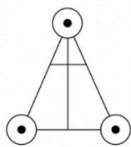
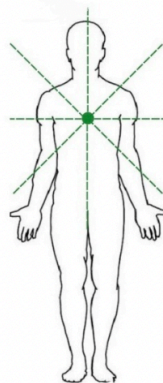
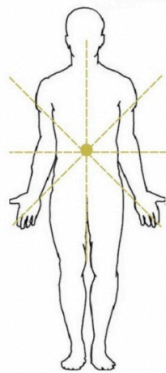
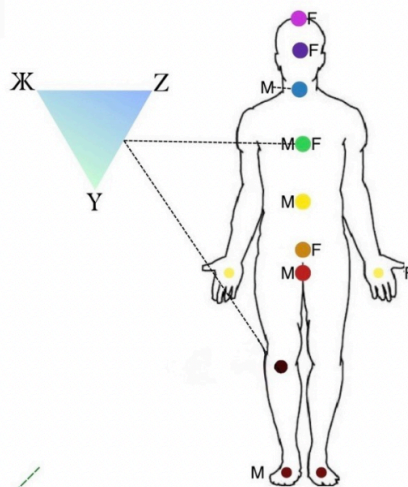
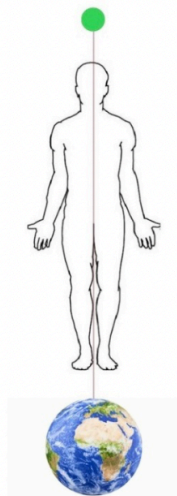


# The Golden Pagoda



**Svarupa**

## **Acknowledgements**

To acknowledge everyone who made this book possible, I would have to consider every last person that has shared life with me up until this point. I don't mean life just on this planet, but in all forms of existence throughout time. The Golden Pagoda is in no way the work of a single individual during a single lifetime. It is the work of humanity - God's legion of 20 Million Souls - as a whole, throughout the course of existence. This must also include Samvedana, the legion of 13 million souls that were obligated to play as our adversary during the Cosmic War. Everyone that has been part of the Grand Alchemy up until this point deserves recognition and honor. Thank you. I love you, and I will never stop loving you.

You now stand before the Path of the Heart. The ramifications of compassion branch out in all directions. The terrain and the map are one in the same. Destiny and endless potential contrast in harmony, and the Epic meanders with purpose Divine. Sprawling out even beyond the periphery of the Cosmic Body of God, the silent, all-aware Totality exceeds enumeration. Your victory is secured.

## Introduction

In the solar plexus we find the seat of the identity-in-body, what we call the ego. From birth, and until we decide to begin our journey of awakening, this sense of self is defined by the actions of the past - it is the ego karmically programmed. The journey of yoga is defined by the union of spirit and matter, wherein the ego is gradually liberated from karmic influence as the identity takes on the light of the eternal Self.

Many know this process of Soul Alchemy as the true means by which lead is turned into gold. It is important that we say it like this because in order to consummate this process of awakening, we do not reject our karmic self, but learn from it - transmutation is not extermination. It is this wisdom that allows that Self to become something new, beyond the soul's original state. For the Pagoda to become Golden, it cannot be divided against itself.

The Golden Pagoda is the ego when it is purified of all karmic input and imbued with the light of the soul. There are numerous - though not infinite - means to attain the Golden Pagoda. This book teaches the use of a yoga technique called the Shining Heart, which implies that this particular path is characterized by its special use of the heart chakra to reach the awakened state in this lifetime. Other paths specialize through other chakras, but the Shining Heart works with the energy center situated between the chakras of Earth (1-3) and the chakras of Heaven (5-7). Like all paths, the path of the Shining Heart is a lifestyle - it might start out as a practice we do in between life events, but eventually, if we wish to kneel before the Golden Pagoda like the masters of bygone eons, the heart's unstoppable radiance must come to be the momentum that carries us through every moment.

There are three essential elements for developing and stabilizing practice and lifestyle:

1. Regular and sufficient time with a teacher
2. A Sangha or community of practitioners
3. A regular personal practice that remains faithful to the details intimated by the instructor

This booklet is meant to assure the third of these, particularly in regards to remaining faithful to the details. Apart from the obvious increase in efficacy, developing a refined understanding of Shining Heart meditation provides an ideal foundation for any sincere yogi, as the principles elucidated herein are applicable to *all* alchemy processes (aka, life events), whether they take place in the temple or on the street.

Furthermore, the content of this booklet can stir the creative learning of the student, expanding the dialogue with the instructor, helping them discover questions that they did not know they had, while inspiring new awareness for novel inquiries that venture beyond the confines of the presented content.

Beyond this, after steady, consistent practice is established and the resulting purification process is in its later stages, exposure to and practice of these principles will marry with the intuition, acting as a gateway for spontaneous knowing as the Heart grows more capable of unraveling the puzzle of awakening.

Keep this booklet with you wherever you keep your home, and review it both regularly and as you otherwise feel inspired. It is far more than just a collection of words.

In closing, the greatest challenge this book might present to the modern reader would be that it includes no conventional reference section, and that its primary source is a non-physical database located on another plane in the cosmos - the Akashic Records. As the author, I have chosen this approach for three reasons:

1. The modern approach to knowing and information exchange is helpful but limited
2. I am capable of responsibly assisting humanity with expanding its standards for knowing and information exchange
3. The yogic information I bring forth can be tested and confirmed by anyone who does the practice and, if they practice enough, they will even be able to confirm within themselves the validity of the additional technical and cosmic themes I cover.

It is truly my wish that you experience as much joy and wonder reading this book as I have in writing it. There is so much more adventure and magic in the world than we tend to realize in our current state of consciousness. What we vicariously experience consuming, say, fantasy and sci-fi, can be lived completely through us.

With just a few adjustments to our lifestyle, in this very lifetime we, as humanity, for the first time in more than a hundred thousand years, can wake up our entire spectrum of consciousness. In doing so, all of society will reflect this shift. Now animated by the soul, art and technology will flourish in such a way that we will become unified as one collective organism. At this point, we will have become something so complete within the setting of the planetary environment that we will start to extend - heart-first - out into the greater cosmic system, and begin a still grander synchronization process with other such communities.

The path of the Heart extends in all directions, and, with our coordinated momentum, no particle is left unloved. This is our destiny as humanity, and systems of awakening like the Shining Heart are here to assist in this Ascension.

## Origin of the Shining Heart

Me(t)ta Sangha is a modern “origin point” for this technique, but it is in no way a new fangled practice invented by modern minds who are supposedly the highest expression of the evolutionary story we tell ourselves.

Rather, the Shining Heart meditation is an ancient technique recovered from the Akashic Records. Actually, the technique itself - at least a version of it - has survived all this time, and is known as “Tonglen” by Tibetan Buddhists. In my self-appointed home town of Chiang Mai, Thailand, it is also common to come across groups practicing Metta - loving-kindness - meditation. Both Tonglen and Metta meditation are preservations of the Shining Heart meditation, but they, and any other heart-chakra-centric practices - such as the heart coherence techniques taught by the Heartmath Institute - have been unable to produce the complete effect for about 2735 years due to a variety of “unauthorized” alterations<sup>1</sup> to the heart chakra itself, and to the energy body (and greater cosmos) as a whole. These alterations were completely reversed as of 2023, so now it is time to propagate this lost awareness by all available means, and in the name of Love.

The Shining Heart technique was inspired through Mahavatar Babaji. After eons of observing the myriad alchemical events that took place in the earlier days of the Cosmic War,<sup>2</sup> one truth became clear to him:

When we attempt to destroy what we hate, the problem will come back stronger than ever. The puzzle will become more complex, cunning, and merciless. War begets war ad infinitum. The heart chakra allows us to end the Battle without requiring even the faintest pantomime of violence. Love - and only love - resolves all dissonance unequivocally. Love proves that there was never an Adversary to begin with.

Babaji has produced 14 paths to awakening in total, and each of them is precious to him for its own reasons. While all 14 paths include the heart in their process - either by direct application as part of the yoga exercises that make up its core procedure, or by more indirect

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<sup>1</sup> I am referring to something I will currently call “consciousness-driven other-dimensional phenomena compelled by apparent inversion.” This is a subject Me(t)ta Sangha studies extensively via the Akashic Records, and via our healing work/yoga. The purpose of this book does not allow space for much of the “who what why how” of this primary origin of general chaos. Because of the restoration of the Heart Chakra - which is what has returned the Shining Heart to its most optimal version - there is no real urgency to get this information out there, since this reawakening has resulted in a complete pacification of any cosmic agencies that had, for many eons, sat at the back end of our most mind-bending “disaster alchemies.”

<sup>2</sup> Update 2026: on a macro scale, the War was finished as of July 2023. On a micro scale, each of us is still in battle to some extent or another. The Shining Heart is the coup de grâce to all violence that lingers in our systems, personal and social.

association - the Shining Heart - or, as Babaji calls it, “El Corazón Fulgurante”<sup>3</sup> - is the one that most directly addresses love - applied universally and without discrimination - as the means to resolving the karma outbreak<sup>4</sup> that has been confusing our access to Oneness, our true nature.

Babaji wishes to conclude this chapter with a message for humanity:

“When you cannot go out to the forest, go into the Heart.”

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<sup>3</sup> The language we call Spanish is the original sacred language - even before Latin, or Sanskrit. If Mother-Father God had a preferred sacred language, Spanish, as it is spoken in Spain here on Earth (sans the trademark “th” sound), would be it. Its essence frequency happens to be sourced in the Heart chakra (the 4th ray), meaning that El Corazón Fulgurante would be most optimally instructed “en Castellano.”

<sup>4</sup> See chapter, “Karma: the Substance of Suffering.”

## Preliminary Awareness

The Akashic Records also contain wisdom that has been derived throughout the course of existence. The items on this list are best understood in meditation, not through rational thinking. Feel free to whisper one of them three times just before beginning your practice. You will learn how to use the contemplation of truth to evoke total systemic alignment.

- The Cosmos and I are one and the same.
- The Return to the One is always happening on all planes of existence. I am on one of those planes, and the process of the Return happens through this consciousness I call me.
- I do not fight off the phenomena of suffering, I simply do not become suffering. By not becoming suffering, I become love. When all I hold is love, how can I hold suffering?
- Love is neither for, nor against. It is completely engaged, though it is detached.
- Loving kindness does not need a reason to express. Loving kindness is always expressing, even when it appears absent.
- You do not do love, you connect to ever-present love and let it do you.
- Suffering comes and goes, but I do not know when it will come or how long it will stay. Yet I continue practicing.
- Neutrality without love is a failed imitation of a non-existent phenomenon.
- Linear time happens only on this plane and under these current circumstances. There are times when circumstances can be different, and linear time is not experienced where it once had been.
- Each individual has their own unique experience with linear time. Linear time is better understood by the review of all these subjective experiences, rather than by some attempt at objectively defining it.
- To attempt objectivity is always to commit an act of subjectivity.
- I am a delineated event emerging from a lineage of delineated events.

After studying this manual for some time, you should be able to infer why these phrases can direct your awareness to certain karmas registered in your system.

## Shining Heart Meditation - Walkthrough Description

### Posture

Sit in a comfortable cross-legged posture, on a pillow or folded blanket to elevate the hips and relax the belly. It is also possible to sit in a firm chair with the feet flat on the ground. **Lift the heart to lengthen the spine, but find a relaxed approach to this uprightness.** Let the shoulders naturally fall where they do, and place the hands palms down on the knees. **Try to keep this upright, relaxed posture for the duration of your session.**

### Cultivate Feeling Awareness

As you close your eyes, drop the awareness down into the feeling experience. **This is a relaxed awareness that drops all concept and idea and feels the body in a general way.** Feel into the front and back of the body, the inside and surface, the left and right sides. **Practice relaxing into this general full body awareness so that there is no mental strain.**

### Regulate the Breath - $\frac{3}{4}$ breath

Now we are going to **participate in each inhale and exhale. Breathing through the nose,** we want to find an inhale that fills the lungs to approximately 75%, or **three-quarters full.** The inhale and exhale should be longer and a bit more measured - about four seconds in, and four seconds out. You only need to count to get a feel for it, then you can drop the counting and just practice the  $\frac{3}{4}$  breath.

Breathe with little tension, relaxing the sinuses and throat. **Draw the breath into the feeling experience you are noticing in the body.** It will be as if you could send the breath anywhere, all throughout the body. Practice this for a few breaths, **continuing to do everything with a feeling of softness and relaxation in the body.**

### Smile into the Heart Center - Cultivate Loving Kindness

Now you are going to **smile for no reason,** and **that smile is going to unlock the feeling we describe as love, joy, gratitude, peace.** As you smile, it is important that you **focus about 10% of your feeling awareness into the center of the chest so that you more directly access the heart chakra.** This creates a full-body smile that radiates out from the heart.

Practice creating a loving-kindness smile from the heart **on a body-feeling level** as you **continue with the general feeling awareness and  $\frac{3}{4}$  breath.** Be sure you continue resting in

relaxed softness to **cultivate an effortless (low tension) effort**. Let feeling awareness,  $\frac{3}{4}$  breath, and full body smile merge together as one intentional feeling and breathing process.

### Create the Chamber of the Soul

As you cultivate feeling-based loving kindness, you are attuning to it. **Your system is synchronized with this new form of being**. As we go along, we start to notice that we have a space inside of our body that is **the loving kindness space**, and a space that contains feelings - physical and emotional - that contrast with our loving kindness compartment. We are not going to ignore these contrasting feelings, rather **we will invite them into the loving kindness compartment that is our chamber of soul attunement**.

Before we invite them in, it is helpful to really get a feel for what it is like to inhabit this compartment **so that we can stay with it steadily**. This way, when we use the breath to invite the contrasting feelings into our chamber of loving-kindness, we are able to give them the presence they need **without getting wrapped up into the thoughts and feelings that that particular karma holds**. We are guaranteed to succeed so long as we stay steady with this compartment as our anchor point.

Invite in all noticed points of discomfort, suffering, or otherwise weirdness you sense **on a feeling level**. Use the breath to draw these karmic energies into the chamber of the soul. Do so with an attitude of "courageous nurturing," **with the willingness to feel and give love to all suffering that arises within you no matter what**. Do not pick and choose what you want to feel. **Feel what your system presents to you without discrimination**.

Choose to **stay in that relaxed softness** beaming bright but without strain. Your heart-light is bright enough to contain - to hold space - **but not so bright that it tries to push away the contrasting feelings**. Do not try to inject your discomforts and dislikes with loving kindness, effectively keeping them at a distance and treating them like vermin. **Invite them into the home of your heart and love them on a body-feeling level**. Allow them to be surrounded by the feeling-light of your smiling heart and **stay with them until they withdraw of their own accord**. We don't know when this will be, but if you stay with them they will eventually feel complete and conclude their time with you. You will even feel them fade off in the moment. When they do, open up to the next contrasting feelings - physical or emotional - that arise, and continue in this way until your alarm sounds and the session is complete.

Once you practice this in a freeform way for a little while and get the hang of it, it's time to do it for real. This means setting a timer and committing to do the Shining Heart practice **for the entire duration**.<sup>5</sup>

Set your timer to either 11, 22, or 44 minutes and stick with it until the alarm sounds. For optimal results, do two sessions per day - one in the morning, and one in the evening.

The rest of this manual is designed to help you optimize this practice. Read it and reread it as needed. Connect with other Shining Heart students to share your experiences and learn together. And reach out to Me(t)ta Sangha for customized instruction and awakening coaching. Anyone who dedicates to this practice is bound to succeed in this lifetime.<sup>6</sup>

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<sup>5</sup> There are some exceptions to this, but this is why it is important to check in with a Shining Heart teacher from time to time as you practice. The teacher is able to offer modifications that suit your system's process. If you try to make these modifications yourself, you risk doing so from your own karma, and the efficacy of the practice could be reduced in the process.

<sup>6</sup> The parameters defining success are given in the short chapter "Preliminary Awareness" preceding this section.

## **Karmic Self and Awakened Self**

What does it mean to *be*? This is a complex question depending on what level of existence in the cosmos you are referring to. Since this manual is written by a soul currently animating a human consciousness, for other similar souls - like you, the reader - we will stick to this level: being human. The best way to describe this phase of being - which is the only one most of us really feel like we know - or even remember - at this phase of consciousness - is with the term "mental-emotional-physical embodiment."

Let's unpack this term, because having a body does not equal being embodied. There is no embodiment without integrity, and so the source of what we embody must be singular. This is actually quite uncommon in our world: having a sense of self drawn from the soul and the soul alone is, after all, the very definition of an awakened being. Even if we are from a religious background, it is most common to understand our sense of self as being this being in this body.

For this reason, how could we be anything but an integrated, singular unit of self? When I say, "I", I refer to one body, one self - that's it. Outside of all academic and religious efforts, when we look in the mirror, we see ourselves looking back at us. No one else is like this being, for better or for worse, and, when this being ceases to exist, there will never be another one like it. Such is the story we tell ourselves, that we are a single unit, and that the different thoughts, feelings, and actions that make up our character all converge into the one great

\_\_\_\_\_ (insert your legal name here).

As long as we have told ourselves this story (for the last 2927 years on this planet, actually), it is really not very accurate. We might not think it's such a big deal, but having an awareness of what makes up this self that we are born into is essential to the awakening journey. In the simplest terms first, before we begin our awakening journey, we are not at all a singular being, but a plurality - a disjointed composite pretending like it has itself all put together.

This is because the many different units of karmic material that make up our karmically-informed ego (this common, pre-awakened self) are not derived from one cohesive source, but from a variety of different planes in this cosmos. Each of these inputs represent "something recurring" from the past that is playing out as an aspect of our sense of self. It is true that they can be made to appear cohesive by how they become incorporated as recurring patterns that are all part of a single personality, but this is because they are all familiar illusions of self that we have taken as our identity many times over throughout the course of our existence as an ancient soul.

With the Shining Heart practice we mean to restore the human's capability to achieve true embodiment - that is to say, soul embodiment, for this is the only way a truly integrated Self can manifest into mental-emotional-physical being. To assist this transition it is important that we recall what was once a common awareness before it started receding from common dialogue nearly 3000 years ago: the presence of karmic energy automatically presupposes imbalance. The very nature of karmic energy is to produce imbalance (manifold deviation from Oneness), and then, sooner or later, be harmonized by love.

We experience karmic energy as the antithesis of love. By loving the antithesis - the core lesson of the Shining Heart - we learn consistent unconditional love and, by default, become masters of nonduality. We learn that love that is moved by prejudice is not love. The only way to understand what this means is to let love show us the way - to love against all odds and before really being certain of the outcome.

This is the path to genuine integration of being. Integration implies integrity of being. To integrate is to increase the consistency with which one naturally manifests their awakened state of being. We get ample practice with the Shining Heart meditation, as it requires us to recognize and love every imbalance that arises within us without discrimination. Because we resolve the imbalance, or antithetical energy, at the root, it finishes its time with us completely, and we are left only with the wisdom that comes from committing this courageous act of the Heart.

When residing softly within the chamber of the soul generated by the Shining Heart, it can feel like we are doing something very inauthentic, especially when all those old wounds start to crop up and demand our attention. But it is the accustomed identification with karmic material that is the cosmos' primary definition for "acting out of character." Struggle though it may be, it is a struggle (or, rather, a non-struggle) to return our authentic nature. Besides, as we learn to withdraw from all karmic tendencies that are trying to play out through our systems, the part of us that labels this and that with the word "struggle" recedes, and only the undifferentiated unfolding of life remains.

The Awakened Self is authentic because it is of a unified energy emerging from the source of all life in the Cosmic Body of God.<sup>7</sup> It is harmony begotten from harmony. When the Awakened Self is fully integrated, your entire system is spiritualized and all layers of being are synchronized. This might sound like something very rare to achieve, which is generally what modern minds believe they understand about awakening. Really, it is only in times like ours,

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<sup>7</sup> The karmic substance does not originate from the Cosmic Body of God.

when the presence of karma is densely stratified and the true Self forgotten, that awakening culture<sup>8</sup> is completely absent.

Just as much as we have endured these times of forgetting, we have lived the opposite too, and with shining success. Awakening cultures are not at all uncommon in the cosmos, and have even existed for extensive periods on this planet. For us to have recurring lifetimes in an active awakening culture is very helpful because, when we enter our final phase of planetary life, it is good for us to have practiced extensive transmutation many times in this particular shared karmic environment.

Without spending at least half of our time thriving in awakening culture, we would not be prepared for the culminating collective awakening process known as Planetary Ascension, a process we officially began in December of 2012 and that will develop until 2135.

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<sup>8</sup> This is a term that generally refers to what can be a broad range of cultural configurations. Meaning, there is not a single awakening culture that is reproduced, on every planet, the exact same way every time the right conditions exist to manifest it.

## **Karma: The Substance of Suffering**

It is common for the modern world to understand karma with the following statement, “what you do in life comes back around to you.” While this is very true in terms of the laws of how karma functions, it does not say what karma is. This is what we wish to do here, as it is far more helpful in understanding what we are doing when practicing the Shining Heart meditation.

While karma does adhere to the same universal laws that it always has, in a way, it is something different now (since January 2026) than it was ever known to be, including in times (currently, but not permanently, lost to collective memory) when the origin, laws, and history of karma were known most extensively.

We will not unpack the entire origin story of the Cosmic Karmic Substance at this time, as it would go too far afield from the purpose of this presentation. For now, it is enough to say that, before January 2026, karmic data was a *substance* that circulated through the Cosmic System, a system that also includes all celestial bodies and all beings on all Planes of existence (beyond the boundaries of this one universe). This substance was allowed into the Cosmic System (the body of Mother-Father God) because it had been worked out ahead of time that by doing so, and by undergoing the “dance of transmutation” that would ensue, a vast upgrade in consciousness would occur as duality was overcome and mastered to perfection. But this foreknowledge - the first ever instance (in our particular Cosmic System) of “knowing before it is proven” - was not enough to make the road to “total systemic transmutation” an easy one. If the history of suffering as it can be found in Earth’s current archives (declassified, or otherwise) was presented as a microsomic representation of the history of Cosmic suffering, it would be more than sufficient in serving this purpose. It is because of this that, in the most recent 2.7 trillion years (measured in Earth time for convenience), the Great Collectives in service of Oneness and the Transmutation have developed a new holographic system that, in a very accurate way, simulates the previous “substance-based” system, adhering to the same Cosmic Laws, but that can be managed even more perfectly to assure things don’t get too out of hand if in any event some unforeseen factors make themselves apparent.

So now, when you practice the Shining Heart meditation and encounter a unit of Karmic Data - that is, an experience of mental, emotional, or physical discomfort - you will know that you are encountering a dynamic holograph that has a very specifically defined range of functions, one of which is that it is temporary by nature, assuring as well that your time with it

is temporary too. This is of such great importance that we wish to repeat it: the nature of all units of Karmic Data is that they are temporary because they exist to be healed. They exist only to be healed, not to be taken on as one's identity. Let this awareness remain present with you through your awakening journey and nothing will stop you from blessing the world (and the greater Cosmos) with the highest possible expressions of your soul.

Moreover - and this is of equal, if not greater, importance: you only have a limited "quantity" of karmic material that is your allotment to transmute in any one lifetime. Most inveterate shadow workers (people who have done extensive emotional healing/trauma release) will not believe this. The adage "it never ends, it just keeps going," has long since been adopted in modern spiritual and other emotional healing communities because it is possible to encounter (at least) tens of thousands of people past their forties that have spent decades doing earnest purification work, only to find that it doesn't seem to let up, and that the only way to persevere is to accept the "reality," that "it never ends, it just keeps going." Let us honor them by stating that what they said was indeed true, but it was the result of a particular karmic configuration that has now concluded not only on this planet, but in any part of the Cosmic System to which it had been applied.

With the restoration of the Heart Chakra's true<sup>9</sup> functionality, it will soon become known that the karmic material we are responsible for transmuting in any one lifetime is indeed limited in quantity. Anyone who commits to the Shining Heart practice (or any other practice that consistently transmutes karma at the root) will have this proven to them without a doubt. In the process, their faith in humanity will likely be restored as they integrate the awareness that all imbalance that expresses through anyone is temporary, and that eventually it will all pass. From here it will only be a matter of time until one's commitment to the practice will equip them with a new courage and faith to commit to their relationships in ways that will appear superhuman to anyone who hasn't begun their own process of Awakening.

Practice saying this phrase before you begin your meditation:

"I know that the karmic material I call my pain, my imbalances, my chaos,  
is all temporary by nature, and that it is with me only so that it can be healed."

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<sup>9</sup> See the chapter, "Metta," at the end of this book.

## The Physics of Awakening

The following three sections describe what we are doing and why when we practice Shining Heart. Keep in mind that what is being shared is not hypothetical, and the diagrams are maps created with every intention to make them - as accurately as possible - represent the essence of the actual phenomena we describe. Just like any map, our descriptions are still representations of much more complex terrain but, just like a geographical map, if you follow the path they reveal, you will get to your destination.

While I effortlessly make this claim, completely aware of how bold it sounds, I feel that it's still necessary to take a moment of meta-awareness regarding the use of information and authority. In our world, we are karmically inclined to use information to make once-and-for-all statements about how things ARE. With this following information about the physics of awakening, I will not have the expectation that you believe what I say, or that I wish to register a once-and-for-all statement in the Great Fact Bible for you to obey.

I do present everything to you as a truth that I stand by, but this is because I know that you can prove what I say to yourself - it is inevitable for any earnest practitioner. Part of awakening is cultivating inner knowing, or the inner authority, which emerges from the Soul consciousness, arising spontaneously as our sense of selflessness authentically approaches its true capacity.

The way it does this is by completely unbinding us from the consciousness limitations we develop as a result of the karmic stories activated during the manifold challenges of childhood. This includes the limitation of being a student, especially in context of the karma of our particular society. All of our most crucial years of development are spent in this passive, obedient state, while little at all is done directly to liberate us from it, which is what we need for transitioning into adulthood, and, later, to become true elders.

Tethered to this pattern, we become citizens who do not really know anything for themselves, and who divide themselves into tenuous factions based on things they believe about what other people claim to know, people that they seem to revere often more than their own friends and relatives.

Being conditioned in this way systematically for over 2737 years world wide has led to a normalization of the same behavior: subscribing to an official or "unofficial" authority's system of knowing without we, their followers, actually being able to prove anything they say. We are not totally unaware of this, and there are even steps we take to try to eliminate the anticipated

drawbacks. In the process, we have inadvertently settled into orthodoxy patterns that are far more rigid and limited than we might be willing to admit. If we could learn how to share our discoveries without producing more sweeping orthodoxies, then we could derive real benefits. But the karma of “orthodoxizing” world views that appear to benefit us within our given socio-temporal context is not easy to detect; and, it seems, that each time we do discover one and proceed with correcting it, we create a new one in its place - again, with no awareness of having done so.<sup>10</sup>

The Shining Heart is the answer to this “madness in Möbius loop.” This is because it reaches the root of the karma of orthodoxy - or any karmic story - and eventually discontinues its influence. When we discontinue the (temporary) automatic tendency for something as influential as the tendency to adopt orthodoxy, we are able to experience the world without enmeshing others or being enmeshed ourselves.

Since I have done so much personal de-orthodoxizing, I will take the time to apply this to the current presentation. By sharing these insights, I don’t mean to just stir you up and get you on my side. I don’t want you to hate our society for having the karmic tendency to get itself stuck in looping mental systems that thrive, in part, on opposing any system that contradicts them. But it’s not enough for me to insist on this. I must show you how to release the pattern from your system.

If you employ the Shining Heart technique skillfully, no impassioned monologue can have its way with you. You will be able to expose yourself to many perspectives without feeling like your world is falling apart. As you learn to hold the weird mosaic of the current karmic milieu in your heart, you will draw closer to the people who give that mosaic its color. Little by little, together you will hold that disjointed array until all the shards start to synthesize and behave cohesively. The Shining Heart can be the bonding agent that holds these shards together.

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<sup>10</sup> We do not wish to turn you against humanity (and, by association, yourself) with these remarks. The Shining Heart is the “socializing agent par excellence.”

## **The Cosmic Purpose of Planetary Life**

To understand the physics of awakening, one must examine both mechanics and purpose. The physics of awakening isn't just a mechanical process - it is possible to translate into meaningful language the motive behind all this. We can do this by consulting the Akashic Records with a question nobody really asks: why do planets exist?

This is, of course, part of a more ambitious inquiry (believe it or not) involving the exploration of the origin of all underlying structure that organizes solar systems, ecosystems, societies, etc. Since unpacking this would take us too far afield, we will stick to planets at the moment, and keep it brief at that.

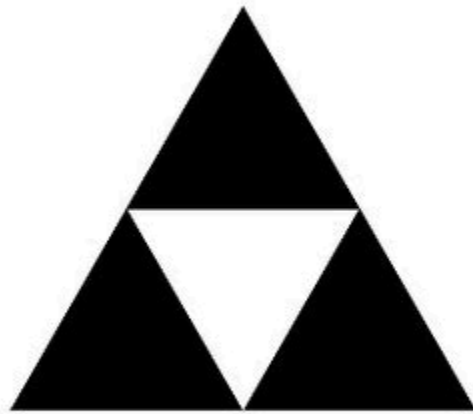
According to the Akashic Records, the primary purpose of planetary life is the transmutation of cosmic karmic material through the processing units of individual bodies engaging in a social experience. In coordination with the planetary arena of manifestation, our bodies (which include the entirety of our consciousness) are designed to process karmic material drawn from various planes of the cosmos. Yes, this entails that planets are curated through intentional programming.

The nature of the programming is determined by the frequency of the universe that hosts the planet, the elemental composition of the physical planet itself, as well as the astronomical location of the planet (including the composition of its solar system). These factors and others are taken into account when seeking the most appropriate planet to heal the target karmic records, as they help us understand what kinds of things are possible to heal in any given environment. With this, we mean to say that the environment must be conducive to the healing motives of the soul group intending to undergo the act of grand alchemy known by us as civilization.

The structure of our energy bodies - which includes our physical body - lends itself to this divine motive, and not at all by chance. By understanding the structure and function of the energy body, we understand our reason for incarnating on the surface of planets. This opens the way for us to begin understanding what we have been doing in the greater Cosmic System that includes our universe as one of its components.

But we will save this question for a future publication. Besides, even if I would tell you what the Akashic Records say about the purpose of the Cosmic System, it would mean little to you unless you have developed a steady, heart-centered Me(t)ta (meta-, Metta) consciousness by transmuting your karmic identity and integrating your Soul.

The following information is an important auxiliary awareness to the Shining Heart meditation. It prepares us for more developed stages of Me(t)ta consciousness as we start to liberate our consciousness from its attachment to the realm of matter as the be all and end all of life as we (barely) know it.



## The Seven Bodies

If you've read enough about some of the lesser discussed aspects of yoga, you might have come across a presentation of the Five Koshas. It is usually depicted as a diagram that shows 5 concentric layers of a human silhouette sitting cross-legged. Each of these layers, which tend to each be given a different color, are usually labeled with very long words in Sanskrit - like Manomaya Kosha, Anandamaya Kosha, etc - that are meant to convey a lot of spiritually technical information using a single term.

To truly understand these terms you not only need to know Sanskrit, but, more importantly, need to be a well-trained yogi with a strong intuition that can be employed to fill in the gaps in understanding as to even what the Sanskrit is really referring to.

When it comes down to it, these technical aspects are only relevant for certain kinds of yogis - like yours truly - whose soul path involves the need to understand and distribute such things. Still, there is one particular way of translating these esoteric terms so that the Five Koshas - also called the Five Bodies - can be used more practically to enhance our understanding of ourselves, and even provide some special details about the cosmic healing we offer and undergo by choosing to come to this planet.

Before we get into that, here are the translations of the names of the Koshas for the modern reader:

## 7 Koshas



Spirit Body<sup>11</sup> (aka Bliss Body) - Anandamaya Kosha

Mental Body - Vijnanamaya Kosha

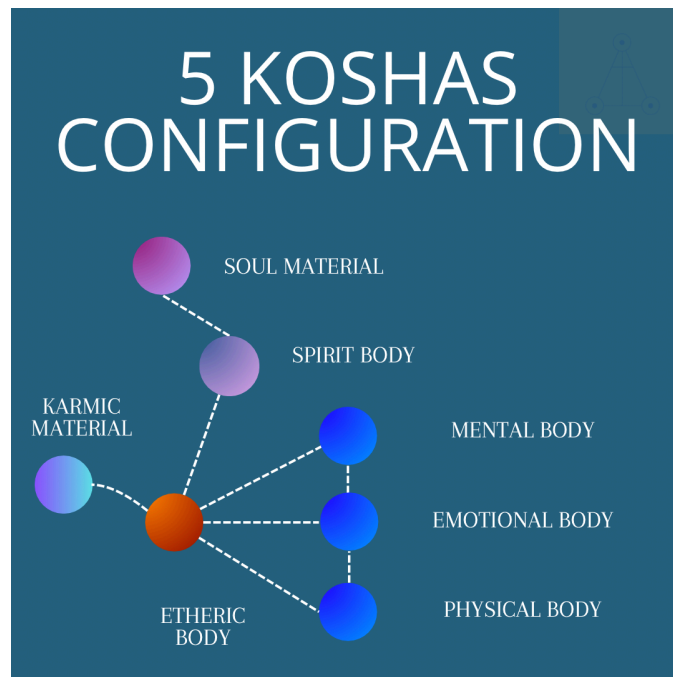
Emotional Body - Manomaya Kosha

Etheric Body - Pranamaya Kosha

Physical Body - Anamayakosha

Using words that you, the reader, are familiar with is not enough to demonstrate the relevance of the Seven Bodies. It's better we first look at this next chart, which takes this same information and reconfigures it in a way that assists both our translation of its content and your ability to recall the details more accurately.

Before moving on, please take a moment and note how in the graphic of the Seven Bodies (above), the different layers are concentric: this indicates that they are non-linearly interconnected, but far more ornately than this diagram can depict in any detail. This concentric unity means to communicate that our sense of self includes all of these layers equally - at least it will eventually.<sup>12</sup>



<sup>11</sup> The other two bodies not listed here are higher spirit bodies. For the purposes of this, we only mention them because they have been absent from our awareness for over 322,000 years, and they are an essential part of Self as Collective and Self as Cosmos, a subject we will develop at a more appropriate time.

<sup>12</sup> You are about to see that we exist in Mental - Emotional - Etheric - Physical by default at birth, and that the higher three bodies can only be accessed with persistent intention until they are properly integrated.

You will notice that the Mental, Emotional, and Physical bodies have been arranged and color coded to group them: this represents the three main channels of the human experience - especially at this time when we have become more or less numb to any etheric awareness as a part of daily life.

You can see that each of those first three bodies are linked to the etheric by a perforated line. This is to indicate an essential function of the etheric body: the management of information that is fed into the mental/emotional/physical experience. Our system accumulates the karmic material it comes here to transmute starting from the age of seven until the age of sixteen. By the time we reach sixteen, our sense of self is about 99% karma-informed. Until we choose to pursue Awakening,<sup>13</sup> our sense of self is defined by the fluctuations caused by taking on the antithesis of our true nature. In this case, the Spirit Body remains dormant until we employ our free will to call it into activity - the recommended approach would be using a practice like the Shining Heart meditation.

As a matter of physics, the Soul Material can only be integrated via the gateway of the Heart Chakra - meaning that this is a distinct characteristic of this chakra, and of the 4th Ray.<sup>14</sup> If you look at the diagram of the first nine chakras in the chapter below entitled "The Three-Part Blockage," you can have a reference for the following information:

Mental Body: chakras 4 - 9

Emotional Body: chakras 2 - 6

Physical Body : chakras 1 - 4, 8 & 9

The only chakra that appears in all three bodies is the Heart (numbered 4). This is because it is used to synchronize all bodies, a quality which is further evidenced by it being the only of these chakras which is a balance of masculine/feminine energies (see chart), instead of oriented towards one or the other. The heart's presence in all four lower Koshas<sup>15</sup> makes it the only gateway through which the Spirit Body (and two Higher Spirit Bodies) can enter, since it is by means of one of the energetic fields of the Heart - known as the Aura<sup>16</sup> - that the Soul Material is smoothly translated into all lower bodies and eventually integrated as the authentic

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<sup>13</sup> The only exception to this would be if we see some kind of healer who can work on the level of the unconscious root, and can effectively - in accordance with the physics/laws of Heaven - assist in our taking on of Soul Material in the event of such a healing.

<sup>14</sup> No matter which of the cosmic traditions of awakening we consider, each of them will include the heart chakra to assure proper translation of Soul Material into embodiment, even if the tradition's main focus is on another chakra.

<sup>15</sup> The Etheric body is included, as it is the body of chakras and nadis (energy lines).

<sup>16</sup> See "The Ego Field and the Aura" below. Another field that is more commonly known is the torus. The torus and the aura are just two components of the Etheric apparatus that completes the spiritualization process. The spiritualizing apparatus is the subject of a future publication.

Self (a new default). This means that the Heart performs two important functions simultaneously, communicating with the lower bodies to

1. assist transmuting Karmic Material, and
2. bring in the appropriate Soul Material to “fill in the spaces” left after the transmutation.

Finally, we wish to underline one very important detail: not only do our individual human bodies have a 7 Bodies system, but so does every member of every kingdom of nature (including the mineral kingdom), as well as the planet as a whole. This means that every entity, no matter how animated and sentient, is set up to follow this same process - gradual embodiment of the Soul following the transmutation of the Karmic Self - one way or another. This only happens on planets whose host soul has the capability - as a result of its natural Soul Purpose - to serve as an environment for karma transmutation.

Yes, this means that planets, like our bodies, are a kind of technology, a technology that is sometimes meant to transmute the densest of Karmic Material in the Cosmic System. Just like our bodies, planets have a soul at the backend of all ecosystem operations, both physical ones and metaphysical ones. Our planet has been able to serve the function of transmuting Cosmic Karmic Material through the 7 Bodies Systems of its inhabitants for over 127,000 years already.<sup>17</sup> In the year 2135 we will have completed this preparation period for Planetary Ascension, at which point our planet will shift the nature of its metaphysical ecosystem to begin a new stage of planetary existence that is no longer focused on overcoming the illusion of suffering ever again.

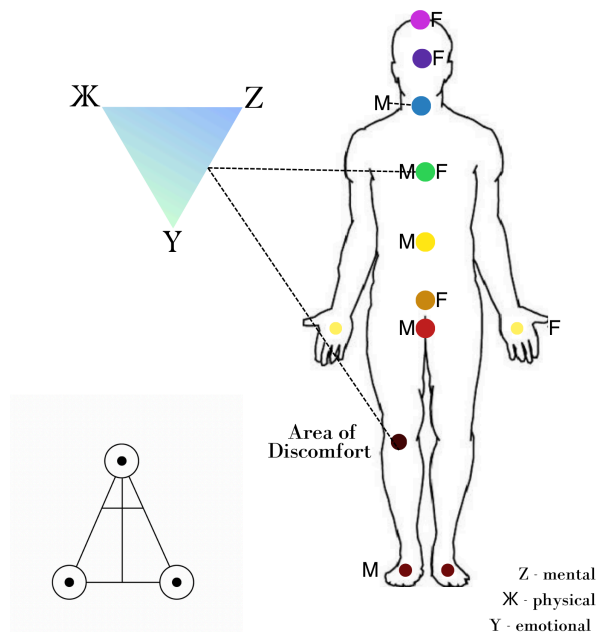
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<sup>17</sup> This is actually the fourth round. On this planet alone, there have been three previous bouts of karma transmutation as well, each lasting about 172,000 years, each followed by a period of about 733,000 years where other kinds of processes occurred.

## The Three-part Blockage

The feeling sensations we discover when practicing Shining Heart will span the entire spectrum of the meaning of this word - feeling - in English. We feel physically, and we feel emotionally. Some feelings are somehow neither physical nor emotional, and others are so faint and fleeting that they have yet to be catalogued in our lexicon. The feeling panorama we have as animated beings is far more complex than we know, and this is partly because our feeling experience has not really been officially identified as a worthy field of study by modern minds.<sup>18</sup> I feel we are in the time when this is changing - in big part due to the proliferation of trauma studies and the returning interest in meditation, which have given rise to various somatic healing practices and systems of self-study, which are really just derivations (rehashed ancient memories) of ancient yoga science and similar systems.

### The 3 Part Structure of Blockages



<sup>18</sup> You might disagree, but who has dared to begin a scientific investigation (not a theoretical analysis) with questions such as, "what are emotions, and where do they come from?" "Why is the emotional dynamic a part of our social ecosystem?" "Is there a significant connection between physical feelings and emotional feelings?" "Where does the emotional energy behind our personal triggers reside in our systems? And what keeps it stuck there?"

In this section, I would like to introduce one of the most important awarenesses that should accompany not just every Shining Heart practitioner, but every sentient being interested in the awakening journey. This is because all true healing, be it physical or psychological, takes us one click closer to our awakened nature. The healing journey is, therefore, the human journey - at least at this time. The healing journey is also yogic in its true form, and so the human experience is most optimized through the yogic lens, a lens meant to dissolve all lenses.

For every human, I recommend - without the slightest glitch - considering the adoption of this simple and straightforward principle<sup>19</sup> of yoga: every psychological ailment has an aspect of itself linked to the physical nature as well, and the same goes for any physical ailment - no matter the symptoms or how they're named - that it is not without a link to the psychological.

As discussed in the previous section - "The Seven Bodies" - resulting from direct observation of the fields of the seven bodies, yogic science recognizes the psychological aspect as being composed of two main parts: emotional (including the instinctive nature) and mental (with two subcategories: intellectual and intuitive). This makes the human experience consisting of three<sup>20</sup> main parts: physical, emotional, and mental. The map of the seven bodies, again, is not just a diagram of a metaphorical concept, but an actual map of seven fields overlapping and interacting with one another.

The etheric body manages our mental-emotional-physical experience based on the kind of information that is being fed into it - either from the karmic records or from the soul. Most of humanity has a predominantly karmic input that informs the current nature of the society itself via the concert of individuals co-orchestrating their personal karmic situation. Because all karmic data is, by nature, temporary and meant to be healed, a lot of the current sense of self in most people consists of these temporary karmic inputs mistaken for their fixed identity.

As yogis, we call these inputs - or units - blockages because they inhibit access to embodied soul expression: each time one of them is lifted, a new pixel of soul light can render forth into being. Now for some more big news - another key principle of yoga that has been recovered from the Akashic Records: A blockage is a unit of karmic information that has three distinct aspects: mental, emotional, and physical.

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<sup>19</sup> The hypotheses of yoga have long since been tested and proven - before they were even brought to this planet. They were actually brought here, and preserved with such devotion, not just because they work, but because they can be effectively adapted to all karmic climates. If wielded by true yogis, there is no science more precise and all encompassing than the Vedic science.

<sup>20</sup> It's not that we are incapable of experiencing the etheric body, but that we have been karmically entrained such that we have temporarily lost the ability to recognize its constant influence.

While some blockages might be more emotional, or more physical, all three aspects are always present in each unit. This means that a chronic bad back, a virus, a mental illness, a blood clot, dental cavities, and all other registered and unregistered ailments ALWAYS have all three. Even those mysterious pains and other physical feeling phenomena that show up from time to time in our bodies also have mental and emotional aspects.

The essence of karmic material in the cosmos is emotional. We have emotional turmoil of any kind (including the kind that comes when karmic desires go unsatisfied) only due to the presence of this karmic material. Without it, the astral field would be completely mentalized and saturated with the unconditional love of the soul (yogic union). However, if we had never allowed the Karmic Substance to mingle with the Cosmic Body of Mother-Father God, we would never have gotten to know love. Yogic union - awakening - happens because of this love, not as a result of soul presence alone. It must be, soul presence acquired through learning to love the antithesis.

The awareness of the three-part blockage becomes helpful once we realize that we can use the mental or the physical bodies as gateways to access the emotional root of the blockage in the unconscious. This is another key principle of yoga: that the root of all karma can be accessed via techniques that are based in the physical or mental aspects. It is why yogic systems have been designed - over eons - to awaken the consciousness through the rigorous conditioning of the mental and physical.

When we do our physical practice, or asana, most accurately, we already begin to employ the physical gateway through how we fit the body to an archetypal (extra-karmic) shape, how we regulate the breath, and how we practice relaxed stillness throughout the (physical) body.<sup>21</sup> These intentional physical applications allow us to see the importance of not giving life to the karmic urge, as this is essential if we wish to transmute the pattern.

When discontinuing a karmic action, it can be helpful to redirect the energy instead of just trying to stop the expression. But we must be careful, for not all redirection is beneficial. Merely redirecting our attention is not an indicator of success. Without any kind of yogic structure, we can end up directing into another karmic pattern. This accomplishes no healing, but just gives time for the karmic urge to recede out of its active state. The yogic regulation of the physical body gives us an archetypal redirection. It requires us to do things that might feel very unnatural to our karmic ego, however, in the process we end up creating an ideal environment for the spiritualization of our consciousness.

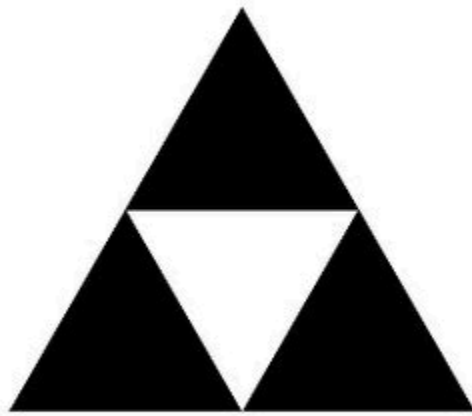
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<sup>21</sup> More about optimizing practice with the physical body in particular is discussed in the sections, "Stillness" and "Posture."

Before we take the archetypal shape, our body's posture mimics our karma. You might slouch because you're tired, and there are so many resolved emotions behind your exhaustion. Your slouch is an expression of all those things. Your desire to move and get comfortable is constantly trying to fix body distractions that are all connected to emotional content in your system. Your breath, too, might be very slight and erratic, sometimes stopping altogether for a few seconds without you even noticing. When we take a yogic shape - through prescribed body posture and regulated breath - that interrupts the acting out of these emotionally rooted physical symptoms as I have just briefly described them, we take an essential step towards disidentifying with our karmic patterns.

This also happens when we practice withdrawing from active thinking to redirect our attention back towards feeling, breathing, and guiding our personal frequency with the smiling heart. We use our free will to withdraw from participation in thinking in general, and from the individual karmic units indicated by the content of our thoughts.

If we have the thought, "I am lost," instead of going into all the thoughts and feelings about why I am lost and what went wrong and whose fault it is, we redirect the mind back to the loving silence of our practice. As we feel into the body, we will notice certain feelings arise in the physical body, or in the emotions. These feelings can often correspond directly to the thought content we just gently interrupted. If we become non-reactive to these phenomena, feeling through them from the smiling soul chamber in a relaxed way, over time they will recede from detection, and we will have transmuted some amount of that thought content at the emotional root.



## **Stillness: Cultivating Relaxation without Repression**

In one way, stillness is an advanced practice because the more we refine our ability to maintain absolute stillness, the more we are faced with the challenge of loving the full range of physical discomfort. When we discussed breath regulation and posture, we reviewed some yogic principles that come into consideration here as well.

The first principle is the practice of gently interrupting the action that perpetuates the identified karmic expression.

The second principle is the taking of an archetypal shape that assists us in concluding our doing of the karmic pattern.

Stillness can also be refined within any yoga posture. Each posture stimulates specific chakras in the spectrum of our consciousness, and so each offers a different angle of approach for discovering and transmuting karma. The effect of the posture is greatly amplified as stillness is fine-tuned.

But this is an advanced practice for a reason, so go easy on yourself. The more completely you refrain from giving in to all movement impulses, the more karmic material you will feel rise to the surface. This can get intense if you strive for absolute perfection as soon as possible. Nevertheless, here is a list of some things you can keep in mind to perfect this practice eventually.

- Tension is not stillness, rigidity is movement - keep the body as relaxed/soft as possible and make all (non-)effort to sustain this be without tension or strain.
- Stillness is just as much an astral state as it is a physical performance - the steady heart awareness stills the astral waters and this reflects in our capacity to reach absolute stillness - stillness is an attitude.
- If you get an itch, don't just avoid moving to scratch, feel the itch directly and breathe it into the heart - if the body tenses up, relax it, regulate the breath and stay steady feeling from the heart.
- This goes for all urges to move at all: discover the urge that comes before the movement. Feel this as you continue to interrupt the physical action or the thought it wants to complete.

- Sexual arousal is treated the same way. Invite the feeling of it into your heart before it starts to stir your physicality.<sup>22</sup>
- You can always resume stillness even if you have given in to old habits.
- Notice even the urge for the most subtle muscle twitches.
- The breath is your friend. If you lose track of the breath, body awareness can soon follow.

Absolute stillness (the pre-death kind) is only achieved when all karmic content is transmuted. While it is true that anyone who feels the call can finish transmuting all of the karmic material loaded in for this lifetime, this process cannot override divine timing, so consider those less than perfect moments part of the path to inevitable success.

Karmic stillness results in ensouled dynamism: boundless creativity thriving in the structure of the Soul's nature.

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<sup>22</sup> I do not mean to imply that sexuality is undesired. We were not born with sexual organs and the joy of this pleasure by mistake. But there are deep karmic complications around sexuality that are connected to very complex cosmic stories, so even though sex could be healthy, that healthiness needs to be embodied, not just held as an idea. Holding a mental idea is not "knowing." We will know sexual health as we go on practicing with sexual arousal the same as we do with all feeling-experience we encounter.

## The Ego Field and the Aura

As already stated, our awakening is brought about by shifting our sense of self from being karmically sourced (the current norm of humanity) to being sourced in the eternal soul nature. The Ego Field and the Aura, while not with physical form, are components of our anatomy nonetheless. Just like our seven bodies, they are inextricably part of the structure of our being in body and, just like the seven bodies, perform specific functions that indicate how central the Awakening process is to life on a planet as a human.

Just like the seven bodies, the Ego Field and the Aura are actual, non-material structures, and function in specific ways - consistently. Just like with the physical anatomy, these components of self can be given names and discussed intelligently. With enough practice, they can even be sensed by the practitioner, thereby reducing the need for "blind faith" in the awakening journey.

When we understand their function and how to work with them intelligently, we can understand many details about healing on both a physical and psychological level very rapidly, and produce good mental and physical health - in ourselves and in the population at large - at a record-breaking pace, and with stable results that do NOT require regular upkeep - or patents. Before proceeding, we need to clear up some confusion that has crept into the spiritual community as it has gone through a kind of decadence over the last 3122 years.<sup>23</sup> This confusion revolves around the use of the word "ego" and what it really means in the physical, psychological, and spiritual sense. In our times, it is common to hear people say things like, "kill the ego," "overcome the ego," etcetera. "This is the path to awakening," they say. "Destroy your ego and the truth will be revealed! You will escape the cycle of birth and death, and finally break out of the matrix!"

All this extra stuff about the cycle of birth and death aside, do they really know what they are saying? Can we rid ourselves of the ego? The answer is a flat no. The ego is not really something that we can get rid of, as it is neither good nor bad - it is simply the template of self, a translator of otherwise raw data - either karmic or soul material - into a cohesive, intelligible unit that conforms to certain rules that allow it to co-exist amidst a slew of other egos within the given setting into which they have co-orchestrated their appearance into being. It is a structural element that is essential to the experience each of us have as an embodied expression that is just one chromitone on the spectrum of God.

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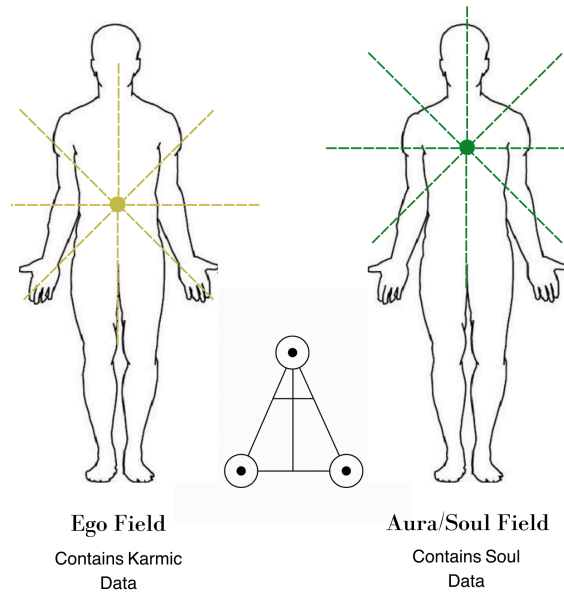
<sup>23</sup> This would mark the second most recent death of Christ on this planet.

What is being obliterated in the awakening process is not the ego, but the sense of self that is developed as a result of the ego being predominantly informed by karmic material. It is for this reason that when we talk about the “Ego Field” - the field emanating from the solar plexus chakra, see the diagram below - we will do well to remember that it only temporarily represents the “karmic self.” Once the Shining Heart is sufficiently employed, the Ego Field will no longer contain karmic material, and so the karmic self will have ceased to exist - at least for this particular lifetime.

In this body, our sense of self never changes the point from which it emanates. So the Aura - the field emanating from the Heart chakra - does not become the seat of the character after awakening. The Aura’s purpose is, rather, to assist the “spiritualization” of the Ego Field by providing two important services:

1. The Aura is what we refer to when we talk about residing in the “chamber of the soul” when practicing Shining Heart. It provides a refuge from which we can identify and process karmic expressions without “doing” them in any physical, emotional, or mental way. It is a chamber of attunement, and a reference point.
2. The Aura is therefore the supplier of soul material into the mental-emotional-physical experience. As the chakras of the Etheric body are relieved of karmic material, the Aura - via the Shining Heart technique - supplies the soul material that gives the chakras their balanced expression.

## Free Will: Transmuting the Ego with Heart Energy



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To practice Shining Heart is to use our sense of free will to activate the Aura so that we can effectively “re-source” our sense of self. Without the correct activation of the Aura, this transition would never take place on its own. There is no more honorable way to use one’s free will. Indeed, freedom itself is only an illusion until we begin the study of self inherent in the awakening process. It is only through this study that we come to realize that all perceived freedom experienced as the karmic self is an illusion. We are not really free when we use one karma to try to fix another one. This is the very definition of robbing Peter to pay Paul. The Shining Heart ends this once and for all.

## **Seven Bodies Synchronized**

We wish to show you how the 7 bodies are stimulated by the different components of our Shining Heart practice. We hope it will help cultivate a working awareness of the correspondence between yogic action on the level of gross matter and the subtle layers of self.

### Relaxation (general full-body) - emotional body

Relaxation is something we feel on the physical and emotional levels by choosing to allow our systems to relax. This choice and the sustained practice of it does not produce 100% relaxation, because there are phenomena expressing through us that cannot be influenced by direct stopping. What self-induced relaxation does achieve is that it allows us to pause and not give life to the impulses trying to be satisfied by mental, emotional, or physical expression - it is a reference point. When we choose to enter this chamber of relaxation, we are able to rest here without identifying and giving life to the karmic material that wants to express itself through us. Without this gentle but steady interruption of the karmic expressions, we would continue to block soul intake and integration by continuing to act out the karmic self, which is a statement of what we are choosing to be. The fact that this is also an attitude of relaxation means that the relaxation should be allowed to spread to this emotional level. This is essential since, as we just learned, while each unit of karmic data is three-part, the emotional aspect is the root. The attitude of relaxation - especially when paired with the smiling heart - is the appropriate stopping action needed so that the emotional waters can come to stillness, at which moment we can more accurately recognize a feeling process that we have identified with.

### Breath - etheric body (and emotional body)

The breath further stabilizes the emotional body by how it holds our mental processes in stillness and relaxation. We breathe into each present moment such that our breath draws us into the full feeling experience of the practice as it is playing out right now. This also means that we are drawn out of running mental commentary connected to, and influenced by, the emotional energy present with us. That is to say, the regulated breath helps us gently interrupt emotional thinking.

Beyond the emotional body, when we breathe with awareness, we not only begin to recondition the mind out of its karmic patterns, we access the intake of new prana into our system. Breath without awareness is not pranic breath. The steady intake of new prana throughout our practice helps further neutralize our system (particularly the lower 4 Bodies) of its karmic patterns so

that it can take on soul material with fewer and fewer glitches. Pranic breathing - when done with the support of the Shining Heart - works with subtleties in the Etheric Body that our conscious minds cannot catch, or manipulate. The gradual harmonization of even the subtlest discord is important because it optimizes the Etheric Body's ability to take on and effectively translate Soul Material into embodiment.

#### Feeling awareness - physical body (and etheric)

Feeling awareness has two important functions. As a core element of our practice, ongoing cultivation of deeper "feeling sensitivity" is essential for grounding our soul consciousness into both the physical body, and the physical and social environments. It creates more and more refined communication between our physical body and these environments, and so allows us to optimize the use of our body by how our growing soul presence attracts the circumstances that are most appropriate for its growth. Working with the regulated breath, feeling awareness improves the flow of prana in the physical body by how the new prana movement assists in repairing the Etheric body as we go on practicing. The health of the physical and Etheric bodies are very closely correlated: healing one can benefit the other, but working on them simultaneously is more efficient. With persistence, our health will inevitably become optimal by standards far beyond what society currently designates as healthy, which is more a relative good health defined by current deeply entrenched limitations imposed by the 2737 year karma scheme discussed in earlier chapters.

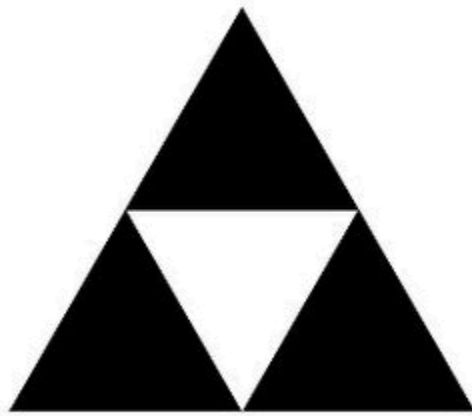
#### Full body smile - emotional body (and spiritual)

With the full body smile, the Aura, translating the radiance of the soul material in real-time, acts like a balm for the emotional body, which starts to entrain to the One Emotion - Metta - contained in the Aura's radiance. For complete soul translation to take place, the emotional body must eventually be purified of all its karmic material so that it can become what it truly is (before and after the presence of karma): the astral body. The astral body, in its purified state, no longer needs to be managed live, and so can be put in service of the intuition, which will be applied throughout all bodies. This is inevitable for anyone who dedicates to Awakening.

#### Paying attention to all parts - mental body

The way we assist in interrupting the monkey mind, and in guiding it to eventual silence, is by how we choose to redirect the mind out of its patterns and focus (this mental aspect) on feeling awareness, on the regulated breath, and on resting in the loving chamber of the soul with our

soft smile ablaze. In this way, the mental body synchronizes with the other bodies. True synchronization of all bodies occurs when all aspects of the technique are practiced simultaneously, and it is the mental aspect that really ties it all together.



## Further Elaborations on the Mechanics of the Practice

Even beyond the following explanations, there can be many ways to talk about why we do the Shining Heart in such a specific way. We hope that the way we break down these key components of the practice motivates you to seek the best version of your awakening journey, and to continue refining it with effortless effort.

Our posture is upright.

We use the posture to position ourselves non-aggressively in the now with steady resolution. In yoga this is an act of Tapas - the fiery devotion that cannot be deterred. When we choose this relaxed but energetic body expression, we make a physical shape that validates our commitment to treating all karmic expression as temporary. We can rest assured that we are assuming the posture of the soul as we apply our conscious decision to commit to the path of awakening through the nature of the shape we assume. But since all moments in life - not just all units of karmic data - include all three - the physical, the emotional, and the mental - aspects of experience - the posture, too, possesses all three qualities. This is why we say the posture evokes the attitude of unforced brightness, a relaxed alertness unbolstered by the tension of effort. Sattvic effort is effort whose identity does not include tension. There might be - okay, there will be - tension from time to time, but our relaxed brightness is there to guide that tension into a sense of safety so that it can let go: it is not part of our soul identity, and our brightness is here to help our whole system come to know this by direct experience. But before we get there, our posture, just like every component of our practice, is an expression of faith, in knowing before it is proven.

The heart is lifting.

Just like the upright posture, the un-collapsing of the chest isn't just a physical repositioning, but a powerful alchemical act in the name of embodiment. The awareness that we are choosing to let the heart lift up to heaven is a connection of the mental energy to the goal: the becoming of the soul. Lifting of the heart assists in unlocking the thoracic section of the spine, so that later, when the emotional body becomes more steady (with our steadfast practice of regulating it), kundalini can begin to make its steady way throughout the spectrum of our being without hitting any snags where snags need not be. The sense of resolution we take on through the commitment of lifting our hearts to heaven is an archetypal attitudinal posture that entrains our

emotional fluctuations with loving conviction. By lifting the heart, our embodiment of Sattva is further increased - when the heart truly leads the way, the outcome is always Sattvic.

The shoulders are relaxed.

The phenomenon of “tech neck” is of great yogic interest. Karmically, it is, in some significant respect, an extension of having “tight shoulders,” which is so pervasive on this planet that it has long since been accepted as a natural human trait, though, according to the Akashic Records, the influx that would lead to its commonality began only about 228 years ago.

The connection between tech neck and tight shoulders is that they contribute to confusing and diminishing our connection with the body consciousness. Our culture as a whole is trending towards being more and more “stuck in the head,” and the energetic barricade that expresses through the body as “tight shoulders” plays a huge part in that - especially by how it limits access to the heart by, again, trapping a lot of the active consciousness in the space from the neck up.

The full spectrum of the consciousness is laid out all through the body and qualified by the complete chakra system, which actually numbers 200,777, and even extends in circular formation in the space around the body, with the upper and lower extremities of the circle at the crown of the head and bottoms of the feet, and extending about two feet laterally from the central axis.

When our consciousness resides more stably in the complete spectrum of the chakras, we have access to our creativity, intuition, and ability to connect and cooperate in ways that we cannot access if the consciousness is too isolated, as it tends to be at this time.

By choosing to relax the shoulders, we do not correct this problem immediately, but the unraveling of the issue is inevitable, and begins the moment we start to connect to the heart. The natural function of the heart is to help resolve all tension points we encounter while equipped with its radiance, so even if we are not directly called into the shoulders by arising feeling phenomena, each Shining Heart session assist this and any other zone of the body included in our relaxed field of loving-kindness.

This is an important point: the energy of the heart chakra, when intentionally activated as we instruct, not only transmutes feeling symptoms that we detect with our active awareness, but can affect any part of the body that is included in relaxed loving kindness. We would refer to this as indirect transmutation, as opposed to directly feeling into a detected zone. Indirect transmutation is a powerful ally, as it can cover vast amounts of karmic material without us needing to catalogue every last entry with our conscious mind.

The hands are palms-down on the knees.

Orienting the hands palms down on the knees and keeping them there for the entire period of time you have set for your practice is another example of pattern interruption. The longer we keep the hands cupping around the knees - with as little fidgeting as possible - the more we start to interrupt a lot of impulses that are trying to play out through this part of our body. As long as we combine this with our Shining Heart, feeling into all urges to move until they are ready to release, we will do great work in relieving our unconscious of patterns lodged in the throat/shoulders, the higher chakras linked to the elbow and wrists, the chakras in the hands (numbered 8), and more still beyond this.

Additionally, placing the hands palms down on the knees creates a bridge between the heart chakra and the aspect of the root chakra (numbered 1) that is located in the knees, and that deals with all forms of tribal systems - from neighborhood to nation - and their governance and general sense of social organization - that is, one's personal psychology in relation to "life within the social body." This further assists the proper integration of the soul consciousness so that we can translate our soul upgrades into daily life with greater ease, and sooner than later. This way, we won't get so wrapped up in the higher dimensions and lose touch with how to be in the world. A lot can shift in this regard as we integrate our karmic lessons and become our awakened self.

## **Cultivating Feeling Awareness**

Dedicated practitioners would do well to reserve a separate session to cultivate feeling awareness, where they set aside the other aspects of the meditation - breath and smiling heart - to practice distributing the consciousness in a smooth, even way, feeling all throughout the body.

The benefits of the Shining Heart practice as a whole would be greatly augmented for anyone who spent the first 7 months of their new Shining Heart lifestyle reserving 11 minutes a day to cultivate feeling awareness.

Recall that the physical body overlaps perfectly with the Etheric body, the body of chakras and energy lines. Recall that the body of chakras is far more than the seven centers positioned along the spine. To improve feeling into the body is to improve feeling into the chakra system, which contains the entire spectrum of our consciousness in-body.

When we combine our refined ability to feel the body with the whole Shining Heart practice, our energy centers will become more comprehensively activated and balanced. Entraining feeling awareness trains our attention to detail, and attention to detail is what we need to be able to recognize all the sneaky karmic patterns we have identified with.

But this is not the kind of attention to detail that is rife with tension and fear of failure. It is a relaxed, general awareness that gradually is able to contain a high-definition rendering - in feeling - of the body as a whole. Cultivating this ability to feel the whole but notice the details trains our consciousness to nonlinearity, improving creativity and intuition, as well as the ability to multitask without strain.

Perhaps you can recall the scene in the first Matrix film when Neo can see the bullets shot at him as if in slow motion. This is a bit of a metaphorical representation of what we mean: that being, as we expand our consciousness out into the full spectrum of chakras, we become able to see the picture of any one moment as a whole more clearly, which tends to be accompanied by intuitive flashes that show us what to do with what we see.

Another point of interest worth reviewing is that the body is not just a unit unto itself, but is equipped with the ability to sense beyond itself. As we develop feeling awareness, our activated and balanced chakra system starts to act like a sensor for all of life as we experience it. Because this is happening, ultimately, with the steady accompaniment of the Shining Heart, we are connected to life as the soul. The soul is directly linked up to the cosmos as a whole as the cosmos is being guided towards its most harmonious version.

The more we take on soul light, the more we begin to emit frequencies that assist the world around us towards discovering and choosing alignment. That is to say, as we become more balanced, we are given clearance by the universe to influence the rest of the world towards soul embodiment. We become more and more a living example of embodied alignment in a completely authentic way. Because we have been practicing healing our own karma without trying to fix it or zap it with energy, even though we might start to know that we are spontaneously becoming an “agent of alignment,” we do not take the approach of trying to fix or zap the misalignments we perceive in others.

Feeling awareness entrains us into executing this “influential doing” of alignment without having to rehearse and perform some script. We just start to feel and know what to do. The way that we come to trust ourselves stands out to others. Our integrity is clear to them so they feel naturally drawn to join us on the path to Awakening.

For now, though, start with yourself: relax and feel into the whole body at once: the front and back of the body, the inside and surface, the left and right halves. As you go along practicing, notice more of the details: there are tiny tensions and twitching, jumping nerves all throughout your system: notice them, feel them, breathe them into the smiling heart, relax the space around them as if effortlessly withdrawing your participation in them. Then find the dead zones: breathe and feel into them and soon they will vibrate with prana and stabilize. Then the bones, nails, hair, the eyeballs, the different parts of the brain, the individual organs, the hairs on the skin.

Spend time with each detail you discover and notice what emotions and waves of feeling arise. Feel everything. Breathe. Relax. You are doing the work that makes heroes and legends. Stick with it and you will become one yourself, and it won't even feel like that big of a deal to you.<sup>24</sup>

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<sup>24</sup> The Golden Pagoda shines with a grand lustre simply because that is its nature.

## Smiling for No Reason

Well, we do have a reason, and that is to transmute all karmic data in the form of mental, emotional, and physical imbalance so that the light of the soul can take control of the system and true physical and social health can reign supreme, both for us as individuals, and for everyone else.

When we smile, we do not wait for an event, or recall a pleasant memory, etc., to “give” us happiness, to give us a reason to smile. Besides, do we really believe that happiness is introduced into our systems during those ever sought pleasure moments? And even if it was, we would have to start asking some big questions about how it is transmitted, via what medium, and how on earth such a complex phenomenon could be incorporated into our personal and social sense of being so perfectly and systematically, as if it functions based on a framework of its own rules, apparently given to it by evolution.

But nevermind that. You can prove, whenever you want, and with just a little practice, that indeed you are not having happiness added to you, but brought forth from within you. This is the first reason that we smile for no reason: so that we come to the inevitable knowing that our happiness, our contentment, depends way less on external conditions than we once thought, and that that dependency can be reduced further over time as we go on practicing.

This does not mean that we reach a point, one day, where we depend on each other so little for happiness that solitude becomes our default. Quite the opposite, actually.

Dependency, as I am referring to it, is a feeling experience. It is an emotional qualifier of our day to day life content: the things we like more, that give us good feelings, we develop rhythmic relationships with. They help keep us going amidst life’s challenges, when we are forced in situations that do not provide us with this feeling nourishment.

As our practice leads us to conclude this karmically informed way of being, the way that we do relationship shifts massively, as it in no way is defined by our need to medicate ourselves with good feelings. In place of this, we develop relationships based on mutual growth experiences as we start gravitating towards people with whom we can synergize. This synergy, and the resultant togetherness path it yields, is only possible because we have found the ability to authentically bring happiness into relationships with people who know how to do the same.

Even when we encounter others who - we believe - have not “crossed over” in this way, they are no longer a drain to us because we have a better understanding for their situation - having been through it ourselves, yes, but, more importantly, because we are now so clear with

the karmic origin of humanity's malfunctions that it is impossible for us to truly blame anyone for anything. The reference point of our Metta smile let's us see this within ourselves over and over again as, from one loving disidentification moment to the next, we see that this pain was never us to begin with.

Smiling for no reason is the ego interruptor par excellence because we smile and shift our attention to ever-present loving kindness on a body/feeling/astral level no matter what we are confronted with. We do it with increasingly less "fear embodiment" because we do not use the smile to push anything away, or grow stronger than the bad feeling, or divert our attention/ignore it. Instead, we feel through absolutely anything "undesired" that arises, without cherry picking to any extent.

Thanks to the activation of our heart chakra, we can embody this Self-induced bliss with an authenticity even more true than the pain we confront, since to touch the heart in this way, resting steadfastly in its cleansing emanations, we touch, and eventually (re-)become, something far more lasting and life-giving.

This leads to another important ego test: knowing before it is proven.

In a way, though we might not realize it for some time, our full-body smile is the proof we seek, as it is, in a way, a link to that future moment where our burdens are finally given the levity they were destined for by design. This is because through the gateway of the heart chakra we are linked to the Center of Time, or the Cosmic Heart of Mother-Father God. This is not a metaphor, but a matter of physics. Your heart is equipped with a direct link to the Heart of Hearts, and, secondly, to a great Cosmic Reservoir, that is the raw material of that frequency we call loving-kindness, or Metta.

## Metta

A Sanskrit word that can be translated as “loving kindness.” While this translation is accurate, it is still missing something vital. That being, that Metta is not really referring to the mere concept of loving kindness, but to a universal frequency-material that is the essence of all loving kindness, happiness, bliss, mirth, ecstasy, ebullience, etc.

But this is not entirely accurate. The loving-kindness, etc., we are familiar with in our predominantly karma-informed reality is more of an imitation Metta. We gain access to it by satisfying certain desires within us, and with the motivation that, by doing so, we will reduce our exposure to bad feelings, or undesirable incidents.

The cosmic reservoir cannot be tapped in this way, as it is, first and foremost, the antidote to an existence that depends on the constant mining of happiness. Technically speaking, the heart chakra is the only means by which we can access Metta, and the exchange requires nothing on our part except that we use our free will to open up to receiving its endless abundance.

You might have noticed that the yogic action of feeling into the center of the chest and smiling feels almost like a meaningless and absurd act of fantasy in the context of our current matter-oriented consciousness. This is exactly why this yogic action is the one and only passkey for accessing Metta: it is the actionless action.

Even though we are telling you that “if you do this, then that will happen,” you cannot know for sure until you try it. We cannot prove to you ahead of time that it will work, that you won’t waste your time, or, on the up-side, that the results will ultimately allow you to do life unmotivated by the terrestrial law of feel-good exchange. Metta is unconditional love as a raw material, and so it can only be accessed by an absurd, paradoxical act - an act of non-participation in the realm of duality as it plays out in the current karmic scenario.<sup>25</sup>

Before closing this section out, we want to assure you that this was not right under humanity’s collective nose this whole time while we gave our every heartbeat to sciencing our way to lasting peace and prosperity. This is one big reason it feels so infuriating to hear someone tell you this: that you can access authentic inner contentment despite external conditions if you just feel the center of your chest and beam a warm smile all throughout your

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<sup>25</sup> As you start to have more of your life decisions motivated by the soul, it will become more common for Metta to be evoked spontaneously by the life events that correspond to your soul’s joy. With diligence Metta will one day saturate your being, and you will emit it into every moment, and all the beloved world will imbibe without reservation.

body. “You mean to tell me that I have been wasting all my money and time on all these manufactured products and experiences when all I had to do was smile? You can’t be serious!”<sup>26</sup>

What actually happened was that we were cut off from accessing Metta on a systemic level 2737 years ago. We must save the details for another publication, as there is no expedited way to describe to you what happened to cause these systemic alterations, but just know that there was nothing we could do about it at the time, and the result was that we were all divested from our cosmic birthright without anyone - save two high priests - realizing it. It might be frustrating to admit, but it’s worth a go in the end: life is not as complex as we’ve made it.

Indeed, it has become complex as a result of these very systemic alterations, not because of some inherent misstep in the ongoing trial and error process committed by the mysterious force that keeps evolution chugging along with astounding cohesiveness. The only ones who will understand what we mean by this will be those who use their free will to resume their Metta-supported lifestyle.

Remember! Metta is not just for you! You have access to this cosmic reservoir at any moment, and can share it freely!

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<sup>26</sup> While the truth of what we share here is a non-theoretical fact of the universe based on the presence of actual phenomena that can be very precisely discussed with anyone who has the educational and experiential background to sense and grasp it (and yes, at least 42% of the living population can be trained to be able to understand by direct experience), complete soul embodiment requires the ongoing use of the free will to do life as the soul. Alignment must be integrated through action and thought for the awakened state to be consummated. We will discuss the application of this process in a future publication.

## **Santosha**

The practice of accessing Metta. It is also translated as a practice of inner contentment - contentment without “external” conditions. This term comes from the first of the 8 Limbs of Yoga known as Yama and Niyama, meaning that it is a foundational and therefore indispensable practice. Santosha, among the five Niyama or internal disciplines, is rarely taught, as its proper application can come across as suggesting inauthenticity towards one’s current internal - physical-emotional-mental - state.

This is why we discussed the difference between the Karmic and the Awakened self before reaching this point, so that we can remind you that awakening means becoming aligned with our eternal, non-karmic nature, and that all karmic material is temporary by nature and, therefore, not truly part of our identity, no matter how familiar it has become. When we understand how to practice Santosha without invalidating our own suffering, it becomes less of an internal struggle - especially when combined with the awareness that all of our suffering is valid, but only temporarily so. We hope ongoing study of this book will help you become proficient in the art of Santosha.

In mentioning Yama and Niyama, we would like to take this opportunity to highly recommend that the student reserve time to study this first of the Eight Limbs as a core part of their practice. Yama and Niyama are like secret codes for alignment. They will help guide the process of translating your awakened Self into life.

## The Breath

These are the fundamental components of yogic breathing, or pranayama. If these elements form the basis of your pranayama practice, your journey of awakening will surely be a fruitful one:

- Correct posture
- Coming to stillness and relaxing the body
- Near-zero percent tension in sinuses, throat, and lungs
- Active, but unstrained, awareness of the breathing process
- Active, but unstrained, awareness of the body

When we combine breath and smiling heart, we are boosting our ability to sustain the chamber of the soul as we face our different karmically informed feeling experiences. The conscious breathing is drawing in prana that merges with the heart energy and amplifies its influence so long as that breath is maintained. The heart radiance is our locomotive, and the blockages can sometimes feel like going uphill, which is when the engine needs more coal to sustain speed and make it to the other side of the incline. The prana you summon with the  $\frac{3}{4}$  breath is that coal.

We want to underline here that it is possible to moderately adjust the intensity of this tension-free breath, along with the smile. There are times in our practice when we face an especially challenging emotion - like depression - and need to grow brighter in order to properly withdraw ourselves from acting it out. In these moments we can - again, moderately - adjust our breathing and the intensity of our body-level smile to assist. But it must be applied at the right amount: too little and soon you're right back in that same old cesspool, too much and soon you have bypassed your way straight to Lala Land, all the while believing you've found a shortcut to the Emyrean.

We have two basic kinds of breathing: breathing that just happens as an automatic function of the body (via the autonomic nervous system), and breathing that we consciously participate in. The latter of these is the essence of pranayama.

One key characteristic of the "automatic breath" is that it can change from one moment to the next. This is because, in this case, the breath is reflecting the emotional processes of karmic material. Automatic breathing "validates" the karmic stories at the root of the emotional

processes that influence the breath's rate and intensity. Before we complete our awakening, automatic breathing is karmic breathing - the breath of the emotional, or astral body.

When we consciously participate in breathing, when the breath is regulated such as our  $\frac{3}{4}$  breath such that it is rhythmic and equal, when we know that we are breathing and follow the breath with our awareness moment by moment, and when we have a relaxed, body-level feeling experience with our breath, we start to interrupt these emotional processes that had been expressing through the automatic breathing.

By interrupting them, they start to be destabilized and, in a way, loosen their hold at the root - in other words, their temporary nature begins to reveal itself.

From here, all we have to do is be sure that we couple our breathing with the Shining Heart in such a way that we gently refrain from following the karmic urge, almost as if our breath is assisting our withdrawal into the chamber of the soul. This way, all that material being dislodged and exposed will be transmuted and then cleared from our sense of self, making way for the true Self to take its place.

The more we process our karmic data - which, remember, is of a specific quantity and can technically be reduced to zero - the more even our automatic breathing becomes unshaped by its influence. Eventually we are no longer able to call automatic breathing "karmic breathing," because there are no longer any emotional influences that move the respiratory system.

We have sufficiently used our free will to apply Heart-infused, regulated breathing to guide our system into Soul embodiment, and have finally reached a point where - by consistent application of unconditional love - we can breathe into the Center of Time as embodied pure presence.

Yes, this means that the use of our free will to apply pranayama - soul breath - is essential in transitioning our system to "being the Soul," and that true authentic Soul embodiment involves a shift even in the physiology, including the impulses that move and govern the other autonomic processes. To take on the Soul as the prime mover of the autonomic processes is to assure great health that need not be stabilized chemically or mechanically from outside treatments or regimens. A bold claim indeed, but practice well and you will see!

## The Frontier of the Present

While determining the exact moment of awakening isn't really something we attempt, we can witness it unfolding in stages and, with the right guidance, get an idea of what is happening and how to make the best of it. It is for this reason that, in this process, we don't strain our focus on some final result, but just keep a relaxed, body-level presence on moving through the journey with our soul's intentions keeping us on track. I know you've heard this a thousand times, but we are quite lucky it has nearly become a cliché. Loving the journey is a vital awareness to making the most of every moment, and to help keep our reason for being from being co-opted by our unwieldy ambition (a temporary karmic phenomenon) and the ancient stories that ambition contains in belief and feeling. Really, if you cannot learn to love the journey, you cannot awaken, because you will still be identified with the karmic self that just wants it all to be over.

So when we try to describe an awakened state to you, we can only say that it is a state of cosmic authenticity and integrity that is attained through the rigorous process of disidentifying with all the temporary parts of you that appear to only contradict it.

The most important stage of awakening for humanity right now involves reaching the state where the emotions and desires are stable and understood, so that we can access expanded creativity and intuition consistently, and, more importantly, so that we can connect to each other not from "replays from the past" (again, a key trait of karmic material), but from a more and more purified present, where we can see clearly into our purpose and the future it holds because we have processed and integrated our past, effectively catching up every last piece of it to what is unfolding now, in front of our active, living consciousness.

Does the awakening process begin from the moment of birth?

No. The awakening process begins because in the human consciousness we decide to begin our journey. We must choose and start taking the right kind of action that brings about true soul alchemy. Without soul alchemy there is no awakening. According to yogic developmental psychology, we become capable of making such a decision at the age of thirteen, when we enter the years of the 3rd chakra consciousness.<sup>27</sup>

Even at this young age, we are given the ability to start to choose our own direction, as the teenage years prepare us for the more influential stages of personal agency we eventually access in adulthood (age 35, entering the throat chakra years) and as elders (age 82, entering the

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<sup>27</sup> Remember, the Ego Field projects from the third chakra. See section, "The Ego Field and the Aura."

10th chakra years). The soonest one can enter the awakened state is at the age of 33, after they have spent their heart chakra years (age 22-35) healing all the karma that had loaded during the ages of 7-16.<sup>28</sup> Any astrology enthusiasts will notice that the heart chakra years overlap with the Saturn Returns trial that begins at the age of 27 and happens to conclude at 33 years. But it must be stated that merely surviving the Saturn Returns trial will not result in entering the awakened state: we must use our free will to pass through the soul alchemy journey intelligently, and with active courage and perseverance as we cultivate an extraordinary capacity for compassion for all scenarios.<sup>29</sup>

“Awakened” does not mean “enlightened,” though it can mean that eventually. It is not possible to complete our entire career of karmic material in a single lifetime, and so, instead, we take on an allotment of material that consists of a small portion of the entire bank. When we have a dedicated practice like the Shining Heart, it is possible for us to process all karmic material loaded for a single lifetime. This is the most straightforward way to define the parameters of entering the awakened state for a single lifetime, and it explains how we can enter an expanded state of consciousness and be liberated from our patterns of suffering - for that lifetime - even though we are not yet fully enlightened. The more lifetimes we reach the awakened state, the more our consciousness expands to its complete expression. It reaches enlightenment when it finally goes through the entire bank of its karmic material, a process which tends to take hundreds of thousands of lifetimes. And even then, the journey is not over, for what we call enlightenment is just a checkpoint that is part of an even greater expansion process.

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<sup>28</sup> Even if you are long past your twenties, you can still heal all karmic stories brought in for this lifetime. It can get a little more complicated after 57 (the conclusion of the second Saturn returns), but there can be some exceptions. This planet happens to be one of those exceptions. So no matter your age, it's never too late!

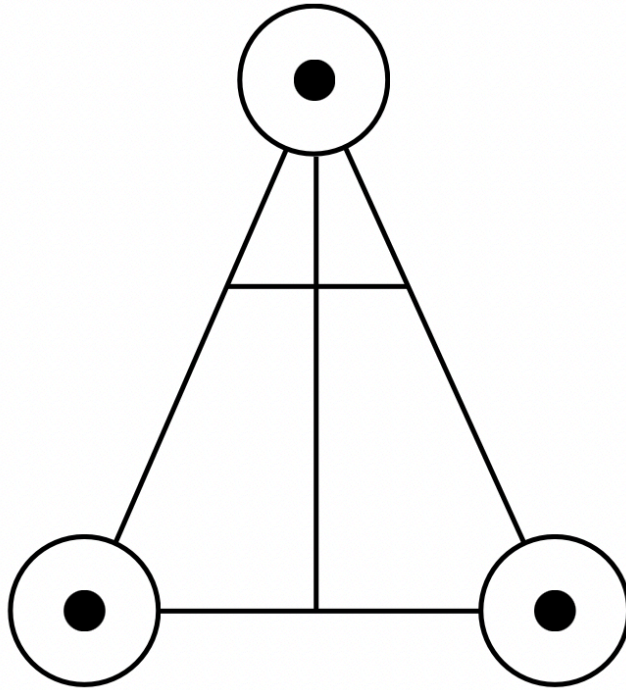
<sup>29</sup> These are the updated laws of awakening. There have been, all throughout ancient history dating back eons innumerable to the beginning of the Cosmic War, many kinds of exceptions to these laws, but these exceptions were based on what we could call artificial manipulation of the cosmic system. As of now and forevermore, the Cosmic War is finished, and all of those loopholes are being discontinued as the system as a whole is recalibrating to its natural state.

You now stand before the Path of the Heart. The ramifications of compassion branch out in all directions. The terrain and the map are one in the same. Destiny and endless potential contrast in harmony, and the Epic meanders with purpose Divine. Sprawling out even beyond the periphery of the Cosmic Body of God, the silent, all-aware Totality exceeds enumeration. Your victory is secured.



#### About the Author

Svarupa has an innate talent for translating the art of awakening to a variety of audiences. For him, there is no difference between life and the awakening journey. This attitude has given him the determination to derive (not invent) very efficient practices for awakening and stabilizing soul consciousness. His highest goal in life is to assist as many people as possible to return to soul embodiment so that humanity can all work together to heal the wounds that have divided us for long enough.



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