *"Once the mind has been stilled and prana flows freely in the nadis and chakras, the doorway to the evolution of consciousness opens. Leading the aspirant into higher dimensions of spiritual experience." Asana Pranayama Mudra Bandha 374⁶³*

One practice we advocate all spiritual initiates to adopt is breath consciousness. We believe there is a sacred connection between breath and consciousness. With concentration upon the breath, many seekers have encountered mystical states. Breath awareness connects us back to source energy. Hinduism and Buddhism both emphasize the importance of breath in life.

Buddhism: *"Prak Prane Samvit Parinata:"
"At the very beginning, Consciousness transforms into life-force-breath."
Tattvartha-Chintamani⁶⁴*

Hinduism: *"But it is the consciousness of life which becomes the breath of life and gives life to a body. The breath of life is the consciousness of life, and the consciousness of life is the breath of life." The Upanishads 106⁶⁵*

We actively expand our consciousness with use of chemical awareness, breathwork, mindfulness, meditation and general vibrational undertakings. We seek guidance from teachers upon this path to safely experience alternative states and transcendental expansion. We use the sacrament to expand our states of consciousness through sacred chemical rites.

Section 2. Mind

Unlike consciousness, which is the ever-present detached observer. The mind is our powerhouse interpreter of reality. Mind actively interacts with reality. It takes in sensory information, processes whatever it receives and then creates our perception based off past experience. Everyone's experiences are different; therefore, everyone's mind is a little different. Mind constantly changes and is an impermanent aspect of conscious experience. It is possible to actively reprogram and change mental habits with practices like meditation, physical exercise, breathwork, talk therapy and sacramental rites. We hope each practitioner of our faith may seek to understand how their mind works and how to transmute negative mental patterns. We have more control over our mind and its habits than we realize. Take control and find empowerment within.



Bible: *“And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”*

*Holy Bible Romans 12:2*⁶⁶

The mind is not who we are. It is simply a tool we use to interact with reality. Mind constantly changes and is impermanent. When one identifies with mind, it creates an illusory projection of self. Some call this the “ego”. This false identification of mind is known to cause neurosis. Buddhists claim this is the ultimate root of all suffering. Clinging to an “illusion” of self-perception that ultimately doesn’t exist.

Buddhism: *“The Buddha holds that we experience the suffering of samsāra because of our ignorance of the three characteristics: impermanence, suffering and non-self. Of these three, it is the characteristic of non-self that plays the central role in his diagnosis. According to early Buddhism, there is no self, and persons are ultimately not real. This may be put somewhat cryptically as: we are empty persons, persons who are empty of selves.”* *Buddhism as Philosophy an Introduction* 32⁶⁷

Spiritual Philosophy of Eckhart Tolle: *“So once you recognize the root of unconsciousness as identification with the mind, which of course includes the emotions, you step out of it. You become present. When you are present, you can allow the mind to be as it is without getting entangled in it. The mind in itself is not dysfunctional. It is a wonderful tool. Dysfunction sets in when you seek yourself in it and mistake it for who you are. It becomes the egoic mind and takes over your whole life.”* *The Power of Now* 40⁶⁸

Native American Philosophy: *“Man is like an island, a circle within circles. Man is separated from these outer circles by his mind, his beliefs, and the limitations put upon him by a life away from the Earth. The circle of man, the island of the self, is the place of logic, the ‘I,’ the ego, and the physical self. That is the island that man has chosen to live within today, and in doing so he has created a prison for himself. The walls of the island prison are thick, made up of doubts, logic, and lack of belief. His isolation from his greater circles of self is suffocating and prevents him from seeing life clearly and purely. It is a world of ignorance where flesh is the only reality, the only God.”* *Awakening Spirits*⁶⁹

When one becomes aware of the separation between mind and self. They are able to enter the role of an observing conscious witness. A detached watcher of the mind and of all its entertaining shenanigans. We ask out congregation to enter the witness state often and breathe deeply within that mental landscape.

Integral Philosophy of Ken Wilbur: *“... consciousness is simply continuing this process and starting to dis-identify with the mind itself, which is precisely why it can witness the mind, see the mind, experience the mind. The mind is no longer merely a subject; it is starting to become an object. An object of...the observing Self, the Witness.”*

A Brief History of Everything 180⁷⁰

Spiritual Philosophy of Eckhart Tolle: *“The beginning of freedom is the realization that you are not the processing entity—the thinker. Knowing this enables you to observe the entity. The moment you start **watching the thinker**, a higher level of consciousness becomes activated. You then begin to realize that there is a vast realm of intelligence beyond thought, that thought is only a tiny aspect of that intelligence. You also realize that all the things that truly matter—beauty, love, creativity, joy, inner peace—arise from beyond the mind. You begin to awaken.”*

The Power of Now, Eckhart Tolle 14⁷¹



Buddhism: *“The happiness and bliss of total insight means that one has shed the burden of ego delusion. When one can let go of that, the relief and release is immense.”*
*Being Nobody, Going Nowhere 120*⁷²

When thought calms and we enter into this observing role completely, it is called “presence” or the “flow-state”. Many have experienced this open-minded witness flow state. It is a naturally occurring state of consciousness. Known to be induced by physical exercises such as surfing, sex, dance, running, or yoga. It can also be induced with consciousness altering substances, meditation, and breathwork.

Spiritual Philosophy of Eckhart Tolle: *“Instead of ‘watching the thinker,’ you can also create a gap in the mind stream simply by directing the focus of your attention into the Now. Just become intensely conscious of the present moment. This is a deeply satisfying thing to do. In this way, you draw consciousness away from mind activity and create a gap of no-mind in which you are highly alert and aware but not thinking. This is the essence of meditation.”*
*The Power of Now, Eckhart Tolle 17*⁷³

Buddhism: *“The wise one makes straight the trembling, fickle mind—So hard to guard, so hard to control—As the fletcher makes straight the arrow.”* *Dhammapada 9*⁷⁴

Mental activity is vibrational. There are various landscapes or states of mind that can be read vibrationally. These brainwave states include alpha, beta, delta, theta, and gamma. Each wave correlates to a consciousness mode of experience, such as deep sleep, deep meditation, dreams, and mystical or transcendental states. The Hindus see the mind as a fluidlike-field and thought as vibrations flowing through that field, like waves in a pond.

Yogic Philosophy Swami Satyananda Saraswati : *“In raja yoga, the term chitta represents the total area of human consciousness, and the waves or patterns of consciousness are known as vrittis. Just as you throw a pebble into a clear lake and it produces dozens of concentric ripples or waves, in the same way, when an experience flashes through the mind, it produces waves. When you look at any object through the eyes, it produces waves in the chitta. When you hear a sound or think about something from the past, that also produces waves. If you go out in the dark and mistake the shadow of a tree for a person, that produces waves. When you go to bed at night and relax totally, that also produces waves. Anxiety, love and hatred all produce waves. Whatever the mind responds to in the form of an experience makes waves. Cognition in any form makes waves.”* *Yoga Nidra 64*⁷⁵

Native American Philosophy: *“The lesson of pure mind was shown to me by the clear waters. The pure mind was like the surface of a quiet pond, where all things were reflected purely. Once the logical mind sends in thoughts, analysis, definitions, qualifiers, and distractions, the image of the pond’s quiet surface is disrupted, and the clear image of nature’s reflection is destroyed. I understood then that in order to see into the worlds of nature, and ultimately spirit, as Grandfather did, I had to possess that pure mind.”* *Awakening Spirits 97-98*⁷⁶

The Subtle Body Encyclopedia: *“Brain waves can indicate a state of health, consciousness, or activity. Some brain waves are optimum for daily life, others for mediation, and still others for activating a healing state.”* *The Subtle Body Encyclopedia 58*⁷⁷

Mental health is an important aspect of everyone’s spiritual practice. Repetitive dis-harmonizing thought can lead to dis-ease in the body. We believe that harmony can be produced by becoming conscious of one’s own thoughts and calming the mind’s activity. This is exactly how EEG therapy and meditation work. Mind consciousness can serve as a form of self-care and self-healing. We



believe that the most powerful healer in your life is you. Shamans can be defined as “broken healers,” whose first healed patient was within. We ask practitioners to tend to their mental health. Turn the light of consciousness inside and defrag unhealthy mental landscapes. By doing so, one can discover inner health. They can emit harmonic and synchronized vibrations. This inner peace expands spiritual life and positively impacts all those around us.

Gnosticism: *“The Savior said, “[If you do not keep] what is within you [in order, your work] will remain, but you [will not]. The Nag Hammadi Scriptures 303⁷⁸*

Yoga: *“The spiritual seeker requires tranquility of mind as an essential prelude to spiritual practice.” Asana Pranayama Mudra Bandha 374⁷⁹*

Native American Philosophy: *“You must learn to see and understand through the ‘pure’ mind, the spiritual mind. Going into this Vision Quest or trying to understand the world of nature with the physical mind in tow is to be blind, both in flesh and spirit. You must learn to see things purely, for only then can you fully understand the worlds of nature and spirit.” Awakening Spirits 96⁸⁰*

Buddhism: *“The principle focus of Mahayana teaching is on cultivating a mind wishing to benefit other sentient beings. With an increase in our own sense of peace and happiness, we will naturally be better able to contribute to the peace and happiness of others. Transforming the mind and cultivating a positive, altruistic and responsible attitude are beneficial right now. Whatever problems and difficulties we may have, we can thereby face them with courage, calmness, and high spirits. Therefore, it is also the very root of happiness for many lives to come.” Shantideva The Way of the Bodhisattva⁸¹*

Section 3. Thought

Becoming the watcher of self-thought is a powerful technique for consciousness expansion. Many philosophers and mystics experience spiritual awakenings through the practice of thought consciousness. A sort of paradigm shift is reported to occur. Where the watcher no longer identifies with or is hung-up by the constant chatter taking place in mind. This state is possible for all to experience. Patanjali, an ancient Hindu philosopher, believes this is the true purpose of yoga.

Yoga: *“This is the teaching of yoga
Yoga is the cessation of the turnings of thought.
When thought ceases, the spirit stands in its true Identity as observer to the world.
Otherwise, the observer identifies with the turnings of thought.” The Yoga Sutra 29⁸²*

Spiritual Philosophy of Eckhart Tolle: *“The wider the time gap between perception and thought, the more depth there is to you as a human being, which is to say the more conscious you are.” The Power of Now 80-81⁸³*

Thinking makes waves in the mind. Creating a perceptive landscape of our reality. How we think about things is completely subjective, therefore everyone’s thinking is different. What we choose to focus on and think about impacts how we experience reality. Changing how we think about things literally changes our lived experience of the world. Philosophers old and new profess this belief.

Buddhism: *“We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world.” Buddha⁸⁴*



Metaphysics of David Bohm: *“The way we talk about things and the way we think about things affects how we see them...This is the point I want to make: thought is affecting what you see.”* *Thought as a System* 110⁸⁵

Stoic Philosophy: *“The happiness of your life depends on the quality of your thoughts.”*
*Marcus Aurelius*⁸⁶

The more we fill our experience with thought and analysis, the less we actually experience. The more caught up we are in the mind, the less open we are with the spirit. Excessive thinking can lead to anxiety, depression, stress, and physical illness. Choosing to think about the past or the future takes us away from the present moment, which is the only reality one can truly experience.

Spiritual Philosophy of Eckhart Tolle: *“You will observe that the future is usually imagined as either better or worse than the present. If the imagined future is better, it gives you hope or pleasurable anticipation. If it is worse, it creates anxiety. Both are illusory.”* *The Power of Now* 45⁸⁷

Buddhism: *“The body is the Bodhi tree, The mind is like a clear mirror. At all times we must strive to polish it, And must not let the dust collect.”* *The Platform Sutra*⁸⁸

Meditation is a traditional practice for initiating spiritual awakenings, it comes in many forms. But, all forms interact with the thinking mind; either through the inner recitation of prayer for example, the recitation of a verbal mantra/affirmation, or the focused attention upon physical exercise and breath. There are limitless ways one can meditate. We recommend some type of daily meditation for all those that wish to experience a spiritual awakening. May it be in any form that fits with your spiritual tradition. Consider exploring various types of meditation and see how the experiences change. This is a great way to safely explore consciousness, while creating a healthy and whole mental landscape. All the better to know Source with and to compassionately serve others.

Bible: *“May my meditation be pleasing to him, for I rejoice in the Lord.”* *Holy Bible Psalm 104:34*⁸⁹

Section 4. Perception

Sight and perception are closely related. The eyes and the brain are both part of the Central Nervous System. The eyes bring new information to the brain, the mind interprets and tells the body to respond accordingly. Eyes see tiger, mind perceives danger, biochemicals released, body runs away. This interaction between the mind, biochemistry, and eyes is what we call perception. It is unique to the individual and can change. Perception is how we view reality, and consciousness is the impartial witness behind it all. As awareness of our perception expands, we can alter/expand our consciousness. It is possible for there to exist multiple views of reality over the same experience. The ‘interpreter’ in your head is different for everyone. How your mind perceives the world is unique. The ancient psychology of many great traditions tells us exactly this.

Eastern Philosophy: *“After all, two people can be in the very same room and one person will hear one thing and the second person something else. If a third person were present, he or she might hear nothing at all...our sensory perceptions are impacting our thinking patterns and our feelings and emotions...”* *Karma What it is, What it isn't, Why it Matters* 31⁹⁰

Dagara Shamanism: *“We perceive the world based on our expectations, which are heavily determined by our context....What you see will be based on an internal programming that expects*



the things of the world to present themselves in ways that you expect so as not to disrupt your entire belief system.” The Healing Wisdom of Africa 64⁹¹

Sight is ultimately a vibrational experience of consciousness. We take in vibrational input and transform it into perceived reality. We never actually know if what we’re seeing is how it is or just how we are filtering things into perception. This opens us all up to the possibility that we may have it completely wrong, we may be leaving vital things out. Sacred teachings and modern understanding tell us that we see what we expect to see. Ultimately the perceived concreteness of our individual reality is an illusion. And the truth is, there’s so much more we can experience.

Spiritual Philosophy of Paul Levy: *“The universe mirrors back to us our point of view in such a way as to confirm our perspective in a self-validating feedback loop.” Dispelling Wetiko 76⁹²*

Dagara Shamanism: *“My visual horizon had grown disproportionately. I was discovering that the eye was a machine that, even at its best, can still be improved, and that there is more to sight than just physical seeing. I began to understand that human sight creates its own obstacles, stops seeing where the general consensus says it should.” Of Water and The Spirit 225⁹³*

Philosophy of Timothy Leary: *“All of us, adults and students, have been censored so much, the filters have been applied for so long, the neurophysiological processes are so firmly set that if we want to expand our consciousness, we are probably going to have to use chemical means.” Politics of Ecstasy 252⁹⁴*

Conscious reality is open ended, yet the mind chooses to filter our perception. We believe in the potential for all to let these perceptual filters go. We believe in the potential of open-mindedness.

Section 5. Chemistry

Some ultimately see consciousness as a chemical experience. Claiming that by altering our chemical input, we can modify our consciousness. Neurotransmitters such as serotonin, DMT, and oxytocin are chemicals found emitted by the brain. They are claimed to affect our thought, mood, and emotions. These chemicals can elicit physical responses and influence our behavior. Neurotransmitters have also been discovered in large quantities in the stomach and intestines as well. Many spiritual traditions recommend ascetic diet practices in one form or another. Such as fasting, restricting meat, or sattvic and kosher eating. Changing eating habits changes our internal chemistry. This can influence physical and mental health. Becoming aware of our internal chemistry is another powerful tool of consciousness expansion.

Metaphysics of David Bohm: *“Every thought involves some chemical change in the chemistry of the system” Thought as a System 54⁹⁵*

Philosophy of Timothy Leary: *“Consciousness is a chemical process. Learning, sensing, remembering, forgetting are alterations in a biochemical book. Life is chemical. Matter is chemical.” Turn On Tune In Drop Out 1965 pg 66⁹⁶*

Using chemical pharmaceuticals like SSRIs to treat mood disorders is an example of manipulating the chemical process of consciousness. Manipulation of consciousness via chemicals happens constantly. Such as the changes in behavior, thought, and emotion when someone drinks too much caffeine. Or changes in the behavior of a child that eats large quantities of sugar. What happens, for example, when one ingests small daily doses of psilocybin? We can work with



chemicals in our bodies like variables in an equation. What balances us and leaves us stronger? What weakens us and disturbs inner peace? We use the Sacrament as a powerful means of consciousness alteration and expansion, itself a timeless practice that predates SSRIs by several thousands of years.

Native American: *“But recent advances in neurochemistry show that the human brain carries its own consciousness-altering drugs, including hallucinogens such as dimethyltryptamine.¹ In terms of natural selection, it seems unlikely that they would be present unless their capacity to alter the state of consciousness could confer some advantage for survival. It would appear that Nature itself has made a decision that an altered state of consciousness is sometimes superior to an ordinary state.”* *The Way of the Shaman Xx-xxi*⁹⁷

We seek to ingest chemical compounds which nourish our divine vessel. We do so with hyper-awareness of all that we put inside us, knowing that each choice can either bring us closer to the Divine or further away. We seek to better understand this connection. We do so by inputting pure and consciously expansive chemistry into our system, while detoxing that which is impure.

Section 6. Self-Discipline/Concentration

Mental concentration practices are found in many spiritual and mystical congregations. Such as practicing the Rosary in Catholicism. One recites prayers over and over in their mind as they move fingers along a beaded necklace. Kundalini yoga students are asked to learn multiple practices and combine them all together in one meditative routine. For example, they may use certain hand positions, while imagining a color, chanting a mantra, and practicing pranayama breathing. Sufi whirling dervishes rhythmically spin in a consistent circular motion. Qi Gong combines breath with flowing body movement and focused weight distribution. All these practices require a patient internalization of consciousness and focused concentration.

Taoism: *“He who knows other men is prudent. He who knows himself is wise. He who rules other men is potent. He who rules himself is strong.”* *Tao Te Ching 40*⁹⁸

Buddhism: *“Foolish, unwise folk Indulge in unawareness. The wise one guards awareness as the finest treasure.”* *The Dhammapada 8*⁹⁹

Stoic Philosophy: *“Man conquers the world by conquering himself.”* *Zeno of Citium*¹⁰⁰

Self-discipline is the key to success in all things. When we exercise our discipline and self-control it grows our will power, one of Source’s greatest gifts to us. This process requires stoic focus of consciousness. If practitioners wish to grow spiritually and reach new inner potentials, they should employ self-discipline, a practice which builds inner strength. Yoga, martial arts, musical study, daily exercise, spiritual reading, daily prayer, meditation, healthy diet, and healthy home life all require the focused concentration of will power. The more self-discipline someone has, the more successful their life becomes.

Buddhism: *“For self is the lord of the self; Self is the refuge of the self
So control yourself as a merchant controls a fine horse”* *Dhammapada 74*¹⁰¹

Buddhism: *“Meditation is a slow but sure remedy. To practice it one needs determination, which is a solid character quality. A wobbly, jelly-like mind can’t have much determination. A*



strong, resolute mind can have a lot. Every time we sit down we have to be determined to stay there, not wriggle around, to keep the mind in its place, to really attend to what we are doing.”
Being Nobody, Going Nowhere¹⁰²

Stoic Philosophy: *“He is most powerful who has power over himself”* Seneca¹⁰³

We expand our inner and outer sight by conscious chemical use of the sacrament, spiritual exercise, deepening our breath, and purifying our physical vessel. In states of expanded awareness, we contemplate harmonic unity with all beings. We believe it is time to allow free and open exploration of our consciousness again, under the guidance of qualified teachers. This conscious exploration never really stopped, it just went underground. May we again bring it safely back to the surface, to the forefront of human perception. Out of the darkness and into the light. Like primeval man, we should reconnect with ancient technologies of consciousness expansion. They remain powerful and effective. We believe that by expanding consciousness, our divine vessel connects back to its spiritual roots. Together we can overcome global obstacles and build a community of empowered joyful beings.



V. Purified Vessel

Another unifying theme for humanity is the shared belief that our physical bodies are sacred spaces. Many practitioners recognize the spiritual nature of our bodies and choose to keep them happy, healthy, and pure. Honoring the body-vessel by becoming mindful of what they ingest and remaining ritually clean. Many see the body as a sacred gift, a conduit for divine high frequency energy. The ultimate destiny of this vessel is our responsibility. Therefore, we believe all that enters us, must do so by our free choice of will. Nurturing and purifying the body can positively fit into any seeker's lifestyle.

Hinduism: *“Arjuna said:*

Lovely-Haired One, I want to know matter and spirit; the sacred ground, and those who know the sacred ground; wisdom, and the object of wisdom. The Blessed One said: Son of Kunti, this body is the sacred ground. the wise ones say the one who knows this is the one called the knower of the sacred ground.” The Bhagavad Gita 145¹⁰⁴

The body is considered a spiritual vessel by several great traditions. It's no wonder, the body's harmonic rhythms and intricate systems easily inspire wonder. From the tempo of our heartbeats, to the productive creation of new beings, we are walking miracles.

Christianity: *“Do you not know that you are God's temple and that God's spirit dwells in you? If anyone destroys God's temple, God will destroy that person. For God's temple is holy, and you are that temple?” Holy Bible 1 Corinthians 3:16-17¹⁰⁵*

Spiritual Teachings of Ram Dass: *“Our body is our temple where we live and where we do the work of becoming enlightened.” Be Here Now 17¹⁰⁶*

Dagara Shamanism: *“A physical body alone cannot have any sort of direction in this life, so it is important to recognize that the body is an extension of the spirit, and the spirit is an extension of the body, and the two are inseparable, with a communication that goes both ways.” Healing Wisdom of Africa 31¹⁰⁷*

A healthy body does not last without a healthy mind. We notice when we are unhealthy and out of tune. Dis-ease is a form of dis-harmony in the body. It means something is off within the body system. Many are trained to believe vessel purity is an important aspect of spiritual practice. This makes sense; a clean and healthy body creates self-confidence, happiness, and strength within us. When one is healthy, happy, and strong they have more energy for spiritual pursuits. They have more energy to serve others.

Judaism: *“Since maintaining a healthy and sound body is among the ways of God-for one cannot understand or have any knowledge of the Creator, if he is ill- therefore, he must avoid that which harms the body and accustom himself to that which is healthful and helps the body become stronger.” Maimonides, Mishneh Torah, Hilchot Deot 4:1¹⁰⁸*



Yoga: *“Internal and external purification, contentment, mortification, study, and worship of God, are the Niyamas. External purification is keeping the body pure; a dirty man will never become a Yogi.” The Yoga Sutra 87¹⁰⁹*

Taoism: *“Before engaging in a practice, the Taoist must attain a prescribed state of moral and ritual purity. Participants need to achieve both physical purity, achieved by ritual washing and by fasting, and mental purity.” Taoism, the Growth of a Religion 95¹¹⁰*

We are hyper-conscious of all compounds, chemicals, and ingredients in whatever we choose to allow inside our vessel. It is of ritual importance to keep the body clean and pure, heightening its frequency output. Therefore, it is recommended not to ingest contaminants and avoid consciously damaging this divine vessel in any way.

Christianity: *“What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own.” Holy Bible 1 Corinthians 6:19-20¹¹¹*

Confucianism: *“When Ji Kangzi sent him a gift of medicinal herbs, he bowed [to the messenger] and accepted it, but said, “I do not know what sort of medicine this is, so I dare not taste it.” Analects 10.16¹¹²*

Healthy diet is a vital factor for both mental and physical health. We ask that all become conscious of what they ingest and seek to nourish the body. As with all things, we must remember to find balance. If one thinks about it, they will realize their body is made out of the food put within it. What is eaten fuels the creation of blood, cells, tissues, etc. Food choices can also impact quality of thought, emotional balance, and mental sharpness. There is a common English phrase that summarizes this, “you are what you eat.” We ask that you choose to be kind to yourself and eat well.

Spiritual Teachings of Ram Dass: *“At another level, you could say that the vibrations of anything you put into the organism modifies the vibrations of the total organism.” Be Here Now¹¹³*

The body is like a harmonic instrument. When correctly tuned, it becomes a conduit for Source’s divine melody. We believe a consciously tuned connection with Source is possible for all to embody.

Gnosticism: *“For I [say] to you, truly the living God [is] in you...[as you also are] in God.” The Nag Hammadi Scriptures 307¹¹⁴*

Dagara Shamanism: *“For the Dagara, every person is an incarnation, that is, a spirit who has taken on a body. So our true nature is spiritual.” Of Water and The Spirit 20¹¹⁵*

Christianity: *“I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.” Holy Bible Romans 12:1-2¹¹⁶*

Our physical vessel is cherished and honored as a divine temple. It is recommended to purify, clean, and tune the body’s frequency into balance. We believe that the body is ultimately our responsibility; that no other can force contaminants upon us. We consciously choose what interacts with our body-system. In so doing, we purify and become more connected with Source energy.



We believe that anyone can increase their body's spiritual frequency, that anyone can consciously expand. All practitioners of all faiths can choose to value the divine sacred gift of body and nurture our spiritual connection within.



VI. Sacrament

Ancient man revered consciousness altering psychedelics such as mother ayahuasca, psilocybin mushrooms, mescaline, ibogaine, and the mythical soma. Many indigenous communities use these powerful substances to enhance spirituality and transcend normal waking consciousness. Psychonaut thought leaders have experimented with these substances as well. They discovered the potential to drastically alter perception, free the mind, and connect directly with nature. With proper veneration and training, we support the safe and intelligent use of these substances, though they do come with a warning: if improperly used, psychedelics can impact us in adverse ways. For those of us that are prepared and ready, we recommend ritual use of the sacrament. May sacrament guide collective consciousness expansion, connecting us with spirit through doorways of divine energy.

Shamanism: *“The Cashinahua, like the Conibo and the Jívaro, frequently take shamanic journeys with the assistance of the ayahuasca brew.” The Way of the Shaman 97¹¹⁷*

Vedanta Soma: *“O Soma, You purify everything. You are the best source of enlightenment. You lead us towards immortality.” Rigveda 9.108.3¹¹⁸*

Rick Strassman: *“The history of human use of plants, mushrooms, and animals for their psychedelic effects is far older than written history, and probably predates the appearance of the modern human species.” The Spirit Molecule¹¹⁹*

Shamanic populations and psychonauts both found that psychedelic usage leads to mystical experiences of the divine, transcendental states, increased spiritual awareness, travel within other realms, spiritual revelations, and awe-inspiring life changes.

Timothy Leary: *“I learned more about my brain and its possibilities and more about psychology in the five hours after taking these mushrooms than I had in the preceding fifteen years of studying and doing research in psychology.”¹²⁰*

Terence Mckenna: *“I believe that what makes the psychedelic experience so central is that it is a connection into a larger modality of organization on the planet, which is a fancy way of saying it connects you up to the mind of Nature Herself.”¹²¹*

Graham Hancock: *“It may be that DMT makes us able to perceive what the physicists call “dark matter”—the 95 per cent of the universe’s mass that is known to exist but that at present remains invisible to our senses and instruments.”¹²²*

Hinduism: *“We have drunk the Soma and become immortal; we have attained the light, the Gods discovered.” Rigveda 8.48.3¹²³*



Huichol Shaman: *“Peyote is everything; it is the crossing of the souls; it is everything that is. Without peyote, nothing would exist.”* *Peyote: History, Tradition, Politics and Conservation* ¹²⁴

The mind and brain considerably filter what we experience as reality. We take in much more sensory (vibrational) information than we realize. The ingestion of chemicals such as psilocybin or LSD can minimize these filters upon our conscious reality. When one ingests psilocybin mushrooms for example, the senses become more vivid. Details of things stick out, colors, textures, etc. The perceptual filters are taken down and all of your senses are fully turned on. These newly spotted details have always been there, but now you actually notice them. Standard filters of perception can be challenged with use of sacrament. Aiding the spiritual awakening of our congregation.

Timothy Leary: *“A psychedelic experience is a journey to new realms of consciousness. The scope and content of the experience is limitless, but its characteristic features are the transcendence of verbal concepts, of spacetime dimensions, and of the ego or identity. Such experiences of enlarged consciousness can occur in a variety of ways: sensory deprivation, yoga exercises, disciplined meditation, religious or aesthetic ecstasies, or spontaneously. Most recently they have become available to anyone through the ingestion of psychedelic drugs such as LSD, psilocybin, mescaline, DMT, etc. Of course, the drug does not produce the transcendent experience. It merely acts as a chemical key—it opens the mind, frees the nervous system of its ordinary patterns and structures.”* ¹²⁵

Aldus Huxley: *“Each person is at each moment capable of remembering all that has ever happened to him and of perceiving everything that is happening everywhere in the universe. The function of the brain and nervous system is to protect us from being overwhelmed and confused by this mass of largely useless irrelevant knowledge, by shutting out most of what we should otherwise perceive or remember at any moment, and leaving only that very small and special selection which is likely to be practically useful.”* *The Doors of Perception* ¹²⁶

Terence McKenna: *“What is revealed through the psychedelic experience, I think, is a higher dimensional perspective on reality. And I use ‘higher dimensional’ in the mathematical sense.”* ¹²⁷

The intuitive connection between consciousness and these substances is reawakening within modern man, we welcome its rebirth. Consciousness-altering sacraments are cultivated for personal spiritual use, yet always approached with reverence. Not every practitioner is able and ready to interact with these substances. With proper in-house initiate training, those that are ready to go deeper, create their own sacrament. This practice assures a pure connection between sacrament and vessel. Self-cultivation nourishes the soul. We believe that with ritual use of the Sacrament, we increase our conscious awareness and more intimately know God.

VII. Earth

Our Earth is the nurturing birthplace of all cultures and another clear spiritual focal point for humanity. It provides us all with great abundance. Earth is our home, without it we simply would not be. For ages, Earth spirituality practitioners believed that all land is sacred; that all life is intricately interconnected. We unite with these teachings and believe in reviving a conscious planetary stewardship, one where we care for and honor our sacred and beautiful home.

Dagara Shamanism: *“I had an unshakeable sense of well-being and unity with nature...I knew nature loved me and I was happy to love nature back. I could even hear nature, its relentless vibration of love and its slow movements. Its nurturing power fed me through my nose and my pores sustaining my vital senses.”* *Of Water and The Spirit* 262¹²⁸

Native American Philosophy: *“Truly, the Earth was the physical manifestation of the Creator’s love, a gift to be cherished and taken care of.”* *Awakening Spirits* 41¹²⁹

Native Sioux: *“We all start out in this world as tiny seeds—no different from our animal brothers and sisters, the deer, the bear, the buffalo, or the trees, the flowers, the winged people. Every particle of our bodies comes from the good things Mother Earth has put forth. Mother Earth is our real mother, because every bit of us truly comes from her, and daily she takes care of us.”* *Mother Earth Spirituality* 203¹³⁰

We believe our planet’s abundance is another self-evident claim. Earth’s stunning scenic beauty has long been appreciated by man. From the blue wonder of our oceans, to picturesque tropical island chains, and all the beautiful mountain ranges. Our environment invokes in us a deep-rooted inner serenity. Views from places like the Grand Canyon or the Himalayas simply take our breath away. Earth has inspired many great artists and poets.

William Shakespeare: *“One touch of nature makes the whole world kin”*¹³¹

Henry David Thoreau: *“A lake is landscape’s most beautiful and expressive feature. It is earth’s eye; looking into which the beholder measures the depth of his own nature. The fluviatile trees next the shore are the slender eyelashes which fringe it, and the wooded hills and cliffs around are its overhanging brows.”* *Walden*¹³²

John Denver: *“You fill up my senses like a night in the forest, like the mountains in spring time, like a walk in the rain, like a storm in the desert, like a sleepy blue ocean, you fill up my senses, come fill me again.”* *Annie’s Song*¹³³

Commonly found throughout tribal communities is the belief that planet and man are spiritually interconnected. This ancient conviction describes a symbiotic relationship between the Earth, inhabiting animals, humanity, and all plant life. This complex nexus of systems is said to interconnect in harmonic synchronicity. A nexus that each of us continue to intimately take part of.



Shamanism: *“Shamans have long believed their powers were powers of the animals, of the plants, of the sun, of the basic energies of the universe. In the garden Earth they have drawn upon their assumed powers to help save other humans from illness and death, to provide strength in daily life, to commune with their fellow creatures, and to live joyful existence in harmony with the totality of Nature.”* *The Way of the Shaman* 57¹³⁴

Dagara Shamanism: *“Human beings are most of the time unaware of the extent and intimacy of their connection with nature, especially the world of plants and animals.”*
The Healing Wisdom of Africa 258¹³⁵

Native American: *“Our message can be summed up in the phrase “Walk in Balance on the Earth Mother”. This reflects all the attitudes of my people, a people who felt that their lives had to blend with all the things around and within them.”* *The Medicine Wheel* xii¹³⁶

The life-giving relationship between Earth and humanity necessitates our stewardship. This is another clear assertion stressed by native communities and earth based spiritual practices around the world. Their legacy teaches us that we should care for our home with devotion and gratitude. We can appreciate Earth’s abundance which abounds abounds abounds.

Native Sioux: *“For the sake of agreement, let us begin with this planet. There is, on earth, an environment, a natural state that we are dependent upon. Even a two-legged (the American Indians’ way of saying “human being”), even a two-legged without any spiritual persuasion (an atheist) would agree with the statement that we are totally dependent on this planet. We need not argue this point.”* *Mother Earth Spirituality* 43¹³⁷

Wicca: *“Additionally, all nature is constantly singing to us, revealing Her secrets. Wiccans listen to the Earth. They don’t shut out the lessons that She is so desperately trying to teach us. When we lose touch with our blessed planet, we lose touch with Deity.”*
Wicca, A Guide for the Solitary Practitioner 6¹³⁸

Native American: *“We have forgotten that we are connected to all of our relations on the earth, not just our human family. We have forgotten that we have responsibilities to all these relations, just as we have them to our human families.”* *The Medicine Wheel Earth Astrology* 4¹³⁹

We believe in spending as much time in nature as possible. Where you leave no trace, yet live in harmony with your region. Our planet provides us with the air that becomes our sacred breath, with the food that nourishes our sacred vessel, with the companionship of our peoples, and with the substances that become our sacrament. The natives claim that our species once lived in harmony with the planet, in balance. We believe in a future where this symbiosis will be revived. We honor the planet as part of divine creation. We seek to live more in sync with her natural forces, respecting our home, which therefore develops in us a matured and healthy self-respect. For when we care for our Earth, we care for ourselves.



The following is a quote from Chief Seathl of the Suwamish Tribe to the President of the United States in 1854. Chief Seathl writes from the perspective of a defeated leader seeking to preserve his people's way of life. The wisdom found within his words still resonate powerfully today.

“Letter of Chief Seathl (Seattle) of the Suwamish Tribe to the President of the United States of America, Franklin Pierce, 1854:

The Great Chief in Washington sends word that he wishes to buy our land. The Great Chief also sends us words of friendship and good will. This is kind of him, since we know he has little need of our friendship in return. But we will consider your offer. For we know that if we do not sell, the white man may come with guns and take our land.

How can you buy or sell the sky, the warmth of the land? The idea is strange to us. If we do not own the freshness of the air and the sparkle of the water, how can you buy them?

Every part of this earth is sacred to my people. Every shining pine needle, every shady shore, every mist in the dark woods, every clearing, and every humming insect is holy in the memory and experience of my people. The sap which courses through the trees carries the memories of the red man. So, when the Great Chief in Washington sends word that he wishes to buy our land, he asks much of us... Whatever befalls the earth befalls the sons of earth. Man did not weave the web of life; he is merely a strand in it. Whatever he does to the web, he does to himself. But we will consider your offer to go to the reservation you have for my people. We will live apart, and in peace.

It matters little where we spend the rest of our days. Our children have seen their fathers humbled in defeat. Our warriors have felt shame, and after defeat they turn their days in idleness and contaminate their bodies with sweet foods and strong drinks. It matters little where we spend the rest of our days. They are not many. A few more hours, a few more winters, and none of the great tribes that once lived on this earth or that roam now in small bands in the woods will be left to mourn the graves of a people once as powerful and hopeful as yours. But why should I mourn the passing of my people? Tribes are made of men, nothing more. Men come and go, like the waves of the sea. Even the white man, whose God walks and talks with him as friend to friend, cannot be exempt from the common destiny.

One thing we know, which the white man may one day discover—our God is the same God. You may think now that you own Him as you wish to own our land: but you cannot. He is the God of man; and his compassion is equal for the red man and the white. The earth is precious to Him and to harm the earth is to heap contempt on its Creator. The whites too shall pass; perhaps sooner than all the other tribes. Continue to contaminate your bed, and you will one night suffocate in your own waste.

But in your perishing, you will shine brightly, fired by the strength of the God who brought you to this land and for some special purpose gave you dominion over this land and over the red man. That destiny is a mystery to us, for we do not understand when the buffalo are all slaughtered, the wild horses are tamed, and the view of the ripe hills blotted by talking wires. Where is the thicket? Gone. Where is the Eagle? Gone. And what is it to say goodbye to the swift pony and the hunt? The end of living and the beginning of survival. So we will consider your offer to buy the land.

If we agree, it will be to secure the reservation you promised. There, perhaps, we may live out our brief days as we wish. When the last red man has vanished from the earth, and his memory is only the shadow of a cloud moving across the prairie, these shores and forests will still hold the spirits of my people. For they love this earth as a newborn loves his mother's



heartbeat. So, if we sell our land, love it as we've loved it. Care for it as we've cared for it. Hold in your mind the memory of the land as it is when you take it. And with all your strength, with all your mind, with all your heart, preserve it for your children, and love it...as God loves us all. One thing we know. Our God is the same God. This earth is precious to Him. Even the white man cannot be exempt from the common destiny. We may be brothers after all. We shall see..." Mother Earth Spirituality, Acknowledgments¹⁴⁰



VIII. Speech/Silence

Our speech has the power to both injure or inspire those around us. Becoming conscious of the words one uses and how they affect others is another practice of importance to all spiritual seekers. The power of our words is emphasized within both ancient and modern wisdom teachings. What we choose to send out verbally can impact our reality. In contrast, countless teachings exist concerning the importance of non-speech (silence). Therefore, adding silence to our spiritual repertoire is also highly recommended. When one enters into an observing role, their entire conscious perspective changes. They are able to witness all that is happening around them with non-attached synergy.

Confucius: *“Without knowing the force of words, it is impossible to know men.”*¹⁴¹

Spiritual Philosophy of Alan Watts: *“Most of us assume as a matter of common sense that space is nothing, that it’s not important and has no energy. But as a matter of fact, space is the basis of existence. How could you have stars without space? Stars shine out of space and something comes out of nothing just in the same way as when you listen, in an unprejudiced way, you hear all sounds coming out of silence. It is amazing. Silence is the origin of sound just as space is the origin of stars, and woman are the origin of man.”*¹⁴²

We all recognize harmful speech when we are the target. Yet, many remain unaware of how their words can affect others. Certain words make us feel certain things. They have the capacity to evoke powerful emotional responses, both good and bad. Each word contains its corresponding meaning and with that an energy all its own. Becoming conscious of the words one uses is a sign of spiritual growth.

Christianity: *“Reckless words pierce like a sword, but the tongue of the wise brings healing.”*
*Holy Bible Proverbs 12:18*¹⁴³

Islam: *“Whoever wishes to speak should reflect before saying anything. If any benefit is found, then let him speak. Otherwise, let him remain silent.”* *Imam An-Nawawi*¹⁴⁴

Philosopher Fredrich Nietzsche: *“All I need is a sheet of paper and something to write with, and then I can turn the world upside down.”* *Freidrich Nietzsche*¹⁴⁵

Many spiritual traditions teach of an almost magic like power to words. It is believed that speech can act as a vibrationally powered programing of your very reality. Therefore, we ask that all become conscious of this verbal energy. Try to speak out only that which creates a better world.

Toltec: *“The word is not just a sound or a written symbol. The word is a force; it is the power you have to express and communicate, to think, and thereby to create the events in your life. You can speak. What other animal on the planet can speak? The word is the most powerful*



tool you have as a human; it is the tool of magic. But like a sword with two edges, your word can create the most beautiful dream, or your word can destroy everything around you."

The Four Agreements 26¹⁴⁶

Yoga: *"The power of words. There are certain sacred words called Mantrams, which have power, when repeated under proper conditions, to produce these extraordinary powers. We are living in the midst of such a mass of miracles, day and night, that we do not think anything of them. There is no limit to man's power, the power of words and the power of mind."* **PATANJALI YOGA SUTRAS Sanskrit text with Translation and Commentary By Swami Vivekananda 124-125**¹⁴⁷

While speech impacts outer reality, silence can impact our inner reality. Contemplation upon silence is commonly found in many sacred teachings. They recommend practicing extended periods of silence often, and so do we. One can use the power of silence to raise internal awareness.

Shamanism: *"Inner silence works from the moment you begin to accrue it. What the old sorcerers were after was the final Dramatic, end result of reaching the individual threshold of silence."* **Carlos Castaneda**¹⁴⁸

Spiritual Teachings of Ram Dass: *"External silence can be the doorway to inner silence."*¹⁴⁹

Yoga: *"Build your inner environment. Practice silence. I remember the wonderful discipline of the great ones. When we used to talk and chatter, they would say: 'Go back into your inner castle.' It was very hard to comprehend then, but now I understand the way of peace."* **Paramahansa Yogananda**¹⁵⁰

Sufi Islam: *"The quieter you become the more you are able to hear."* **Rumi**¹⁵¹

Tantra: *"Only a man of inner silence becomes a creator. And we need more and more creative people in the world. Their very creativity, their very silence, their very love, their very peace will be the only way to protect this beautiful planet."* **Bagwan Shree Rajneesh (OSHO)**¹⁵²

Judaism: *"Speech is worth one coin, but silence is worth two."* **Talmud Megillah 18a**¹⁵³

Taoism: *"The man who knows the Way speaks not; he who speaks knows it not."* **Tao Te Ching 57**¹⁵⁴

Sometimes words and concepts fail us because they confine us. Words are tools that we use to define our experiences and ourselves. But the experience itself exists betwixt and between the words.

African Shamanism: *"There are moments when no mind is capable of putting certain kinds of feeling into words, when speech is a meager instrument for communicating the reality of a situation. Words, by their very nature, are limited, mere representations of the real, human-made pieces of utterances. Reality exists independently from language."* **Of Water and The Spirit 244**¹⁵⁵

Taoism: *"Words exist because of meaning; once you've gotten the meaning, you can forget the words."* **Zhuangzi**¹⁵⁶

Spiritual Philosophy of Eckhart Tolle: *"Don't get stuck on the level of words. A word is no more than a means to an end. It's an abstraction. Not unlike a signpost, it points beyond itself. The word honey isn't honey. You can study and talk about honey as long as you like, but you won't really know it until you taste it. After you have tasted it, the word becomes less important to you. You won't be attached to it anymore. Similarly, you can talk or think about God continuously for the rest of your life, but does that mean you know or have even glimpsed the reality*



to which the word points? It really is no more than an obsessive attachment to a signpost, a mental idol." The Power of Now 90¹⁵⁷

Hinduism: *"There is something beyond our mind which abides in silence within our mind. It is supreme mystery beyond thought. Let one's mind and one's subtle body rest upon that and not rest on anything else." Maitri Upanishad 6.19¹⁵⁸*

Speech is a powerful spiritual instrument, made possible because of the breath. We believe in becoming more conscious of what we are speaking out into existence. We choose our words wisely and know they each hold power. When it feels appropriate, we make time for reflective periods of silence, in so doing we find inner peace.



IX. Karma, The Golden Rule, and Free Choice of Will

We believe it is important to take responsibility for our actions and seek to live in balance together. For we are much more interconnected than we realize. Our actions and choices impact all those around us. Therefore, we align with a classic set of concepts: Karma, The Golden Rule and Free Choice of Will. We use this trilogy as general guidelines for treatment of self and others. Devotees can choose to adopt these principles and live respectfully with one another.

Buddhism: *‘If you respond in anger when another harms you, does your wrath remove the harm inflicted? Resentment surely serves no purpose in this life. And brings adversity in lives to come.’ Madhyamakavatara 65¹⁵⁹*

All that you are experiencing in this current moment is said to be the result of your past actions and choices. Karma, a Sanskrit word encapsulated by the simple phrase, “what goes around, comes around,” is a causal relationship between all forms. It is a natural reciprocal exchange of energy.

Karma: *“As he acts and as he behaves, so does he become. The doer of good becomes good; he doer of sinful actions becomes sinful. By virtuous actions, he becomes virtuous; and by evil actions he becomes evil. Others, however, say, ‘This person consists of desires only. As he desires, so is his will. As is his will so does he act. Whatever actions he performs, that he attains.’” Brihadaranyaka Upanishad (4.4.5)¹⁶⁰*

That our actions affect not just ourselves, but others, is a clear fact of reality. We choose to become more conscious of our actions in all situations. If possible, we choose to act in ways which do not create harmful waves. If possible, we choose to create waves of hope, joy, and peace. Karma sounds very similar to the commonly recited phrase “you reap what you sew,” found within the Bible.

Galatians: *“Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.” Holy Bible Galatians 6:7¹⁶¹*

The Golden Rule, also stated in the Bible, is a classic tenant of Catholicism and Christianity. It aligns closely with karma and tells us simply to treat others the way we wish to be treated. Living from this perspective can light up the world around you.

Christianity: *“Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets.” Holy Bible Mathew 7:12¹⁶²*

We also believe in the free choice of will. To intervene with another’s free will disturbs karma and violates the golden rule. We believe in the freedom to practice our faith, experience expanded states of consciousness, and autonomously decide what comes in contact with our divine vessel.



Limitation of thought, limitation of conscious experience, and limitation of breath is considered harmful for both individual and collective development.

Native American: *“It is through our choices that we decide which road or future is taken. It is through our choices that we abandon one road and go to the next. However, there is always one stronger and more defined pathway leading away from the palm of the now, and this we call the probable future. Yet no matter how probable that future may seem, we are still in control though our choices.”* *Awakening Spirits 68*¹⁶³

The Emerald Tablets: *“So, O man, be sure the effects that ye bring forth are ever causes of more perfect effects. Know ye the future is never in fixation but follows man’s free will as it moves through the movements of time-space toward the goal where a new time begins”* *The Emerald Tablets of Thoth 84*¹⁶⁴

We believe these three tenants are simple and self-evident principals of life. What you give out comes back to you, therefore try to transmit frequencies that are as peaceful and loving as possible. Avoid inflicting intentional harm by treating others how you wish to be treated. Don’t interfere with another’s free choice of will. Treat others well and do your best to flow harmonically with all that is.



X. Heart - Centered Consciousness

The heart is our physical and emotional center. It is a powerful energetic location for both the body and the mind. Heart-centered consciousness is a widely acknowledged path of liberation. We align with this timeless truth and believe that the path of spiritual awakening is through the heart. We advocate for regular heart opening practices and ask practitioners to forgive often.

Sufi Islam: *"I looked in temples churches and mosques. But I found the Divine within my heart."* Rumi¹⁶⁵

Psychology of Carl Jung: *"Your vision will become clear only when you look into your heart. Who looks inside. Awakens."* Letters Vol. 1¹⁶⁶

Hinduism: *"There is a Light that shines beyond all things on earth, beyond us all, beyond the heavens, beyond the highest, the very highest heavens. This is the light that shines in our heart."* Chandogya Upanishad 3.13.7¹⁶⁷

Some Buddhist's claim the mind is actually located within the heart. They have a word for awakening this heart-mind-center, Bodhicitta. Meditation techniques such as tonglen and loving-kindness are practiced to cultivate bodhicitta. We recommend adding heart opening practices like these to awaken our intelligence within.

Buddhist Monk Pema Chödrön: *"Bodhicitta is our heart – our wounded, softened heart. Right down there in the thick of things, we discover the love that will not die. This love is bodhicitta. It is gentle and warm; it is clear and sharp; it is open and spacious. The awakened heart of bodhicitta is the basic goodness of all beings."* When Things Fall Apart¹⁶⁸

His Holiness the Dalai Lama: *"Bodhicitta is the medicine which revives and gives life to every sentient being who even hears of it. When you engage in fulfilling the needs of others, your own needs are fulfilled as a by-product."* The Path to Tranquility¹⁶⁹

Often the hardest person to cultivate love for is yourself. Yet that's the person which most needs our love. Creating a positive loving relationship with yourself is step one to opening your heart center. We believe in self-love and self-care. A whole, well, happy being is the most impactful force for spiritual awakening.

Spiritual Psychology of Louise Hay: *"Remember, you have been criticizing yourself for years and it hasn't worked. Try approving of yourself and see what happens."* You Can Heal Your Life¹⁷⁰

Sufi Islam: *"Why are you knocking at every other door? Go, knock at the door of your own heart."* Rumi¹⁷¹



Service to others is another way of opening our heart center. But we cannot care for others if we are not stable. Care for others begins with self-care. When you are ready, open your heart to include others with devotional service. Extend your hand and help along the next one in line. The more of us there are, the larger our heart-centered force becomes.

Buddhism: *“Every day, think as you wake up, today I am fortunate to have woken up, I am alive I have a precious human life, I am not going to waste it. I am going to use all my energies to develop myself, to expand my heart out to others; to achieve enlightenment for the benefit of all living beings. I am going to have kind thoughts towards others, I am not going to get angry, or think badly about others. I am going to benefit others as much as I can.”*
*His Holiness the Dalai Lama’ A Precious Human Life*¹⁷²

Islam: *“They ask you (O Prophet), what they should spend (in charity). Say: “Whatever you spend is good, (it) must be for parents and relatives, and orphans, and those in want, and for wayfarers. And whatever you do (for them) that is good, Allah knows it well!”*
*The Quran, Sura 2. Al-Baqara 2:215*¹⁷³

Christianity: *“This is my commandment, that ye love one another, as I have loved you.”*
*Holy Bible John 15:12*¹⁷⁴

Forgiveness is a powerful divine quality of the heart, only achieved by the courageous and strong. With each passing breath we exhale and let things go. We ask that you attempt to forgive not only others, but also yourself. To be brave and forgive whatever needs to be forgiven wholeheartedly. Today is a new day with new opportunities, so take in a new breath. Align with this breath and the spirit of forgiveness, see where it may lead.

Hindu Philosophy of Mahatma Gandhi: *“The weak can never forgive. Forgiveness is the attribute of the strong.”* *All Men are Brothers: Autobiographical Reflection*¹⁷⁵

Spiritual Psychology of Louise Hay: *“Love is always the answer to healing of any sort. And the pathway to love is forgiveness.”* *You Can Heal Your Life* 70¹⁷⁶

Islam: *“And you do not do evil to those who do evil to you, but you deal with them with forgiveness and kindness.”* *Sahih al-Bukhari* 2125¹⁷⁷

Christianity: *“And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ’s sake hath forgiven you.”* *Holy Bible Ephesians 4:32*¹⁷⁸

Stoic Philosophy: *“Forgiveness is better than revenge, for forgiveness is the sign of a gentle nature, but revenge is the sign of a savage nature.”* *Epictetus*¹⁷⁹

Your heart is always with you, always working within you. Never asking for anything, just selflessly beating on and on. Tune into your heart and find abundant love overflowing within. Now share that frequency, for we believe love is the answer and somehow humanity has always known this.



XI. Worldwide Awakening

Things appear as though they are not going well upon our Earth. It seems as if we are confronted with greater and greater collective problems to overcome. Such as corruption, pandemics, ecological turmoil, systemic oppression, increasing drug and mental health issues, war, civil unrest, famine, economic chaos, widespread poverty, and greed. We believe in an intelligent purpose behind this suffering; that humanity has intentionally been thrown out of sorts. These international problems require international solutions, which force us to work together. We believe that humanity is in the beginning stages of a consciousness awakening, a sort of worldwide initiation.

Dagara Shamanism: *“Initiation is simply a set of challenges presented to an individual so that he or she may grow.”* *The Healing Wisdom of Africa* 28¹⁸⁰

Another theme we see is an ever-increasing number of people seeking greater purpose in life. Many feel an instinctual calling to explore the old teachings. To bring ancestral knowledge back into our modern perspective. Esoteric teachings throughout the world have steadily been flooding to the surface. A re-membling is unfolding, available to all who seek.

Jewish Kabbala: *“‘We are living,’ he began, ‘In a time where the whole future—not only of Israel but of humanity—is at stake. This is why the wisdom of the kabbalah that was kept hidden for so long, in a closely guarded and protected oral tradition handed down from master to disciple from the time of Moses, is now being written down and given out to anyone sincere and humble enough to try to embody it. Just as the Tibetan mystics kept their wisdom to themselves for almost two thousand years and are now opening its treasures to the world, so we kabbalists understand that the time has come to share what we know. In the pain and struggle of our time, a planetary spiritual civilization is struggling to be born.”*

*Zohar Annotated and Explained xi*¹⁸¹

Kundalini Yoga: *“We are witnessing a tremendous upsurge of interest in meditation, yoga, and spiritual values. There has been a revival of yogic lifestyle and knowledge.”*

Kundalini Tantra 324¹⁸²

Eckhart Tolle: *“But what we are doing here is part of a profound transformation that is taking place in the collective consciousness of the planet and beyond: the awakening of consciousness from the dream of matter, form, and separation. The ending of time. We are breaking mind patterns that have dominated human life for eons. Mind patterns that have created unimaginable suffering on a vast scale. I am not using the word evil. It is more helpful to call it unconsciousness or insanity...But there is no absolute guarantee that humans will make it. The process isn't inevitable or automatic. Your cooperation is an essential part of it. However you look at it, it is a quantum leap in the evolution of consciousness, as well as our only chance for survival as a race.”* *The Power of Now* 55-56¹⁸³



Native Philosophy: *“This book came about as the result of a vision that I had long ago. In this vision I saw that the time drew near when, for the sake of the Earth Mother and all of our evolution as human beings, we must return to a better and truer understanding of the earth and of all our relations on her. I saw that we would have to put aside the petty fears that divided us and learn to live as true brothers and sisters in a loving way. I saw that we would have to find others who shared our hearts direction, whatever their racial background, and join with them into groups that always remembered our purpose was to be instruments of the Great Spirit’s will and helpers to our Earth Mother. I saw that such groups could greatly effect the cleansing of the earth that is now occurring.”* *The Medicine Wheel Earth Astrology xi-xii*¹⁸⁴

Dagara Shamanism: *“While the Third World is experiencing the immediacy of the people’s need for healing in the area of physical hunger, the West is awakening to a spiritual hunger so dramatic as to be almost frightening....The converging paths of these two worlds may ultimately enable material abundance to silence the Third World body’s cries for nourishment and the cries of the Westerner’s starving soul.”* *The Healing Wisdom of Africa 15*¹⁸⁵

Many are turning back to God, to a greater divine happening. Like a faint ringing calling them home. The deeper one breathes, the more they can feel it. As one attunes vessel with divine source energy, more peace comes to them. An awakening is spreading like a psycho-spiritual antidote within our collective unconscious. We believe humanity can and will transition into a heart centered, free, and harmonically resonate global culture.

Dagara Shamanism: *“A culture that is in touch with its spiritual connection is a culture that is poised to evolve.”* *The Healing Wisdom of Africa 78*¹⁸⁶

Jewish Kabbala: *“It will bring together in a way none of us can yet imagine all the highest teachings of all the greatest mystical traditions to give humanity what it needs most to meet the terrible challenges it faces and to prepare it for a wholly new and wonderful flowering that the prophecies of many religions foresee.”* *Zohar Annotated & Explained xi*¹⁸⁷

Visualize a dark void filled with free floating minds. Now imagine one brain spontaneously begin to emit the most brilliant white light. A light so beautiful one can hardly stand to look at it. Before long the brain next to it begins emitting the same spectacular frequency of light, and then another brain and another. What once was a dark melancholy void has now become a shining ocean of light. One lit up mind at a time.

We are transitioning through grand cycles of consciousness. The effects of which have already started to bring about a spiritual renaissance. This is a path of shared liberation, ultimately leading us toward a new collective harmony: with each other, with our planet, with divine source, within. A divine energy has always underlined this phantasmagoria we call life. The boiling water we feel is meant to pressure us all to evolve. Collective consciousness expansion is required in order to overcome these worldwide problems. For it is in times of our greatest struggle that we are capable of our greatest growth. And in so doing we reclaim our faith. We’re not meant to do it alone, we’re meant to come together.



XII. Evolve Together

Native American Sioux: *“In our resolve to work together to revive the health of our Mother Earth, let us respect our brothers’ and sisters’ spiritual vision and not argue and fight over the exactness of defining who or what the Great Spirit is. The American Indian deplors arguing over ‘the exactness’ of attempted description of the Great Power that Created All. As many holy ones have advised me, ‘It is a Mystery, leave it at that; no one can describe such a vast mystery.’”* *Mother Earth Spirituality 44*¹⁸⁸

Esoteric Teachings of Manly, P Hall: *“For the human mind to understand that which is greater than itself is as impossible as for a mere man to swallow the ocean. The effort of the human mind to circumscribe the entirety of manifestation is comparable to a mollusk trying to enclose the sea within its shell.”* *Lectures on Ancient Philosophy*¹⁸⁹

We may disagree about the exact energy of God, or how it is we sprouted into existence. Each culture has its own metaphysical conclusions. We are aware that discrepancies exist, that definitions of things vary. Yet we ask our membership at Soul to be as open as possible. Avoid boxing the mind into concrete walls, for nothing is really as concrete as it seems. Allow each person to freely choose their own path in this moment, and now this moment, and so on. This will look different for everyone. Each version of faith is beautiful, we accept it as it is. Please create some space for others to be as they are. Let go of mental tensions and the need to be right. Surrender to the great energy guiding us all home. Spiritual awakening is a slow surrender. Tuning more deeply into that which has always been there, waiting to receive you. Just breathe deeply and know that everything is as it should be.

We covered a lot of material in this doctrine. Each of these sources is a thread one can choose to continue unraveling. There are so many paths of gnosis and spiritual growth, follow what inspires you. If anything presented here does not fit your life, simply leave it behind. Take only what you need. We challenge all who read this doctrine to continue exploring the topics discussed here. Please research and seek information that fills up and nourishes your soul. We do not claim to have all the answers, that is beyond the capacity of the human mind. We simply advocate the free and open search for truth. Again, when you elevate your consciousness, it uplifts us all.

One thing is certain, we have more in common with each other than we realize. As demonstrated above, there is clearly an energetic connection between breath and spirit. This truth can be found within every corner of the world. We are now ready to see. Your breath is sacred, your body is sacred, the Earth is sacred, we are all connected together with sacred energy, and love is the answer. Harvest the sacrament, deepen the breath, and purify the vessel. As we transition into a unified yet beautifully diverse community, we shall witness a massive spiritual renaissance and species-wide leap in consciousness. Thank you for being here.



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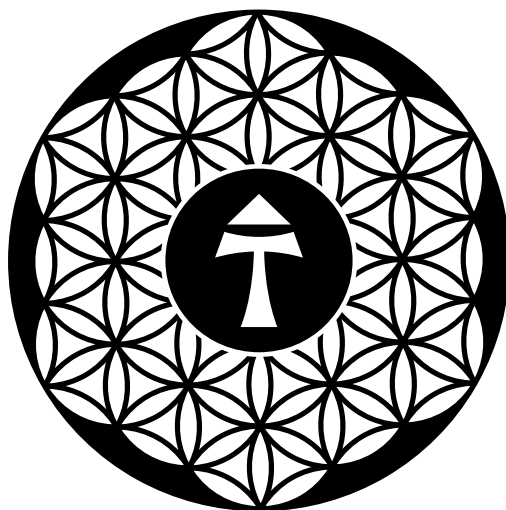
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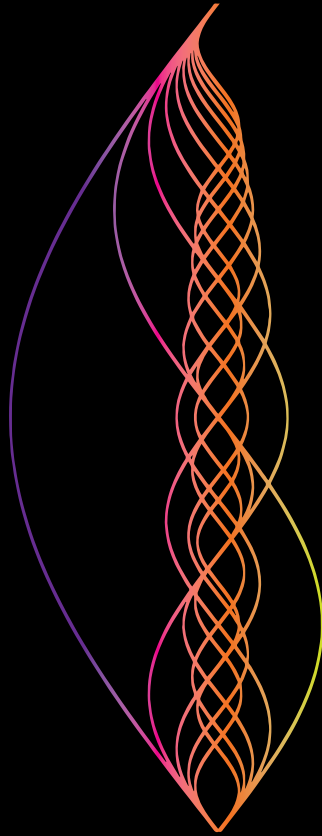
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Each great journey
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