

## *Praise for The PATH*

*'THE PATH' blazes a trail to a sacred place where we learn to deal with deep issues and challenging obstacles. Esmeralda guides us to a new plateau in shamanic shapeshifting and opens our hearts to limitless possibilities!*

—John Perkins, Founder of Dream Change Coalition,  
*Author of Spirit of the Shuar*

*Esmeralda Arana's educational and entertaining book, 'THE PATH', is packed with amazing revelations about the similarities between the Alcoholics Anonymous (AA) Twelve Step Program, Carlos Castaneda's Warrior's Way, Robert Monroe's Out of Body Experiences (OBEs), and Gurdjieff's concept of hypnotic sleep. The key to transforming your life is in transforming your perception of reality. You can change channels in your life from one reality to another just like changing channels on TV, by tuning in to a different perceptual station with sufficient energy and intent. Arana describes her fascinating experiences with lucid dreaming and some of the side-effects of lucid dreaming (such as hearing voices, and knowing intimate and seemingly unknowable details about others). 'THE PATH' is intensely practical and transformative. I highly recommend this book for its excellent down-to-Earth writing, original ideas, and fascinating insights into how*

*you can make small shifts in perception in order to make big changes in your life.*

—Cynthia Sue Larson, Editor,  
*Reality Shifters ezine.*

*‘THE PATH’ is a courageous account of a journey of return to Spirit, by personal evolution on a Path of the Heart. It is also a new dream for the world. As we rapidly approach the predicted end of a Maya time cycle in 2012AD, it is vital that humanity walks a path that honors its inherent guardianship of the planet—this book opens that path.*

—Patricia Mercier,  
*Author of The Chakras.*

*‘THE PATH’ is a veritable treasure trove of insight into the dynamic nature of human consciousness and the greater reality, and of course into the mysterious interaction between these two great extremes: between us imperfect human beings and our higher selves, between the mortal and the divine, and between human minds and unseen negative influences. Full of hope and of practical ways to overcome negative urges and influences. Well thought out and beautifully written. Outstanding and highly recommended reading!*

—Robert Bruce,  
*Author of Astral Dynamics.*

*‘The PATH’ is geared to opening up the ego mind to see how everyday people can change their lives by working with their perceptions and energies. By using specific energies to shift perception, a person can actually change their physical reality. The book provides an in-depth discussion of the energy beyond the human physical body, presented with believable logic and wisdom that belies*

*an authentic experience. Arana graciously takes the reader into a fascinating universe of knowledge achieved by her comparison, analysis, and experience of the Warrior's Way and Alcoholics Anonymous. Even though this book entails another explanation, or path, to achieve enlightenment, nirvana, or to become a "living myth," the intricacies of sorcery and the innate wisdom of A.A. are delineated with an intriguing clarity and perception. 'THE PATH' is certainly a very practical, yet new vehicle in which to reach a higher knowledge, and, from this viewpoint transcendence can then be realized.*

—ForeWord Reviews

*'THE PATH' is a practical approach to sorcery with story, strategies and exercises. The manuscript touches on telepathy, telekinesis, lucid dreaming and alternate realities. Those people interested in sorcery will add the book to their growing collections. Those readers curious about A.A. and its process will find this useful as well. This was an interesting book—one of a kind."*

—Writer's Showcase Editorial Review Board.



# The Path



# The Path



A Practical Approach to Sorcery

*ESMERALDA ARANA*

Writer's Showcase  
New York Lincoln Shanghai

**The Path**  
**A Practical Approach to Sorcery**

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*This book is dedicated to all warriors and would-be warriors who are willing to fight the only battle that counts. It is dedicated to all those willing to take responsibility for the new cycle, should it ever come to pass. May we be successful, that our children and grandchildren not be starved of their vital essence as we have been starved. May they know what it means to be free. May they know a world of peace and of balance. May they be truly magical and magnificent.*



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I express my gratitude to the sorcerers of ancient times and of times present, for forging ahead into the unknown and for bringing back gifts of knowledge. I express my gratitude to my child for choosing to grace my existence with her presence. I express my gratitude to my sponsor who helps me to save my life to this very day. I express my gratitude to my husband for helping me to construct a beautiful dream from a reality that was once a nightmare. I express my gratitude to my mother for teaching me the lessons that I needed to learn. I express my gratitude to my father for being my knight in shining armor. Most of all, I thank the Spirit for saving me from myself, for giving me an opportunity to enjoy this life and for revealing to me a path with heart.



## *Introduction*

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“Wisdom without kindness and knowledge without sobriety are useless.”

—*The Fire From Within, Carlos Castaneda*

**W**hen I was a child I was a voracious reader. My favorite types of literature were science fiction and fantasy. I was especially drawn to books wherein the characters were possessed of extraordinary abilities such as telepathy, clairvoyance and telekinesis. The year that I entered college, I came across a book by Carlos Castaneda entitled “The Eagle’s Gift”. This is one of twelve books by Castaneda in which he details his thirteen-year initiation into the world of sorcery. At the beginning of his sorcery apprenticeship, Castaneda was an Anthropology student at UCLA, interested in the use of psychotropic plants by Native American populations in Mexico. The man that he wanted to use as a field informant turned out to be a sorcerer. This man and his sorcerer companions became Castaneda’s teachers. These teachers called themselves Warriors and were described by Castaneda as people possessed of tremendous wisdom and capable of performing feats of an extraordinary nature. The type of sorcery practiced by these individuals had little to do with the dark and sinister. Their aims in practicing sorcery were abstract and did not involve using their powers to gain advantage over their fellow men. They defined sorcery as the willful manipulation of perception and they aimed to expand their perceptual capabilities to the limits of human abilities. Castaneda’s books confirmed my inner convictions that the physical world is not the only

reality that we are capable of perceiving, and also served to reinforce my belief that all of us have untapped potentials.

At some point during my first year in college, I began to have lucid dreams or what people commonly refer to as out of body experiences. I found these experiences to be quite terrifying. Since lucid dreaming figured prominently in the sorcery practices taught to Castaneda, I began to read other books by Castaneda in an effort to understand what was happening to me and to find some sort of guidelines for exploring a phenomenon foreign to most. Towards this end, I also read psychiatric texts and acquainted myself with books by Robert Monroe. Robert Monroe was a successful American businessman who led a normal conventional life until he reached middle age. At this time he spontaneously began having numerous out-of-body experiences. Like me, Monroe initially attributed these experiences to some sort of psychiatric disorder. After submitting himself for extensive medical and psychiatric evaluation, he was declared both mentally and physically sound. He went on to found an institute dedicated to the scientific study of the out-of-body phenomenon and also chronicled his personal experiences in three books prior to his death. Monroe's books illustrated to me that not only were all of us capable of expanding our perceptual abilities but that someone leading a life that most of us would consider normal, could continue to live a normal life while at the same time developing the ability to experience alternate realities. While Castaneda's books convinced me that humans have untapped potentials, the path that he described following in order to tap into this potential, did not seem to be compatible with the type of lifestyles most of us lead.

It was also in college that my drinking career began. Like most alcoholics, my drinking started out being social but at some point, a line was crossed and 16 years later, I found myself in a church basement, attending an A.A. meeting, wishing like hell I could be anywhere else, but too desperate and frightened to leave. A.A. has its roots in a religious organization called the Oxford group, which was founded by



Frank Buchman. Upon superficial examination, Buchman could be described as a typical evangelist. What is unusual about Buchman is that he believed that we should each strive for a personal and interactive relationship with the God of our understanding. A major part of his day-to-day religious practice involved a time of meditation during which he sought to actively communicate with God in order to receive specific instruction and guidance in all things. He believed in following hunches and said that God's will was often revealed to him in the form of "luminous thoughts" or voices. His highly unconventional leanings led to his being criticized by many and to the decline in popularity of the Oxford group. Although the founders of A.A. tailored Buchman's teachings to specifically suit the alcoholic in recovery, and although the unconventional parts of Buchman's philosophy have been omitted, the core of Buchman's teachings remain intact. It was Buchman's contention that these core teachings, prepared the self to be receptive to higher truths.

During the subsequent years of my sobriety and A.A. membership, it began to dawn on me that there were some very striking similarities between the A.A. program and the sorcery teachings described by Carlos Castaneda. These similarities however have little to do with eschewing mood altering substances but much to do with adopting a different mode of living. The key point in Castaneda's books is that in order to change the way in which one is able to perceive, one must adopt a strategy aimed at saving energy and redeploying existing energy reserves. One then utilizes this energy to shift awareness in such a manner as to perceive different worlds. The overall conclusion that I have reached is that the steps outlined in the A.A. program are similarly aimed at changing one's approach to life in such a way as to save and redeploy energy. This energy is then utilized to achieve a shift in awareness that allows for a more advantageous perception of the world as we know it. The A.A. program is merely a simplified and much more practical version of the path of the Warrior, called the "Warrior's Way". The goals of the A.A. program are accordingly simplified and much

less ambitious and less abstract: to live in the world as a sober person, to live a normal life. While this goal seems rather mundane, the transformations in the lives of those in recovery who follow this program are indeed miraculous. My firm belief is that those individuals in recovery who follow the A.A. program are performing a feat that is energetic in nature without even being aware of this.

I do not pretend to be a guru of any sort. While some of my experiences have been unusual, I am not possessed of any superhuman abilities and have in no way discovered the secrets of the universe; I have far more questions than answers. I lead a normal life that I enjoy tremendously: I have a happy marriage and a child who I adore. I have a fulfilling professional life as well. In other words, my interest in alternate ways of perceiving is not fuelled by a desire to escape an otherwise miserable existence. I am not unlike many people however, who are interested in things “spiritual” but are too busy to do the things it seems are necessary to evolve one’s spirituality in any meaningful way. In this book, by illustrating the similarities between the A.A. program and the Warrior’s Way, I hope to point out extremely practical ways in which one can save energy, redeploy energy and use this energy to tap into a universal force in such a way as to bring about change for the better in this life. These simple techniques can allow one to achieve whatever is desired, whether the goal be mundane or extraordinary.

## *A Matter of Energy*

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“...A petty tyrant is a tormentor....Someone who either holds the power of life and death over warriors or simply annoys them to distraction.... We know that nothing can temper the spirit of a warrior as much as the challenge of dealing with impossible people in positions of power. Only under those conditions can warriors acquire the sobriety and serenity to stand the pressure of the unknowable...the mistake average men make when confronting a petty tyrant is not having a strategy to fall back on; the fatal flaw is that average men take themselves too seriously; their actions and feelings, as well as those of the petty tyrants are all-important”

—*The Fire From Within, Carlos Castaneda*

**W**e all know that we need energy to function in our day-to-day lives. We need the restorative power of sleep and we need energy from food that we use as fuel to carry out vital metabolic processes. What we do not fully acknowledge however is that thoughts and behavior patterns can be either energy restoring or depleting depending on the nature of the thought or the behavior. While most of us accept that “positive” thinking is helpful in accomplishing a given goal, we do not give this kind of thought energy the same relevance as the type of energy we get from food or sleep. While we may try to maintain a positive attitude about things, we still do not classify the impact or consequences of our attitudes and behavior in the same manner as we classify our “real” energy requirements. The bottom line is

that we do not truly acknowledge that our thoughts are real energy generating forces, or even if we are somewhat open to this concept, we don't really know what to do about it. Trying to be a "good" person who thinks "good" thoughts is desirable in the abstract, but that's the crux of the block to understanding. It's just too abstract for most of us to tackle in a practical and consistent way. We are told, and tell ourselves that with enough willpower, anything is possible. We have no problem believing this. And yet, how many times have we wanted to change ourselves and our lives, and wanted this with all of our hearts and yet none of our efforts prove to be enough. Take a really common personal issue, that of losing those last ten pounds (for good). How many people try every diet known to mankind and still never manage to keep the weight off for any significant period of time despite the fact that they really want this and despite the fact that they take action and try to do something about it? Take a more serious example, that of the alcoholic. Every alcoholic in recovery I know tried for years to stop drinking. Keeping drink journals to keep track of the number of drinks consumed, switching to beer only, alternating one glass of water for every cocktail, going cold turkey etc...and nothing worked. Most people have at least one issue that is a personal stumbling block. I define this as something that is peculiarly immune to all of our best efforts aimed at changing. I am convinced that these types of issues persist because of a lack of sufficient energy to change them. In order to tackle this type of issue, one needs not only willpower, but a certain type of energy that is not readily available unless one takes practical steps aimed at saving energy; a type of energy that we do not commonly acknowledge as being "real". We see people in parts of the world where famine exists and know that people can survive with very little food, but understand that they can do little more than survive. We know beyond a shadow of a doubt that for maximal performance of the body, we need a certain amount of food that exceeds that required for survival alone. By analogy, in order for us to perform maximally in terms of bringing about what we desire in our lives, we need an

amount of energy that exceeds that which is available to most of us. Without an adequate amount of this type of energy, we can no doubt survive and function, but are like people who are starving. In this state we cannot perform to the best of our abilities. A sorcerer is someone who has learned to cultivate and store this special type of energy and as a result, can perform maximally in terms of bringing about whatever is desired. In order to grasp how sorcery can be used to effect a personal transformation, one must have an understanding of the nature of perception itself. However, one needs to understand perception as defined by sorcerers, not as defined by your average man or woman.

Warriors say that we are taught from birth to perceive in a certain manner. That at birth, while we are capable of perceiving in many different ways, everyone around us teaches us to fixate our perception so as to be in sync with everyone else. Keeping our awareness fixated in this way allows us to have the same point of reference as everyone else, but it also takes up most of the energy that we have, so once taught, we become unable to perceive in any other way due to a lack of energy. Warriors describe the process of perception as involving the focusing and fixation of our awareness on a specific position that, simplistically put, exists as a set of coordinates in a multidimensional field. This field contains an infinite number of points and the specific point upon which awareness is fixated is referred to as the “assemblage point”. The specific position of the assemblage point dictates what we perceive. If the assemblage point is moved to a different set of coordinates, what we perceive changes. Another way to think of it is that we are like TV tuners. At birth, we are able to tune in to a multitude of channels, but we are taught to tune in to the same channel as everyone else so we can share a common point of reference and watch the same show. Eventually, we forget that we were ever able to watch other shows, and through disuse, our tuner knobs get rusted over and a tremendous amount of effort has to be expended in order for us to be able to turn it again. Warriors, by adopting a different approach to living, learn to round up enough energy to turn this knob in order to regain the full

extent of their perceptual abilities. The key point however is understanding what perception really is. We think of perception in terms of what our sensorium is able to process. What we see, hear, touch etc. If we want to be a bit less concrete, we may think of perception on a higher level, involving logical thought processes and the ability to think in the abstract. What we fail to understand is that perception is all encompassing and not only involves input from our senses, but is everything that we are as people. Perception is everything that we think, every emotion that we feel and it is our physical form as well. When initially contemplating the idea of the assemblage point, I had no problem actually believing that with enough energy and a desire to perceive other realities, that the assemblage point could be moved to another set of coordinates thereby allowing one to perceive another realm, another "TV show". Since Warriors say that the assemblage point drifts naturally during sleep, and since we all have had some really wild dreams, I logically thought that if one could consciously manipulate the assemblage point, one could, in full consciousness, experience with greater clarity, what we experience in dreams. It never occurred to me that I could learn to manipulate the assemblage point to change what I am as a person. The assemblage point dictates what we perceive and therefore dictates what we are, not just what we sense. What I failed to understand for decades is that if the position of the assemblage point dictates everything we feel, everything we do as well as our physicality, and if the assemblage point can be moved, then everything that we think we are is really arbitrary and subject to our energy state and our will. Again, the most simplistic way of putting this is that there is a finite region within a multidimensional field that contains a vast number of possible coordinates upon which the assemblage point can be placed. As long as the assemblage point stays within this region, the world as we know it will be perceived. But slight variations of perception, or slight variations of you occur depending upon the exact set of coordinates. So, you as an obese person is the result of the fixation of your assemblage point at a specific set of coordinates, very

close however to the set of coordinates that dictates your existence as a person of ideal weight. You as a depressed person is a specific set of coordinates. Yet very close to the set of coordinates dictating your existence as a happy person. You as an alcoholic is a specific set of coordinates that is in close proximity to the set of coordinates dictating your existence as a sober person. You as a person that others take advantage of, you as an ill person, you as an old person etc. etc...all of these non-ideal states of existence are dictated by a specific set of coordinates upon which your total awareness is fixed resulting in the perception that you are a person existing in this non-ideal state. However, this set of coordinates is extremely close to the set of coordinates dictating an ideal state of existence. Thus switching from a non-ideal state to an ideal one involves a minute displacement of one's awareness (ie: one's assemblage point) from one set of coordinates to another. Therefore, if we knew how to regain our inborn ability to move our assemblage points, we could be anything and do anything we wanted. In this book I will teach how to accomplish a minute displacement of the assemblage point using basic sorcery techniques. Such a displacement requires using energy that is unavailable to most of us. This chapter discusses how to save the energy that you need to accomplish a shift in perception allowing for a personal transformation to a better version of you. I will compare and contrast the Warrior's Way with certain features of the A.A. program in an attempt to make the abstract concepts embodied by the sorcerer's path, more accessible and easier to follow.

### **Connecting with the Spirit (Warrior's Way) vs. believing in a Higher Power (A.A.)**

Warriors say that it is the 'Spirit', obeying the Warrior's command, that moves the assemblage point to a position of the Warrior's choosing. Therefore a Warrior strives for a strong connection with the Spirit. They describe the Spirit as an impersonal energetic force that permeates everything and is aware and intelligent in nature. They say that the

more energy one has, the stronger one's connection to the Spirit and that self-reflection prevents one from being available to the Spirit. In order to form a connection to the Spirit, Warriors say that one must first beckon the Spirit into one's life by simply acknowledging that it exists. One must then surrender to the Spirit. Only once one has surrendered to the Spirit, can one command the Spirit to shift the assemblage point to the position of one's choosing.

As mentioned before, there are some striking similarities between the Warrior's Way and A.A.'s twelve-step program. The latter also involves beckoning the Spirit, surrendering to the Spirit and commanding the Spirit although the terminology used is quite different. In A.A., the Spirit is referred to as a Higher Power. Step 2 of the A.A. program is coming "to believe that a Power greater than ourselves could restore us to sanity". I believe that this is equivalent to acknowledging and thereby beckoning the Spirit. Many people in A.A. initially have a problem with the A.A. suggestion that one believe that a "Higher Power" can remove the compulsion to drink. Many people chafe at the religious overtones. There are however, many atheists and agnostics in the program who nevertheless found a way to follow this suggestion. You can make your Higher Power anything you want. My sponsor, who is a staunch atheist, uses the A.A. group itself to represent a "Higher Power". You can make your "Higher Power" the goodness inherent in all men. It doesn't really matter. All you really have to do is suspend judgment, and keep an open mind. I choose to think of my Higher Power as "The Force" from the movie 'Star Wars' (you know, "may the force be with you" etc...). For most of this book, I will refer to this force as the 'Elemental Force' because I wish to use a term that conveys neutrality and the impersonal and that does not carry with it any connotations. Even though all of this may still sound religious, there is one key point to understand: the Elemental Force is not a force that one needs to worship, anymore than one would worship gravity or acceleration. It is rather, a force that you learn to utilize and work with. Although I do not worship this force, I am respectful of this force



much in the same way that those who navigate the seas are respectful of the sea and awed by its power. We accept the existence of physical forces such as gravity and acceleration, even though we cannot see these forces, because we can infer the presence of these forces by their effects upon objects in the physical world. We in recovery come to accept the existence of a force outside of ourselves that can help us change in any way we desire because we live every day with active knowledge of the effect of this force upon our lives.

Step 3 of the A.A. program is turning “our will and our lives over to the care of God as we understand Him”. I believe that this is equivalent to surrendering to the Spirit. In A.A., our approach to surrender can be summarized by the following common A.A. saying: “take an action but let go of the result”. Surrender for us doesn’t really mean that we just sit around waiting for a booming voice from above to tell us what to do. It means that we take an action appropriate for a given situation, but try not worry about the outcome. We try to release our expectations with respect to the outcome, by entrusting the outcome to our respective Higher Powers.

“Commanding the Spirit” is the act of engaging the Elemental Force to carry out a specific task of the Warrior’s choosing. If you wish to accomplish a personal transformation, your command must specify the exact nature of the transformation desired. You may formulate your command however you wish. The most important features however are that the command be well-defined and spoken aloud. In A.A. we do not actually get around to commanding our Higher Powers to transform us until Step 7 in which we humbly ask our respective Higher Powers to remove our defects of character. Our “commands” are formulated as humble requests. This is just as effective as declaring in a tremulous voice at the stroke of midnight “I command thee to obey my will!” or something like this.

Critics of A.A. often say that it is a program that teaches learned helplessness in its requirement that members admit that they are “powerless” over alcohol and that they surrender to a Higher Power. First of

all, A.A. is a program for people who have proven to themselves again and again before coming to A.A. that they have no ability to control their drinking. But in more general terms, understand that only in surrender, can one become empowered to make true life changes. This is an energetic truth. Only in recognizing that there is more to life than the physical, can one make sense of what appears superficially to be a paradox. My awkward attempt to find an analogy for this spiritual gestalt is as follows: Imagine the Elemental Force as a river leading to your destination of choice. The self-absorbed person stays on the riverbank and never gets anywhere. Acknowledging the Elemental Force provides you with a raft that you use for traveling on the river. Since you cannot control the current or the flow of the river, you must surrender to this flow, which dictates the general direction in which you will travel. Even though you cannot control the current, you can however steer a course for yourself using a paddle. Saving your energy provides you with a paddle and the strength to use it. Commanding the Spirit is the act of steering a course for yourself and can be carried out in whatever manner that one chooses. I choose to voice my commands in the form of humble and sincere requests.

### **Losing self-importance (Warrior's Way) vs. releasing resentments (A.A.)**

Once a Warrior has formed a connection to the Spirit, he or she must strengthen this connection by saving energy. The more energy you have the more effective you will be at commanding the Elemental Force to shift your assemblage point to a position of your choosing. So what is the nature of the energy we need to change our perception of the world and of ourselves? It is the energy that we expend everyday to maintain our self-image. For most of us, having a healthy self image includes respecting the self, having high self-esteem, taking good care of your health and appearance and functioning as a respectable and responsible member of society. It means identifying and taking pride

in your strong points and working on the weaker aspects of your personality in an effort of continual self-improvement. There is nothing wrong with having a positive self-image. If however, another person's words or actions indicate a disagreement with this self-image, this is where the problem begins. You think of yourself as being a person of above average intelligence and yet you have a superior who treats you as if you were an idiot. You strive to treat everyone around you with respect and yet you have a co-worker who is rude and disrespectful. You go out on a date and put on an outfit that you think is particularly alluring only to be told that your shoes look quite sensible. At this point your self-image is threatened and requires that you come to its rescue. You try to make your boss see just how smart you really are. Your co-worker will respect you or else! Your shoes are sexy goddamit!! A person with any amount of self-respect should stand up for himself or herself, right? Otherwise, people will walk all over you. Unfortunately, the kind of energy that you use to defend the image of the self is the very energy that you need to save in order to change the things about yourself that you want to change but can't seem to change. The trick is to be able to protect yourself without being offended by the acts and words of others. To borrow an analogy from Castaneda, if you were out in the jungle, and a wild animal attacked you, you would do everything in your power to protect yourself but it would never occur to you to be personally offended. It is taking offense, not self-protection that is energy draining. One of the first lessons taught to Warriors is that they must adjust their approach to life in such a way as to put a stop to behaviors and thought patterns that lead them to take offense. Warriors refer to the aspect of our personalities that requires that we feel offended by others as "self-importance". Great emphasis is placed on the necessity to rid oneself of self-importance.

*"Warriors fight self-importance as a matter of strategy, not principle... Self-importance is our greatest enemy... (it) requires that we spend most of our lives offended by someone. Warriors... are free from self-importance. What restrains their self-importance is*

*that they have understood that reality is an interpretation we make”*

—The Fire From Within, Carlos Castaneda.

Warriors believe that everything they perceive and thus everything that they are is a result of the position of the assemblage point. Since this position can be changed subject to energy state and will, they therefore believe that their self-image is an arbitrary and mutable perceptual phenomenon. As such, they do not find it necessary to defend an arbitrary self-image. When I first read these passages, I decided to try and rid myself of self-importance. But how does one do this? I decided I would just will myself to not feel important. I tackled this by repeating to myself over and over “I am not important, I am so unimportant, so very unimportant, nothing offends me, nothing offends me” etc.... This was utterly useless. I could only remain unoffended if I had no interaction with anyone else. Also I hadn’t really understood the concept of the assemblage point, so I had no philosophy to help me take myself less seriously. Many years later, after becoming a member of A.A., I realized that in A.A., a similar emphasis is placed on not becoming offended. To quote a passage from the book “Alcoholics Anonymous”:

*“...we searched out the flaws which had caused our failure. Being convinced that self, manifested in various ways, was what defeated us, we considered its common manifestation. Resentment is the “number one” offender.... From it stem all forms of spiritual disease. ...with the alcoholic this business of resentment is infinitely grave. We found that it is fatal. For when harboring such feelings we shut ourselves off from the sunlight of the spirit. The insanity of alcohol returns and we drink again. And with us, to drink is to die. If we were to live, we had to be free of anger. The grouch and the brainstorm were not for us. They may be the dubious luxury of normal men, but for alcoholics, these things are poison.”*

So how does one rid oneself of self-importance or the tendency to form resentments?

### **Taking a strategic inventory (Warrior's Way) vs. taking a moral inventory (A.A.)**

*“Warriors take strategic inventories. They list everything they do. Then they decide which of those things can be changed in order to allow themselves respite, in terms of expending energy...in the strategic inventory of warriors, self-importance figures as the activity that consumes the greatest amount of energy, hence, their effort to eradicate it...One of the first concerns of warriors is to free that energy in order to face the unknown with it,..the action of rechanneling that energy is impeccability.”*

—The Fire From Within, Carlos Castaneda.

In A.A., we are taught to adopt a similar strategy in step 4 of the program, which is to “Make a searching and fearless moral inventory of ourselves”. Instead of writing down a list of every single thing we do however, we focus on writing down a list of all the things that have caused us to take offense in the past and thus caused us to form resentments. Since self-importance causes us to take offense, and taking offense ultimately leads to forming resentments, writing out a resentment list is a practical approach to attacking one's self-importance. Towards this end, it is suggested that we do the following:

*“In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry. In most cases it was found that our self-esteem, our pocketbooks, our ambitions, our personal relationships (including sex) were hurt or threatened. The first thing apparent was that this world and its people were often quite wrong.... But the more we fought and tried to have our own way, the worse matters got. ... We began to see that the world and its people really dominated us. In that state,*

*the wrong-doing of others, fancied or real, had power to actually kill. We saw that these resentments had to be mastered, but how? We could not wish them away any more than alcohol... (fear) somehow touches about every aspect of our lives. ... We reviewed our fears thoroughly. We put them on paper. We ask (God) to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow fear."*

### **How to set up a resentment list:**

Below, is a sample from the resentment list I prepared to carry out Step 4 of the A.A. program. The list is formatted as a chart with four columns. In the first column you list the identity of a person, institution or concept that has offended you. In the second column you detail the incident that lead to the formation of the resentment. In the third column you list the aspect(s) of your personality that was threatened by the incident and the underlying fear that triggered your feeling threatened. In the last column you formulate the specific command that you will use to rid yourself of the fear-based thought and behavior pattern that is draining your energy. The next chapter details how to execute the commands you formulate. Several weeks after my sponsor had suggested it was time for me to make my list, she called me to ask why I hadn't yet arranged to discuss the list with her. I told her that I had listed somewhere around 150 people and that I wasn't nearly finished. She gently urged me not to write down any more people, as she felt that we could probably find distinct patterns of fear-based behaviors and attitudes by going over the incomplete list as it stood at the time.

My advice is to write down all of the resentments you can think of, whether they be against actual people or institutions, or even abstract concepts. The more incidents you can recall, the more incidents you will ultimately be able to release. In order for this process to be useful, you need to be honest with yourself, which can sometimes be difficult if not impossible. For this reason, I do not think it is a good idea to go over this list by yourself. I think the best results will be obtained if you

go over your list with someone else. This is especially important when completing column three of the resentment list. Other people can see things in us that we are unwilling or unable to see in ourselves. Choose someone who seems level-headed and whose judgment you trust. I think it is a bad idea to choose someone in your family or someone to whom you are attracted or who is attracted to you. Don't do this with a significant other and exercise caution when considering a best friend. Out of consideration for the person who is willing to go over your list with you, you probably should limit the actual discussion to the first hundred resentments. This is probably a sufficient number to identify overall patterns of thoughts, behavior and fears that cause you to take offense and lose your energy.

If you are a person who has no resentments, you may be so self-absorbed that you are immune to forming resentments but readily cause others to form resentments against you. Ask yourself whether or not people are often upset with you. If there is a common theme in their complaints, you should take the personality traits that others think are problematic, and formulate commands to have these traits removed. You should also formulate a command to remove your self-absorption. While self-absorption may make you resistant to forming resentments, it will not make you resistant to losing your energy if you are constantly offending others. The resultant interpersonal conflicts will be a source of energy loss for you.

If you have no resentments, and people aren't always getting upset with you, then you're way ahead of the game. You should have tons of energy. It's just a question of learning to put it to good use.

<i>I'm resentful at:</i>	<i>The cause</i>	<i>Affects my:</i>	<i>Ask Elemental Force to:</i>
J.R.	My boss. Hates me. Even if I am right, she takes the other person's side. Gave me a poor evaluation.	Security, ambitions, self-esteem=> <b>fear of job security, fear that I am not likable.</b>	Please remove from me the fear that my future will not be provided for. Please remove from me the fear that I am a bad person.
A.R.	Treats me as an intellectual inferior. Thinks she's better than me	Personal relationship/self-esteem=> <b>fear that others think I am stupid, need for approval of others</b>	Please remove from me the need for the approval of others.
J.G.	She is a nosy busy-body. Keeps trying to find out how much money my family has and whether or not I needed a scholarship to afford going to school.	Pride, invades sense of privacy=> <b>fear of what other people think, need for others to behave the way I think they should behave.</b>	Please remove from me the desire to control the behavior of others.
T.B.	Said that my new pair of black high-top sneakers weren't the cool brand that everyone else was wearing.	Self-esteem, hypersensitivity=> <b>fear that other people will think I am un-cool, fear of being hurt by the insensitivity of others.</b>	Please remove from me my fear of being hurt by other people.

Writing up a resentment list is a very effective tool for identifying specific fear-based thought patterns and behavior patterns that cause us to take offense and to ultimately form resentments. Once these pat-



terns are identified, we can take practical steps to eliminate them. Once fear-based thought and behavior patterns are eliminated, you will cease to be constantly offended by the deeds of others. You will thereby begin to save your energy and with this energy, you can change all the things about yourself that have been resistant to your best efforts at changing. A.A. members are motivated to conduct this type of self-examination because we believe that a resentful mind-set poses a real threat to our ability to remain sober. Warrior's conduct this type of self-examination as a purely strategic maneuver designed to save energy. I believe that in performing this step, A.A. members learn a new approach to life that results in the eradication of energy draining behaviors, attitudes and fears.

### **My personal attempts at releasing resentments**

In A.A., we try to help others not by telling them what to do, but by making suggestions and by relating our own experiences in dealing with the issue in question. We hope that in sharing our personal experiences, the listener may be able to identify with elements of our stories and extrapolate from these elements and find something useful for themselves. My inclusion of specific personal experiences is made in this spirit.

The A.A. literature recommends writing up a resentment list and doing our best to help those who have wronged us. It is also recommended that we exercise "restraint of pen and tongue", and not retaliate against difficult people. I find it personally distasteful to consider being super-nice to someone who is screwing me over. Maybe at some point in my spiritual development I will be able to do this. I did however write down a list of every one against whom I held a grudge. I wrote down the specific incident(s) that led to the development of the grudge and tried to determine what in me was threatened or hurt. I went over the list and discussed everything with my A.A. sponsor (an A.A. old timer who serves as my mentor). When I tried to see what my role in each incident was, I initially came to the solid conclusion that I

had done nothing wrong, and that everyone on my list was a complete asshole. Nevertheless, after writing down and discussing my resentments in this fashion, I found that they just didn't seem all that important anymore, they seemed to have lost most of their power. After a period of time, I revisited my list and was able to pinpoint the character defects that caused me to keep getting into tiffs with people. I realized that I, when wronged by others, have a need to retaliate and to destroy. A need to make other people pay for hurting me. A need to let them know that they cannot take advantage of me without dire consequences. I am very effective at dealing people a devastating blow if provoked because I am very good at finding weaknesses in others that I use to my advantage. With time, I came to understand however, that making others pay for their wrongdoings takes an inordinate amount of my time and energy. That in delving into the psychic weaknesses of others, I merely perpetuate a drama of negativity. The initial victory serves only to keep me focused on the drama at hand and makes me lose sight of all of the good things in my life. I also realized that in being a deliverer of pain, my behavior ultimately reinforces my fear that I am a bad and mean person. The bottom line is that even if I am right, I lose a lot if my goal is to control the behavior of others through a concerted effort to punish poor behavior with pain. I did not know how to eliminate from my personality the need to destroy others with pain, anymore than I knew how to stop drinking. I was able to stop drinking only after I asked the Elemental Force to help me do so. Therefore, I also asked this Force, with an attitude of humility and sincerity, to remove from me the need to retaliate and cause pain. Just as my compulsion to drink was lifted from me using this technique, so has my compulsion to hurt those who have hurt me. I now take a different approach when dealing with difficult people. I no longer try to run the show. I try not to retaliate anymore. I try not to take myself and others so seriously. Most of the time I am successful, sometimes less so, but I am getting better with practice. When someone does something nasty to me I say "Thy will not mine be done", and try to gracefully acqui-

esce to the designs of the Elemental Force. I try not to have expectations with regards to the behavior of others. I trust that the Elemental Force will provide me with all that I truly need irrespective of the behavior of others. I have found a tremendous freedom in doing this. The energy that was once tied up in the futile effort of trying to control the behavior of others so that they would no longer offend and hurt me, can now be used to enjoy my life.

I asked an A.A. old timer once how he dealt with managing resentments. He said that when someone offended him, he would try and do something nice for someone else. Although I thought to myself at the time that he was an inveterate goody-two-shoes, I tried it one day. I still cannot bring myself to try and be extra nice to someone tormenting me, but I can handle being nice to someone else. So recently when I find myself beginning to obsess about something nasty that someone did to me, I go up to someone who looks lost and ask if they need help. Or I bring home flowers for my spouse, or tell someone how nice they look. This does two very important things: first it makes me feel like I am a good person and second it helps me not to be so self-absorbed. Thinking about someone else is the best way to remove the focus from the self. It is self-reflection that disconnects you from the Elemental Force. Another suggestion from an A.A. old timer was that when you find that you are surrounded by difficult people, make an effort to spend time with people whose company you enjoy. Call up a friend and make plans to meet or just have a pleasant chat. This has also been very helpful for me.

Although I have achieved a certain amount of success in terms of being able to detach from people enough so that I am not constantly offended, I find that this has been extremely difficult for me to do with my family and my spouse. Our loved ones are the people who know us the best and therefore can also hurt us the most. These are the people from whom we expect the most. My mother has been an active alcoholic for several decades. Without going into the details, this has had a very traumatic effect upon me. I do not think that there are many peo-

ple who have grown up with an alcoholic parent, who feel that this was a positive experience. Trying to make my mother stop denying her alcoholism and take responsibility for all of her actions which caused me pain, had been a major obsession for me. For years there was not a single day that I did not think about her and feel a very deep anger, sadness and guilt. After discussing this issue with my spouse, friends and father ad-nauseum, it got to a point where no one wanted to hear it anymore and this made me even angrier. I tried cajoling my mother, railing against her, threatening her, giving her ultimatums. I tried counseling briefly. I tried to will myself not to think about her and to accept her for what she was but no matter what I did, it remained a source of extreme angst. Finally, I determined that I had exhausted all of my resources and admitted defeat. I realized that there was a part of me that was simply unwilling to let go of my anger and I did not know how I would ever accomplish this. Finally, not knowing what else to do, I asked the Elemental Force to give me the willingness to let go of my anger. Within a few days, the anger was no longer there. It simply vanished. It was not that I had resigned myself to the situation. It was not that I blocked it from my mind. It was not that I had willed myself to become indifferent. The obsession was simply gone. I cannot convey adequately how grateful I am not to have to live with that kind of pain anymore. I am still working on not being offended when my spouse pushes my buttons. My sponsor told me that when she encounters difficult people, she asks her Higher Power to bless them. She says that since happy people tend not to torment others, that she wishes difficult people happiness in the hope that they will stop bothering her if their lives improve. I have never been able to do this in general. I think however that this is a good approach to use with loved ones.

## **Overview**

So, the bottom line is that in order to change things in your life that your combined willpower and directed action have been unable to change, you need to connect to the Elemental Force and you need to

save up some energy. The energy that you need to save is the energy that is currently expended on being offended by the acts of others. Warriors save their energy by eradicating self-importance. Losing self-importance will result in the ability to maintain one's equanimity irrespective of the actions of others. In A.A., we use the resentment list to identify specific fears and negative emotions that cause us to take offense. We don't have to figure out how to eradicate these fears/negative emotions, we just have to identify them. After doing this, we simply ask our respective Higher Powers to remove the fears and negative emotions, trusting fully that this will be done for us. I know this sounds really stupid, but this always works for me as it has for millions of other A.A. members. This is how alcoholics in recovery begin to put their lives in order.

Losing self-importance/releasing resentments serves to save your energy in present time. But what about all the energy that was lost in the past? Warriors say that this lost energy can be reclaimed by performing what is called the "Recapitulation". They say that every interpersonal interaction throughout one's life takes an energetic toll. Castaneda was therefore instructed to write down a list of every single person he had ever met in his life. He was then to take each person on this list and remember every detail of the interaction. While remembering, he was instructed to perform a special breathing technique the purpose of which was to "breathe in" the energy that was lost, and to "breathe out" the foreign energy received from the other person. As you can imagine, this is a monumental task that takes years to complete. I am sure there are many energetic benefits in doing this. In A.A., as mentioned earlier, we write down a list of all of the people against whom we hold a grudge. Since most of our energy is wasted in taking offense, selective recall of those events that triggered us to take offense should serve to reclaim much of the energy lost in the past. We discuss every incident on the list with another person. Most A.A. members who do this, myself included, find that after performing this step, the resentments, if not lifted, are significantly attenuated. The resentment

list therefore serves a dual purpose. It helps us to identify the fears that spur us to take offense when threatened and also helps us to release the past and look ahead. I think that doing this watered down version of the Recapitulation is sufficient when one is hoping to save and reclaim enough energy to achieve a minute displacement of the assemblage point. A minute displacement means that while the world you are perceiving doesn't change, you yourself change in subtle but important ways. For the alcoholic, it means being able to conduct life as a sober person. For the perpetually angry person, it means being able to conduct life as a person at peace with the world. For the chronically obese person, it means being able to conduct life as a person of ideal weight. For the chronically depressed person it means being able to conduct life as a happy person. In order for this approach to saving energy to work, all you need is an unflinching honesty with the self and the belief that it is possible to receive help if only you are willing to ask for it.



former weight. Say, for example, the specific position of your assemblage point dictates that you are of high intellect, that you are in good physical shape but tend to have a terrible temper. You may be able to expand your intellectual capacity through education, and exercise in order to make your body even more fit than it already is, but even though you try very hard not to lose your temper, it remains a fixed feature of your personality no matter what you do. This means that your assemblage point has become fixed on a set of coordinates that dictate that you have a terrible temper. Therefore you will be unable to control your temper while your assemblage point remains so fixed. Suppose that you are a person who does well at work, is well rounded and even-tempered, but seem to always manage to say the wrong thing to the wrong person at the wrong time. No matter how much you don't want to hurt people's feelings, you nevertheless always wind up with your foot in your mouth. This is because the position of your assemblage point dictates that you are a social klutz and you will remain so as long as your assemblage point remains at this location. If you are an alcoholic, you may be able to function well at your job (at least in the early phases of the illness) and in other areas of your life, but the position of your assemblage point will not permit you to control your drinking. If you want to change in a manner that is not permitted by the current position of your assemblage point, you need to use energy to move your assemblage point to a position that will permit this change to be a permanent feature of what you are. In order to move the assemblage point once it has become fixed requires energy. The energy you need to move the assemblage point is the type of energy discussed in the first chapter. This energy is used to connect with a force called Intent.

Warriors define sorcery as the manipulation of the assemblage point at will. The teachings of the Warrior's Way aimed at regaining the ability to manipulate the assemblage point are headed under three classifications: Intent—learning to move the assemblage point to a position of one's choosing, Stalking—learning to fixate the assemblage point to



the position of your choosing, Dreaming—learning to regain fluidity of the assemblage point. The practices surrounding these teachings are very complex and while I believe that adhering to these practices would yield tremendous results, I could not see myself doing so and being able to hold down a job and have a family. In addition, the ultimate goal of Castaneda's teachers, was to leave this reality with their physicality intact and I never personally identified with such a goal. I am a mundane person and my goals are accordingly modest. I want to stay sober, learn to take myself less seriously, enjoy peace of mind, do a better job at accessorizing my wardrobe and have a really great set of abs. I would also like however to utilize more of the potentials available to me as a human being. As I see it, the A.A. steps are simplified and scaled down versions of the arts of Stalking and Intent. Dreaming is not applicable, but will be discussed in the next chapter. Although, there is no mention of the subject of energy in A.A., the A.A. steps are the same in nature as those practices described by Warriors that are aimed at saving and redeploying energy for the purpose of moving the assemblage point to a new location dictated by Intent. While this simplified version may not provide enough energy to leave the world as we know it, it can certainly provide enough energy to make a difference in our lives as we experience it in this world.

### **Intent (Warrior's Way) vs. becoming entirely ready (A.A.)**

The Elemental Force is what actually moves the assemblage point. In other words, it is the Elemental Force that turns your tuner knob, thereby allowing you to watch another TV show. Intent is the force used to direct the Elemental Force to move the assemblage point to a position of one's choosing. Back to my previous analogy, the Elemental Force is a river leading to your destination of choice. Intent is the paddle that you use to steer a course for yourself. The more energy you have, the more effective you are at steering. Warriors say that many

influences can change the position of the assemblage point, including high fever, hunger, fear, hate and love. Unbending intent however is their preferred method for achieving a shift in perception. Unbending intent is a “single-mindedness”; “an extremely well-defined purpose not countermanded by any conflicting interests or desires”. This is what alcoholics have when they come to A.A.: a single-minded desire to be sober. When alcoholics join A.A., we add to this desire the belief that a force outside of ourselves can restore us to sanity. My understanding of unbending intent is that it is desire extrapolated to the nth degree. One needs to want something with every fiber of one’s being. One needs to feel that the realization of that desire is absolutely necessary and absolutely possible. I had this intensity of desire with respect to letting go of my anger towards my mother. I had this intensity of desire with respect to letting go of my need to retaliate against those who caused me pain. In order to become familiar with the intensity of feeling that is needed to have unbending intent, I think the easiest avenue is to identify something in your life that is (or was) a source of extreme angst; something that is a source of pain. Once you have identified this issue, think about how much you want it to no longer be a feature of your life. The feeling you have of wanting that pain to go away is the same feeling you must summon whenever you need to connect with the force called Intent. You must then add to this the certainty that what you want can happen and will happen. Once you have summoned this intensity of feeling, you then simply ask (command) the Elemental Force to make it so. It is at this point that you voice your formulated command aloud. How you ask is up to you. I usually phrase my requests by saying “Please give me the willingness to do so and so”. You may use prayer if this is your chosen form of expression. It is important to understand the following however. The Elemental Force responds to energy. The more energy you save, the more easily this force will respond to your commands. Therefore, prayer will work for those people who have sufficient energy stores. In A.A. we use unbending intent to rid ourselves of each of our specific character

defects and fears. We first identify the specific character defect or fear using our resentment lists (step 4). We then discuss the defect/fear with someone else (step 5). We then become willing and entirely ready to have the defect or fear removed (step 6). This is equivalent to summoning Intent. Most of us become willing and entirely ready to have a specific defect or fear removed only after it has caused us no small amount of aggravation and pain. Only once we feel that we are truly ready to have the character defect or fear removed, do we ask (command) our Higher Powers (Elemental Force/Spirit) to remove the defect/fear from us (step 7).

So, back to the TV analogy. You are sick and tired of the show being broadcast on the channel you are watching. First you must decide what channel you would like to see instead. You then form a focused and intense desire to watch that channel. Next, at your request, the Elemental Force turns your tuner knob to the show of your choice. At this point, you need to tune in completely to the new channel. Or in other words, you need to fix the assemblage point to its new location.

### **Stalking (Warrior's Way) vs. acting "as if" (A.A.)**

Stalking refers to the act of fixating the assemblage point to a new position once it has moved. Warriors say that the assemblage point, once it has shifted, tends to return to its habitual position unless it is fixated on the new spot. The process of fixation involves repetitive behavior consistent with the new position. In A.A., this is called acting "as if". So what does this mean?

For those of you old enough to remember what TV's used to be like, you had to change the channel manually by turning the tuner knob. As you turned the knob, the image on the TV screen would begin to change. Right before the knob clicked firmly into place on the new channel, you were able to clearly see the show being broadcast on the new channel. If however you let go of the knob before it had clicked into position, it would snap back to the old channel and you would be

watching the old show once again. The Elemental Force turns the tuner knob to a position just before it clicks firmly into place. Stalking is the act of delivering the final momentum necessary to turn the knob so that it clicks firmly onto the new channel. Once the tuner knob has clicked into position, you can take your hand away and sit back and enjoy the show without any further effort. The final momentum needed in order to firmly fix your new reality is provided by a deliberate change in behavior. Stalking is the term Warriors use to refer to this deliberate change in behavior. In A.A., as stated above, this deliberate change in behavior is called acting “as if”.

Imagine that you are watching a tragedy on TV and decide instead that you wanted to watch a sitcom. You would intend to watch a sitcom and ask the Elemental Force to make it so. The Elemental Force would then turn the tuner knob until you were able to see the sitcom in progress. At this point you would need to start laughing; you would need to change your behavior in a manner consistent with watching a sitcom. In other words, in order to provide the final momentum necessary to click the tuner knob firmly onto the channel broadcasting the sitcom, you would need to act “as if” you were watching a sitcom by making a deliberate effort to laugh. Once the tuner knob clicks into place, you will no longer have to make any effort because the new show is firmly tuned in. If however, you do not laugh, and continue to cry as if you were watching a tragedy, the tuner knob will not click into place but will instead, snap back to the original channel broadcasting the tragedy. Therefore you would only experience a transient view of the sitcom unless you change your behavior.

When I came into A.A., the Elemental Force shifted my assemblage point to a position where I was able to resist picking up a drink. It was then up to me to maintain that new position by not drinking. When I asked to be willing to let go of my anger towards my mother, my assemblage point shifted to a position where I was able to resist obsessing about her. It was then up to me to not obsess about her. When I asked for the willingness to lose weight, I went down two dress sizes

within 5 weeks without significantly changing my exercise or eating habits; but I did not eat like a pig either. When I asked to be willing not to retaliate and hurt people, my assemblage point shifted to a position where I could resist the urge to retaliate. It was then up to me not to retaliate when dealing with difficult people. When your perception shifts, it is experienced as a difference in how you feel. After asking for the compulsion to drink to be removed, I no longer felt powerless over alcohol. Even though at first I still craved alcohol, I felt that I had the power to resist the craving. After asking for the willingness to let go of my anger, I no longer felt angry. Each time I have asked the Elemental Force to help me change something about myself, I experienced this type of change in feeling. During this initial phase, I had to make a conscious effort not to behave the way I would have prior to the change in feeling. In other words, I had to make the effort to behave “as if” I was a sober person. I had to make the effort to behave “as if” I was not angry with my mother etc... But over time, no more effort was needed because these actions became my natural, normal pattern of behavior. This is what happens when the assemblage point becomes fixed, or when the tuner knob clicks into place. You are not just acting the part anymore; you are experiencing a different reality, you are watching a different show. I am not a person who is acting as if I am not angry with my mother, I am a person who is not angry with her. I am not just acting like a person who doesn’t retaliate. I am a person who doesn’t feel it necessary to retaliate all the time. In terms of my drinking, I will never say that I am no longer an alcoholic. I can say that I am a person who can resist drinking alcohol without much effort. I do not think that I will ever allow myself to think that I am not an alcoholic, I simply have too much to lose. Warriors say that any repetitive behavior leads to the fixation of the assemblage point whereas engaging in non-habitual behaviors induces minute, but real shifts. For this reason, Castaneda was taught to break all of his routines in order to promote fluidity of his assemblage point. I cannot see myself breaking all of my routines but I can definitely break a specific

habit by acting “as if” once the energetic tie to my old behavior pattern has been broken. If you are a social klutz and you have intended your assemblage point to the position of a person with superior social graces, you will initially experience the ability to resist blurting out something stupid instead of just blurting it out and regretting it afterwards. But it will be up to you make the effort to bite your tongue. With time however, you will find that you no longer have to make an effort because it will no longer be natural for you to say stupid things all of the time.

In A.A., we stalk our character defects relentlessly. I went to an A.A. meeting once where a member told her story of addiction. She had been a crack addict. In order to support her habit she had turned to prostitution. Her children had been taken away from her. She talked about how low her self-esteem was when she came into A.A. and how much she wished that she could feel better about herself. She then related her philosophy with respect to self-esteem. She said that at one point she realized that self-esteem is not so much an inherent aspect of the character, but a goal that can be actualized through one’s actions. If one wants to have high self-esteem, one must create this through the performance of estimable acts. Towards this end she took actions such as doing volunteer work at children’s hospitals and counseling other recovering addicts. I was very touched by her wisdom and her strength of spirit. This is an example of stalking. She acted in a manner consistent with that of an estimable person and now she is a person who feels good about herself.

One of my favorite Twilight Zone episodes is called “Kick the Can”. The setting of the episode is that of a senior citizen’s home, where basically everyone is just waiting to die. One of the residents looks out of the window and sees some children playing “kick the can”. It comes to him that being elderly is a state of mind and that if he could rekindle the feeling of being young, he could once again be young. He realizes that by acting “as if” you are young by engaging in child-like activities such as ‘kick the can’, you actually become young. He urges his fellow residents to go out with him in the middle of the

night to play kick the can. He tries to convince them of what he knows to be true. Some of the residents go along reluctantly to humor him, while one resident wakes up the head of the home to stop the others from playing a game where they might become injured. By the time the whistle blower and the head of the home get outside, all they see are children playing kick the can, in the middle of the night. All of the residents who played the game have changed from decrepit elderly people to small children by virtue of the fact that they acted “as if” they were children. Warriors say that we age only because we are taught that we are supposed to. All of Castaneda’s teachers, despite being old, were described as people who exuded youth and vitality. They told Castaneda that this was because they did not agree with the premise that the body must age, and that aging was simply a position of the assemblage point. Perhaps one day, if I can ever accept that it is really possible not to age, I will desire this with all of my heart; I will intend not to age and to be young and vital. I will then ask the Elemental Force to give me the willingness to be young and vital. I will then act “as if” I were a young and vital person and eventually I will be a young and vital person.

### **Reverse Stalking (my term) vs. learning to sit with negative feelings (A.A.):**

Reverse stalking is preventing the fixation of the assemblage point to a position that you do not like. As stated above, in order to fix the assemblage point to a new position, you must behave in a manner consistent with that new position. Therefore, if you experience a shift in perception (ie: a feeling) that you do not like, all you have to do is not behave in a manner consistent with that new position. If you do not change your behavior, the assemblage point will eventually slip back to its customary place. If you are watching a sitcom and all of a sudden you find yourself watching a tragedy, as long as you don’t behave “as if” you were watching a tragedy, you will only experience a transient view of

this show and your tuner knob will eventually snap back to the sitcom. In other words you must keep laughing. By not acting “as if” you were watching a tragedy, you do not provide the momentum necessary to click your tuner knob firmly into place, which will result in your being stuck watching the tragedy for an extended period of time.

So what does this mean in practical terms? In A.A, we are taught to “sit with our feelings” and that “feelings are not facts”. As long as we do not act out on a negative or destructive feeling or thought pattern, the feeling will not become a fixed feature of our existence; it will not become a reality. We learn to divorce feeling from action. We learn that in not acting out on negative feelings, these feelings are transient perceptual phenomena. We first learn to sit with our craving to drink alcohol or take drugs. We learn that as long as we do not act out by drinking and taking drugs when experiencing the craving, that the craving, no matter how strong, passes. We then learn to apply this whenever we feel something we do not like. In everyone’s life, unpleasant situations arise over which we have no control and which cause us to experience unhappiness. We learn in A.A. to sit with these feelings of unhappiness and insecurity and not to act out on these feelings by drinking or lashing out at others. It is appropriate to feel depressed at times, but depression will not become a permanent and fixed feature of your existence unless you change your behavior to a pattern consistent with depression. When people are depressed, they tend to change many aspects of their behavior patterns. They withdraw from others, stop eating as much or eat more, they mope and sulk, stay in bed, change their sleeping habits etc... This new behavior pattern serves to fix the assemblage point to a position that dictates that one is depressed. It will then take an inordinate amount of energy to induce a shift in perception to a normal position. In A.A., we are taught that no matter how bad we feel, that we must continue to “show up” for life. We try our best not to act out when we are depressed. We do not suppress our feelings however. We are encouraged to talk often and openly about how we feel; we share these feelings at meetings, with our friends



and with our sponsors. In forcing ourselves to keep “showing up” for life, we find that all of our bouts with depression are amazingly transient, no matter how grave the set of extenuating circumstances. We find that within a very short time, we regain our serenity and peace of mind. If one feels old and tired, it doesn't require that one acts old and tired. If one feels angry, one doesn't have to act out on the anger. If one feels ill, one doesn't have to act ill. No matter how poorly you may feel, as long as you don't change your behavior drastically, as long as you can rekindle the feeling you had prior to the shift in perception, the shift will not become your new reality.

### **Temporary or emergency stalking (my term)**

This is what I do when I need to quickly rally resources that I do not have. This is the act of getting a quick peek at a new TV show without tuning in completely. There are times when my job requires that I give presentations to large groups of people. Because I am terrified of public speaking, I do a very poor job unless I rehearse my presentations extensively beforehand. Once I was trying to secure a new job position and along with the normal series of interviews, I had been asked to give a presentation to those with whom I would work should I be hired. I had planned to practice my presentation the night before the interview but instead, my child fell ill and I spent the entire night taking care of her. The next day, exhausted and terrified, I knew that my presentation was going to be a complete flop. I met with my potential employer before the presentation and he told me that he was thoroughly unimpressed with my credentials and that he could at the most offer me a position inferior to the one I currently held. Completely disheartened, I proceeded to the conference room to give my presentation. I then summoned up the intent to be brilliant. I then asked the Elemental Force to give me the willingness to be brilliant and to speak through me. I immediately began to feel that I was indeed brilliant and confident. I gave a flawless presentation and fielded all questions posed to me with finesse. I couldn't believe it was really me. Many people came up to me

afterwards and complimented me on my work. They seemed to be absolutely “enchanted”. Several hours later I returned to being my usual insecure self who couldn’t figure out how I had pulled everything off. The next week, my potential employer made me a wonderful job offer.

Another time, I had set up a meeting with my boss because I wanted to discuss the terms of a promotion that he had offered me. I wasn’t happy with the offer because the salary was below industry standards and the office he wanted to give me was horrible. I knew that the chance of his sweetening the offer was close to nil because my performance during the previous years was somewhat inferior. Prior to the meeting, I summoned the intent to be a “hot commodity” and then asked the Elemental Force to give me the willingness to be a hot commodity. I then began to feel like I really was a hot commodity. During the course of the meeting, I managed to convince my boss that I was simply bursting with potential and that if he did not give me what I wanted, that there were many people who would jump at the chance to snap me up. He told me that everything that I wanted was perfectly reasonable and agreed to everything that I asked for. Several hours later I returned to my normal insecure self, wondering how on earth I was able to convince him so easily.

### **Changing the internal dialogue (Warrior’s Way) vs. saying affirmations (my approach):**

Warriors say that the way we maintain our perception of the world is by talking to ourselves. We maintain a constant internal dialogue during every waking moment, during which we reaffirm everything that we perceive. We walk down the street saying this is a tree, this is a car, there is a beautiful woman etc... This dialogue along with our behavior, serves to affix the assemblage point to its current location. If one stops the internal dialogue, one “stops the world”, the assemblage point shifts, and one is then able to perceive other worlds. On a less

grand scale, one might imagine that our internal dialogue has an impact on what we are and how we live our lives. An addict, thinking of himself or herself as a worthless crumb, is likely to remain so. An obese person thinking about how fat he or she is, is likely to remain so. A depressed person, thinking about how depressed he or she is, is likely to remain so. I find that changing my thought patterns completely is not something I can accomplish all at once. I can however, once a day make a concerted effort to change this dialogue within myself such that it supports and affirms the life that I want for myself. I do this through the use of affirmations. This sounds very corny and has been the subject of numerous Saturday Night Live skits, but it is easy to do, you don't have to tell anybody you are doing it, and it works. Every morning while I am taking a shower I say a series of affirmations. I say them out loud, just take my word for it, it's important to state your affirmations in a clear audible voice. It is also important that your affirmations are structured so that they are completely positive. In other words don't say "I am not depressed", say "I am happy". It is not important that you believe anything that you are telling yourself, it's just important that you do this on a daily basis. Below is a sample of the most general parts of my daily series of affirmations.

*"All is well in my universe. I am happy. I am healthy. I am complete. I am at peace. All is well in my universe. I love myself and accept myself exactly the way that I am. Because I love myself, I treat myself well in every conceivable way. Because I love myself, my world is filled with love, which comes back to me many times multiplied. All is well in my universe. I accept and acknowledge that I am the sole creative force in my world. I will now enjoy my life. I forgive everyone, I forgive myself, I forgive all past events, I am now free. Love comes easily to me and I deserve to be loved. Once love comes it stays and flourishes. My God helps me in all things and puts everything into its proper order. I draw only good people to myself. My interactions are enjoyable and without con-*

*flict. I save my energy. I have nothing to defend. All is well in my universe and everything is unfolding as it should.”*

When I started doing this, I didn't believe a single word of the affirmations. I was miserable and had been for years. I was an active alcoholic in denial. I was living in a tiny apartment underneath a crack den. I was despised by my work associates and in constant bitter conflict with them. I had just broken up a long-term relationship with someone who was an emotionally abusive drug addict and drug dealer. I had stayed with this man only because I didn't think that anyone else would want me. For the last few months of our relationship I was constantly changing my locks, afraid that he would come and steal from me, only to give him the new keys several weeks later. When I ended the relationship for good, I was prepared to live a life of solitude. I hated myself and I hated life. The only reason I did not commit suicide was because I was too much of a coward to do so. Within three months of saying these affirmations that I didn't believe, I met a wonderful caring man who would eventually become my husband. Within five years, I was sober. Over the first ten years I grew to love myself and to love being alive. I now have a beautiful child. I love my job and am well respected in my field. I work because I want to, not because I have to. I have beautiful homes. Interpersonal conflict is the exception rather than the rule for me. My life is not without problems and I have periods of sadness appropriate for a given situation. But overall I have peace of mind and serenity. Seven years after our break up, my ex-boyfriend, the drug dealer, was found dead in his apartment. That could have been my life. Through the grace of the Elemental Force and a few corny utterances, I was spared from a disaster that should have been inevitable.

You might want to try an affirmation that Castaneda was told to say by one of his teachers, and see what happens:

*“Repeat to yourself incessantly that the hinge of sorcery is the mystery of the assemblage point. If you repeat this to yourself long*

*enough, some unseen force takes over and makes the appropriate changes in you”.*

—The Art of Dreaming, Carlos Castaneda

## **Gratitude (Warrior’s Way and A.A.)**

Although Warriors say that the Spirit is an impersonal force, they nevertheless express gratitude to the Spirit for all things. Gratitude is also stressed in A.A. Before I go to bed each night, I go through a list of everything I have, from my sobriety, to my family, even the food that I eat, and I thank the Elemental Force for these things. Sometimes I get lazy and I don’t do it for a while. What usually happens is that I start focusing on what I don’t have and this is a forerunner to self-pity. I therefore prefer to just go through my list every night. It helps me to keep myself in a positive frame of mind.

## **Using death as an advisor (Warrior’s Way) vs. living one day at a time (A.A.)**

Warriors say that in order to be available to the Spirit, one must live in the present moment. If one dwells on the past or projects into the future, the Spirit cannot be used as a force in one’s life. In order to remain focused on the present, Castaneda was taught to use “death as an advisor”. In thinking to oneself that one’s death is imminent, it forces you to focus on the present. His teachers told him that the average person lives life as though they were immortal, as if they had all the time in the world to do what they seek to do. The average person is thus rarely available to the Spirit. He was taught that a warrior carries out each act, no matter how small, as if it were his or her last act on earth.

In A.A., we live “one day at a time”. We know that we have only been given a respite from addiction. We know that the insanity could return without warning at any time. Death is not an abstraction for us. We live daily with a death sentence hanging over our heads. We know

that a physical death would be merciful should we ever become active addicts again. What we fear, is living with an active addiction and returning to the life of the spiritually/energetically dead. Living one day at a time lends an intensity and a richness to one's life experience. This does not mean that you don't ever make plans for the future, but it does mean that you don't take what you have for granted, and that you approach each day as if it were a gift.

### **Breaking energetic ties (Warrior's Way) vs. making amends (A.A.)**

Warriors say that in order for a warrior to be free, he or she had to break all energetic ties. The thoughts of other people, especially those who we have wronged, can pin you down and keep you from being able to change. Castaneda was taught that a warrior must leave no debts unpaid. He was told to find all of those people in his past that he had hurt and make a gift to them that would leave him penniless. In A.A., we make a list of all of those people that we have hurt in the past and become willing to make amends to them all unless to do so would cause them or others harm (steps 8 and 9). When we are wrong in the present we promptly admit it and apologize (step 10).

### **Erasing personal history (Warrior's Way) vs. "abandoning people, places and things" (A.A.)**

Warriors say that all of the people who know you have an image, a perception of what you are. They think of you as being a certain way and their collective thoughts have the power to reinforce whatever image you have given to them in the first place. These collective thoughts can therefore prevent you from changing. So one of the first things Castaneda was taught was to "erase his personal history" by leaving all of his friends. In A.A., it is suggested that we abandon all "people, places and things" associated with our addictions. I don't think that a normal

person needs to abandon friends in order to change small things about the self. I think it might be a good idea however not to discuss with other people that you are trying to change until you feel confident that the change has been accomplished.

### **Some thoughts on addiction:**

Normal people do not understand addiction or recovery. They think that the addict is simply a person who doesn't have sufficient will power to control their behavior. They think that the addict in recovery is simply someone who has finally decided they want to get their lives together; someone who finally mustered up the will power to stay clean. They think that A.A. serves the purpose of providing the recovering addict with a group support system. That by being around other people who have recovered from their addiction, the active addict now has the emotional reinforcement needed to "behave themselves". The addict in recovery knows that these assumptions are incorrect. All of us know that in the active phase of our addictions we wanted desperately to "behave". We know that despite our sincere desire to change, we could no more will this change than you could will yourself to grow another limb. We know that the force that allowed us to change came from without. We experience this force as a "lifting" of the compulsion to drink or take drugs. It is commonly described as experiencing a moment of grace. It is in this moment that we are given a respite in which we can then carry out the simple act that we so wished to carry out for years. This act is not to drink alcohol or take drugs. We also know that peer support is not what keeps us sober, although it certainly helps. We had all of society to serve as an example. Even more important, we had our loved ones who were invariably hurt by our addictions and implored us to stop. The amount of "peer pressure" so exerted is tremendous. None of us wanted to hurt anybody, especially those we loved. And yet we still couldn't stop. In A.A. we are told that alcoholism is a disease that is spiritual in nature. I believe that another way to state this is that alcoholism is a disease that is energetic in

nature. It is also often said in A.A., that alcoholism is a disease of perception. The way a Warrior might state this is that alcoholism is a disease of the assemblage point. Warriors say the following:

*“A situation that is extremely dangerous, however, is an involuntary shift of the assemblage point owing, perhaps, to physical fatigue, emotional exhaustion, disease, or simply a minor emotional or physical crisis, such as being frightened or being drunk. When the assemblage point shifts involuntarily, the rolling force<sup>1</sup> cracks the (energetic) cocoon...if the shift is considerable, the crack is also extensive and it takes time for the cocoon to repair itself, as in the case of people who take drugs.”*

—The Fire From Within, Carlos Castaneda.

I think that active alcoholism is a severe energetic deficit coupled with a deleterious placement of the assemblage point. The reason that we feel different when mood-altering substances are ingested, is due to an involuntary shift of the assemblage point induced by the substance. According to warriors, involuntary shifts cause damage on the energetic level whereas voluntary shifts do not. Warriors say that the energetic cocoon (ie: energy field) of certain individuals is unusually pliant and can suffer permanent damage even from minor energetic impacts. The alcoholic is likely someone whose energetic cocoon is more susceptible to damage from mood altering substances, and thus is more likely to suffer a severe energetic depletion when ingesting these substances. An energetic depletion will be experienced as an emotional malaise, a state in which someone is more likely to self-medicate. In addition, as mentioned before, repetitive behavior leads to the fixation of the assemblage point, thus the more you drink, the more you drink. The more you drink, the more damage to one’s energetic cocoon and the more energy you lose. With a problem that is energetic in nature, desire to change on its own, no matter how sincere, is useless because it

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1. An energetic force with destructive power, described in more detail in chapter 5.



boils down to having energy coupled with will. It is clear by comparing the A.A. steps to the Warrior's Way, that the A.A. steps outline strategies that should result in the saving of energy and the repositioning of the assemblage point to a new position dictated by intent. Through following the steps, the alcoholic, without knowing it, is able to save enough energy to accomplish the energetic feat of moving the assemblage point away from a diseased position to a more normal position. If however, the energetic field has been permanently damaged, there may always be a tendency for the assemblage point to "slip" back into the damaged area. If this occurs, the alcoholic will drink again because this is what the damaged position dictates. I admit it's a stretch, but it's as good an explanation as any. Modern science still hasn't come up with anything better than this.

### **Overview:**

So, what does this mean for a normal person? In the first two chapters, I have attempted to illustrate how to practically apply the basic principles of sorcery in such a way as to bring about change for the better in one's life. The first step is establishing a connection to the Elemental Force and learning to save energy. In order to save energy one must identify the ways in which one's energy is lost. The resentment list is an effective tool towards identifying energy drains. The next step is the eradication of the energy drains. This is accomplished by summoning the Intent to be rid of each fear or negative emotion one by one. Intent only works when one focuses on something specific. This approach will not work if you simply say "rid me of all of my fears". Once one is truly ready to release the specific fear or negative emotion, one simply asks that it be removed, trusting fully that this will be done by the Elemental Force. Finally, one must act "as if" the fear or negative emotion has been removed. Using this technique will increase your energy levels and permit a stronger connection to the Elemental Force. This strengthened connection will empower you to make change for the positive in your life.

What can you do with the energy that you save by this technique? Anything you want, you are only limited by your imagination. Alcoholics use this extra energy coupled with will, to stay sober. Warriors use this energy coupled with will to perceive and explore other worlds. They use this energy to travel across vast distances in this world in the blink of an eye. They also use the energy to ‘shape shift’ (I will touch upon this in greater detail in the next chapter). Maybe start out small, see what happens and go on from there. You don’t have to buy the assemblage point idea. There is no mention of the assemblage point in A.A. We just follow the steps and our lives get better. Both Warriors and A.A. members struggle to fight self-reflection. The energetic premise for this is so simple that it is difficult to absorb. Focusing on the self serves to keep the assemblage point firmly rooted to its current location meaning that you can never truly change. I have found that the easiest way to keep the focus off the self, is to do nice things for other people. By turning one’s focus outward and placing it on the Elemental Force, you promote fluidity and control of the assemblage point. In this state, anything is possible.

Warriors define sorcery as the manipulation of the assemblage point at will. The assemblage point dictates what you perceive and therefore what you are. If you want to change something about yourself, all you have to do is follow this sequence in order to shift your assemblage point:

1. **Summon the Intent to change**

Develop a single-minded and focused desire to change—become entirely ready to change. Feel within yourself that the desired change is absolutely necessary.

2. **Ask the Elemental Force to make the change for you.**

Execute the command/request you have formulated. Any doubts on your part will greatly attenuate the force behind your command, so make sure you are truly ready to change before doing

this. My commands are usually structured as humble requests (eg: Please give me the willingness to lose weight/stop drinking/release my anger etc...). Once you have done this, the Elemental Force will shift your assemblage point to a position that will allow the desired change to become manifest. The resultant change in perception will often be experienced initially as a change in the way that you feel. This change in feeling will give you a moment's pause, allowing you to resist a compulsive or habitual behavior. If you are an overeater who has commanded the Elemental Force to give you the willingness not to overeat, you will no longer feel that you must overeat and this will enable you to resist overeating.

3. **Tune in completely to your new reality by acting "as if".**

The change in feeling that accompanies a perceptual shift will greatly facilitate your ability to act "as if". When you act in accordance with that new feeling, you fix your assemblage point firmly to the new position that dictates your existence as the person you would like to be.

Once you have mastery over the assemblage point, you control your reality; you control what you are. You have become a modern day sorcerer, even if the only thing you do is manage to keep off those last ten pounds for good.



## Lucid Dreaming

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The sorcerers' world has a natural barrier that dissuades timid souls. Sorcerers need tremendous strength to handle it. You see, it's populated by monsters, flying dragons, and demonic beings, which, of course, are nothing but impersonal energy. We, driven by our fears, make that energy into hellish creatures.... To jump into the unknown you need guts and mind. Only with them will you be able to explain to others the treasures you might find.

—Florinda Donner, *Being In Dreaming*

The practice of lucid dreaming is where the Warrior's Way and A.A. diverge significantly. Lucid dreaming plays no role in the recovery program in A.A., but plays a major role in the Warrior's Way. Lucid dreaming is used to expand perceptual capabilities into realms outside of the world as we know it. Warriors say that someone who learns to save energy and to rechannel this energy properly can become a man or woman of knowledge. This is a person of wisdom and understanding; a person who has inner peace, sobriety and serenity. A seer however is a man or woman of knowledge who has additionally learned to perceive the Universe at its essence, which is pure energy. I believe that A.A. members, by learning to save and rechannel their energy, have the opportunity to become men and women of knowledge. In order to evolve into a seer however, one must become proficient at lucid dreaming. In this chapter, what I refer to as a regular dream, is a dream that one may remember upon awakening, but are not fully aware of while

the dream is in progress. What I refer to as a lucid dream, is a dream that may be very similar in quality to a regular dream with the exception that one is fully aware of the dream while it is in progress and is additionally aware that it is a dream and not the world of everyday life. During these dreams, one thinks precisely in the same manner as one would when awake. When one dreams lucidly, there is no time discontinuity between the dream ending and one waking up. There is no discontinuity in consciousness and stream of thought. One is fully aware precisely when the dream ends and when one wakes up in the world as we know it. One thing is for certain, having a lucid dream changes your view of the world forever. These dreams have a lasting impact and are unforgettable.

We are taught from birth to focus our awareness on the physical body. Because we are not taught that there is any other mode for our awareness to utilize, it never occurs to us that anything other than the physical body can serve as the receptacle for our day-to-day awareness. We have in fact, two bodies at our disposal, our physical body, and our energy body, or what is called “the double” by Warriors. Most people have heard of out-of-body experiences, astral projection or lucid dreaming. These are usually described as being random, spontaneous episodes, sometimes associated with a near death experience. We’ve all heard the story of the person who was a victim of a near fatal accident who says that they were floating in the air and watching while a medical team tried to resuscitate their lifeless body. We may have read somewhere that the world’s gurus and mystics are capable of astral projection and through these experiences receive enlightenment. Most of us however, don’t think that this type of experience can occur to “normal” people under “normal” circumstances and although we are somewhat intrigued by the concept, we don’t think there would be any real benefit to having such an experience. Carlos Castaneda was trained to dream lucidly, much in the same way as someone is trained in a physical discipline. Lucid dreaming became a part of his day-to-day life. Just as it takes years of practice to gain mastery over our physical bodies, so

it takes years of practice to gain mastery over the energy body. Lucid dreaming is nothing more and nothing less than the act of placing the awareness of everyday life on the energy body. While the physical body has the purpose of allowing us to function in the physical world, the energy body is there for us to function in the universe when reduced to its essence, which is pure energy. Because the Elemental Force is an energetic flow or flux, our energy bodies can handle and understand this type of energy directly. Will, or the pure thought energy that can direct or redirect our paths in life, comes from the energy body. All of our hunches and intuitions come from the energy body. Because the energy body is not physical, it is not bound by the same physical forces, not bound by time and space, as is our physical body. Because the energy body is not physical, it can communicate with and make contact with other energetic beings that do not exist in the physical realm. Castaneda and his fellow apprentices described their teachers as being extremely telepathic and capable of performing feats that defied physical laws of time and space. The art of lucid dreaming was one of the cornerstones of their way of life and intimately linked to the development of abilities that we consider to be paranormal. When we fall asleep, our energy bodies are activated so to speak. Lucid dreaming is simply a practice whereby you learn little by little to use your energy body to function in the energetic universe in full awareness, much in the same way as we use our physical bodies to function in the world as we know it.

When I was a child, I used to have very vivid regular dreams. Sometimes I would dream of things that would come to pass. These events were never anything of great significance. I would dream of seeing a person unknown to me walking down a street and then a few days later I would see the same person on the same street while looking out of the car window. Once I dreamt that I was playing ping-pong with someone I couldn't see. In the dream I said "Hey! I dreamed this!", and then, "Hey! I dreamed that too!". This scene occurred several months later exactly as I had seen it in my dream. Although I never thought

that incidents like this were indicative of my having any special abilities, it made me question our concept of the linearity of time. My first experience with lucid dreaming did not occur until I was in my first year of college. I had gone to sleep with my boyfriend beside me. At one point, I thought that I had woken up and I saw him get up and leave the room. I tried to get up to follow him but found that I couldn't move. Thinking that I had somehow gotten trapped under the covers, I began to struggle to get loose but to no avail. I became furious, and with all my might I tried wrenching myself free. I heard a loud pop and then landed unceremoniously on the floor, which sent me into a rage. I jumped up and opened the door to run after my boyfriend when I began to sense that something was terribly wrong. The hallway of the dormitory was completely dark, but I knew that the lights were always kept on at night. I quickly shut the door and began to look around my room. I received the shock of my life. It was my room but everything was too big...much too big. It was as if I looking at my room from the perspective of someone about 10 inches tall. My desk and chair loomed above me. My tiny TV screen was a great expanse of shiny blackness. I was too shocked to even think. Suddenly, a red contorted disembodied face appeared before me. I flipped out and started running. I seemed to shrink even smaller so that my shag carpet was like a sea of tall grass. Just when I thought I would die of fright, a voice clearly said, "Follow the blue thread". I don't remember seeing a blue thread or following it but I was instantly back in bed lying down next to my boyfriend who was sound asleep next to me in my normal sized room.

After this, it became fairly common for me to "wake up" within a dream. In other words, I would be having a regular dream and then I would realize I was dreaming because of some sort of irregularity. Once, I had taken a trip to another town with my father. We were staying at a nice hotel. I woke up because I had to go to the bathroom. As I made my way to the bathroom, I happened to glance down at my feet and saw that I was wearing a pair of bright pink fluorescent socks.



I knew then that I was dreaming because I had no such pair of socks and did not go to bed wearing socks. I turned around, got back into bed and started over again. This time, as I was walking to the bathroom, I started floating and went right through the wall. So I turned around again and started over. This repeated itself several times until I really woke up. Even though in my waking hours, I think it would be really cool to travel with my energy body, for some reason many times when I have an experience like this, all I can think to do is to try my best to wake myself up. Another time, I had gotten in to bed to take one of my afternoon naps, something that was possible for me during my college years. As I was drifting off to sleep, I felt my boyfriend snuggle up behind me, so I snuggled back. I was thinking about how nice this felt when all of a sudden I realized that I had gone to sleep by myself. I jumped out of bed in terror and looked back and saw a humanoid figure that looked as if it were made out of dark gray porous stone. I became hysterical with fright and began trying desperately to wake myself up by running around in circles in my room. After a while, thinking that I had successfully woken myself up, I walked over to the mirror. My face was my face except that I had about five eyes. They were disgustingly red and rheumy looking. I realized to my chagrin that I was still asleep. Not knowing what to do next, I went into the kitchen and filled the sink with water. I went to the freezer and got out all of the ice trays and dumped ice into the sink and began frantically splashing my face with water, trying to wake up. After a while, I went back into my bedroom to look at myself in the mirror. This time I was relieved to find that I had two eyes but they were still kind of screwed up looking and not on the same level as each other. I went back into the kitchen and started splashing my face again and then I abruptly woke up, in my bed...alone. I went into the kitchen and all of the ice trays were still in the freezer and the sink was completely dry. Looking back at this, I wonder if I had examined that humanoid figure in my bed, whether I would have discovered that in fact, it was my own body. Robert Monroe described seeing his physical body when in the

out-of-body state and said that while it was recognizably himself, he viewed himself at a level of detail not present when awake. This level of detail rendered the appearance of his physical body to be somewhat grotesque. He also described incidents where as his energy body began to disengage but was still in close contact with the physical, he mistook his own physical body for a foreign presence that was pressing up behind him and breathing down his neck. Another time, I was having some sort of stupid dream and once I realized that I was dreaming, I decided to start walking around to check things out. I took a few steps and then everything went black. I felt myself plummeting downward at great speed. When I landed, I found myself staring at the crotch of an obese woman, with her legs spread apart. I thought she was wearing purple stockings. I panicked and as I struggled to get away, my perception seemed to rearrange itself. What I thought was the woman's crotch was the crook of my elbow. The thighs were my upper and lower arm. I realized that I was lying on my stomach and had fallen asleep with my forehead resting on my bent arm. Sometimes I would partially wake up within a dream and I would be together enough to realize that it might be a dream but not together enough to figure it out for sure. This usually would occur if I had the urgent need to go to the bathroom. In the dream I would be in a bathroom trying to figure out if I was dreaming or awake, so I would conduct tests. I would get down on the floor and run my hands over the tiles. They would feel cool to the touch. I would then run my fingers along the grout lines of the tiles and could feel the seams between the tiles. I would then walk over to the toilet, sit down, and bounce up and down. The toilet seat would be completely solid. Upon awakening, I would realize that I had never seen or been in this dream bathroom before. Thank goodness I never decided in my dream that the bathroom I was in was real.

Around this time, I also began having visions as I was falling asleep or as I was waking up. In psychiatric terms, these are called hypnopompic/hypnogogic hallucinations. Once, during one of our trips, my father came into my room and woke me up to tell me he was going out

for a bit. Standing next to him was a Caucasian man, of average build, about 5'10" tall. He had dark hair that was beginning to turn gray and a thin moustache. He was staring straight at me. His look was neither friendly nor menacing. I knew that the man was not real and that my father could not see him, uncharacteristic for me however, was that I was not afraid. After, my father left, the man remained for a bit and then slowly faded as I woke up completely. Another time, as I was falling asleep, a disembodied head of a young man appeared before me. He had black hair with bangs, a chubby face with a pale complexion and was wearing a pair of glasses with thick lenses and thick black rims. He was talking to me but no matter how hard I tried, I could not understand what he was saying. He then produced a book and opened the pages for me to see. He was pointing to the pages and turning them and talking, but again, no matter how hard I tried, I could not understand the writing or his words. A very common vision for me to have upon awakening was that of a huge spider, usually three to four feet across, walking around on the ceiling of my bedroom. This I found to be truly terrifying, although I knew it was not real. I would pull the covers up over my head and squeeze my eyes tightly shut. After a few years, I learned to control my fear and just started to ignore it, knowing it would fade away as I woke up fully. These hypnopompic/hypnogogic hallucinations were not the result of delerium tremens. My alcoholism never progressed to this point. Furthermore, when these visions began, I was not drinking alcoholically and they have continued into my sobriety. Robert Monroe also described having experiences of a similar nature once he began to dream lucidly.

Another thing that started happening to me was that at times my body would fall asleep before my mind did. During REM sleep, the body protects itself by paralyzing the voluntary muscles so that when you dream, you don't start acting out what is occurring in your dream and injure yourself. Usually we are asleep when this transition from the voluntary to the involuntary system takes place. I started being awake for this. I think the psychiatric term for this is sleep paralysis or cata-

lepsy. It's horrendous. I would start drifting off to sleep when my limbs would become like lead and I would be unable to move them. I probably could have tolerated this but what would send me into a panic was when I stopped being able to breathe. There is a lapse or lag between the time when we stop controlling our breathing and when it becomes an automatic process controlled by the involuntary muscles. It is probably a very brief lapse, but it seems like an eternity when you are awake during the transition. I would struggle with all of my might to wake up or scream for help, and the most my supreme effort could produce was a strangled, tiny little squeak from my paralyzed vocal cords. I would either pass out from fear or eventually wake up. Sometimes in this state, I would feel a tremendous energy surge that would start at my feet and travel towards my head, building in intensity. Sometimes, I would feel a pressure in my head that was so intense that I feared my teeth would explode out of my gums. No matter how many times I told myself that the next time it happened I would just relax through this transition, I would just freak out again every time it happened.

I decided to make some discreet inquiries of my acquaintances to see if anyone else had experiences similar to mine. I didn't want people to think that I was insane, so I asked the most innocuous question I could think of as an initial probe into the topic... "Do you dream in color?" I began to ask people on campus. Most people, to my amazement, did not even remember their dreams, not to mention whether or not they dreamt in color or black and white. I must have asked at least fifty people without finding anyone who described anything close to what was happening to me. But one day I asked a friend of mine about his dreams. It turned out that he was also having lucid dreams, but unlike me, he did not try to wake himself up. He told me with glee that he was having a wonderful time feeling up all of the women he encountered in his dreams. His fun was eventually curtailed by the fact that after a while, every time a woman saw him in his dreams, she would run away. He confided in me at one point that he was also having sleep paralysis episodes, but his experiences were even worse than mine. He

told me that when his body would become paralyzed, he would sense a presence in the room and see a black hole open up at the foot of his bed. Something that he could not see, would then grab hold of his legs and start pulling him towards the black hole, at which point he would black out in terror or force himself to wake up.

At some point within a year or so having lucid dreams, I began to hear a voice, or rather a loud thought. What differentiated this thought/voice from my normal thoughts is that it felt foreign. It would intrude into the middle of a normal thought process, usually having nothing to do with whatever I had been thinking about before. The other thing that differentiated the thought/voice from my other thoughts is that whenever it came to me, my mind would be oddly blank afterwards, and I would be unable to think normally for half a minute or so. This is referred to as “thought blocking” in psychiatric texts and is something that occurs to people with severe mental disorders such as schizophrenia. I knew at this point, that I had gone completely and utterly insane. I knew not to ask anyone if in addition to dreaming in color, whether they heard voices or loud thoughts. I didn’t even tell my friend about this. I did not seek psychiatric help because I didn’t see any point in having a psychiatrist tell me what I already knew...that I was certifiably insane. I promised myself that if I became unable to carry out my studies that I would seek help and that I would never under any circumstances do anything that the thought/voice told me to do. I was never really put to the test because it never told me to do anything but rather would make comments about what I was doing or about other people. For instance, I would be talking to someone and it would say “...has to go to the bathroom...”, and shortly thereafter the person would excuse himself or herself to go to the bathroom. Or I would be talking to my boyfriend and it would say “...wants corn...”, right before he would say “Hey, lets have corn for dinner”. Once it said to me “You will be arrested”, which I thought was preposterous. A few days later, I was walking through campus and bumped in to some people I knew. They told me they were on their way to a protest march

taking place at the South African embassy, and asked me if I wanted to come along. I wasn't doing much of anything so I went. We all wound up getting arrested that day and somehow my name wound up in the local newspaper's coverage of the march. The only time it ever came close to telling me to do anything was in reference to my smoking cigarettes "You should not smoke" it would say to me, so I made sure to continue smoking since I had promised myself not to do anything it told me to do. One time, I was going to see my boyfriend, who I had caught in bed with another woman the previous week and it said quite clearly "You are a pinhead", so I made sure not to break up with my boyfriend. He dumped me for the other chick shortly thereafter. A couple of years later, I was involved with yet another loser boyfriend. He was in the music business and had introduced me to some celebrities, which I thought was very cool. Things weren't working out, and I was upset thinking about how nice it would have been to live a life rubbing elbows with celebrities all of the time. The voice practically screamed at me "TOO BAD". Sometimes, though, the thought/voice was less harsh and would say comforting things when I was very upset. "Don't worry, you are very lucky" or "I love you".

This went on for over a decade. As I waited to go completely over the edge mentally, I finished college and completed graduate school. Then, Castaneda's The Art of Dreaming was published. In this book Castaneda wrote that upon beginning his lucid dreaming training he also began to hear a voice and thought that he was losing his mind. His teacher explained to him that this happens to everyone who is able to dream lucidly.

*"Upon crossing the first or second gate of dreaming, dreamers reach a threshold of energy and begin to see things or to hear voices... Sorcerers call it the voice of the dreaming emissary... (the dreaming emissary) is alien energy that has consciousness. The problem with the dreaming emissary is that it can tell only what the sorcerers already know or should know, were they worth their*

*salt. We see it or hear it because we maintain our assemblage points fixed on a new specific position...the dreaming emissary is a force that comes from the realm of inorganic beings...the whole realm of inorganic beings is poised to teach. ...Their method, however, is to take our basic self as a gauge of what we need and then teach us accordingly. A most dangerous affair! ...If someone was going to take your basic self as a gauge, with all your fears and greed and envy, et cetera, et cetera, and teach you what fulfills that horrible state of being, what do you think the result would be?"*

—The Art Of Dreaming, Carlos Castaneda

Upon reading this I was somewhat relieved to have found that hearing the voice was possibly linked to my freaky dreams although I still feared for my sanity. Robert Monroe also made a brief reference to hearing a voice once his lucid dreaming began. One of Castaneda's teachers said that he used the dreaming emissary to find out things he didn't feel like following up himself, like finding out what his apprentices were doing. He also said that the dreaming emissary was a superb teacher for perfecting dreaming techniques. He warned him however that, a heavy energetic price is exacted in return for this help and that contact with the dreaming emissary is especially dangerous for men. He suggested that Castaneda reject further contact by making a firm verbal declaration that he no longer desired the interaction. Castaneda did not follow this suggestion; I didn't either.

My lucid dreaming experiences continued. Once I "woke up" within a dream where I was being attacked by a group of teenagers. I said in the dream, "I don't have to do this" and turned away from the scene and started walking. Almost immediately I was faced with what I thought was a yellow brick wall. At about the level of my chest I saw a small hole with light coming through. As soon as I focused on the light, I was through the wall. It was instantaneous. On the other side of the wall I saw a yellow world. I thought it was breathtakingly beautiful. There were small sand dunes in the distance. The sky was also yellow and I thought I saw a small animal in the distance but I couldn't tell

what kind of animal it was. It was sitting down and looking in my direction. Suddenly it quickly became very difficult to hold the vision of this place. I strained to try and take in all I could, but I began to feel an extreme fatigue and then everything went black. I woke up in my bed and the voice began talking with a definite sense of excitement. "You have accomplished an incredible feat," it said. Then, a really weird thought popped into my mind. It was something from a Muppet movie called "The Dark Crystal". In this movie, there is a big magical crystal that was vital for the well being of the world. It was missing a piece and the world was in jeopardy or something like that. At that moment, for some reason I thought that I was damaged just like that crystal, and needed a piece replaced so that I could be whole. In response to this thought, the voice said "I will do this for you". I then fell in to a deep black sleep. A yellow world of sand dunes was described in Castaneda's "The Eagle's Gift". His teachers called it "limbo", the space between our world and other worlds, which must be crossed by all those who travel into the unknown. Castaneda was taught that this place is separated from our world by a barrier that is perceived by the dreamer as a yellow wall of fog, which rotates as the head is turned. In order to go through the wall and enter into the yellow world, the dreamer must learn to stop the rotation of the wall. I however did not see a wall of fog; I saw a yellow wall that seemed solid. It is possible that my lucid dream of this place was a result of the idea of this world being placed in my subconscious by reading that book. I do not recall thinking that this was a real place, or a place that I would like to go in my dreams. I only saw this world once in my dreams and it was the only time that I actually experienced fatigue within a dream. It was the only time that the voice/thought commented on the content of my dreams. There exists the possibility that this was a true world that I saw. If so, this would be one of the rare times that I think I may have gone to another world proper. Most of the time, my dreams take place in this world or in what I think of as garbage worlds: worlds that are phantasmagorical constructs of the mind. If someone describes to



you a place in the everyday world that they have been, and upon traveling to that same locale, you find that it looks exactly as it was described, you do not attribute that similarity of perception as being due to the power of suggestion. The place is as it is. I viewed that yellow world, albeit briefly, with the same clarity that I view this world. Our world exists in a position of the assemblage point. The yellow world I saw, may also.

My dreaming changed after a while, in that instead of “waking up” in a regular dream that was already in progress, I would wake up in my room but not be able to move around. Actually, I could always move my energy limbs, but not my trunk. My energy trunk seemed to be stuck in my physical body. I could see everything in my room clearly, including my physical body but all I could do was wave my energy arms and legs around. Since I couldn’t move, I began to use my energy hands to explore my body. I would poke myself in the face and belly and could clearly feel the pokes. Running my hands over my eyes, I could feel that my eyelids were shut but I could still see clearly. By waving my hands in front of my face I could see a faint transparent outline of my hands moving around. I would cover my eyes with my hands to see if that would block my line of vision, but I could still see. Once, I extended my arms and legs straight up in the air and tried my best to will myself to move but nothing happened. I thought as hard as I could “would somebody please help me!!!!” I then received a tremendous shove from underneath me and I was out. I was so excited. I started moving my arms and legs in a kind of doggy paddle motion and slowly started moving. I wanted desperately to see what I looked like so inch by inch I made my way over to the mirror and saw a filmy transparent version of me shot through with red pinpoints of light, I held this vision for a few seconds and then I woke up. Castaneda described the same difficulty in trying to move around while dreaming. He discussed this dilemma with his teacher. His teacher told him that when we first start dreaming lucidly, forces external to the dreamer are helping the dreamer to move around freely. He said however that at one point this

help is withdrawn and the dreamer has to learn to move on his or her own:

*“Dreamers have to be imaginative... You are trying to move... as if you were in the daily world. We spend so much time and effort learning to walk that we believe our dreaming bodies should also walk. There is no reason why they should... And this brings us to the other issue here... Why didn't your inorganic being friends help you?... They throw worthless bait at you from time to time to keep you going... But they didn't teach you how to move your energy body... Because when your energy body learns to move by itself, you'll be thoroughly out of their reach.”*

—The Art Of Dreaming, Carlos Castaneda.

Castaneda's teacher once again admonished him to reject further contact with the dreaming emissary. He ignored the advice. I glossed over this section of the book at the time and promptly forgot about it until years later. I continued to have problems moving my dreaming body and continued to hear the thought/voice. When I would be at work, it would comment on what I was doing. At the start of a new project it would say “This will be beautiful” or “congratulations!” or “I'm so sorry”. Whenever I would get the “I'm so sorry” message I would try my best to do the most thorough and meticulous job I could, trying to insure the success of the project and it would invariably fail. The projects that it said would have beautiful results always worked out. I tried my best to ignore it but it was always correct. The voice began to comment on all aspects of my life in this fashion. The resulting anxiety I felt began to build to unbearable levels. But even though I knew that the voice was having a negative impact on my life, I was still intrigued by the fact that it was telling me things that I couldn't possibly know on my own. I struggled with the desire to be rid of its influence versus the desire to use it as a resource. I finally had to admit to myself however that knowing the outcome of my work projects was of absolutely no use. In addition knowing when people

had to go to the bathroom and what they wanted to eat was in no way earth shattering and did nothing to enhance the quality of my life. The poor quality of my cosmic informant was a reflection of my middling energetic development. I declared out loud one day that I desired no further contact and it stopped, just like that.

Man has wondered throughout the ages whether there is intelligent life in the Universe, other than ourselves. We have sent out probes into space in search of extraterrestrial intelligence. Our search however has been for sentient beings in the physical form. We are not accustomed to thinking that life can have forms that are not physical. When our awareness is focused on the physical body, we can only perceive the physical. If you define life as awareness however, awareness does not have to assume a physical form. We are surrounded all the time by life forms that have awareness but without a physical body. Once you begin to place your awareness on the energy body, you are able to perceive these entities. We have no cultural context to help us to handle these types of encounters. The two most common ways that one is likely to react when faced with such an encounter is to think that one has gone insane, or that one is in touch with the divine. Many of the people who believe that they have been abducted by, and subsequently tortured by aliens describe experiences that could be classified as sleep paralysis. While I do not want to be dismissive of anyone's beliefs, I think it is highly possible that this is an example of the interpretation system going berserk under the impact of an experience for which we have no cultural context. I think it is possible that these people have inadvertently entered into a lucid dreaming state in which they are able to perceive energetic beings. Their minds then interpret these beings as aliens in UFO's in an attempt to place them into some sort of "understandable" context. Robert Monroe describes being plagued early on during lucid dreams, by beings that seemed to delight in tormenting him. They would latch on to his dreaming body and make fun of him when he would pray for help, saying "listen to him praying to his god". He said that at times they would assume the physical characteristics of

people that were dear to him, like his children, but change to another form when it was clear that he was not fooled by their tactics. Warriors also say that there is a certain class of energetic beings that tend to take on the appearance of loved ones. I can think of few things more frightening than the idea that there are things out there that can pluck our memories from our minds as if they were reading a book and then use these memories against us. Because of my own experiences with the thought/voice and thought blocking, it has really made me wonder about people who are considered to be insane. I think it is possible that what makes these people insane is an inadvertent shift of the assemblage point away from its customary position. At this position, they hear voices and see things because of this shift. The only difference between these people and me is that I am able to get my assemblage point back to a normal, or an almost normal position whereas they cannot.

Warriors say that one must have sobriety when faced with the unknown. Sobriety, in this context means that you must have the clarity of mind to “hold on to your marbles” when faced with an experience that shatters all of your preconceived notions of the world that we have been taught. While our rationality has in one sense hindered our ability to perceive all that we are capable of perceiving, we nevertheless must use our reason to bolster us from the onslaughts of the unknown. We are surrounded by intelligent life forms that are constantly trying to communicate with us. As soon as you begin to dream lucidly, or in other words, as soon as you learn to place your awareness on your energy body, the lines of communication are open. It is a mistake however to think that because these life forms are non-physical, that they are inherently superior or divine or bad or anything in general. In our world, there are all kinds of people; some good, some bad, some wise, some foolhardy. The same goes for the energetic beings that populate the worlds accessible to the energy body. Just as you have to use your common sense and judgment when dealing with our fellow men in the physical plane, you have to use your judgment when encountering

these other beings. If someone walked up to you on the street and told you they were God, you wouldn't believe them. When encountering beings from the energetic realm, you can't allow yourself to become so overwhelmed by the experience that you stop using your common sense. In our day-to-day lives, we tend to attract people who are similar to us. We congregate with those who share a similar level of intelligence and share our interests and values. I think that what you attract to yourself in the energetic realm will be determined in part by your level of energetic development. Since my level of energetic development was pretty much zero when this all started, I attracted to myself a being that was just as dumb and mundane as me. I don't see any reason that a highly developed entity from the energetic realm would have wanted to be bothered with me anymore than a highly developed person from our world would have.

The way I see it, we are the energetic retards of the Universe. Every sentient being in the Universe is able to perceive us, while we are walking around with our heads buried in the sands of our own self-reflection. For those few of us who make contact with these beings, we might be lucky enough to encounter a developed being with a missionary complex, who helps us begin to navigate the unknown. Such was the case with Monroe. Eventually, he seemed to hook up with entities that took him under their wings and showed him wonders and taught him many things. For other people like me, we attract beings that behave the way an older mischievous sibling might behave. An older sibling isn't inherently superior, just more experienced. An older sibling may feel sorry for you and comfort you when you are down. An older sibling sometimes cannot resist teasing you and telling you nonsensical things because you simply don't know better. The rest of us encounter what Monroe called tormentors and just go insane. Warriors say the following in reference to people who lose rigidity of the assemblage point:

*"If they are not warriors, they think they are losing their minds...If they're warriors, they know they have gone crazy, but*

*they patiently wait...two options are available to the warriors whose assemblage point has shifted. One is to acknowledge being ill and to behave in deranged ways, reacting emotionally to the strange worlds that their shifts force them to witness; the other is to remain impassive, untouched, knowing that the assemblage point always returns to its original position”*

—The Fire From Within, Carlos Castaneda.

As mentioned previously, when the assemblage point shifts, in order to fix it to the new position, one must behave in a manner consistent with that position or the assemblage point will slip back to its normal location. If however, one doesn't like the new position, it will be temporary as long as you do not behave in a manner consistent with that position. In other words, if your assemblage point shifts to the position of a crazy person, as long as you do not behave like a crazy person, you will not become insane, and your assemblage point will eventually slip back to a position of sanity. This is an example of reverse stalking.

After I told my inorganic friend to buzz off, I halted my dreaming practices. At the time, it was inevitable for me to have a sleep paralysis episode if I took a nap in the afternoon. I therefore made the deliberate effort never to take naps in the afternoon. I went about my life. I worked, I got married, and I got sober. One day I was puttering about in the house and the thought/voice came to me. I hadn't heard it in years. It said, "Are you OK?" I spoke back to it in my thoughts "yes I am fine". "Are you happy?" it asked. "Very happy", I thought back. "I love you", it said, and then it was gone. I guess it's kind of nice to think that I have a friend out there, somewhere. So, having said all of this, why would anyone try to have lucid dreams on a regular basis?

1. **If we have a second body, it must be there for a reason.** I think that we were meant to function both in the physical as well as the energetic realm. I think at one point, long ago in man's history, we did just that. However, in the interest of being able to understand things rationally and not just intuitively, we put greater and greater

emphasis on the rational side to the point that we lost use of and knowledge of the energy body. Even though I have had many terrifying experiences, I have also had a lot of fun sometimes. I have gone on numerous shopping sprees in “cosmic” stores and boutiques. I have delighted in trying on really beautiful shoes that are stylish and yet comfortable. I have found really marvelous handbags, expertly crafted with tons of little compartments for putting stuff in. I have also had a really good time at various banquets and buffets with delicious food and just eaten myself silly at these. I have performed in massive musical productions. While I have a terrible singing voice in the physical realm, my voice is superb in my dreams. I have also seen some really cool places. Once I had a lucid dream where I was viewing a huge white globe with numerous craters. The clarity and detail with which I was able to perceive this globe was beyond anything I am capable of in my day-to-day life. I was awed by its beauty and wondered what I was looking at. As if in response to my unvoiced question, a voice simply said “The moon”. Once, I went to this very watery world. I was looking down at the sea from a cliff and I decided to jump. I was a bit afraid of being hurt upon impact, but I just entered the water smoothly and once I went under I was filled with a wonderful sensation of peace. When I surfaced, I noticed some rocks and went over to check them out. Once I got there, I noticed some weird looking beetles crawling around making purple swirly patterns on the surface of the rocks. I became mesmerized with the patterns, and then I woke up.

While the dreaming body is energetic in nature, it can have a definite impact in the physical realm. The energy body is capable of taking whatever form one intends it to take. The reason that Castaneda’s teachers referred to the energy body as “the double” is because they perfected the energy body to the point that they created an exact replica of their physical bodies that others perceived as being real. Monroe, in order to try and validate that he was hav-

ing a real experience and not just a dream, would visit friends while in the dreaming state and then pinch them with his energy hand. These friends reported feeling physical pain and showed him the bruises that he left. His energy body was also seen by some of his friends as a grayish transparent filmy thing wavering in the corner of the room. When I feel my physical body with my energy hands, I can definitely feel my energy hands on my physical body. I have never had the presence of mind to try and pinch anyone, but maybe one day I will try this. Most importantly, however, the health of the physical body is intimately related to the health of the energy body. By fortifying your energy body, your physical health will also benefit. By becoming familiar with your energy body, you will be able to perceive energetic imbalances and correct them before they create problems for you on the physical plane.

2. **You can learn stuff.** Castaneda and his fellow apprentices were assigned specific dreaming tasks once they had gained a certain level of control over their dreaming bodies. Some were told to learn about curing people, others were told to learn all about plants and their various properties. Others were told to learn to repeat actions learned in dreaming, while they were awake. For instance, one of the apprentices flew like a kite once in a dream. She was told to practice flying in her dreams again and again. Once she had gained this proficiency, she was told to repeat the action while she was awake with her physical body by calling up the feeling of flying that she had in her dreams. One day, she demonstrated to Castaneda her ability to bob in the air in kite-like fashion. This may sound incredible but this is how I think something like this may be possible. Warriors say that the universe is composed of energetic filaments or fibers, which can be perceived by the energy body. Because they are composed of energy, the energy body can handle these filaments much in the same way as we can handle a rope with our physical bodies. The energy body can therefore grab these energy ropes and hang on to them and be transported by them.



Because the energy body is linked to the physical body, if you activate the energy body while awake, grab onto an energy rope, the energy body can then pull the physical body along with it. Once, when I was having one of my experiences where I could move my energy limbs but not my trunk, I decided to try and grab an energy rope and use it to pull myself out. I couldn't see these ropes, I could just see the room, but I believed that the ropes might be present nonetheless. I took my left energy hand and began rotating it in a counterclockwise fashion as if to gather a clump of energy lines. Once I had done this, I grabbed where the clump should have been. Upon doing this I received the most astoundingly strong jolt imaginable. It felt like what I imagine it feels like if one is being electrocuted. The jolt shook my entire body and was somewhat painful, so I let go. After a few minutes, I gathered up the courage to repeat the process. This time I tried my best to hold on and pull myself out, but the jolt was just too powerful and I had to let go. Monroe used his dreaming time to ask other entities about the nature of the universe and man's place in the scheme of things. He received many interesting insights in this fashion. I haven't really learned much of anything. But perhaps if I hadn't spent so much time trying to wake myself up or eating or shopping, I might have learned something.

3. **Shape shifting.** In writing about this topic, I will undoubtedly destroy what little is left of my credibility. Castaneda's teachers differentiated themselves from the sorcerers of ancient times, saying that their aims were drastically different. While the sorcerers of ancient times used their abilities to dominate others and concentrated their efforts on the manipulation of awareness within the world as we know it, modern day sorcerers have no interest in dominating others. The aims of the modern day sorcerer are to manipulate awareness in such a manner as to travel throughout the Universe at-large. They say that the old way was a dead-end street. Nevertheless, modern day sorcerers possess the same knowledge as

ancient sorcerers. One aspect of this knowledge is the ability to perform drastic transformations of the physical body itself. They possess the knowledge of the shape shifter. I have stated previously that one's physical form is determined by the position of the assemblage point. A minor shift of the assemblage point will dictate a minor change in physical form, while a major shift in the assemblage point will dictate a major change in physical form. The principle behind accomplishing a major shift is the same as that for accomplishing a minor shift. First you must intend the shift in form, then you ask the Elemental Force to make it so. You will then experience a transient perception of the world from the point of view of the form you have intended to assume. In order however to maintain a sustained perception from this point of view, you must behave in a manner consistent with the new form. So what the heck do I mean? Say for instance that you wanted to view the world from the perspective of an eagle. You would intend to be an eagle and ask the Elemental Force to make it so. You would then experience a transient perception of the world from the point of view of an eagle. If however you wished to maintain a sustained perception of the world from an eagle's point of view, you would need to know how to behave like an eagle. You would need to know the intent of being an eagle. When warriors say that we are taught from birth how to perceive, what they really mean is that we are taught the intent of being human. When we are first born, our tuner knobs are in the vicinity of the channel that dictates being human, but not firmly clicked into place. We are taught to click this knob firmly into place. It is our behavior that clicks the tuner knob firmly into place. From the moment we are born, we are taught by everyone around us, an intricate series of behaviors that dictate being human. This is what each type of sentient being is taught by the other members of its species. A bear cub will be taught the behavior that dictates being a bear. An ant will be taught the behavior that dictates being an ant, etc... In order to be

a shape shifter, you need to know the intricacies of behavior corresponding to the form you wish to assume. You need to know how that form breathes, how it moves, what kind of sounds it makes, etc... Sorcerers learn the intent of other forms of life through their lucid dreaming practices. One of Castaneda's teachers for instance knew the intent of being a crow. Modern day sorcerers say that the danger in a drastic transformation is that it is all consuming. The danger is that once you have clicked your tuner knob firmly in place to a channel that dictates perception as something else, in order to become human again, you need to remember that you were human in the first place. Modern day sorcerers say that sorcerers of ancient times became so obsessed with their ability to transform into other creatures, that they sometimes forgot what they were originally and died very stupid deaths while in the new forms that they chose to assume.

My aims in this book are to teach how to achieve minor displacements of the assemblage point. Once you have an understanding of how to manipulate perception, a minor displacement is relatively easy. You don't need that much energy and you don't need to learn drastically different modes of behavior. In order to change from being a chronically drunk human to a sober human, all you need to change in terms of your behavior are your drinking habits. In order to change from being a chronically depressed human to a happy human all you need to change in terms of your behavior are the behaviors that you assumed subsequent to your becoming depressed. Since I have experienced perception of this world multiple times from the point of view of something about the size of a Barbie doll, I have no doubt that if I intended to, I could experience a transient perception of the world from the point of view of say a butterfly. With my luck however, what would probably happen is that my tuner knob would inadvertently get firmly stuck at that position and I would wind up splattered across the windshield

of someone's car. For this reason, I am more than happy to work on being a sober human with a really great set of abs.

The other difference between a major displacement and a minor displacement is the amount of energy you need. A major displacement requires tons of energy; this extra energy comes from performing physical movements called Magical Passes and also energy "borrowed" from the realm of the inorganic beings. Modern day sorcerers say that taking energy from this realm is tricky because the inorganic beings do not dole out their energy for free and want something in return. Warriors say that this realm covets the energy of organic beings because it is so different from their own. They say that humans of ancient times knew about the realm of the inorganic beings but the only concept that has survived from this knowledge is the idea of "selling your soul to the devil". While the inorganic beings cannot lie to you, because they are proficient at determining your basic drives, they can set traps for you aimed at getting you to agree to stay in their world. Warriors travel to this realm to get the energy they need to accomplish major shifts and also to be taught how to hone their dreaming skills, but they do so with caution. They verbally declare that they only want to hear about dreaming and nothing else. Warriors say that the energy of the realm of inorganic beings is female, as is the predominant energy of the Universe at-large. Because male energy is so rare, the beings from this realm play hardball with men. Castaneda got trapped in this realm and had to be extracted by his teachers. Monroe was enticed to this realm by beings that he called INSPECS (acronym for intelligent species), who played upon his curiosity. The INSPECS brought him repeatedly to the portal of their world only to tell him he was not ready to enter. Once his curiosity was piqued, he was told that he could only enter if he agreed to fundamentally change in whatever way the INSPECS required. He agreed and was allowed to enter their world. Once there, he was made to feel as if their world was beautiful and peaceful. They

made him feel as if he was finally coming home. Modern day sorcerers say that avoiding the trap of this realm is a test that dreamers must pass in order to continue their journey into the unknown.

4. **A “buffed” energy body can come to your aid in times of need.**

Warriors say that an impeccable warrior would never die in an accident such as an avalanche because the energy body, once strengthened through lucid dreaming, will always pull the physical body away from danger with lightning fast speed. Monroe described two incidents where he tripped head first down a steep flight of stairs. Both times he said he landed on his head, but very gently, like a feather. He said his legs remained dangling upwards in the air initially, but then slowly and gently draped down behind him. He suffered no injuries and no bruises. In addition to this, he reported that after awhile, his body began to violently reject things that were potentially harmful. For instance, he would become violently ill if he tried to drink alcohol. In addition, his body began to reject anesthesia, which created problems during some minor surgical procedures. Nothing so dramatic has happened to me. Most of my experiences reflect the mundane nature of my personality.

I used to have a very hard time waking up in the morning. Oftentimes, if I had to wake up very early, I would simply turn the alarm clock off in my sleep and not wake up when I needed to. So I decided to see what would happen if before going to sleep, I requested that I be woken up at a specific time (I always set the alarm however in case it didn't work). “Please wake me up at such and such a time”, I would say aloud before bed. Every time I did this, I would wake up exactly one minute before the time that I had specified. Sometimes I would just wake up, but other times I would hear bells or some other noise. Maybe, this was just due to the power of suggestion but maybe not. I never really concentrated on the request because I didn't really think it would work in the first place. Now that I have a small child, I am always up at the

crack of dawn. Another time, I was driving alone at night trying to get home. I had about two hours of driving left and I was falling asleep at the wheel. I said out loud “please help me to stay awake”, although I wasn’t really making an earnest plea to anything in particular. The request was made more in the spirit of one talking to oneself. A few minutes later I felt a slightly uncomfortable sensation on my back, just below my right shoulder blade. I adjusted myself in my seat and continued driving. I began to nod off and suddenly felt the sensation again, but this time it was on the left side of my back. I shifted positions again, but the sensation began to repeat itself all over my back. I kept shifting around, tried pressing my entire back as hard as I could against the back of the car seat but the sensations continued. I tried to put out of my mind that it felt precisely as if someone was poking me in the back with a finger. At one point I turned around quickly to see if there was anything behind me in the car, but there was nothing. The more I tried to tell myself that it was all in my imagination, the more insistent the poking became. I couldn’t deny it anymore. Something that I could not see was poking me harder and harder in the back. I became frantic with fear. Finally, in desperation I screamed “I’m awake I’m awake!!”. The poking stopped immediately. I didn’t have any more trouble staying awake for the rest of the car ride. I sped home the whole way and couldn’t wait to get out of the car once I got home. I have never driven again when I have felt tired. Another time, I was having one of my usual experiences where I couldn’t move my energy trunk, but could move my limbs. Since I couldn’t do anything else, I decided to explore my physical body with my energy hands. First, I decided to check out my back because I had been having lower back pain for several years. I started at the top of my spine and began to run my energy hand down each vertebra. I could feel them clearly. As I got to the area of my back where I had the pain, I received a strong and somewhat painful jolt of what I think electricity would feel like. It

was as if there was a defect there. I repeated the process several times, starting at the top of my spine and going downwards and each time I got to my lower back, I received the jolt. I then decided to check out my uterus. I reached into my lower abdomen with my energy hand and began to caress a bump that I thought was my uterus. I had recently been told that it was very likely that I was infertile and I had been putting off going for the diagnostic tests. I didn't really want to know the test results and was ambivalent about having children anyway. As I was caressing what I thought was my uterus, I wasn't really thinking about healing myself, I was just thinking that it would be sad if I was infertile and at one point decided I really did want children. A while later I drifted off into normal sleep. For the next few weeks after this I had no back pain, but it did gradually return. On the other front, later that year I decided to stop taking the pill since I had pretty much ceased to menstruate and since I knew I was in all likelihood infertile. Six weeks later, I discovered I was pregnant. I'll never know what those tests would have shown. It is very likely that I was fine after all. But I still wonder from time to time whether my fiddling around with my energy body had anything to do with my becoming pregnant so easily. Another kind of weird incident occurred once that has nothing to do with my dreaming practices but I thought I would mention it here anyway. Since my husband was not interested in having children, my becoming pregnant and wanting to keep the child, had put a serious strain on our relationship. Things weren't going well at all and one day we had a really big fight. He went out shortly after the fight saying that he was driving to the local store to pick up some groceries. I was miserable. I didn't see how I could remain in the marriage under the circumstances. I didn't know where to turn for comfort. For some reason that I still can't quite figure out, it came to me that Warriors say that the Earth is a sentient being that one can turn to for help. I had never taken this seriously. I figured I had nothing to lose, so I went out into the

backyard and I lay down on the ground with my huge belly and I cried and cried. I told the Earth about the problems I was having with my husband. I told her how sad I was, how I was carrying his child and didn't think I could stay with him. I told Her that I was afraid to raise my child alone. I asked Her to please help me and guide me to make the right decision and to give me the strength to carry it out. After my tears were spent I went inside the house and went to sleep. What should have been a 30-minute trip, took my husband around two hours to complete. I figured that he had been driving around angry the whole time. It turned out however, that on his way to the store, the car had broken down and he had to walk several miles in order to get back home. During this long walk, he had time to think things over. We patched things up. The car breaking down was probably just a coincidence but it was a relatively new car that never had any problems before and has had no problems in the years since. After the car had been towed to the repair shop, they told us that somehow the fuel pump had malfunctioned. Even though the car breaking down was probably a random event, the next day when my husband was busy doing something and wasn't looking, I went outside and got back onto the ground and I whispered my thanks to the Earth, just in case She had really helped me out.

5. **Precognition/intuition.** Warriors say that the difference between Warriors and the average person was that latter face time as it is receding. They say that the average view of the world is like that experienced from the last car of a train facing backwards, looking at the railroad tracks. A warrior on the other hand, faces the oncoming time. They say that the essence of the energy filaments that the energy body handles, is time. A warrior therefore, having tuned the energy body through lucid dreaming, views the world from the front of the train facing forwards. A Warrior always sees what's coming, while the average person views what is already a "done deal". As mentioned previously, Castaneda's teachers were



described as being extremely telepathic and what we would call psychic. Monroe wrote that after having lucid dreams, he began to have dreams/visions, which would come true. Sometime during the period of avoiding lucid dreaming experiences, I had a very vivid regular dream that I remembered upon waking. It was about a young man from a prominent family, who was much loved by the public. I didn't know him personally but had met him briefly a couple of times through friends. In the dream, he was in a candle-lit room sitting at a table across from a woman I couldn't see. He leaned over and kissed the woman. The next day on the news, it was announced that he had been married in a secret candle-lit ceremony the previous night. I had another dream of this person many months later. He was sitting in a wheelchair and spoke to me, telling me that he would be joining his parents soon. When I woke up, I remembered the dream, thought briefly about the fact that both of his parents were deceased, and then dismissed it as yet another quirky dream. He was dead within the year, killed in a plane crash. The newspapers reported that in the weeks preceding his death, he had suffered an injury to the lower extremity.

Monroe wrote in his second book, that after having lucid dreams for several years, he began to just know things. He described playing in a poker game with his friends and knowing what all of his cards were without looking at them and as a result, won all of the games hands down. I have this to a much more limited extent. Sometimes I do just know things. Nothing of any major significance but nevertheless, I sometimes know little things that help me in my day-to-day life. This is not the same as the thought/voice blasting its way into my consciousness. This is far more subtle. It's a quiet knowledge. That's the best way I can describe it. Warriors say that it is very important for a warrior to learn to cultivate the feeling one gets when one is "*seeing*".

*“Seeing is a peculiar feeling of knowing, of knowing something without a shadow of a doubt”*

—The Fire From Within, Carlos Castaneda.

**6. The position of total recall can be reached in the dreaming state.**

Here I would like to revisit the subject of the Recapitulation. First, imagine that the mind is like a hard drive of a computer; a hard drive with a massive but nevertheless finite capacity. Over the course of our lives, we store a tremendous amount of data on this hard drive. This data eventually uses up all of the space on the hard drive. The data that we store is used to interpret all new incoming perceptions. The way in which we interpret what we perceive has been taught to us from birth, and we are only taught to interpret data pertinent to this world. During our dreams, the assemblage point can become displaced to a position outside of the region that dictates perception of this world. If we dream lucidly, our minds will automatically try to interpret the perceptual input received when the assemblage point moves to these foreign positions. Our minds will obviously make its interpretations using the available parameters, which are pertinent only to our world. This will lead to erroneous and distorted conclusions with respect to what is being perceived. There have been many people in the past who have been called “mystics” and saints. These are people who had visions, revelations, which they shared with others and have been passed down through the centuries, either verbally or in religious texts. We are stuck to this day with their lousy interpretations and still can’t make heads or tails of what they actually perceived. The second purpose of the Recapitulation is to create space on the hard drive of the mind in order to expand its ability to interpret new types of sensory data. The Recapitulation is begun by writing down a list of everyone you have encountered in life and attempting to recall every detail of your interactions with these people.

The aim however is to actually relive these interactions, not just to analyze them. Writing the list is just the means to eventually induce a shift of the assemblage point to a position that I will call the “position of total recall”. This position is usually only reached at the moment of one’s death. When people have near death experiences, they commonly report that their entire lives flash before their eyes. Castaneda was taught to induce a voluntary shift of the assemblage point to this same position of total recall while he was still alive. Warriors say that in doing this, it frees up space in the mind in order that one will be able to properly interpret the new types of sensory data being received when the assemblage point moves to positions other than those that dictate perception of our world. In other words, reaching the position of total recall and performing the recapitulation is like transferring a huge chunk of data from the hard drive of the mind onto an auxiliary drive. The auxiliary drive can still be accessed but now the hard drive is available for the storage of new data. Although Robert Monroe was never taught that recapitulating one’s entire life was important, at some point he felt that there was a block to his dreaming activities. He then wrote that through, his dreaming, he gained access to his life record, and relived every single moment and every emotion he ever experienced in this life. He was then able to resume his journeys in the energetic realm. Accessing the position of total recall through lucid dreaming is an alternate approach to performing the recapitulation in the manner described by Castaneda. As an alcoholic in recovery, just about the last thing I want to do is relive every moment of my life in exquisite detail. If however, my capabilities as a lucid dreamer improve and I am having trouble making any sense of what I am learning, I will consider attempting this.

### **Lucid dreaming how to’s**

We all know that without engaging in regular physical activity, our bodies would become weak and atrophied. Because we never use our

energy bodies properly, our energy bodies are seriously debilitated and it takes years of effort to get them into any kind of decent shape. Lucid dreaming is a way to flex our energetic muscles so to speak. In order to begin dreaming lucidly, you must shift your assemblage point to the position of 'The Dreamer'. First, you must intend to dream. Tell yourself repeatedly that you are a dreamer, feeling it with every fiber of your being. Convince yourself that it is absolutely necessary and possible to dream lucidly. Next, ask the Elemental Force to make it so, trusting fully that this will be done for you. You then act "as if" you are a dreamer. Before going to sleep, you should try one or both of the techniques described below:

### **Castaneda method:**

Castaneda did not begin having lucid dreams spontaneously; he was trained to do this. As the first step in his training, Castaneda was told to command himself before going to sleep, to look for his hands in his dreams. He was told to do this for however long it took, because if you repeat anything to yourself enough times, something within you will eventually break down and yield to the command. It took him over a year to achieve success. Next, he was told to try and hold the images of his dreams, by taking quick glances at the surroundings. When the images began to dissolve, he was told to find his hands again and then repeat the process. Once he was able to hold his dream images without effort, he was told to try to change from one dream scenario to the next by focusing on an object that seemed out of context in the first dream. These initial tasks were all to take place within the context of a lucid dream. The next phase of his training was to learn to use the energy body in the world with which we are familiar. His first task in this phase was to view himself sleeping in his bed. Once this was accomplished, he had to learn to move his energy body by himself. He was told that in the first phase of lucid dreaming, other beings are acting upon you and helping you to move around. In this second phase however, you're on your own. Once he learned to move, he was told to visit

familiar places and to try and do something to verify that he was dreaming in real time, such as asking a friend to be at the location he chose, at a specific time. All this took years and years of practice to accomplish. Castaneda said however that dreaming in this fashion was similar to learning how to walk, in that it is very difficult to learn to do, but once you have figured it out, it seems like the most natural thing in the world.

### **Monroe method:**

The Monroe method involves using deep relaxation techniques followed by autosuggestion. Once you have achieved a state of profound relaxation, you think of floating up towards the ceiling. Monroe stated that telling yourself how nice it would be to float is an important part of the effectiveness of the technique. Monroe founded an institute dedicated to teaching this technique and trying to find scientific proof of the out-of-body state. Through their studies, it has been determined that certain sound frequencies can facilitate achieving the out-of-body state. The Monroe Institute has a large collection of CD's available for purchase that talk you through the whole process while you listen to various sound frequencies. I have listened to several of these CD's. After listening to them for a few minutes, I seem to have some sort of a blackout. One minute I'm listening to the sound frequency meant to facilitate separating from the physical, and the next thing I know, 45 minutes have passed and I am listening to the wake up signal.

### **Energy requirements for lucid dreaming:**

Perception is an energy consuming activity. To maintain our current perception of the world at large takes energy. To maintain a sustained and clear perception of a dreaming position of the assemblage point, also takes energy. By learning not to defend your self-image constantly, you are freeing up energy that can then be used to foster greater clarity in your dreams. Once you begin saving energy, you just have to prac-

tice dreaming until your energy body becomes strengthened. There is another kind of energy however that might be needed to dream lucidly. Warriors say that sexual energy is used in order to dream lucidly and that sexual energy is the only kind of “extra” energy we have. They say that the amount of sexual energy each of us has is not only dependent upon the extent of our sexual activities, but also by how much of it we got from our parents. The manner of our conception therefore determines how much sexual energy is at our disposal in life. Castaneda was taught that if one is the product of “boring sex”, that one will have very little sexual energy at one’s disposal.

*“Our sexual energy is what governs dreaming...If dreams make the assemblage point move, and dreaming is used to control that natural movement, and sexual energy is needed for dreaming, the result is sometimes disastrous when sexual energy is dissipated in sex instead of dreaming, then dreamers move their assemblage point erratically and lose their minds”.*

—The Power of Silence, Carlos Castaneda.

I do not know if all of this is true, I am pretty sure however that sexual energy is used for dreaming lucidly. The reason I believe this is because there have been numerous occasions where in the dreaming state, I have been literally slammed with the most intense desire to have sex one can imagine. It is all consuming and nearly impossible to ignore. It happened much more frequently early on than it does now. There is an episode of Star Trek where they have to get Spock back to Vulcan because he hasn’t had sex in seven years or something like that and he is in a mating frenzy. Try to imagine how the Spock character may have felt and multiply that by about a thousand times and that’s how I feel sometimes when dreaming lucidly. The way I see it, we are taught that the only use for sexual energy is to have sex. Therefore, when this energy becomes focused during the lucid dreaming process, the only way the mind can interpret this is that one desires to have sex. Monroe also described this issue as a formidable obstacle to the lucid

dreaming process. He dedicates an entire chapter to this obstacle in his first book. Monroe describes being unable to resist engaging in “cosmic sex” with beings he encountered in his dreams. He said that this consisted of a transient merging of the energy bodies without all of the mechanics involved in physical sex. He wrote that during these “merging” incidents, he experienced orgasmic pleasure beyond anything that he ever experienced in the physical realm. He even describes having “group merge” with multiple beings in his lucid dreams. When I encounter this problem now, I say to myself “Go beyond this”, and it usually subsides. Monroe overcame this problem by willing his attention elsewhere as well.

So why was I able to have lucid dreams if I wasn't doing anything to save energy of any type? I think the reason I was able to dream lucidly is because I was born with a slightly wobbly assemblage point. I think I inherited this much in the same way that you inherit the color of your hair or eyes. My grandmother told me that her mother, who was in her prime in the late 1800's, was an oddity in her time. My grandmother said that her mother “spoke to the spirits”. My grandmother also told me that her mother was a vegetarian although she cooked meat for everyone else in the family. She also set aside time everyday to meditate, and no one was to disturb her during this time. My grandmother grew up in abject poverty in the Midwest, and it was very unusual for anyone in their social circles to have this type of dietary restriction and to meditate. My grandmother told me that when she herself was a young woman that she knew when people were going to die. She said that she was so terrified by what she saw that she “shut out” the ability because she didn't want to know anymore. She told me that my mother was born “with a veil”, and because of this she knew that she had passed on her “affliction” to my mother. I have no idea what she was talking about, in terms of the veil thing. She told me that she did not want my mother to suffer from what she considered to be an affliction, so when she removed the veil, she removed it “backwards” because this prevents the affliction. When my grandmother told me

this I was very young and wasn't that interested in what she was saying. By the time I had an interest to have her clarify things she was senile and didn't recognize anyone anymore. My mother doesn't have any special abilities that I know of. Anyway, I think that the reason I was able to begin dreaming lucidly is because of something passed on to me by my mother by way of my great-grandmother. I want to stress that not only do I think that anyone is capable of dreaming lucidly, but I think that we were meant to do this. Having a wobbly assemblage point may facilitate perceiving things that most people do not perceive, but it in no way fosters the clarity of mind, the discipline and the focus needed to navigate the unknown. In order to have any kind of meaningful experience during lucid dreams, I think one must intend a specific purpose for one's lucid dreams. After becoming familiar enough with the process to be able to hold the images of your dreams, and to be able to move, you should assign yourself a specific task. Focus on something that you are really interested in learning about or understanding. For instance, you can intend to do a total life review or intend to perceive energy directly. You might intend to know how to correct imbalances in the energy body in order to prevent physical ailments. In our everyday life, it is important to have some sort of purpose so that we don't wander aimlessly. I think that without some sort of initial focus for your dreaming, you may wind up engaging in activities of your predilection that are pertinent only in the physical world, such as eating and shopping (and merging). In addition, I think it is a good idea every night before sleep to give yourself some sort of command that you will only have experiences that are beneficial and useful so as to filter out much of the garbage dreams and terrifying stuff. This is the pre-sleep affirmation used by Monroe:

*"I am more than my physical body. Because I am more than physical matter, I can perceive that which is greater than the physical world. Therefore, I deeply desire to Expand, to Experience; to Know, to Understand; to Control, to Use such greater energies and energy systems as may be beneficial and constructive to me and to*



*those who follow me. Also, I deeply desire the help and cooperation, the assistance, the understanding of those individuals whose wisdom, development and experience are equal to or greater than my own. I ask their guidance and protection from any influence or any source that might provide me with less than my stated desires.”*

—Far Journeys, Robert Monroe.

One afternoon, after I had been avoiding dreaming lucidly for a few years, I decided that it was probably safe to take an afternoon nap. As I was waking up, I had a hypnogogic hallucination. Superimposed on the walls of my rooms I saw numerous columns of symbols flowing rapidly in a downward direction. I did not recognize them as anything I had ever seen before. A voice that was much stronger than the one I used to hear then spoke. All it said was “You have to make a choice”. Slowly the symbols faded. I felt that the message was somehow important, but maddeningly vague. My inability to interpret this sign or omen or whatever reminded me of a movie I had once seen starring Steve Martin. The character he played was that of a widower about to marry an evil woman. Before the wedding, he stands before a portrait of his deceased wife and asks her to give him a sign if it is a mistake for him to marry the woman in question. At this point the portrait starts spinning around on the wall, the lights go out, a forceful wind begins to gust through the house and his dead wife then speaks to him in a wailing unearthly voice saying “noooooooooo, noooooooooo”. Steve Martin then says something like “ok, well just let me know”, and walks away and marries the woman. Not knowing what else to do, I decided to take an overview of the various twists and turns of my life. I took the time to reread those books that had an impact on my views of the world. I suppose this book is my way of putting everything I have learned into perspective. I have decided, although not without trepidation, to resume my lucid dreaming practices. I have finally figured out how to move. It only took me twenty years.



## *The Garden of Eden*

o o

“This is a predatorial universe”.

—*The Art of Dreaming, Carlos Castaneda.*

“After five years (of sobriety), I got my brains back. Unfortunately, they were my brains”.

—*A.A. member sharing from the floor.*

**T**his is a chapter of questions not answers. In this chapter I will introduce the reader to a highly bizarre and disturbing aspect of the Warriors’ philosophy and those of Monroe and Gurdjieff. I will then compare these unusual ideas to a phenomenon referred to as denial in A.A.

We are all familiar with the story of the Garden of Eden. What if this Garden has been raided? What if Man in his arrogance has just assumed that He is at the top of the “food chain”? Perhaps this is indeed true in the physical realm, but what if this is not so in the energetic realm?

### **The Predator (Warrior’s Way) vs. the Collectors (Monroe) vs. Man’s hypnotic sleep (Gurdjieff)**

Warriors say that there are incorporeal sentient beings that have targeted Man as energetic prey and that as a result, Man, the multidimensional magnificent creature of myths has been reduced to nothing more than a sedate farm animal.

*“... We have a predator that came from the depths of the cosmos and took over the rule of our lives... because we are their sustenance. Just as we rear chickens in chicken coops, the predators rear us in human coops. Think for a moment, and tell me how you would explain the contradiction between the intelligence of man the engineer and the stupidity of his systems of beliefs, or the stupidity of his contradictory behavior. Sorcerers believe that the predators have given us our systems of beliefs, our ideas of good and evil, our social mores. They are the ones who set up our hopes and expectations and dreams of success or failure. They have given us covetousness, greed, and cowardice. It is the predators who make us complacent, routinary, and egomaniacal... the predators engaged themselves in a stupendous maneuver, from the point of view of a fighting strategist... They gave us their mind!... Through the mind, which is after all their mind, the predators inject into the lives of human beings whatever is convenient for them.”*

—The Active Side of Infinity, Carlos Castaneda.

Warriors say that at birth we are covered from head to toe with a special energetic coating that the Predator consumes and that by the time we reach adulthood, all that remains is a narrow fringe down by the toes. This narrow fringe allows us just enough energy to live but has limited us in terms of our perceptual range, so that all we are really capable of is self-reflection. As long as we are reflecting upon the self, we are disconnected from the Elemental Force. Warriors say that as long as we are reflecting upon the self and are not aware of what our true abilities are, it is easy for the Predator to manipulate us and cause us to be in perpetual conflict. When we are in conflict, we give off energetic flares that the predator consumes as its sustenance.

In his second book, Robert Monroe describes a lucid dream in which he was informed that we serve as a source of energetic nourishment for a specific type of sentient being. These beings were described as “gardeners” or “collectors”. He was told that these beings consume a

certain type of energetic radiation given off by humans when engaged in conflict and that they harvest this type of energy as their “crop”. At some point in Man’s history, these “collectors” entered the “garden” and created tools in order to maximize production of the “crop”. Monroe was told that these tools include but are not limited to “love, friendship, family, greed, hate, pain, guilt, disease, pride, ambition, ownership, possession, sacrifice, nations, provincialism, wars, famine, religion, machines, freedom, industry and trade”. Monroe states that this revelation caused him to enter into a state of severe depression for several weeks thereafter. He concluded however that the process of harvesting our energy was analogous to humans milking cows. He concluded that just as the cow does not need the milk that we collect, that we do not need the energy that is collected from us. He concluded that just as milking cows does not harm them, we are not harmed by the process of something harvesting our energetic flares. He finally concluded that it was in fact our duty to produce these flares because if we did not, our fate would be like that of a cow that stopped producing milk. A cow that, being of no more use to the farmer, would no longer have a pasture in which to graze, and no longer have a barn to serve as shelter. I found his thought process to be perplexing. I do not understand how he could possibly come to these conclusions if he in fact believed that there were entities that impacted upon humans in such a deleterious fashion. It would have made more sense to me if he had discounted the information entirely rather than believing it and then reaching these conclusions.

In Ouspensky’s *In Search of the Miraculous*, Man’s current state in life is described in similar terms.

*“First of all it must be realized that the sleep in which Man exists is not normal but hypnotic sleep.... One would think that there are forces for whom it is useful and profitable to keep man in a hypnotic state and prevent him from seeing the truth and understanding his position. There is an Eastern tale, which speaks about*

*a very rich magician who had a great many sheep... He did not want to hire shepherds, nor did he want to erect a fence about the pasture where his sheep were grazing. The sheep consequently often...ran away, for they knew that the magician wanted their flesh and skins and this they did not like. At last the magician found a remedy. He hypnotized his sheep and suggested to them that they were immortal and that no harm was being done to them when they were skinned, that, on the contrary, it would be very good for them and even pleasant; secondly he suggested that the magician was a good master who loved his flock so much that he was ready to do anything in the world for them; and in the third place he suggested to them that if anything at all were going to happen to them it was not going to happen just then, at any rate not that day, and therefore they had no need to think about it. Further the magician suggested to his sheep that they were not sheep at all; to some of them he suggested that they were lions, to others that they were eagles, to others that they were men, and to others that they were magicians. And after this all his cares and worries about the sheep came to an end. They never ran away again but quietly awaited the time when the magician would require their flesh and skins. This tale is a very good illustration of man's position."*

Castaneda describes actually seeing the "predators" with the help of one of his teachers. He described them as fleeting black shadows resembling enormous black fish. In his first book, Monroe describes being attacked while out of body, by some entities that he called "the suckers". He likened them to small black fish that attached themselves like parasitic suckerfish found in the ocean. He said that he encountered a "layer" of them that he had to pass through in order to travel away from the earth with his energy body. Upon entering this layer, if he remained completely still, they would detach themselves and go away, but would return as soon as he began to move. He said however that if he moved very slowly through this layer, that only a few would latch

on to him. I have never seen anything in my lucid dreams resembling the “predator” or the “suckers”. Once however, I was having one of the episodes where I was experiencing difficulty moving my energy body. My physical body had fallen asleep while I was lying on my back. I had managed to flip my energy body face down and rotate it 180 degrees so that my head was facing the foot of the bed. I was trying to move myself forward by extending my arms as far as I could, digging my energy fingers into the mattress and pulling. After what seemed like an hour or so of intense effort, I had managed to move all of 12 inches. I was taking a break, and looking over the edge of the bed wondering what to do next when I felt something flat and heavy land on top of me. It covered me like a large blanket. I could feel it but I couldn’t see it. “WHAT THE HELL IS THAT?!!!”, I screamed in my mind. I then sensed definite surprise coming from this thing, as if it did not expect to be noticed. It then said with an air of tentativeness “I’m your husband (?)”. I knew this was not true. Terrified, I forced myself to wake up. I sat up and looked around the room, my husband was nowhere to be seen.

### **Denial (concept associated with substance abuse)**

I do not know whether there are in fact entities that infiltrate our minds in order to generate thought patterns and behaviors that serve to keep us in constant conflict. What I do know however is why A.A. members, after years and even decades of recovery continue to go to A.A. meetings. The most simplistic way of explaining this is that if we do not go to meetings, we begin to feel bad. Most of us who have a substantial amount of sobriety under our belts, try at times not to go to meetings. Once we become sober, our lives become very full and we are extremely busy. It is therefore very easy for us to decide to blow off going to meetings in order to take care of other things. The last thing that I am eager to do on any given day is spend my time sitting in a poorly-lit church basement listening to someone drivel on about some stupid problem. This is not to say that I don’t receive words of wisdom

and enlightenment that help me in my daily life. Sometimes, certain meetings are absolutely wonderful and uplifting. I do not find that to be the case the majority of the time however. Many times I find myself wishing that whoever is speaking would shut up or I find myself being bored and going over lists of things I need to buy at the store or something. Even though I hear at least one helpful thing at any given A.A. meeting, overall, I am generally underwhelmed. Most old timers go through periods where they absolutely hate A.A., and yet they still come to meetings. As I said before, even though we may hate going at times, we hate even more what happens to us if we don't go. What happens when we don't go, takes the form of an insidious and devastating thought process that slowly but surely dominates our lives. We begin to get edgy and irritable. Slowly but surely, we begin to clash with our fellow men. Slowly but surely, we begin to experience discontent with our lives. Things begin to go wrong. We lose our peace of mind and serenity. Once I heard an A.A. member say that when he was still drinking, every day upon waking up he would start his day by going over in his mind all of the potential run-ins he might have with people during the course of the day. He would anticipate what these people would say to him and how he would react. Before he had even left home for work, he would be in a foul and combative mood. He said that in sobriety, he never engaged in this type of thought process, unless he stopped going to meetings. He said that if he cut back on his meetings, this thought process was the first negative feature characteristic of his days as an active alcoholic to return. He described the thought process as being like a bunch of "uninvited guests" that you keep kicking out only to have them come right back. I have found that the same happens to me if I do not go to meetings. I start obsessing about petty issues. These obsessive thoughts are like a broken record that keeps playing the same tune again and again and I find myself unable to turn them off. Those of us in recovery feel that this thought process is "foreign", in that it is not reflective of who we really are or what we want for ourselves. Nevertheless, we find that once it begins,



we are absolutely powerless to control it. Once this thought process begins, it is only a matter of time before we begin to forget all of the trouble that alcohol caused for us, and begin to think that we are not alcoholics. This is called denial, and is accepted as a major exacerbating feature of the “disease” of alcoholism.

On one level, one might say that it makes sense that alcoholics deny their alcoholism because no one wants to accept their membership in a group that carries so much social stigma. On the other hand, A.A. members obviously have accepted their alcoholism and put a tremendous amount of time and energy into fighting it. While I don't go around announcing that I am in recovery, I am not ashamed of being an alcoholic. Furthermore, most of us made such fools of ourselves when we were drinking that everyone else around us knew we were drunks anyway; we were usually the last to figure out that we had a problem. One might then say that our success at remaining sober for prolonged periods of time, leads us to eventually doubt that we have a true problem with alcohol to begin with. That this success leads us to think that perhaps we just went through a bad phase and are now over it and can drink like normal people. This makes sense on one level. On another level however it does not. No one comes to A.A. unless they are truly desperate and miserable. People come to A.A. as a last resort. Imagine if at some point in life, someone crossed the street against the light and got run over by a bus. How difficult do you think it would be for that person to remember for the rest of his or her life that crossing against the light is dangerous?

In A.A., newcomers are warmly welcomed because they help us to remember what it was like to be an active alcoholic. But why is it so difficult to remember? I can remember silly conversations I had in grade school verbatim. Why is it so difficult for me to remember that when we were engaged, my husband called off our marriage one month before our wedding date because of my drinking? How could I forget waking up in taxis, not knowing where I was and not having a cent in my wallet? How can I forget showing up for work reeking so strongly

from alcohol that my work associates would give me breath mints? How could I forget that I received anonymous brochures about alcoholism in the mail? No doubt from concerned friends who did not want to offend me. How could I forget setting my apartment on fire by mistake while I was drinking? The fire department had to put the fire out and my bathroom was destroyed. Several weeks later, my roommate informed me that she had found another place to live and was moving out. These incidents are just the tip of the iceberg. I think however, that most people would put these incidents in the category of “memorable events”. But when I stop going to meetings, I forget all of these things. I start telling myself that I was just being overly dramatic in deciding that I was an alcoholic. Excessive? Surely. But alcoholic? No, that’s going too far. I start saying that I perhaps abused alcohol on occasion, but I probably was not alcohol dependent since I never drank in the morning and never had to go to a detoxification program. Therefore by definition, I could not be an alcoholic, just a former alcohol abuser who is now cured. Perhaps A.A. members forget about their alcoholism because people tend to block out bad experiences. I have had many painful experiences in my life, but the only bad experience that I ever have trouble remembering is my alcoholism, and only when I stop going to meetings. There was an alcoholic who was once an A.A. member and then decided that A.A. was too extreme in terms of the total abstinence from drinking approach. She founded the Moderation Management movement. At some later point in time, she somehow “forgot” how much trouble alcohol had caused her, got drunk, jumped in her car, and killed two people.

Alcoholics very often describe their alcoholism as an external being. “My disease is telling me not to go to meetings” you often hear people say. Or when people talk about becoming resentful or wallowing in self-pity, they say “this is my disease talking to me”. “While I’m in here at this meeting, my disease is outside doing push-ups”, I’ve heard people say. People very often say that it is only at a meeting that they feel “safe”.

*“Remember that we deal with alcohol-cunning, baffling, powerful! Without help it is too much for us”.*

—Alcoholics Anonymous, the “Big Book”

No one in A.A. believes that their “disease” is an incorporeal energetic entity, but perhaps on a level that we are not consciously aware of, we do have an understanding that is reflected in how we describe what we are experiencing. On the other hand, speaking of our alcoholism in this way may provide us with a convenient psychological tool serving to depersonalize and externalize a very personal and internal form of mental illness. Perhaps alcoholism is a form of mental illness that creates a highly selective form of amnesia in those who suffer from it. I really don’t know. What I do know however, is that no matter whether I actually think I am getting anything out of a given meeting, overall, my thought processes are far more healthy when I go to meetings than when I do not. I can remember that I am an alcoholic if I go to meetings. I can enjoy peace of mind and serenity if I go to meetings. So as long as I am capable of remembering this, I will go to meetings, no matter how much I may not want to go.

Intent is an extremely powerful force when an individual knows how to use it. When you have people come together as a group however, and these people share the same unbending single-minded intent, there is a synergism that occurs, and this synergism of power can create miracles. I know that whatever it is that acts upon those of us in recovery to make us forget we are alcoholics, will make us drink again if it goes unchecked. The one thing that A.A. members who relapse almost always have in common is that they stopped going to meetings. If there is anything that going to meetings does, it is to keep at bay a force that acts upon our minds and poses a serious threat to our sobriety. If the group’s intent is to stay sober, and this force interferes with sobriety, then the group’s intent will dictate that this force is attenuated. It doesn’t matter whether we are aware of this force or not, or whether this force comes from within, or without. This is the power of the

group. The group can accomplish that which the individual alone could never do.

### **Vanquishing the false mind (Warrior's Way) vs. getting your brains back (A.A.)**

Warriors say that the discipline of the Warrior's Way weakens the predator's hold over the mind and that as time goes on, its hold over the mind is severed completely.

*"...the day when (the predator flees permanently) you have to rely upon your own devices, which are nearly zero....this is the toughest day in a sorcerer's life, for the real mind that belongs to us, the sum total of our experience, after a lifetime of domination, has been rendered shy, insecure and shifty...the real battle of sorcerers begins at that moment. The rest is merely preparation".*

—The Active Side of Infinity, Carlos Castaneda.

If analyzed from a certain perspective, the A.A. program is really a discipline of the mind. Only the first and last of the twelve steps have anything to do with alcohol. All of the other steps are aimed at eliminating sources of conflict from one's life. There is a common saying in A.A.: "After five years (of sobriety) you get your brains back. After ten years, you figure out how to use them. After fifteen years, you realize that you don't need them". I now understand that what this saying is hinting at is that in the final stage of spiritual/energetic development, so pure is your connection to the Elemental Force that all of your actions are a reflection of this Force. You become a conduit for this Force and "your brains" and the Force are one. When I was new to A.A., I asked many A.A. old timers what is meant by this saying. Whether they got back their brains and what it felt like when it happened. What most of these old timers said is that at around five years, a fog seemed to lift and they began to think with a greater degree of clarity. They all said they thought that it took at least five years to undo the damage that drugs

and alcohol caused and to start thinking normally. Perhaps this is a correct deduction. Some said that around this time, in addition to thinking more clearly, they also experienced a lot of anger and were very touchy. This seeming deterioration in function is incongruous with the idea that getting your brains back is a result of the long drying out period from drugs and/or alcohol. One would think that total abstinence from drugs and/or alcohol would lead to a gradual improvement in mental faculties, rather than a sudden setback after years of sobriety. What we all know in A.A., is that somewhere between the fourth and sixth year of sobriety, many members have relapses of their alcoholism or disappear from the program altogether. We don't know whether those who disappear drink again or just are able to stay sober without A.A.. During my fourth year of sobriety, I experienced a clarity of thought that was very different from what I had experienced previously in my life. It was as if a fog had lifted, just as had been described to me. It was a subtle change but a real one. At the same time, my concentration at work was very poor and I wasn't very productive. Even though my thought processes seemed to be clearer, I started having trouble expressing myself verbally and would struggle to find the right words to convey what I wanted to say. I spent a lot of time just listening to people that year so as not to embarrass myself. It was around this time however, that I ceased to be constantly offended by others and was able to let go of my anger towards my mother.

### **Inner silence (Warrior's Way) vs. prayer and meditation (A.A.)**

Warriors say that the way to fight the influence of the predator is to achieve inner silence, or a shutting off of the internal dialogue. They say that inner silence taxes the predator's mind. Castaneda was taught a variety of techniques aimed at achieving inner silence. He was instructed to construct a core of inner silence within himself and add to it second by second each time he practiced it. He was taught that

everyone has a different threshold in terms of the length of time required for inner silence to be effective. Some people require only a few minutes while others may require more than an hour of complete quietude. I find that it is extremely difficult to make my mind a complete blank for more than a few seconds. In A.A., it is suggested that we spend some time everyday in prayer or meditation (step 11).

Warriors say that the energetic coat of man, once it stops being “pruned” by the Predator, grows back to its normal size and that Man can once again function as the magnificent multidimensional creature He was meant to be.

### **My thoughts about the “false mind”**

Whether one chooses to believe that the “false mind” is a real entity or a metaphor is of little import. I think all of us intuit that at the very core of each of us is a being that is devoid of pettiness, selfishness and misery. This being is commonly referred to in inspirational texts as “the inner child”. We know that over time, we often become hardened, warped and disillusioned by our life experiences and that this inner being is eventually silenced as a result of all of the emotional baggage we accumulate. Endeavoring to fight our way back to the serene and joyful beings we once were, is a monumental but worthy challenge. I am sure there are many ways to accomplish this. The road that I have chosen, involves honesty with the self, and taking defined yet practical actions towards the end of reaching that inner being with the help of the Elemental Force. I hope that my child will not have to work so hard to reach the core of her being. I will try my best to impart to her some of the tools that I think will prevent that core from becoming so easily silenced. I will teach her that it is not necessary to feel better than or less than anyone or anything; that it is sufficient to just be. I will teach her to protect herself from others without taking offense. I will teach her to give thanks for everything that she has. I will teach her that each day is a gift and to keep alive in her a sense that the world is a wonderful place if you just give it a chance. I will teach her that each

day is an opportunity to unravel a new and exciting mystery. I will teach her that she can be anything that she wants to be and to do her best in all things just for the sheer joy of doing a good job, not to prove anything to anyone. I will teach her that if ever she is in need, she will always be helped if she simply asks for help. Above all, I will try my best to stay sober for her that I may never harm her and fill her with anger and bitterness. If I am even partially successful in this task, my life will have been worth it all.

If what Warriors say is in fact true, and our minds are all infected with some sort of energetic plague, I think that our situation is without hope. If we are thinking with the minds of an oppressive influence, and the nature of our oppression is revealed to us, that same mind will invariably tell us not to believe it. The teachings described in Castaneda's books can be seen as techniques for vanquishing the "false mind" in order to regain the ability to function as we were meant to function. Getting rid of self-importance is a means of fighting the mind set imposed upon us that insures we are in constant conflict with one another and thus insures that we serve as energetic fuel. Achieving inner silence is merely shutting up the false mind. Changing the internal dialogue is fighting the dialogue that we have been given. Castaneda's teachers called themselves Warriors because they engaged themselves in an active battle with the false mind. They said that it is the false mind that tells us at a certain point that it is time to grow old, and since the average person agrees with the false mind, they invariably age. They said that the reason warriors do not age is because they do not honor agreements in which they did not participate. The false mind makes us feel old. We agree by acting "as if" we are old. We then become old.

## **The Tyrant, the reason that Man was created and the future of Mankind (Warriors Way, Monroe and Gurdjieff)**

Let's assume for the moment that our modern day theories of evolution and genetics are correct but that there is nevertheless a creative and intelligent force in the Universe that drives the evolutionary process. Warriors refer to this force as the Tyrant or the Eagle and say that Man, along with the rest of sentient life, was created so that the Tyrant could be aware of itself. They say that we are something like highly specialized sensory probes or recording devices that have been imbued with awareness in order that we enhance that awareness with our life experiences. During our lives, the Tyrant delivers to us a life-sustaining energy in order that awareness can be enhanced, but also delivers a destructive energy to ensure that we die and our life experiences can be extracted and reviewed. This is called the rolling force. When the latter aspect of this force outweighs the former, this is experienced as physical death. Upon our deaths, we relinquish our awareness along with our life experiences to the Tyrant. Warriors say that this is all a very impersonal affair that does not involve judgment of any kind. As mentioned earlier, when people have near death experiences, they say that their entire lives flash before their eyes. Warriors say that it is this life record that the Tyrant is after. This is the final reason that Castaneda was told to recapitulate his life while he was alive. He was taught that the Tyrant only wants our life record, not our lives, but it will nevertheless kill us if it has to in order to get this record. By recapitulating one's life while alive, it creates a duplicate or copy of our life record that can be substituted for the original copy that we are normally killed for. Warriors say that the ultimate challenge is to be free of the Tyrant and that the Tyrant allows any being that recapitulates its life, to retain its awareness instead of being "erased". They call this chance to experience conscious immortality "The Eagle's Gift". They say that we were meant to travel throughout the Universe gathering data, that the Earth



was just one of many destinations and that somehow, we got stuck here and forgot who we were. They say that while Man thinks He is making progress, He is in fact stuck in an endless eddy and is going nowhere. Robert Monroe also said that we all came here from distant points in the Universe and forgot who we were. He said that there was something about the human life experience that was addictive and resulted in our getting stuck here and repeating life experience after life experience which saturates us to the point of complete amnesia. My interpretation of this is that all of us at one point, decided to check out being human just for the hell of it. When we clicked our tuner knobs firmly into the channel dictating being human, we became so immersed in watching the show, that we forgot it was in fact a show and that we could change channels.

Castaneda's teachers told him repeatedly that now, more than ever, Man had to awaken to his full energetic potential. Gurdjieff taught that Man's failure to evolve energetically insured His eventual destruction. Monroe wrote that he had numerous dreams of some sort of catastrophe wherein many people were trying to escape from some sort of danger. In one of his lucid dreams, Robert Monroe was told of an event occurring at this time in Man's history, called "The Gathering". He was told that it was referred to as such because sentient beings from all over the Universe had gathered around the Earth to witness the event:

*"There is a human oriental symbol for crisis which is composed of two subsymbols indicating danger and opportunity. The event in human and physical earth terms is definitely a point of crisis. It is quite valid that as to human existence both danger and opportunity will be present in extreme degrees. It will offer human consciousness a rare potential to emerge rapidly into a unified intelligent energy system that will range far beyond your time-space illusion, creating, constructing, teaching as only a human-trained graduate energy is able to do. (If the opportunity is missed)*

*humans will retreat as the dominant species on earth until they no longer survive as active consciousness, eventually in any form.”*

—Far Journeys.

## **My own reflections**

In terms of the idea of the “Tyrant” wanting our life “video”, I don’t care if it’s true or not. I don’t have a problem with dying and being “erased” and I don’t care if my only purpose in life is to make a video for something else. Sometimes I think about how much joy my child brings me. I try to memorize each pore of her skin and every strand of hair on her head and I think that I will always want to remember the time that I have spent with her. At these times, I don’t like the idea of being erased. On the other hand, if I do get erased, I won’t remember anyway. The only real issue of concern for me is whether or not we get “recycled” and sent back to make another video after the extraction of our life experiences. When we make videos, we don’t trash the camera when we are through. If I ever find out for sure that we get recycled, then I will dedicate myself to recapitulating every last detail of my life, because I never, ever want to do this again; especially if I have to start from scratch. I do think however that the Tyrant as described by Warriors, is not the source of all creation, but is rather a creator that was in turn created. Just as we are creators who were created. The Elemental Force is that creative energy permeating all things and emanates from what I call the Prime Creator; the original Source of all that is.

In terms of the end of the world stuff, for the most part I have never given it much credence, but recently I have begun to think more and more about where things seem to be heading. I have had dreams of some sort of disaster occurring since I was a child. I have these dreams to this day. These have all been regular dreams that I recall upon awakening. In some of these dreams, I am just part of a mass exodus of people fleeing from some sort of danger and carrying with us what few belongings we were able to collect. In one dream, there had been some sort of disaster and I was driving a school bus filled with children trying

to get them to safety. In one dream some sort of disaster had occurred and everyone as usual was trying to escape. There was a large flying craft hovering many hundreds of feet overhead that was our only chance of escape. The cargo hold doors were open and the only way to get to the ship was by holding your breath. When you held your breath you would begin to float upwards into the ship. I did this, but just as I reached the ship, I couldn't hold my breath any longer. I took a big gasp of air and floated back down to the ground. I went home and looked out of the living room window. The sky was an unnatural glowing red. The dream ended with my taking a lethal dose of cyanide. In another dream, the Earth was under attack by something that was using a terrible weapon against us. It was some sort of ray that could penetrate through buildings, killing everyone inside. In the dream, I was talking to someone who was showing me an instrument that he had put together that he claimed could fight the death rays. As he was showing it to me, he dropped it and it fell apart. Just then the death rays began to penetrate the walls of the room we were in. We saw the rays first as dim beams of light in a crosshatch pattern spread across the entire wall surface. The light pattern gained brilliance as the strength of the beams increased. We, along with others that were with us, all began to panic and tried to hide by diving under pieces of furniture. In the midst of our panic, some of those among us who we thought were people, turned out not to be. These "people" transformed into lethal weapons spewing pellets of poisonous gas. The dream ended here. I have always written off these dreams as being your typical "Freudian" anxiety dreams. I figured that the dreams were particularly dreadful because I have had to cope with some very stressful situations in my life. I hope that my interpretations of these dreams are correct.

One time many years ago I met a physician who was a pediatric oncologist. During the course of our conversation, he told me that he had met a woman who was a psychic. He said that to test her abilities, he had given her the names of some of his patients and asked her to describe the specific nature of their illnesses. He told me that she not

only described exactly what each patient looked like but also was able to accurately diagnose the types of cancer that they had. He gave me her phone number. I had just gone through a really rough breakup with another loser boyfriend and decided to give her a call to see if I would ever have a boyfriend again. I called her and she assured me that I was “not meant to walk alone on this Earth and would indeed have a companion”. So I asked her if she meant a male companion that was more than just a friend, like a boyfriend for instance. She said “yes indeed”. Satisfied with this response, I was ready to end the session, but she had more to say. She began to tell me that this was a very special time in Man’s history and that great changes were coming. She said that many people were going to die but that I was not going to be one of them. I was seriously non-plussed about the turn that my reading had taken and thought she was just your typical new millennium-doom-and-gloomer. She went on and on about this and I couldn’t wait for her to finish. At the end of her talk, she asked me whether I had any further questions. I think I asked her whether or not she saw me marrying the male companion or just living with him.

Castaneda’s teachers described themselves as living myths. They said that the myths and legends that have come down to us over the ages are echoes of a time when Man was functioning at his full potential. This was the time before our enslavement by the false mind. What if this is true? What if we really were meant to be what we would consider living myths: multidimensional beings of unlimited creative potential? What might the reaction be of the “Tyrant” to our marked deterioration of performance? I do not believe in an anthropomorphic creative force, but nevertheless, I think that such a force might be capable of experiencing something akin to boredom. I imagine this force watching life records like “The Life and Times of Zeus” and then all of a sudden getting “The Life and Times of Homer Simpson”. What might this creative force do after watching a few eons worth of billions of Homer Simpson videos? I think that if the entity that created us ever decides to allow us to do away with ourselves, that it won’t be because we are

“sinners” that fornicate, adulterate, murder each other etc...but simply because we are exceedingly dull. I think if anything, this creative entity might decide to scrap the whole experiment and come up with new, “plague”-resistant probes to send out into the Universe.

I do not know if something bad is coming our way. I sometimes worry about this and am frightened, especially now that I am a mother. I tell myself that there is no point in worrying because there is nothing that one can do about it if something bad is coming our way. Either we live or we die, and that’s that. I am actually more worried about surviving a disaster than I am about being killed in one. There are always groups of people predicting the end of the world and they are always wrong. They know about some type of planetary alignment that is supposed to bring about Armageddon and go to the top of a mountain on the day of the alignment to wait for the shit to hit the fan. And they wait and wait and wait and nothing ever happens. I don’t want to be like those people. Maybe something bad will happen eventually but not in our lifetime. Sometimes I think, based upon my own life experience, that this is a time where just having the desire for something positive to happen leads to the rapid realization of that desire. I think that perhaps this is a time when the barrier between thought/desire and actualization thereof, has been lowered. I see no other explanation for my life taking the turns that it has. I should have been dead by now but instead I lead a life more wonderful than I ever could have imagined. This same line of reasoning makes me fear therefore that just having the desire for something negative to happen will also lead to the rapid realization of this desire. If this is what’s going on right now, then our fate will be determined by the balance struck between those desiring change for the positive versus those desiring change for the negative. It’s just a question of to which side the balance will be tipped. It’s just a question of whether there are more people focused on the negative than the positive.

I do know in my heart of hearts, that any potential disaster can be averted if we as a group intend that it be so. Together, we could intend

that the world be a place of peace and of balance, and put a stop to all of the needless suffering and conflict that is occurring worldwide. I fear however that by the time anyone would really be interested in trying this, it will be too late. Sometimes I find myself wondering if there was any way that one could escape in the event of a major worldwide disaster. I find myself thinking about Castaneda's teachers and how they, through the willful manipulation of the assemblage point, supposedly left the world as we know it. I wonder whether during their lucid dreaming travels, they found a world where humans can live and be truly free. I wonder if this is why they decided to leave. If what Robert Monroe said about Earth existence being addictive is true, might it not be possible that the very approach to life that allows the substance abuser to recover, is the same as the approach to life that allows one to be free of this current cycle of Earth existence?

What I have tried to teach with this book, is how one can achieve a minute displacement of the assemblage point. Understand that the assemblage point not only dictates what you are, but where you are. The principles behind accomplishing a minute displacement and a major shift in perception are the same, with the exception that the latter requires a greater amount of energy. One way to gather a large amount of energy is to combine your energy with other people; you need to form a group. If there is anything I have of value to say, it is that the power of a group with a single-minded intent is tremendous. Warriors' parties usually consisted of sixteen people, each with large energy reserves. Since your average person has very little energy, the size of a group of average people wishing to accomplish a major shift in perception would have to be increased accordingly. Warriors say that in times past, entire villages of people have chosen to leave and have vanished without a trace. If things really do get bad at one point, and you have nothing to lose, you might consider trying the following:

1. Gather together as large a group of people as you can find. Form a circle.
2. Invoke the Elemental Energies to create an energetically pristine space around you: Do this by summoning the forces from the four cardinal directions, the Earth and the cosmos. You can use the following invocation or come up with your own:
  - Begin by facing the East, with your right hands raised, saying “Guardian Spirit of the East, come and be with us. Imbue us with your energies of new beginnings and enlightenment. Please guide us on our journey”.
  - Next, face the South, saying “Guardian Spirit of the South, come and be with us. Imbue us with your energies of love and growth. Please guide us on our journey”.
  - Face the West saying “Guardian Spirit of the West, come and be with us. Imbue us with your energies of maturity, physical strength and introspection. Please guide us on our journey”.
  - Face the North saying “Guardian Spirit of the North, come and be with us. Imbue us with your energies of cleansing and renewal. Please guide us on our journey”.
  - Turn towards the heavens saying “To the powers of the Universe, come and be with us. Imbue us with the energies of moral strength and courage”.
  - Turn towards the earth saying “Our loving Mother the Earth come and be with us. Please imbue us with all of the energies necessary for life. Please guide us on our journey”.Finally, say “We thank you for joining us and creating this sacred space. Please purge from this space any and all energies that will interfere with our journey and keep us from being free”.
3. Summon the Intent to be free: Quiet your minds and from your inner silence, become entirely ready and willing to be free. Join

hands and together, state your names in order to announce yourselves to Intent. Then together, with an attitude of sincerity and humility, ask for the willingness to be free.

4. Activate your energy centers and merge energy fields: Release your hands and extend your arms to the sides, palms facing down, with your left index finger and thumb forming a circle. Turn your heads towards the left and while keeping the gaze fixed on the left hand, begin to slowly turn in a counter-clockwise direction for a total of thirty-three rotations. Bring your hands together as if in prayer and touch your fingertips to the chest and rest for a moment. Repeat this two more times. Join hands once again and visualize a column of light extending up and down the spine. Imagine energy from the cosmos pouring in from the top and energy from the Earth flooding in from below. Imagine this energy mixing together at heart level. Extend this energy outwards through the front of the chest, visualizing it enveloping your entire body in a glowing sphere of light. Expand this sphere until it merges with the energies of all those assembled.
5. Next, forcefully and repeatedly say the word “intent”. While saying the word intent, summon the strongest feeling for the love of freedom that you are capable of. Think about how wonderful it will feel to be free. Think about how wonderful it will feel to function as the magnificent being you were meant to be. Feel the joy of freedom with every fiber of your being. It is this feeling, which is the beginning of all new perceptions, all new realities, that will transport you to the new world.

I don't know for sure if this will work, but maybe, just maybe, if you have enough energy, the group's intent will dictate that you all exist in a place where humans are free; even if that place exists in a position of the assemblage point that does not correspond to the world as we know it.





with life would ever be interested in opening the mind to a new way of looking at the world.

*“Some of us have tried to hold on to our old ideas and the result was completely nil until we let go absolutely.... Half-measures availed us nothing. We asked His protection and care with complete abandon”.*

—Alcoholics Anonymous, the “Big Book”.

Below are a series of suggestions involving taking the initial steps on a spiritual, or what I prefer to call an energetic path. I have borrowed heavily from A.A. with a few modifications borrowed from the Warrior’s Way. These suggestions are mostly aimed at vanquishing the false mind and getting a glimpse of the miracle that is within us all. This is just a beginning. Understand that the physical body has been constructed to function as a perceptual unit and that in order for all of our potentials to be realized, the physical body, the energy body as well as the mind must be finely tuned. Each part of the physical body has a function in terms of perception. In order to become a living myth however, one must first vanquish the false mind. The false mind can be overcome by the individual, but is more easily vanquished in the setting of a group of people who share a common single-minded intent. This intent can be either the specific desire to be free of the false mind, or can be an intent that can only be realized if the power of the false mind is attenuated. Examples of the latter might include issues such as obesity, chronic depression and accelerated aging.

In addition to this, you can consider certain types of physical disciplines such as yoga or internal forms of the martial arts. These are forms of exercise offering both physical and energetic benefits.

1. **Beckon the Elemental Force into your life by simply acknowledging its existence.** Open your mind to the possibility that there is an energy that permeates the Universe and that this energy is aware, intelligent and creative in nature.

2. **Surrender to the Elemental Force.** Take a leap of faith that this Force is better able than you to solve your problems and chart a good course for your life. In so doing, make a conscious effort to turn over the reins so to speak, to this energy. “Go with the flow”.  
Ask the Elemental Force on a daily basis to guide you in all things. Remember “take an action but let go of the result”.
3. **Save your energy by releasing resentments.** Write up a resentment list and discuss it with someone you trust and respect. Once you have identified the fears triggering your energy draining thought and behavior patterns, eradicate them one by one by following this sequence: 1) Become entirely ready to be rid of the specific fear/thought pattern/behavior pattern, 2) Ask the Elemental Force to remove it from you, 3) Act “as if” the fear/thought pattern/behavior pattern does not exist. You will find that following this sequence will allow you to think and behave in ways that were previously impossible for you. When dealing with difficult people, try and remember the following:
  - Don’t have expectations.
  - Don’t try to run the show.
  - Don’t take yourself and others so seriously.
  - Trust in the Elemental Force.
4. **Break the mirror of self-reflection.** Understand that conflict is a result of the false mind. This mind keeps us in the self-reflective mode and when in this mode, conflict is inevitable. Self-reflection is the act of ruminating over/indulging in/obsessing about how we feel. This keeps us from being connected to the Elemental Force and keeps your assemblage point stuck wherever it is. The easiest way to stop reflecting on the self is to do nice things for other people.

5. **Break energetic ties and don't create new ones.** Negative thoughts from others can impede your ability to make spiritual/energetic progress. Write a list of all those you have hurt and make amends to them except when to do so would cause them or others harm. When you are wrong in the present, promptly admit it and apologize.
6. **Have a healthy respect for your sexual energy.** Conceive your children with joy and don't waste this energy on losers.
7. **Learn to sit with negative and destructive feelings.** Remember that "feelings are not facts" and that feelings and actions can be separated. Any new feeling that you do not like, will be transient as long as you do not act out on that feeling and as long as you do not drastically change your behavior.
8. **Make a conscious effort to improve your connection to the Elemental Force on a daily basis.**
  - Live one day at a time: Approach each day as if it were a gift and perform each act as if it were your last act on earth.
  - Make a gratitude list and give your thanks for each of the items on the list on a daily basis.
  - Set aside 5 minutes a day to practice inner silence.

Strive for a personal, interactive relationship with this Force that is characterized by respect, gratitude and most of all TRUST. Also, have a sense of humor. This Force, just like you, likes to be entertained.
9. **Change the internal dialogue.** Override the program that you've been given. Say a series of affirmations aloud each and everyday. You'll be amazed at how effective this can be.

10. **Practice lucid dreaming.** Give your energy body a much needed “work-out”. Learn to face the oncoming time and see what’s coming your way.
11. **Having saved your energy, follow this sequence to bring whatever you want into your life:**
  - Intend what you desire.
  - Ask the Elemental Force to make it so.
  - Act “as if” until the reality takes hold.
12. **Do your part to dream a new dream for the world.** Know that just as you have power over your own reality, you have power over the reality of the world as a whole. Intend to evolve so that the world as a whole may also evolve. Ask the Elemental Force to make the changes within you necessary for this evolution to occur so that we may all enter into a new and better mode of existence.

This is by no means the only approach that one may use to enhance one’s energetic potentials. These are merely actions that I have found to be helpful. I say my affirmations while taking my morning shower. I set aside five minutes per day to practice inner silence. Before sleep, I take a couple of minutes to go over my gratitude list. I practice lucid dreaming in my sleep. So following these suggestions should take less than ten minutes out of any given day. The rest involves learning to discipline one’s mind in such a way as to avoid energy draining thought patterns and behavior patterns that result in conflict. If you follow these suggestions, at the very least I can guarantee you what we in A.A. are promised:

*We are going to know a new freedom & a new happiness.  
We will not regret the past, nor wish to shut the door on it.  
We will comprehend the word Serenity and We will know peace.*

*No matter how far down the scale we've gone, we'll see  
how our experiences can help others.  
That feeling of uselessness & self-pity will disappear.  
We will lose interest in selfish things & gain interest in our fellows.  
Self-seeking will slip away.  
Our whole attitude & outlook on life will change.  
Fear of people & economic insecurity will leave us.  
We will intuitively know how to handle situations which  
use to baffle us.  
We will suddenly realize that God is doing for us what we  
could not do for ourselves.  
Are these extravagant promises? We think not.  
They're being fulfilled among us—sometimes quickly,  
sometimes slowly.  
They'll always materialize if we work for them.”*

—Alcoholics Anonymous (The Big Book)

If you follow these suggestions, at the very most, you will become a living myth. May the Force be with you (smile).



text, I would be drawn to the very books that contained the information I needed to create a more complete story. During the year it took me to complete the book, I have learned much and changed much. My life views will never be the same. A year ago I had no understanding of the principles of sorcery. While I do not claim to be a master sorceress by any stretch of the imagination, I have discovered some basic truths with respect to this discipline. A year ago, I had heard the word “chakra” used, but didn’t know to what it referred and wasn’t interested in finding out. I now know that it is vitally important to understand what the chakras are, although I do not really address the topic in this book. A year ago I had no interest in meditation and visualization techniques and quite frankly, was annoyed by such concepts. I now know that it is vitally important to meditate although I do not address this topic in the book either. There are other books that deal beautifully with these subjects and I do not feel the need to repeat what has already been done. The purpose of this book, as revealed to me by the book itself, is to teach about perception.

The art of sorcery is the mastery of perception. A sorcerer is someone who understands the very nature of perception and is therefore able to shift perception at will. It is said by many, that this is a time of great Earth changes and that Man, in order to survive these changes, will have to learn to shift perception at will. In other words, Man will have to learn the art of sorcery. The first goal of the book is to teach how to accomplish a willful shift in perception. I consider myself to be an average person in every way imaginable and have written this book for people like me. This is not a book for the spiritually enlightened who wish to live out their days in a cave somewhere. This is a “Sorcery 101” textbook that uses examples from my average life to illustrate basic sorcery principles. Sorcery requires that one be connected with the Elemental Force. I believe that the Spirit/Elemental Force is equivalent to what is referred to by some as “The Ray of Creation” (something else I had never heard of a year ago). It is said that everything in the Universe became manifest through the action of the Ray of Cre-



ation. The Ray of Creation is a vibration or a frequency that can be likened to a note of a musical scale; it is a sound that carries information that transmutes energy into matter. The creation myths of many different cultures say that the Universe was created with sound; in Biblical texts, this is referred to as “The Word”. While this frequency/vibration controls the form that matter will take, it can also be commanded. A sorcerer is someone who is able to tune into this frequency and command it to create whatever the sorcerer desires.

*“...the old sorcerers knew that human beings, taken as conglomerates of energy fields, are held together... by some sort of vibration that renders everything at once alive and in place.... Their expertise in dealing with (this force) became so extraordinary that their actions were transformed into legends...”*

—Magical Passes, Carlos Castaneda.

The frequency of The Ray is not static, but increases in rate or pitch in a specific sequence, much like that of a musical scale. As the rate or pitch increases, so does all of creation evolve. An increase in pitch within a given cycle or “octave” will dictate an intradimensional form of evolution. When the frequency/pitch becomes fast enough to enter a new cycle/octave, an interdimensional form of evolution occurs, in which all of creation gets shifted to the next highest dimension (compare this idea to what happens to an electron when a specified amount of energy is delivered to an atom). Many who believe that this is a time of great Earth changes say that a new frequency has entered all of creation in recent years and that this frequency is the first note of a new octave. In other words, this is the beginning of a new great cycle and we are in the midst of an interdimensional shift.

All forms of life have a built-in receiving apparatus for the Ray of Creation. This apparatus consists of the chakras (I refer to these briefly in the text as “energy centers”). They are referred to in Biblical texts as the Tree of Knowledge or The Tree of Life, but are part of the ancient teachings of many different cultures. This receiving apparatus processes

the frequency emanating from The Ray, into a form that can be assimilated by each life form and used to evolve. It is said that this is a most dangerous time for Mankind in that our receiving apparatuses have been rendered non-functional. This means that we are unable to evolve with the rest of the Earth because we are unable to receive the new frequency. This means that while the vibrational rate of the Earth will dictate a shift to the next dimension, we will continue to vibrate at our current rate and get left behind. Some say that completion of the interdimensional shift will occur on December 21, 2012; the end of the Mayan calendar.

Our receiving apparatuses also serve as energy generators and when functioning properly, are capable of a tremendous energy output. The reason that our receiving apparatuses no longer work is because forces external to us, that know how we work, have altered the functioning of our “machines” in order to harness our energy for their own purposes. One way to think of this is that something has thrown a monkey wrench into the gears, thereby causing everything to come to a grinding halt. The energy we generate that would otherwise be used to fuel the machine/receiving apparatus, is then siphoned off, leaving us powerless and literally shut down.

*“Awareness is the only avenue that human beings have for evolution, and something extraneous to us, something that has to do with the predatorial nature of the universe, has interrupted our possibility of evolving by taking possession of our awareness.”*

—Magical Passes, Carlos Castaneda.

As mentioned previously, a sorcerer uses the Ray of Creation, which is a vibration, to create the perceptions or realities of the sorcerer’s choosing. Therefore, in order to be a sorcerer, the receiving apparatus for this vibration must be functional. A sorcerer is someone who is aware of the forces interfering with the functioning of the apparatus and has eliminated them, thus allowing for the receiving apparatus to function normally. The initial stages of a sorcery apprenticeship

involve the elimination of the forces interfering with the receiving apparatus in order to restore its proper functioning. While I am not a master sorceress, I am someone who, through great personal difficulty, has eliminated these forces and now has a receiving apparatus that is beginning to function normally. The second purpose of this book is to teach how one can eliminate the forces interfering with the receiving apparatus. The third purpose is to provide direction as to how to go about the subsequent fine-tuning of this apparatus for maximal function.

What I have come to understand is that we are perceivers with the power to create what we perceive. What I now hold as a personal truth is that this is a time when we must take responsibility for what we perceive and reclaim the powers that we have lost. Taking responsibility for what we perceive means taking responsibility for our personal realities and this in turn means taking responsibility for our feelings/emotions. We are taught to be at the mercy of our feelings and emotions and do not know how to handle them properly. This is the crux of our downfall, and the cause of our fall from grace. It is through the manipulation of our feelings that external forces screw-up our receiving apparatuses. A sorcerer is someone who understands that our feelings are a source of power and are the very force that must be used to command The Ray of Creation. A sorcerer takes responsibility for all feelings at all times. A sorcerer is a master of feeling and uses feeling as a medium through which he or she can be transported to other realms. Taking responsibility for your feelings is not equivalent to adopting the demeanor of the stoic with a stiff upper lip. It is something far more transcendental. It is coming to the realization that our power to create lies in our proficiency at summoning feelings.

Our perception of the world is held in place by the collective force of our thoughts. Throughout most of Man's history, these thoughts have included a firm belief in negative forces from the 'spirit world' that cause Man harm. Even if these forces did not exist initially, the immense power behind the persistent and prolonged belief in such

forces surely led to their creation. The relatively short period of time during which modern Man has denied the existence of such forces does not provide enough power to counteract eons' worth of thought power emanating from our forefathers and mothers. This denial does not serve to protect. The key to freedom lies in understanding that while it may be relatively easy for forces external to us, be they helpful or harmful, to manipulate our feelings, it is not so easy to manipulate our behavior. It is our behavior, our actions, that play the final determining role in the creation of a sustained perception or reality (remember this equation: sustained perception=feeling+concordant behavior/action). Since most people always act in accordance with however they feel, any force capable of influencing our feelings, has ultimate control over our perceived realities. The key difference between helpful forces and harmful forces is that while the former will not exert influence without your explicit request, the latter exert influence without being asked to do so. What is most convenient for the 'false mind' is to target a character defect or weakness and make you feel like indulging in that weakness. If you are predisposed to excess of any sort, be it alcohol, drugs, food, sex etc...you will be made to feel like indulging in this excess. If you are predisposed to depression or fits of anger, you will be made to feel depressed or angry. If you easily form superiority complexes, you will be made to feel superior and feel like subjugating others. If you easily form inferiority complexes, you will be made to feel inferior and thereby allow yourself to be subjugated or to overcompensate by subjugating others. And so on, and so forth. If you then act in accordance with this feeling, you click your tuner knob firmly on to a channel broadcasting a show where you are in perpetual conflict and no further effort is needed to keep you tuned into that show. Once you have learned to divorce feelings from action, you can then choose which feeling to act upon. You can choose to act upon only those feelings that foster positivity and energetic empowerment. Once you learn to divorce feeling from action you will never be a slave; you have learned the discipline of a warrior.

We are very powerful beings, but with great power comes great responsibility. I believe that there is a plan behind the evolution of all Creation and that everything happens for a reason. I believe that the 'false mind' has been placed in our path in order to teach us three fundamental laws of the Universe (as I have understood them): 1) Take responsibility for your feelings for they can be used to create or to destroy; 2) Ask for help for you are not self-sufficient; 3) Help others because no one else is self-sufficient either. The 'false mind' serves as a safeguard, preventing us from ever having enough energy to potentially harm the rest of Creation until we have learned to adhere to these laws. It is all a very impersonal affair. On the physical plane, we have come to accept that evolution proceeds by natural selection. Those species that fail to adapt to environmental pressures do not survive. There are myriad examples in the animal kingdom of defense mechanisms evolving in response to environmental pressures exerted by predators. There is a very common saying found in the esoteric literature: "As above, so below". This is a predatorial Universe and the energetic evolution of Mankind is governed by the very principles that exist on the physical plane. Physical adaptation occurs in response to physical threats to survival. Energetic threats to survival must be met with energetic adaptations.

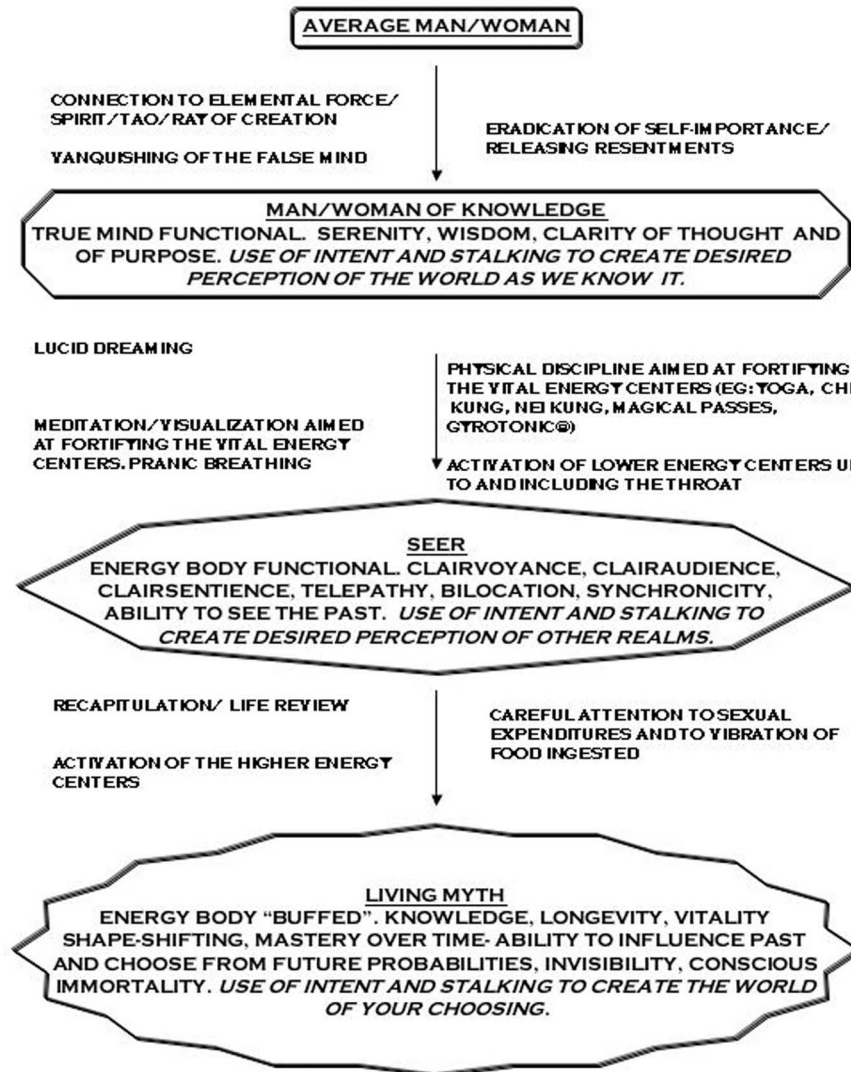
Separation is an illusion. We are each but a small part of an indivisible whole that requires our mutual cooperation in order for harmony and balance to be maintained. I know that when we congregate in groups of individuals dedicated to helping one another, the power of the 'false mind' is greatly attenuated. I know that together we are invincible. It is only together that we can evolve. The philosophy of difference that prevails today serves us not at all. Rich against poor, man against woman, race against race, religion against religion, nation against nation...It is a seemingly endless insanity. This philosophy of difference has been imposed from without and if we do not fight it, our inevitable destruction will come about through our own actions. We are at war and don't even know it. It appears to me that we are losing

this war due to our utter ignorance of what is really important for our survival.

What I have come to understand is that our intent is the key to everything at this time in our history. If we are to evolve, it must be a conscious process; we must intend to evolve. We must first become entirely ready and willing to evolve and then ask for help, trusting fully that this help will be given. What I now hold as a personal truth is that there is plenty of help available for all of us. In essence, the Universe is poised to drop knowledge, which is power, into our laps but will only do so if a specific request is made.

There are certain issues that are clearer to me now than when I first started writing. The preceding chapters reflect uncertainties that are not present in this section. I have chosen however to leave the text as it stands because the key teaching points are nevertheless illustrated. I am not completely sure that we are at the beginning of a new great cycle dictating an interdimensional shift, but have presented current “New Age” views on this topic, as I have understood them. I do not know what it means experientially to shift to the next highest dimension, although Gurdjieff taught that no matter in what dimension a life form exists, it always perceives itself as being three-dimensional. Whether or not we are entering a new great cycle, what I know for sure is that clearing one’s receiving apparatus of interfering forces, results in a life that is fuller, more joyful and more serene. On a final note (excuse the pun), The Ray of Creation is not an abstraction for me. It is a sound that can easily be heard once the receiving apparatus has been cleared of interfering forces. A short while into the writing of this book, I began to hear tones. At first I thought it was an exacerbation of the mild tinnitus I always have. But unlike the metallic quality of tinnitus, these tones were melodious and pleasant to listen to. In “The Yoga Sutras of Patanjali” it is written that the Force behind all of creation talks to each and every one of us at all times and that this Force sings or hums to us. If only we would listen. Creation is a song. You must first learn to dance to its melody before creating your own.

### THE EVOLUTION OF A WARRIOR







# APPENDIX A

## *The Evolution of a Warrior:*



### *Explanation of flow-chart*

We are magical beings who have allowed our magic to be stolen from us. This is a time when we desperately need our magic. We are taught that certain types of abilities such as clairvoyance, telepathy and telekinesis are “gifts” of the few who happen to be born with them. This is incorrect. These “gifts” are our birthright. They belong to a staggering set of perceptual abilities that are inherent to the human being functioning at his or her full potential. The flowchart at the end of the Afterword section is a roadmap for getting back our magic. It is not necessary to follow this roadmap sequentially; all of the actions listed can be followed in whatever sequence one desires. However, to successfully arrive at each stage in one’s evolution as a Warrior, there are certain specific actions that must be carried out at a minimum. There are three major stages in this evolutionary process:

#### 1. THE MAN/WOMAN OF KNOWLEDGE

Our magic is a property of our “energy body” or higher self. In order to access this part of ourselves we must have a certain level of energy. The first step towards saving enough energy for this purpose is to release resentments. Once this is accomplished, one can begin to function using the mind of the higher self—the true mind.

## 2. THE SEER

Once the true mind is functional, one must then “exercise” the energy body to get it into shape after all the years that it has been inactive. The physical body is there for us to function in the world as we know it. The energy body is there for us to function in the universe at-large as a multidimensional being. There are three ways to give your energy body a “work out”, all of which are important:

- Lucid/controlled dreaming: This is the act of learning to place your day-to-day form of awareness/consciousness onto the energy body. Think of it this way. When someone is in a coma, their consciousness is not connected with the physical body and this results in severe muscular atrophy and dysfunction. For most of our lives, our energy body has been in a coma and is seriously debilitated. Lucid/controlled dreaming is a means of bringing the energy body out of the comatose state and beginning a long process of rehabilitation.
- Physical Discipline aimed at the fortification of the vital energy centers: There are two types of physical disciplines in which one may engage. The first and most commonly practiced type, are disciplines that are of sole benefit to the physical body (eg: pumping iron, aerobics etc...). However there are certain disciplines that not only benefit the physical body but also serve to draw energy into the vital energy centers or chakras of the energy body. It is this latter type of physical regimen that is key to getting back your magic. The reason that these energy centers must be energetically fortified is that each center plays an important and specific role in perception, including but not limited to perceptions such as clairvoyance and telepathy. Unless these centers are given a “work out”, they will not be able to function, no matter how physically fit you are. Yoga, T'ai Chi, Chi Kung, Nei Kung, Ba Gua Zhang, and gyrotonic®/gyrokinesis® (see Appendix E for more details) are examples of physical disciplines that benefit both the physical body as well as

the energy body. I strongly recommend one of these physical disciplines as an adjunct to any recovery program.

- Pranic breathing, meditation, visualization: Most of us breathe in such a way that only the physical body benefits. Pranic breathing not only provides oxygen to the tissues of the body but also “fires-up” the vital energy centers. Think of these centers as little wood burning furnaces. Your breath can serve as the bellows to fan the flames. This type of breathing is a vital part of sorcery as is meditation. The meditation of a sorcerer however is not used to “lose” himself or herself in the void, rather it is used to enter in to a state of heightened awareness. In this state, thought is easily transformed into matter/reality. Heightened awareness is the sorcerer’s workshop. Visualization is also key to the practice of sorcery. A sorcerer, while in the workshop of heightened awareness, uses visualization as a creative tool to bring about whatever is desired. The sorcerer has understood that all of creation is a form of thought. We ourselves are thoughts that have thoughts. Visualization is a highly focused and detailed form of thought. The first type of meditation/visualization that one should practice, is that directed at the fortification of the vital energy centers.

### 3. THE LIVING MYTH

This is a human with a “buffed” energy body and who is in perfect balance, also known as an ascended human. All energy centers are active, thus allowing for the full range of perceptual abilities available to humans. These abilities are referred to as the Siddhi or the O’ Larien.

Becoming a living myth requires the performance of a full life review. This is a process where one, while in a state of heightened awareness, accesses the full record of one’s life experience. This record is normally only accessed upon your physical death or during a near-death experience where your entire life “flashes before your eyes”. Just as certain types of breathing and exercise benefit

both the physical and the energy body, certain types of food also have physical as well as energetic benefits. Much of the food ingested by the masses is “dead” energetically. A sorcerer eats food that is “alive” energetically so that the energy body, in addition to the physical body is nourished. This doesn’t necessarily mean that sorcerers are vegetarians. It does mean however that when meat is ingested, the spirit of the animal is thanked and that a sorcerer will only eat meat from an animal that has lived well and died well. Most animals that are raised for slaughter live under horrific conditions and die without honor or respect. The meat from these animals is of very low vibrational content and is not only of no benefit to the energy body but may actually decrease the vibrational rate of the energy body. Refined sugars, caffeine, alcohol and drugs can also have deleterious effects on the energy body.

Finally, a sorcerer has a healthy respect for his or her sexual energy. This does not necessarily mean that a sorcerer is abstinent. It means that a sorcerer knows that sexual energy is for more than just sex and procreation. It is sexual energy, the merging of the male and female energetic polarities, that serves as a catalyst to transform energy into matter. Each of us, irrespective of physical gender, contain both male and female energies. It is sexual energy that is utilized during lucid/controlled dreaming. This energy can be used to create new physical life in the form of children, but is also used to transform the thoughts/desires of the sorcerer into reality.

Warriors say that forces external to us have sapped the vitality of the energy body. They say that the minimum lifespan of the human in the absence of these forces is 135 years (see “Song of the Deer” by Thunderstrikes).

# APPENDIX B

## *Shamanism, Sorcery and A.A.*

Shamanism and sorcery are closely related. When reduced to the simplest of concepts, both can be seen as practices involving the invocation of forces external to the self in order to accomplish something that could otherwise not be accomplished. The forces that are summoned by practitioners of these arts are varied and belong to classes of beings that exist in non-physical realms. Examples of such beings include but are not limited to elemental Earth spirits, Devas, demigods, Gods, ancestors, deceased members of the practitioner's lineage and animal spirits. A major difference between a sorcerer and a shaman is that a shaman is responsible for the welfare of others, serving as the appointed healer and sage for a group of individuals. A sorcerer is responsible only for himself or herself. Both Shamanism and Sorcery involve focused intention, knowledge of the energy centers and entering heightened states of awareness.

There are several different levels of sorcery/shamanism and these can be stratified in two important ways. The first way in which these practices can be stratified is according to the nature of the force being called upon by the practitioner. The ultimate force that can be called upon is the Source of all creation (ie: the Spirit/Elemental Force/Tao etc...). Very few practitioners call upon this force. Only the highest level practitioners do so as it requires the ability to conceptualize and grasp a concept that is abstract in the extreme and additionally requires that one is aligned with the purpose and direction of this Force. The process of coming into alignment involves extensive work on the self and can take a lifetime. The self-discipline necessary to come into align-

ment with this Force causes most practitioners to focus upon lower level beings to come to their aid. The second way in which the practitioners of shamanism/sorcery can be stratified is in terms of the nature of the specific goals of the practitioner. Low level goals have to do with personal gain on the material level. Such goals would include things such as influencing another to return your unrequited affections and increasing wealth and material possessions. High level goals are more abstract and have to do with evolving spiritually/energetically to become the best person you can be. I do not condone using sorcery to manipulate and control others for personal gain. I wholeheartedly condone the practice of high-sorcery, which is nothing more or less than aligning oneself with the Elemental Force behind all creation in order to become the most evolved person that one can be. High sorcery is taking ultimate responsibility for the self. What I have illustrated in this book, is how one can practice the highest form of sorcery but at the most basic level. The basic foundation provided will allow the new practitioner to work towards a balanced and joyful personal existence. This foundation also lays the groundwork for more advanced practices. I do not think that many people are fit to practice shamanism as this requires that you take responsibility for the welfare of others. It takes a very special person to shoulder this type of responsibility.

A.A. is in fact a program that teaches a rudimentary (but powerful) form of high-level shamanism/sorcery in that you must call upon a force external to the self (Higher Power) to accomplish something that could otherwise not be accomplished (sobriety). Focused intention is involved but knowledge of the energy centers and entering states of heightened awareness is not. In the first phase of the program, you practice 'sorcery' in that it is your own sobriety that you are trying to achieve. This quest for sobriety leads to a 'spiritual awakening', occurring I believe secondary to increased energy levels as well as coming into an alignment with the Elemental Force. Once this 'awakening' has occurred, practices become more shamanic as the last step of the program suggests that you help others to achieve sobriety. This phase is

best characterized by the common A.A. saying “In order to keep what you have, you must give it away”. A.A. concepts are easy to understand and assimilate and are extremely practical. In addition, the millions that have been helped by A.A., attest to the effectiveness of the program. A.A. members, by virtue of the very real threat of spiritual/energetic and physical annihilation, do not have time for a romance with purely intellectual ideas. The shamans/sorcerers of the past were also practical in the extreme. The rigors of their lives did not, contrary to what modern Man thinks, leave them time for ‘magical thinking’. The very real life and death demands of their lives also left room only for those techniques that were practical and useful in a real way.

At this point, most of you are probably thinking that high-level sorcery may be admirable but rather too abstract if not dull. Understand that while a high-level sorcerer may follow a longer and more difficult path than the low level sorcerer, the former will ultimately be more powerful. One good way to understand the difference between the two types of sorcery is to compare the “medium” to the “adept”. A medium is someone who is sensitive to suprasensible realms and beings and interacts with these beings to a certain extent. Mediums are those who use “spirit guides” and channeled personalities as resources. It is relatively easy to become a medium after even a brief practice of sorcery techniques. However, the medium always requires an intermediate in order to obtain information and guidance. The quality of the information obtained this way will be a direct reflection of the quality of the given intermediate. Relying on an intermediate does not require that you develop your own resources and abilities and keeps you in a state of dependency upon beings that have the potential to be capricious and unreliable. Within each of us lies the ability to access the same information that the medium obtains from an intermediate entity. The adept is someone who has honed his or her own skills and goes within to find needed answers and guidance. While honing your own skills may take longer than using an intermediate, the payoff is that you rely on no one except yourself. An adept’s only resource is the divine spark

within, the energy behind all of creation. This energy is constant and never unreliable. It is impersonal thus never capricious. It permeates everything, is all-knowing and thus can never be wrong.



# APPENDIX C

## *The Chakras, Lucid Dreaming and the Internal Martial Arts*

In order to fully grasp what high level sorcery involves, a rudimentary understanding of the energy centers or chakras of the body is required. There are many different paths that the aspiring adept/high-level sorcerer can follow. These paths have been described in the esoteric literature and they all involve knowledge of the energy centers. All of these paths, when followed, result in the development of abilities that most consider to be “paranormal” or “superhuman” such as telepathy and clairvoyance. Examples of esoteric paths of knowledge include those of the Taoist, the Sufi, the Yogin(i), the Tibetan Buddhist, the Theosophist (eg:Rudolph Steiner, H.P. Blavatsky), the Fourth Way (Gurdjieff) and the Warrior’s Way (Castaneda). In addition to all of these paths involving knowledge of the energy centers, they all involve specific practices leading to the activation of the energy centers.

Each esoteric path has two major branches of teachings: 1) the teachings of the philosophical branch are aimed at vanquishing the negative side of the ego or ‘false mind’; 2) the teachings of the “doing” branch involve the specific practices that activate the energy centers of the body. While the philosophical teachings of these paths have been somewhat accessible to the masses, the teachings belonging to the doing side have been kept secret or couched in near incomprehensible terms. Familiarity with the philosophical side alone, results in the formation of belief systems. It is the practice of the “doings” of these paths that allows one to have direct experience of suprasensible realms and

phenomena. It is direct experience, not belief systems that lead to true knowledge. Lucid dreaming is part of the “doing side” of the Warrior’s way and the path of the Tibetan Buddhist (see “Tibetan Yogas of Dream and Sleep” by T.W. Rinpoche), while the internal forms of martial arts comprise the “doing” branch of the path of the Taoist immortal and also of the Warrior’s Way (see “The Sorcerer’s Crossing” by Taisha Abelar). Most people find the esoteric literature daunting and difficult to grasp. It is my hope that this book offers an esoteric path in a form that fits in with the busy lifestyle of the aspiring adept/sorcerer of modern times. It is a path providing a bit of philosophy and a bit of “doing”.

As mentioned above, all of the esoteric paths involve knowledge of and activation of the energy centers (chakras). The energy body is composed of both major and minor energy centers. These centers are formed by the intersection of energy channels that serve to circulate energy throughout, much in the same way that blood vessels circulate blood throughout the physical body. Each of the major energy centers plays a specific role in perception. The lower energy centers function to process input corresponding to the five physical senses with which we are all familiar. These lower centers are active in most humans. The higher centers function in perceptual processes that are considered to be paranormal. These higher centers are inactive in most due to an energetic deficit. It is these higher centers that the esoteric paths target for activation. The lower energy centers, since they power sensory functions necessary for survival of the physical body, will be supplied with energy first. Any remaining energy will then go to the higher centers. Most people do not have enough extra energy to activate the higher centers although some people are born with one or more of these centers activated. These people are natural psychics and mediums.

The first concept that must be understood is that of “proper work” of the energy centers. This was a topic discussed extensively by Gurdjieff. In order to activate the higher energy centers, you must first insure

that the work being done by all centers is of the right type. It was Gurdjieff's contention that the majority of people use the wrong energy center for most purposes and this results in energetic imbalance and in energetic depletion. Imagine that you, on a regular basis, used a weight machine designed specifically for the quadriceps muscles of the leg, in order to work out the biceps muscles of your arms. You would wind up expending a tremendous amount of energy trying to lift with your arms what your legs could do with ease and with comparably little effort. In addition, your quadriceps would become atrophied because they would never be used. This is an example of improper work being done. In the case of the energy centers the situation is much more subtle but of great significance. We have a major energy center in the vicinity of the sexual organs and this center functions in the process of reproduction. We have another major energy center in the vicinity of the heart and this center functions in the processing of feelings/emotions. The sex center is no more fit to process emotional input than your biceps are fit to operate a quad machine. Nevertheless, Gurdjieff pointed out that many people process their emotions through this sexual center. This results in an underdeveloped heart center, a stressed out sex center, improper flow of energy through the energy body and energetic depletion. Another center that is commonly used for the improper processing of emotions is what Gurdjieff called the moving center, which is in the area of the solar plexus. This center is responsible for our actions in the non-reproductive arena. When you learn to divorce feeling from action, what you are doing on an energetic level is allowing your heart center to do its proper work by processing feelings and emotional input. This frees up the sex and moving centers to do their proper work and allow for normal energy flow through the energy body.

The second concept that must be understood is that in order to achieve full activation of the higher energy centers, you need to focus on a goal and then perform a repetitive exercise that will enable you to achieve that goal. Suppose you wanted to have really strong arms. You

might set an initial goal for yourself of being able to benchpress 200 pounds. In order to reach this goal, you would start by going to the gym on a regular basis and doing reps, starting with small weights but increasing the amount of weight little by little until you achieve your goal. It takes time, effort and dedication to achieve this type of goal. Activation of the higher energy centers must be approached in a similar fashion. You must first set a goal for yourself that can only be accomplished if a higher energy center is activated. You must then perform exercises geared towards accomplishing that goal and these exercises must be repeated and repeated until they are perfected. Let's say for example that you wanted to activate the energy center at the level of the throat. This is the center that functions in clairvoyance, clairaudience and telepathy. This center also plays an important role in lucid dreaming. By intending to have lucid dreams, what you are really doing is intending to activate the energy center at the level of the throat. You start out by telling yourself repeatedly, before you fall asleep, that you will find your hands in your dreams. Once you accomplish this task, you increase the level of difficulty by trying to keep the dream from dissolving by taking quick glances at everything. Once you master this, you go on to the next level of difficulty and so on and so on until you can dream lucidly on a regular basis. But once you have achieved the goal you set for yourself, you find that you can do much more than what you have actually practiced. If you have worked out and built-up your strength to the point that you can easily benchpress 200 pounds, you will not be limited to just lifting dumbbells. You will also be able to perform many other tasks requiring physical strength. If you are proficient at lucid dreaming, you will be able to do much more than just dream lucidly because you will have activated the throat center along with all of the perceptual abilities that it handles, such as clairvoyance, clairaudience and telepathy. You may also be able to achieve conscious immortality. According to T.W. Rinpoche, author of "The Tibetan Yogas of Dreams and Sleep", lucid dreaming was a secret practice taught to a select few students of Tibetan Buddhism. He

writes that lucid dreaming is an important skill to hone because the mode of perception required for lucid dreams to occur is a forerunner of the mode of perception required to retain your awareness at the time of death. Full awareness at the moment of death allows one to escape the cycle of reincarnation into the ‘Samsaric’ worlds of existence (ie: illusory worlds characterized by the suffering of all inhabitants) that are part of the ‘Wheel of Life’. It is interesting to note the similarity between the Buddhist God Yama, ruler of the ‘Wheel of Life’, and the ‘Tyrant’ of the Warrior’s Way. Conscious immortality was also sought and allegedly attained by Taoist adepts and adepts of the Warrior’s Way. Rinpoche writes that the energy centers important for lucid dreaming are located at the throat, brow, heart and 3 centimeters below the navel (this energy center is referred to as the lower Dantien by those knowledgeable in the internal martial arts). He also provides detailed instruction of lucid dreaming techniques. Castaneda and his fellow apprentices were taught that there were seven energy centers important for lucid dreaming. These centers are located at the balls of the feet, the area spanning the calves and back of the knee, the genitals, the kidneys, in-between the shoulder blades, the base of the skull and the crown of the head. They were additionally taught that in men, the attention for lucid dreaming comes from the heart center while the energy for lucid dreaming comes from the lower Dantien. In women, both the attention as well as the energy for dreaming comes from the womb. Finally, Castaneda and his cohorts were taught to focus on the midsection when trying to move the energy body during lucid dreams. I have found that this does work for me (sometimes).

Another way to stimulate the activity of and to energize the energy centers is by focusing your attention on them on a regular basis. There is a saying that goes something like this “Prana (ie: energy, chi, qi, mana) goes where the mind goes”. By spending time focusing your attention on the areas of your body corresponding to the energy centers, you actually will begin to store energy in these centers and activate these centers. You must learn to feel these centers. With time, you will

find that your sensitivity will increase and you will feel specific sensations anytime you place your attention on a given energy center. Refer to Robert Bruce's "Astral Dynamics" for detailed instruction on this technique and on lucid dreaming techniques as well.

Another exercise that serves to activate the higher energy centers is that of precise visualization. One exercise that is a cornerstone of the mental forms of Yoga is to pick a random object and to gaze at it until every detail of the object has been memorized and one can hold a sustained and perfect image of the object with the mind. It is impossible to achieve such a task unless the higher energy centers are activated. In the "Yoga Sutras of Patanjali" by Sri S. Satchidananda, various exercises including the one just described, are detailed. In books 3 and 4 of this Yoga classic, abilities of the accomplished Yogin(i) are outlined and include shapeshifting and invisibility. These abilities are referred to as the Siddhi. It is interesting to note that Castaneda was taught a technique called 'gazing' which is identical to the visualization exercises practiced by aspiring Yogin(i)s. The power to shapeshift has also been attributed to Taoist adepts and adepts of the Warrior's Way. Sai Baba is an ascended Yogin currently living in India who definitely qualifies as a living myth. He is renowned worldwide for his healing powers and many have spoken of his powers of translocation, bilocation, clairvoyance, telepathy and the ability to materialize solid objects with the power of his mind alone. Sai Baba says that the only difference between himself and the average person is that he has remembered who he is. Many books have been written about Sai Baba's powers. Howard Murphet's "Walking the Path with Sai Baba" is one such book written in a credible and lucid fashion.

In esoteric paths involving the martial arts, the energy centers are activated through the practice of the internal forms of the martial arts such as T'ai Chi, Chi Kung, Nei Kung and Ba Gua Zhang. The purpose of these practices is to cultivate and store energy (ie: Chi, Qi) in the energy channels and energy centers of the body. The practices involve knowledge of the acupuncture meridian system and a series of

movements aimed at drawing in energy from nature for the purpose of maintaining youth, health, vitality and strength. The importance of storing energy in the lower Dantien is stressed often in the internal martial arts. It is said by adepts of such paths that a lifespan of a minimum of 200 years is possible if one attains mastery of the internal martial arts. In “The Magus of Java”, Kosta Danaos describes his encounters with a true ‘living myth’, a man named John Chang who teaches him a form of Nei Kung that has been kept secret for thousands of years. There is a beautifully filmed documentary called “The Ring of Fire: An Indonesian Odessey” (by Lorne and Lawrence Blair) that shows brief but believable film footage of John Chang demonstrating his powers of pyrogenesis—he sets a bunch of newspaper on fire from across the room using only the power of his mind. The filmmakers had originally sought out John Chang because one of them needed treatment for an eye infection that had failed antibiotic treatment and John Chang’s abilities as a healer were known throughout the region. During the healing session, which was filmed, the ailing filmmaker is shown to twitch and jump involuntarily. He said afterwards that it felt as if he was being electrocuted. The rest of the crew were intrigued by his statements and asked John Chang to touch them so they could also experience what Blair had described. Chang obliged by ‘electrocuting’ the rest of them. It was after this that he set the newspaper on fire from across the room. According to Kosta Danaos, John Chang also has powers of telekinesis, levitation and is a regular lucid dreamer. Chang was not born with these special abilities but rather developed them over time as a direct result of his practice of Nei Kung. Short film clips of Chang demonstrating his powers of telekinesis and pyrogenesis can also be viewed at Danaos’ website [www.wenwu.org](http://www.wenwu.org). These clips are not as convincing as the Blair brothers’ footage however. It is interesting to note that in ‘The Sorcerer’s Crossing’, Castaneda’s fellow apprentice Taisha Abelar, reveals that a practice similar to Nei Kung was an integral part of their sorcery training. Castaneda referred to the movements they learned as ‘Magical Passes’. We have all seen martial

arts demonstrations where someone performs physical acts that do not seem as if they should be possible to execute. While it is definite that martial arts masters have superior physical skills, some of them also call other forces into play that allow them to function in a 'superhuman' fashion.

Another way to activate the energy centers is by spinning. The most well known 'spinners' are the Whirling Dervishes, members of one of the many orders of the mystical offshoot of Islam, also known as Sufism. During the spinning ceremony or Sema, devotees spin in a counterclockwise direction, with arms extended. The right palm faces upwards to receive energy from the cosmos, while the left palm faces downwards to distribute this energy to the Earth. The head is turned towards the left with the gaze fixed upon the left hand to avoid dizziness. It is said that those who participate in the Sema serve merely as conduits for energy but do not retain any of the energies that they receive. Certain sects of Tibetan Monks also practice spinning as one of "The Five Tibetan Rites" (see "The Ancient Secret of the Fountain of Youth" by Peter Kelder). These rites are physical exercises performed on a daily basis that are said to promote youth, vitality and longevity through the activation and stimulation of the seven major energy centers of the body. It is claimed that the regular performance of these exercises results in the practitioner enjoying a lifespan far exceeding that thought normal in the Western world. Spinning is performed in the counter-clockwise direction, arms extended, both palms facing downward, for a total of 21 rotations. In this hand position the Earth's energies are received by the right hand and redistributed to the Earth by the left. While spinning in a counterclockwise direction provides buoyancy to the energy field, the clockwise direction sinks the energy field Earthwards. Thus the Tibetan spinning Rite "grounds" you. Florinda Donner, one of Castaneda's fellow apprentices, writes that their teachers also practiced spinning as a means to gather energies (see "Being In Dreaming"). In "The Fire From Within", Castaneda writes that in order for a Warrior to make the definitive journey away from



the Earth, energy needs to be taken from the Earth itself. This is called the “Earth’s Boost”. Spinning with the palms down with the left index finger and thumb forming a circle creates a ‘closed circuit’ allowing you to retain energies received from the Earth.

Finally, in order for the energy centers to function properly, they have to be free from negative energetic interference. The best way to insure this is to maintain a high flow of energy. Think of it this way, a stagnant pool of water supports the growth of pestilence. A stream with a strong current however, will be always have fresh clear water because the force of the current does not provide a good environment for nasty things to grow. By engaging in physical and mental activities serving to energize the body’s energy centers, you will provide a very poor energetic environment for negative energies and influences. Remember: “Prana/energy goes where the mind goes”. If you spend all of your time obsessing about the misdeeds of others, all of your energy goes to them. Without this energy, you cannot maintain a healthy energetic environment and you make yourself vulnerable to negative influences.



# APPENDIX D

## *Workshop*

Below, I have outlined a few simple and practical exercises that I have found to be very helpful in my day-to-day life.

### 1. **Breathing out resentments:**

Although I would like to think that I am so enlightened at this point that I am immune to forming resentments. This is not the case. I have found that even if on an intellectual level I can talk to myself about why it is stupid to resent someone for something, on an emotional level, I may still tend to feel resentful. I have found that the use of breath is an invaluable tool for nipping any new resentment in the bud and also getting rid of old ones. After doing this breathing technique I have found that any resentful feelings I have are gone, vanished, usually within 24 hours. For really tough resentments, I sometimes have to repeat the process a few days in a row, but it never fails to work.

- Start by taking several deep relaxing breaths. (Optional: With each breath, fill the lower abdomen with air first, followed by the chest and then the head-pranic breathing).
- Focus on the person or issue that you are obsessing about.
- With each exhale, expel the bad feelings associated with this issue. Imagine these feelings, taking the form of a black cloud that increases in size with each exhale.

- Exhale forcefully and repeatedly, intending with all of your might that the issue and all of the bad feelings associated with that issue, are being expelled.
- When you feel that most of the bad feeling is gone increase the rate of your breathing slightly and exhale forcefully five-ten times.
- Turn your head from side to side three times, imagining that any connections to the black cloud of feeling are being severed and that this same black cloud explodes into flames and is completely burned away.
- Take deep slow relaxing breaths and imagine that with each breath you are bringing in fresh new energy to recharge yourself. (Optional: fill the lower abdomen with air first, followed by the chest and then the head-pranic breathing).

2. **Setting intention fields:**

This is something that you can do each day to get off to a positive start or whenever you get some quiet time. The purpose of this simple exercise is to set a field of focus. It's like throwing out a net in the ocean in order to catch what you need. Find a quiet and relaxed spot in your home. Light a candle or burn incense if you like.

- Sit quietly for a few moments then state your name aloud.
- Say 'It is my intention \_\_\_\_\_. I ask the Spirit<sup>1</sup> to make it so  
(fill in the blank)  
to have a wonderful day  
to release my fear that others don't like me  
to release my anger

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1. Even though in the text I use the term Elemental Force instead of Spirit, for some reason, when setting intention fields I say Spirit instead of Elemental Force. The latter doesn't really roll off the tongue too well.

to be happy  
to be of ideal weight  
to be possessed of social graces  
to be young and vital  
to be healthy  
to dream lucidly  
to do a life review  
to be forever free of the false mind  
to be magical and magnificent  
to evolve  
that the world be a place of peace and of  
balance

3. **Magic circle**

This is a really easy tool that can be used to focus on the specifics of a situation that you wish to bring to fruition. I have done this for many years and it always works for me.

- Get a blank piece of paper and write your name in the middle
- Draw a large unbroken circle around your name.
- Inside of the circle, write down everything that you want to happen in exquisite detail.
- Outside of the circle, write down what you don't want to happen. List each and every one of your fears associated with the issue in question. Be as detailed as possible.
- Fold up the paper and put it inside of a special box that you will not open unless it is to put in a new circle.
- Do your best not to think about the issue anymore. Try to block it out of your mind entirely.

4. **Salt Bath**

This is a wonderful way to relax and to purify your energy field of negative energies. Use approximately one cup of sea salt per bath.

Add your favorite bath oil if you like. (Optional: Before adding the salt, inhale deeply and hold your breath as you think “It is my intention that this salt cleanse any and all negativity from me” then ‘blow your thought’ onto the salt crystals to ‘inform’ them of what they are supposed to do. Repeat this twice for a total of three times). As you are soaking in the bath, imagine negative energy being drawn out of your body by the bath water. Do this once a week for ‘maintenance’.

5. **You are what you eat AND drink:**

In order to develop spiritually/energetically, you need to store as much energy as possible. It therefore follows that trying to eat energetically charged foods will be of benefit to your development. It also follows that ingestion of foods containing substances that are toxic, even in minute quantities, will impede your spiritual/energetic development because your body will expend energy trying to eliminate the toxins and to repair the damage they have caused. Junk food and fast foods may slow your energetic progress significantly. Overcooking your food destroys its energetic content. Fresh organic foods are ideal as are meats from free-range sources and (non-farmed) fish. The Whole Foods Market chain is a great resource for those interested in obtaining high quality organic products (go to [www.wholefoods.com](http://www.wholefoods.com) to find stores in your area). Warriors say that if you give thanks to the fruit, vegetable or animal that you are eating, you greatly increase the amount of energy released and available to you (see “Song of the Deer” by Thunderstrikes). As a point of information only, Gurdjieff taught that there is an ideal source of food for each type of being in existence and that the ideal food source for Man comes from the invertebrate family (ie: lobster, shrimp, crab, crayfish, shrimp, octopus, squid, cuttlefish, conch, clams, oysters, scallops, mussels, snails etc...See “In Search of the Miraculous” by P.D. Ouspensky).

We are composed primarily of water. Therefore your water source will have a huge impact on your energetic development. While there is much evidence to support the efficacy of fluoride in the prevention of tooth decay when it is applied topically, such as in toothpaste, there is little evidence to support it preventing tooth decay when ingested. There are many reports suggesting that fluoride is toxic when ingested and can cause central nervous system abnormalities, bone fractures and cancer. If your water supply is supplemented with fluoride, you may want to consider doing your own research and making an educated decision as to whether or not to continue drinking fluoridated water or to start drinking bottled spring water. [www.nofluoride.com](http://www.nofluoride.com) is a good place to start your research.

#### 6. **Headgear**

Castaneda and fellow apprentices were taught to always cover the crown of the head with some sort of hat when venturing out of doors. Although never stated explicitly, I believe that this was suggested as a means of protecting the area of our bodies most susceptible to negative influences. In times past, in many different societies, it was de rigeur to wear some sort of head covering when going out in public. Nowadays, the only people I have noticed who cover their heads on a regular basis are religious people and homeless people. The former group usually does so in order to demonstrate their humility before God, but many of the original ideas behind the traditions of today have been long forgotten. I have never been into wearing hats because my high-maintenance hairdo is extremely susceptible to a terminal case of hat-head. You may however, if for no other reason than to protect yourself from the sun, consider wearing a hat when you go out.





# APPENDIX E

## *Suggested reading/listening/ viewing*

*“Take what you like and leave the rest”*

—Common A.A. saying.

I think it is important to read in order to open your mind to the possibilities. When you do read, use your own judgment. If something doesn't ring true to you then don't believe it. Everything you read is going to be an interpretation by the author, and the author's interpretation system may be faulty. Look for the core of truth beneath the interpretation. Beliefs should serve only as a temporary vehicle to help you reach a destination of knowledge. Knowledge comes only after seeking and working for the knowledge. Know that understanding energetic truths requires energy and is not a matter of intellect. What I understand now when I read certain books is very different from what I understood twenty years ago. My level of intelligence has not changed whereas my energy level has.

### **Patricia Mercier**

What I have referred to as the body's energy centers or the receiving apparatus are most commonly referred to as chakras, a term derived from a Sanskrit word meaning “wheel of light”. Knowledge of the chakras exists in many cultures including that of the ancient Egyptians, Chinese, Hindus, Buddhists, Sufis, Mayans, and Native Americans among others. Mercier's book Chakras is a concise, beautifully illus-

trated and easy to understand work on this subject. Written for the modern-day person, she draws upon the teachings of multiple cultures and provides wonderful meditations and visualization exercises aimed at the fortification of the chakras. Also provides information on pranic breathing, the role of the assemblage point and The Ray of Creation. This selection and the one to follow are natural complements to this book.

### **Alberto Villoldo**

Alberto Villoldo is an anthropologist by training, who spent many years studying the art of the Shaman. In Shaman, Healer and Sage, he provides an overview of Shamanism, incorporating many concepts from Western medicine and modern culture. He provides a wonderful description of the type of perceptions handled by each of the chakras as well as the types of personality disorders that arise when specific chakras are unbalanced. He also outlines techniques for healing the energy body and exercises for engaging the “second attention”, which is the perceptual faculty of the energy body. At the end of the book he details an Incan prophecy that says we are at “the end of times”. This selection along with the one above, are the natural complements to this book. Dr. Villoldo founded a society called “The Four Winds Society” that has a web site: [www.thefourwinds.com](http://www.thefourwinds.com). This society conducts a variety of courses teaching people how to perceive and heal the energy body.

### **Michael Talbot**

In The Holographic Universe, quantum physics is made understandable to the lay-person. Numerous studies conducted by well-respected quantum physicists, have led these scientists to believe that the world as we know it is nothing more than a holographic projection of the brain. Brilliantly written, highly credible, and extensively researched, Talbot convinces the reader that paranormal and “mystical” experi-

ences can be explained by the holographic model of the universe. Thought-provoking in the extreme, this is an excellent overview for those interested in paranormal phenomena such as clairvoyance, telepathy, telekinesis, out-of-body experiences and much more.

## **Carlos Castaneda**

Carlos Castaneda started out as an anthropology student at UCLA. His introduction to the world of sorcery occurred while he was doing field-work in Arizona. The man who he had intended to use as an informant, turned out to be a sorcerer and pretty much tricked him into being an apprentice by agreeing to give him the information he wanted on the condition that he also learn about other topics of the sorcerer's choosing. Castaneda's books describe his interactions with this man and members of his group, over a period of thirteen years. Many people were struck by the wisdom of the teachings to which he was exposed. Many more were struck by the bizarre and often terrifying incidents he described in these books. There is much controversy surrounding the material in his books and there are those who firmly believe that Castaneda was a fraud. There is no way to know whether all of the details of his writings were true, but the core of the teachings stand alone. Because of my own experiences, I know that the basic premises of his teachings work when applied practically. In addition, anyone having any personal experience with lucid dreaming can identify with many of his experiences in this area as we have encountered similar obstacles and perceptual phenomena. Those people who thought that his books were about the use of psychotropic drugs, missed the boat entirely. Castaneda wrote 12 books prior to his death. Below I list my favorites.

### The Fire From Within

Gives an energetic description of the universe and of man. Discusses the assemblage point and synthesizes most of the teachings touched upon in earlier works.

### The Power of Silence

Stories of how the various members of the successive sorcerers' lineages were tricked into becoming warriors. Castaneda describes his difficulties in coming to grips with what he learned. Discusses the handling of intent.

### The Art of Dreaming

The title is self-explanatory. Castaneda describes his experiences with learning to dream lucidly. A must read if you want to try this yourself.

### The Active Side of Infinity

Published posthumously and likely written when Castaneda knew he was dying. Castaneda's most autobiographical account. This is the only book where he reveals anything about the "predator" (with the exception of a brief mention of this topic in The Magical Passes, which was published around the same time).

### The Magical Passes

This isn't really one of my favorites but I think it may be one of the most important of Castaneda's books. This book is an instruction manual for the performance of certain physical movements called "Magical Passes" the purpose of which are to draw energy into the vital energy centers of the body. Warriors say that without performing these exercises, one's lucid dreams will take place exclusively within phantasmagorical constructs of the mind. They say there are over six hundred real worlds accessible to humans and that in order to actually travel to these worlds, one must practice the magical passes. In addition to hating exercise, I also hate instruction manuals and thus ignored this book for a few years after I bought it. I decided to try out a few of the passes as I was writing this book. The first night that I tried the passes for lucid dreaming, I had a lucid dream. It is very unusual for me to have these dreams at night although it happens commonly in the afternoon. I also have found that when I perform these passes, even though I don't feel like I am exerting myself very much, they generate a tre-

mendous amount of body heat. This book can also be purchased as a video (I highly recommend purchasing the video if you are really interested in learning how to execute these movements). Some people say that the Magical Passes are very similar to T'ai Chi. I also recommend the Tensegrity videos, which I actually prefer over the Magical Passes video. The third volume demonstrates movements that supposedly transform the sorcerer into an arthropod. These are not your typical workout videos with perky nubile women grinning and bouncing. The stylist for these videos was particularly talented in the use of drab utilitarian textiles. The Cleargreen web site ([www.cleargreen.org](http://www.cleargreen.org)) also has nationwide postings of workshops where the Magical Passes are taught.

### **Gyrotonic®/Gryokinesis®**

These are relatively new forms of exercise based upon principles taken from dance, Yoga and T'ai Chi. Like Pilates, Gyrotonic® is machine-based and your experience will be determined to a certain extent, by the quality of your instructor. Unlike Pilates, the movements of Gyrotonic® are circular/spherical rather than linear. Gryokinesis® is the mat version of Gyrotonic®. I have found that after a Gyrotonic® session I am filled with an unusual sense of well-being and vitality, and believe that this form of exercise serves to draw energy to the body's vital energy centers. Some of the movements are similar to the Magical Passes described by Castaneda. You can purchase a Gryokinesis® video or the Gyrotonic® home system or find a Gyrotonic® salon near you at [www.gyrotonic.com](http://www.gyrotonic.com).

### **Taisha Abelar**

Taisha Abelar was a fellow apprentice along with Castaneda. In *The Sorcerer's Crossing*, she describes the training of a female sorcerer. This book contains many breathing techniques and exercises called magical passes, some of which are aimed at staying young. This book says that sex is not a two way street between men and women. It says that on an

energetic level, an energetic tie is formed, which allows some of the woman's energy to pass from the woman to the man. The book further states that this energy tie is permanent and drains a woman for her entire life unless she remains celibate for seven years or recapitulates all of her sexual contacts. I found this concept to be quite disturbing. I do not know if all of this is true, but it did make me wonder if this is why some men behave so stupidly when it comes to sex. It also made me wonder if this is the original reason that such emphasis was placed on chastity in so many cultures.

## **Florinda Donner**

Florinda Donner was another female apprentice. In her book Being In Dreaming, she describes her haunting initiation into the world of sorcery. While Castaneda described himself as a slightly overweight bumbling fool, Donner describes him as being a person of superior wisdom and grace. I found it interesting to see him described in a totally different light. Donner's honesty and candidness are signs of true warriorship.

## **Robert Monroe**

Robert Monroe wrote three books prior to his death. Even though I find his terminology and classification system to be a bit cumbersome, his books are a must-read if you are interested in dreaming lucidly. While Castaneda was taught about the unknown that does not pertain to humans, I think that Monroe spent a good portion of his lucid dreaming experiences navigating the unknown as it pertains to humans. More specifically, he spent a lot of time trying to get dead people to figure out they were dead. I believe the entities that Monroe described as being INSPECS (acronym for intelligent species) were the beings that Castaneda was told to avoid. The world of the INSPECS is similar to what Castaneda describes as the realm of inorganic beings in that it is a closed world that only permits entry of those invited by the

INSPECS themselves. Once in this realm, it is perceived as a series of interconnecting tunnels that are aware. If you read these books, carefully read the exchanges between Monroe and the INSPECS and ask yourself whether he is really getting answers to any of his questions. The Monroe Institute has a web site ([www.monroeinstitute.org](http://www.monroeinstitute.org)) and in addition to offering on site courses teaching lucid dreaming techniques, they also sell a large number of CD's. I have several of these CD's and while some of them cause me to black out, others have served as excellent tools for various types of visualization techniques.

Journeys Out of The Body

Far Journeys

Ultimate Journey

## **P.D. Ouspensky**

P.D. Ouspensky was a student of G.I. Gurdjieff, whose teachings are the basis of "Fourth Way" philosophies. In Search of the Miraculous is a good introduction to the philosophies of G.I. Gurdjieff. The book describes The Ray of Creation, the law of octaves and a bunch of other laws. Although the terminology is different, many of the same concepts described by Castaneda are found here. These include losing self-importance, the energy body and the "predator". I found this book to be extremely complex and to have a poor page number to useful information ratio. Nevertheless it was an interesting read. For people who feel that complexity is proportionate to merit, this book is for you.

## **James Redfield**

James Redfield wrote a series of books that contain nuggets of spiritual truths embedded in fanciful tales of high adventure. These are easy to read, but read carefully.

The Celestine Prophecy

The Tenth Insight

The Secret of Shambhala

## **Louise L. Hay**

Louise Hay was diagnosed with terminal cancer and used affirmations to cure herself. My imagination being rather limited, many of my affirmations were “borrowed” from her book You Can Heal Your Life.

## **Miguel Ruiz**

The Four Agreements is a concise and poetic treatment of basic Toltec wisdom. In this book he speaks of the “parasite” of the mind that feeds off the negative emotions of humans.

## **George Lucas**

I believe that the Elemental Force uses our creative people to try and remind us of who we really are. Since the concept for my Higher Power came from Lucas’ Star Wars movies, I decided to rent them just as I was finishing writing this book. I hadn’t seen these movies since their initial release, many years ago. Watch these movies carefully for all references to and all uses of “The Force”, because what is shown comes very close to the truth. The teachings to which the Jedi Knights adhere have been compared to Taoism, and “The Force” has been compared to the Tao. Taoist teachings were popular in China for approximately 5,000 years before being suppressed by communist rule. The translation for the Tao is “the way” and Taoist teachings are similar in many respects to the Warrior’s Way. The mythical attributes of Toltec Warriors are almost identical to those described for Taoist adepts. Note: This recommendation is not extended to ‘Attack of the Clones’, which is truly awful. “The Phantom Menace” was also pretty marginal.



## **Ang Lee**

Ang Lee's film Crouching Dragon, Hidden Tiger, based upon a novel of the same name, is beautiful and surreal. The heroes and heroines are adepts of a secret form of martial arts that has endowed them with mythical capabilities. This secret form of martial arts was that passed down for centuries by Taoists prior to communist rule of China, and involves deep knowledge of the body's vital energy centers as well as meditation. Watch the fight scenes carefully. There is one scene in particular where the female villain performs a series of rapid hand movements over the torso of one of her three combatants. This series of hand movements "shuts off" her combatant who is left completely immobilized and frozen in place. Shortly thereafter, the hero, played by Chow Yun Fat, literally flies into the scene. He then performs another series of rapid hand movements that turns the frozen guy back on. What this scene demonstrates is how one can use intent coupled with knowledge of the vital energy centers, to either harm or help other people. Shamans use their knowledge of the vital energy centers combined with intent, to heal. Sorcerers with ill-intent, use knowledge of the vital energy centers to control, manipulate and kill.

## **Jim Henson**

I decided to rent Henson's The Dark Crystal after I had finished watching the Star Wars movies again. In this movie, we are taken to a fantasy world that is in crisis and on the brink of destruction. For many years, this world has been controlled by the evil Skeksis, who drain and drink the vital essence of other creatures. These drained creatures then become their slaves. The Skeksis derive most of their power from a huge crystal that is missing a shard, and unless the shard is found and replaced prior to an imminent planetary alignment, the Skeksis will never be vanquished and this will lead to the destruction of all. The crystal is repaired just in the nick of time, and the world is saved not through the destruction of the Skeksis, but through a merging of the

Skeksis with beings of the opposite polarity; the Mystics. The Mystics are wizards, the keepers of the old ways, who have been waiting throughout the times of darkness for the crystal to call them into action once again. It turns out that without each other, there is no wholeness, there is no balance. The Mystics plus the Skeksis together, the union of the two polarities, make for a complete being of light, that is much greater than the two separate parts could ever be.

## **The Wachovsky Brothers**

They wrote the screenplay for the movie The Matrix. This is one of my favorite movies. It comes very close to describing the state of mankind as taught to Castaneda. In this movie, “Zion” is the place where humans exist and are truly free; Zion’s location must be protected at all cost lest those that control the Matrix find it and destroy it.

## **The Merkaba**

The Merkaba (cover image) is a symbol from the sacred geometry and is the symbol upon which the Star of David is based. It is composed of two tetrahedrons or pyramids, one pointing upwards and the other pointing downwards. These two pyramids represent Man within whom the forces of the Earth (female) and the cosmos (male) are in perfect balance. The Merkaba has significance in different ancient cultures around the world. In ancient Egypt, Merkaba refers to rotating fields of light around the body. In the Bible’s book of Ezekiel, it is referred to as the chariot of Gods and in Hebrew, Merkaba means chariot. Some refer to the Merkaba as the “vehicles of vehicles”, the “Vehicle of the Buddha-Christ” or the tool for ascension. For the Merkaba to be “turned on”, all of the body’s vital energy centers must be activated simultaneously. Some believe that activation of one’s Merkaba permits for interdimensional travel. I believe that at this time in Man’s history, it is important to find out everything you can about this symbol. There are many web sites that contain information about

the Merkaba symbol and various meditation techniques aimed at activation of the Merkaba.



# APPENDIX F

## *The Twelve Steps of Alcoholics Anonymous*

1. We admitted we were powerless over alcohol and that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

### **Third step prayer**

“God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!” We thought well before taking this step making sure we were ready; that we could at last abandon ourselves utterly to Him.

### **Seventh step prayer**

“My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character that stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.”

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