



I look at my life and try to figure out what it means to have no pity and to control the dream. These concepts come from the shamanism I have studied over many years. To be able to go into the depths of self pity within myself and have no pity for being there. To be able to feel. Where in my dysfunctional mental illness can I feel to release the disfunction. The universe keeps giving me things to feel about.

I can go into meditation and feel the bliss of the universe. Travel up the planes and the dimensions where only love exists. Then I come back down and feel the pain of the morphogenic field. The collective mental thought space. I ask the question how much of it is me. How much of it is part of this reality I find myself in. Is there a difference if separation is only an illusion. What is the real here. I have asked this question for many years. There is the tonal reality which is what most people see. The physical world. Our day to day life. Then there is the Nagual world that takes us beyond everyday reality. I have lived in the Nagual for much of my adult life. I rose to power, then decided to create a foundation. When I did this and went back to the beginning my gifts were shut down. Now I am trying to get back to where I was but the universe is not giving it back to me. This is my journey. I must do it in a different way.

I have started to wake up again in small ways. I don't yet have the wiring to be able to do what I did before. This is where the no pity comes in. Can I wake up again and have no pity for all the phases that a person needs to go through. It is

interesting this time because I have done it before. How can I take it to the next level. Baby steps I am told. One foot in front of the other. That is how we move a mountain. I sit on top of the mountain. I know much about the mountain and much about the sky. This is an image that was given to me in a healing ceremony. My intent is to explore this. To control the dream here. To be a Death Bringer and expose evil, so the Dream Master can create the world in beauty. Much of how I explore this world is threw my art. I paint to know myself. I also spend much of my time meditating. To explore the cosmic and my minds.

My naturalness Is to expose evil and bring beauty to the world. Yet I have given so much emphasis on peace. How do you be a peace chief and a warrior at the same time. I go to war in different ways. I go to war with the mental space created by humans. I can go into a room and I can elevate the space by being the space. Within it humans can heal and transcend their Karma if they choose. It is a gift I have. People go into heightened awareness if I am present. They can do what every they want with it. Often people don't know anything has actually happened, however they become much more efficient at what ever they are doing. When I take this into ceremony people make huge leaps in their journey.

I door guard for Purification lodges and am able to enhance the space so that the dance chief can do their work. It is just something I do. It is not something I think about. It just happens. I do this when I create my art as well. I am an automatiste and my paintings channel the cosmic vibrations. I do abstract art as well as figurative right now and in the abstractions I always see esoteric images that come out. Everyone sees their own things. That is the power of being an Observer.



One of the things that happens to me is that I start to get angry at the world. It is all about getting sucked into personality and event. To get mad at people for all the betrayals that I have experienced. The truth is that each betrayal is where I have not been able to stand in my power and stand up for myself. It is all me.

How do we simply observe people with non attachment and allow them to be in their Karma without getting dragged into all the drama both in the event and with my own aspects of self. Emotionally, physically, mentally, and spiritually. The void can also go berserk when we get lost in the chaotic wave. It is one thing when it happens on a 3d world level. Quite another when it happens on a energetic 5d level.

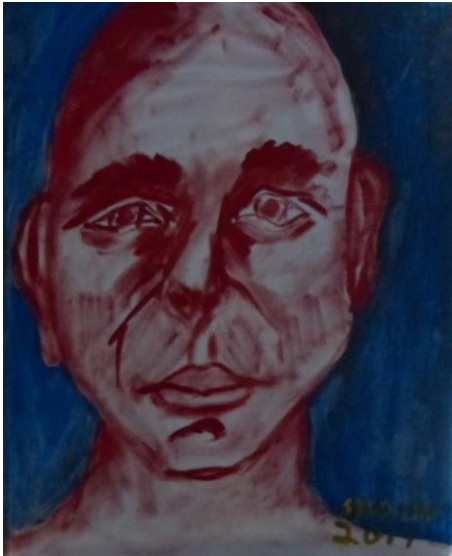
When I feel the anger I simply have to feel it. It is my adult that is getting angry, so it is my adult that must heal. You see all of this is actually a gift. We need the opposition to learn. It creates friction so that we can be molded and sculpted. Many of us deal with this friction kicking and screaming. Again how do I go into no

pity with it. The opposition is here to serve us. If we make a demand to the universe that we want something or want to learn something, we will get opposition to help us learn these things. It is interesting that we learn best by the opposite happening to us so that we can decide whether we really want what we have asked for. Many times the answer is no. Funny enough. When the answer is yes we are willing to work for it and do what it takes to achieve it. One of the Guides Swift Deer you say you need to be willing to die for it.

So what about non suffering. How can there be opposition and not suffer. The answer is no pity and no attachment. If we have no pity for the opposition that is happening in our lives and change our attitude and approach to how we deal with adversity, we do not have to suffer. We can learn to have fun taking on the enemy.

When we take on adversity in our lives it is there to help us learn and level up quicker. The adversary can be another person, the opposition, the weather, you name it. It is simply something that is trying to sabotage what we are doing so that we can learn to problem solve. It is great when our adversary is ourselves sabotaging what we are doing. The first battle is the enemy within always.





I become nagual and my body goes into pain. I can feel the magnetic attractive thought space that I am in. The energy is intense on my body. I can feel every muscle in my body only I am not feeling the muscles themselves, but the energy that is in them. When I invoke chaos I can control how this energy moves. This is helpful when I am in ceremony. Also when I am in my day to day life I can move reality by controlling the dream. Bend space and time.

One of the favorite things I do is allow my aura to expand and distance traffic from myself. I can also create time so that I create a bubble around me and my car and move through time, shortening the time that it takes to get somewhere or accomplish a task. One of my guides called them long walkers of ancient days. People could walk a long distance that would normally take weeks in a matter of days. I am not that good. I imagine I can go from here to phoenix in 30 seconds. I know it is possible and I know there are people that can do it. One day.

Time is a strange thing in the nagual. I have learned the nagual takes care of itself. If I go off into another dream world of planet earth for a period of time and come back, the world here knows nothing about it. The movie "A

Beautiful Mind” talks about what that can be like a little bit. Accept for me it is all real. I don’t think of the real and unreal, even though there are things that I experience that others don’t.

I went to a dream world once that was dark. I was trapped there for a number of years. I was surrounded by masters. I didn’t know what to do there. I had the psychic gifts to be there but did not have the maturity to function there with any kind of competence. I was like a child. They knew I was like a child. I was rescued by Swift Deer and the dreamers of the Twisted Hairs. I also believe the Rosicrucians helped. Now I am here. I was so mad that I lost most of my abilities when I came here. It was like I was lobotomized. Yet I am learning to exist and gain competence in the third dimensional world like everyone else. That is my weakness in this life time. Still have not learned how to manifest money. I am good at doing it for others but not for myself.

There was a time where I developed “my word is law” and I developed instant manifestation. Things would happen just because I said something. Most of it self sabotage, yet some of it was controlling the dream in a competent way. It was fascinating how some things would come about instantly, things I was not trying to manifest. The things I intended never seemed to happen. Mastery is a funny thing. I am sure the enlightened ones got a good laugh out of me.

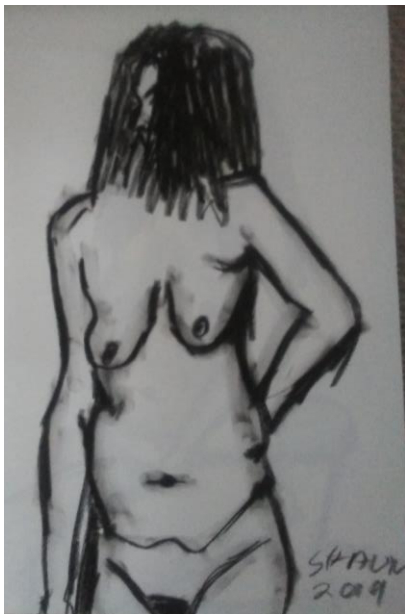
In some ways I was an adept and in other ways I was a neophyte, or newbie. It is now that I am working on all the ways that I am a newbie. Like dealing with other humans. Learning heart to heart communication and compassion. How not to be so harsh. I am difficult on myself. I am ruthless. I must learn not to be this way with others.



To resolve the paradox of good and evil, right and wrong. I have difficulty with this. I asked Swift Deer what to do when this paradox is resolved. He said, “pick one and go broke with it”. I have known those that say there is no good and evil, yet they aligned themselves with the dark side. Much of my early life was about being tempted by the dark. People said I had a fascination with it. My intent was to always do good, yet I had no judgement. That was my karma I think. I had to choose. To definitively be on one side or the other. Both the Bible and The Book Of Mormon state that if one does not choose good or evil they will not be judged by it. Yet I cannot understand how those that resolve the paradox can still do evil. I suppose that means I still have not resolved it. I choose the light and Gods side of the line always.

Mabey that is what I am going for broke with. I also understand that there are those that come here to be the villain so that others can learn their Karma. For some to learn about rape another has to be willing to rape. Horrible things happen on this planet all the time. I am not a judge of what contracts were made before people reincarnate or incarnate here. The heyokhas or tricksters can play with evil to show people their shadows. However it is destruction and death for the sake of rebirth and evolution. It is still in the light. Mabey that is what it is to resolve the paradox. I still could not play someone’s villain. I could not do that mission. I know there are bodhisattvas that have missions on this planet of things

I am not privy to . Once one finishes the game and gives themselves of service, what might they be asked to do. Be a Hitler or a Dali Lama. Society has its karma as well. And we need actors to play out this karma. I send them my prayers as their lives I am sure are often times more bitter than sweet.



I have spent much of my life balancing the masculine and feminine side of myself. What does it mean to be a man. The Deer Tribe teaches we have shields that are both masculine and feminine. When we step into our spirit and our inner warrior we tap into our opposite gender shields. I find this interesting.

For me being a man I become more receptive and intuitive. I hold space. Can I tap into my spirit womb and gain knowledge there of who I am in every moment. It is my inner man and boy that must heal. That is where the wounding is in this life. My inner woman and girl are there to help my Inner man and boy accel beyond the limitations of this

world. What does it mean to not know myself as a gendered man, but instead a magnetic attractive thought soul space. It then becomes possible to shape shift and resurrect. To double is how I imaging myself resurrecting. To create another physical self where I am two places at the same time. Then the worn out karmic afflicted me dies and the and the doubled me carries on. I believe that is how Christ did it in three days. I know there are many who have done this throughout history. In the times we are in now it is so much easier. I think all the indigos and crystals are going to do it on mass when they get older.

What does it mean to know myself as a woman. I can see myself as a woman when I self pleasure, however I know I have come here to know myself in a man's body. Each part of us has masculine and feminine balance. First an action is taken,

then a space is held to be receptive, Then the dream is controlled from there. To balance these energies take maturity and accountability. How can I be accountable to never take anything personally. That is how I get out of personality and event. I think about being artistically original. How can I have a pro-creative Dharmic life pattern of Success. To no longer get trapped in unproductive of repeating patterns. I have herd the word pattern so many times that I start to get sick of hearing it. However, everything in this place is a pattern. That is how the rules of engagement here work. Our DNA is a pattern. A series of patterns that make us up. When I change a major pattern in my life I change my DNA. I look for where I can do this with my masculine and feminine sides. They must start to work together, not be in opposition to each other.

I sit here in Aw, feeling the universe. Feeling my womb, my one point. The one point is our center of gravity. It is also where we take all action from. It is not just a physical location but it is a state of mind and body. The rules of engagement here change when we are in our one point. I have learned of the one point from Swift Deer and Akido. Tia Chi has also taught me things. We have amazing strength and abilities. Movies like "Crouching Tiger, Hidden Dragon" and "The Matrix" talk about what reality can be like if we hold the one point. We can hold it here in third dimension as well as in the dream or fifth dimension. For many who do through mental illness and panic attacks, holding the one point is the way to healing. We have a panic attack because we loose the one point. We must learn to stay in it. Akido teaches to hold the feeling of expansion, or to be as small as one point. The Deer Tribe teaches it is three fingers width below the navel.

For me it moves depending on what I do. It is my center of gravity, but it is also the center of the universe. I focus on holding this presence all the time. I have gotten better at it over the years. If you can learn to do it it will change your life. Many martial arts teach of it.



Evil only exists in the lower planes. Third, fourth and fifth dimension. Here in the daydream and in the sleeping dream. I like to think that when the rules change and I end up in a nagual reality I am in the fourth dimension. This is where all the beings of fairy tales exist. Once I get past fifth dimension evil no longer exists. There is then the law of Love. I have been to the eighth dimension where thoughts instantly manifest as realities. It was a world of colored light. I was told that most humans would be quarantined if they ended up there as they do not have enough control of their thoughts.

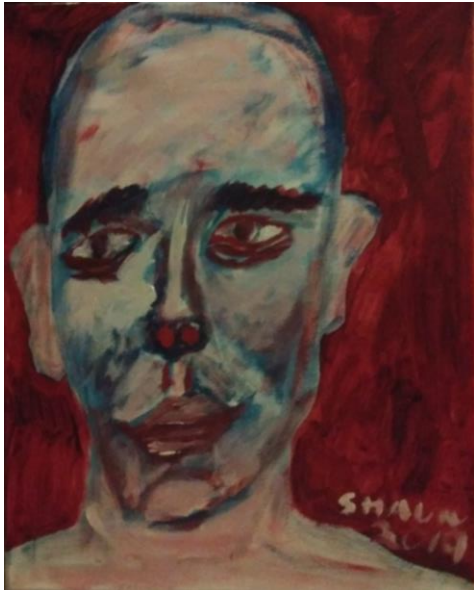
I gained quite an amazing level of mastery over my thinking. It didn't start that way. Something that happens to every adept as they wake up is what I call the bourg mind. Got it from star treck the next generation. All of a sudden we become telepathic to many other beings and we hear many things at once. There are no filters at the start. Often to the mind will race and thought after thought will go threw the mind. It took a lot of diligence to silence the mind. I used the command Stop, every time the mind would start to race. Now for the most part my mind is fairly quiet.

When we quiet the mind we are then able to focus on one thing at a time, or we can develop multiple attentions where we can focus on multiple things at once. Here we can also gain access to the subconscious and unconscious. It allows us to invoke and manifest our reality with much more effectiveness as we are not

distracted by a whole bunch of thoughts. It becomes a single focus. I singular intent.

It is also interesting when we learn to develop the observer. It is like doing two things at the same time. Multiple attentions again. I can have my observe doing something and me doing something else, what ever my situation requires at the same time. My observer observes my thoughts mostly so that nothing can get passed me without me knowing about it. At one time I could tell you the thought that caused something to happen in my world. That is how aware I was. Now I am working on being present again. To be in the now moment. There is just being, and there is taking action.

I find it interesting how reality unfolds. There are Dreamers and Stalkers in the medicine. I am a dreamer. The catch with dreamers is that they can have a wonderful dream but it never happens on third. Stalkers go out and do things to make things happen like an animal stalking its pray. One action after another. When a dreamer says it will happen if it is meant to be drives a stalker nuts. When a stalker says "don't count your chickens before they hatch", drives a dreamer nuts for how can you create something if you don't have the dream. We need to develop both. I am working on my stalking. The world of action. The world of choices. One thing after the other. Once I have the dream I need to take action to go out and make it happen. Yet at the same time as a dreamer it sometimes just drops in. If I get a Deja view moment I know I am dreaming. I have had Deja view happen for five minutes straight a few times now. Knowing what is going to happen for five minutes is a trip. We can learn to dream at night so that we know what our Deja views are going to be for we have all ready dreamed it. That is controlling the dream. I have herd it said that our night time dreams are the real and that the daydream here in third is the illusion. I have still to make that a reality in my world. I am working on many of the teachings of Carlos Castaneda's books on learning how to control the dream. I have always been better at meditation than dreaming at night consciously. I have worked on that for many years in the Rosicrucian Order.



What is it to be enlightened. I believe the definition changes as we mature. Is it resurrection. I used to believe so. However I have known some that I believe to have achieved this feat, yet I got a mirror today that makes me doubt that that is the end of the road.

I look at people like the Dali Lama or Echarte Toll and they are at peace with themselves. They are calm. The actions of others don't affect them so much and they don't react. They are at peace with the world and with themselves. Is

that what it means to be in the world but not of it. To have transcended the human condition. I was asked today what makes me happy. All the parlor tricks that I associated with being enlightened don't actually matter. I had the assumption that we needed to develop these abilities to become enlightened. Yet is it the other way around. We illumine ourselves and then these abilities become available after such illumination. The enlightenment comes first, then all the abilities that go with it. An Avatar has to be able to do certain things like walk on water and fly. Is it the illumination that has to come first. Then we have the character and we have the chance to overcome the ego first. Otherwise we abuse the power and this is the path to the dark side.

I have seen some that I see as evolved and they are in a constant state of happiness and peace in their heart. I saw others that were warriors. I have seen adepts trying to marry heaven and hell together, however their energy felt dark to me. Some paths want us to go into our inner darkness to bring about the light. Shadow work. Other paths want us to completely shed all negativity from our being so we become a beacon of light. In all of these is the end goal peace. Is it to no longer suffer like Buddha taught. I find myself in disillusionment.

For me now where is the no pity in all of this. Yet to have no pity is only a step. How do we let go of all our karmic patterns and live in an illumined state. Do I need to go and sit under a tree until it happens. I don't think I would do that. Not my way. Yet I have talked to many trees. I have a belief system that healing isn't even a real thing. Everything is part of the holographic projection that I see as my body and the program is adjusted as I live my life. Any illness or disfunction can be added or subtracted as I do my work. Nothing is healed, as I can give something away and it can come right back again. Patterns run this universe. The rules of engagement are that everything is a pattern. So healing is actually changed the pattern so that the DNA can change, thus the program changes. Then the affliction can be changed. Whether that affliction be a disease or addiction. If I chose to repeat the pattern later the affliction would just return. So what is healing. Healing is changing patterns that we run in our programs. Enlightenment is changing our program so we no longer have the afflictions of this world and open ourselves up to the universe.

I like my individuality. Many paths want us to reintegrate back into source. Like a raindrop falling into the ocean. I suppose I am still attached to me ego and my Identity. I like being a separate being that gets to experience a reality that I think is mine. I am God experiencing itself, experiencing itself. Similar to a cell in my body. I enjoy my perception of free will. So many want to ascend and become part of the whole to get out of the suffering of this third dimensional universe. Again that is only a phase. Not the end. We go into fifth, the dream so that we can move back and forth with our physical bodies. To become non physical and physical again. That is one of the illuminations. That is what ascension teaches us.

Then we can bring 5 into 3. Fifth dimension into third dimension. I mentioned earlier that we dream in reality when we sleep at night. Bringing fifth into third means that we take what we dream at night and make it a physical reality in the third dimension. Many see this as prophetic dreaming. Yet in this case we are actually dreaming in our world. We can affect what happens here in our dreams at night.

One of the things I used to do was go into the dream and I would see a web of fibers. I would cut into one the fibers and follow it until I ended up in someone else's dream. One time I did this and the person didn't really like me there so I got

banished, or kicked out of his dream. It felt like being hit with an electric shock. I stopped doing that after that experience. I don't think it is a good thing to do anyways unless we have a good reason for dreaming with another.

When others enter our dreams uninvited with malicious intent they are called dream imposters. I have had a lot of experience with this. At one time I wanted to be peaceful so I refused to fight. I thought it would be better to die than to lift a finger against someone else. So for about two or three years dream imposters came into my dream and killed me every night. Many times I would go down the tunnel into the light but was never able to see what was on the other side. And, every morning I would wake up again. I never did die physically. One night I decided I had enough and banished them all out of my dream. They have not been back since. They want an easy victim. We must banish the dream imposters out of our dreams. We must become aware enough in our dreams that we can do this. We need to teach our kids how to do this. One thing we can teach young children is to tell them to ask their guardian angel to kick out all the bad guys. This would help with night terrors.

I have had dream imposters in my third dimensional reality as well. I see what other people don't see. I call it the nagual. I can talk to someone and hear something completely different from what a third dimension version of them would be saying. I can hear a lecture and get a completely different teaching from everyone else. Some of these beings are benevolent, some are malevolent. I have many teachers as well by experiencing this. I have gotten used to it. All the worlds I experience weave themselves together seamlessly. I usually only get into trouble if I try to explain myself to someone else. Especially if I go nagual with someone and then ask them about what they said later. They will have no idea.



Energy signatures like masks

People playing their part

Then others play their parts

My world a masquerade ball

People change, their bodies don't

Dream imposters

Mirrors of me

In the greater I Am

Trust in God

For everything else is a game

Yet they are also teachers

And villains

Light and dark

Opposition

To rise above the paradox

The masks reveal my buttons

How much is there to release

How much is there to forgive

How much is there to feel blessed by

There is gold in every message

Even in the darkest of games

There is something to learn

Or it wouldn't be there in the first place

Taking all the forms in my dream

Exposing myself to myself

I see into the mirror of self reflection

The mirror with so many masters in it

I still feel like a child



In my life I manifest rejection. People do not want what I have to give. I offer parts of myself to the world all the time and the world does not want it. I am told to give what people want or need. I see what people need and give it to them. They often get very angry at me for the gift. There is the do gooder that gives to a person whether they want something or not. They are the white knight trying to save the world.

I had a Christ complex at one point and thought it was my job to save the world. I told my uncle about it who was also a Rosicrucian, and he said, "great, what are you going to do. How are you going to save the world". Of course I

had no idea. I was very dysfunctional at the time. I have talked to other adepts about that time in one's development. When we go mad we are simply to observe without attachment. When we get all caught up in the drama we are lost. Of course most of us get all caught up in the drama and the medical system tends to take over at that point. Going through a break from the consensus reality is a gift to the world. One they usually do not want. No one wants an insane person trying to do healing work on them.

So now what do I have to offer. I have my art, I have my writing, I have me singing. I have also climbed the mountain, however no one ever comes to me for a teaching. No one sees any value in me in that way. People do not see value in my art as no one is buying it. This is the rejection that I manifest into my life.

It was put to me the other day that I need to get back to basics. Positive affirmations and I Am statements. Meditation, that of which I do a lot of. I am working on being able to sit sieza (sit on my knees) while holding my one point for an hour. I am at ten minutes. The founder of the Ki Society and Aikido meditated for eight hours a day. Wouldn't that be amazing. I keep thinking that if I could just

do one more thing I could offer it to the world. It is not my things that are the problem. The cells in my body are addicted to the endorphin rush of rejection. The endorphin rush of being the cast out. That is what needs to change. I need to become more happy. That simple I think. What brings me happiness in my life regardless of what people think.

Not caring about what people think seems to be a big thing these days. I am told the masters are like that. However if it was not for how the people thought about the master being a master, no one would care or even hear of him. If I am a student it matters what the guide thinks because it determines whether I will be taught something or not. Whether they think I am ready. This whole not caring what others think stuff I don't buy into. However we don't want it to be an addiction to get attention. Getting one more facebook like. There is maturity in all things. The ego must be tempered.

As long as we are in physical form and are separate from God I believe there is an Ego. An "I". When we go into the collective mind it becomes "we". Yet I can still think of myself. Even as I die and go into formlessness or go into ascension and become formless there is still an awareness of self. I also believe the ego can evolve and become a driving force for evolution once we grow up and are no longer the rebellious teenager trying to get attention and individuate.

What does an adult look like. Are there adults here on this planet. There are other beings I would call adults, but humanity as a whole act a lot like children still. So to refine the Ego is to grow up and mature. Is that not what we are here for. Oh ya, and to be happy. With no pity struggle can actually become fun.



I hear a lot about objectification of women. I feel most of the time it is not the women that have the low concept about themselves, but rather the men that have an unhealthy viewpoint of the women they are looking at. Many try to go after porn as the problem. It is not the problem. The problem is that we as a society do not view sexuality as a sacred thing. Can we look at a beautiful nude on



the internet and see a woman's energy that she holds. Power within her to show her sensuality to the world. A woman that is not just trying to sell herself to an unhealthy man, but a woman that is proud of her body and wants to be an exhibitionist and share her sexuality with the world.

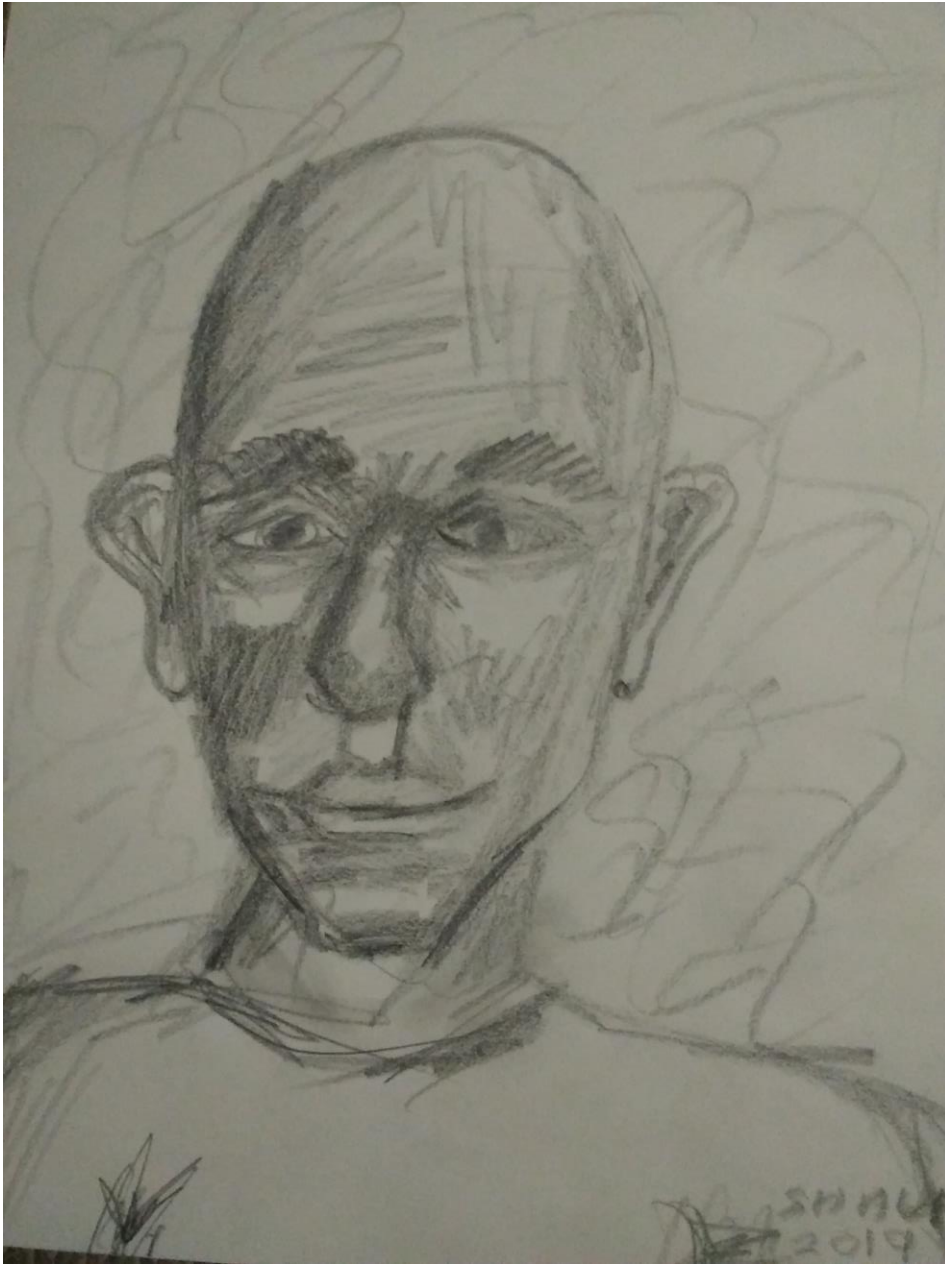
It takes a lot of confidence to be able to do this. Men love to look at women. That is a fact of life. Can men learn to see women as goddesses and treat them that way. Can we become sexually healthy as a society or a world. Can we see sexuality as intimacy

even when seeing a beautiful woman. We need heart. It is not the imagery that is the problem it is the culture that creates it in the first place. A man that has not been able to have a relationship for years. Or a woman for that matter. How is the relationship with ourselves. Can we orgasm by ourselves. Can we orgasm with a partner, regardless of how healed they are without having to fake it. Then I hear women say, "I need no man". It is a woman trying to come into her power so that she can have a co-empowering relationship weather it be with a man or woman or both. I pray we can see sexuality as a sacred thing. Something that does not need to be feared. Something that does not need to become dark. I love looking at nude women. I love to draw them. Mind you, you won't find me on a porn site. We must strive to be beautiful, healthy people. There is a lot out there that is unhealthy. I also don't believe we should ban all of it because some of it is dysfunctional. Tantra is one example of healthy sexuality and a school that teaches it. We really need to look at what and how we teach our children about sexuality. Every culture is different.

















In this world but not of it
Heart pained
Heart joyous
What is the middle road

To be in awe
And hold that space
Without crashing
Into depression

To see the beauty in the world
Make that my world
It is not to be blind
But to live in choice

What is choice
Than to live by our intent
We are taught to manifest
So why is it so hard to create a new world

Old patterns must be changed
Negative thoughts banished from the mind
Nine seconds, is my world
Peace profound, is it possible

When i am on my knees
Trying to see the way
But all i get is blackness
I pray i am still worth something

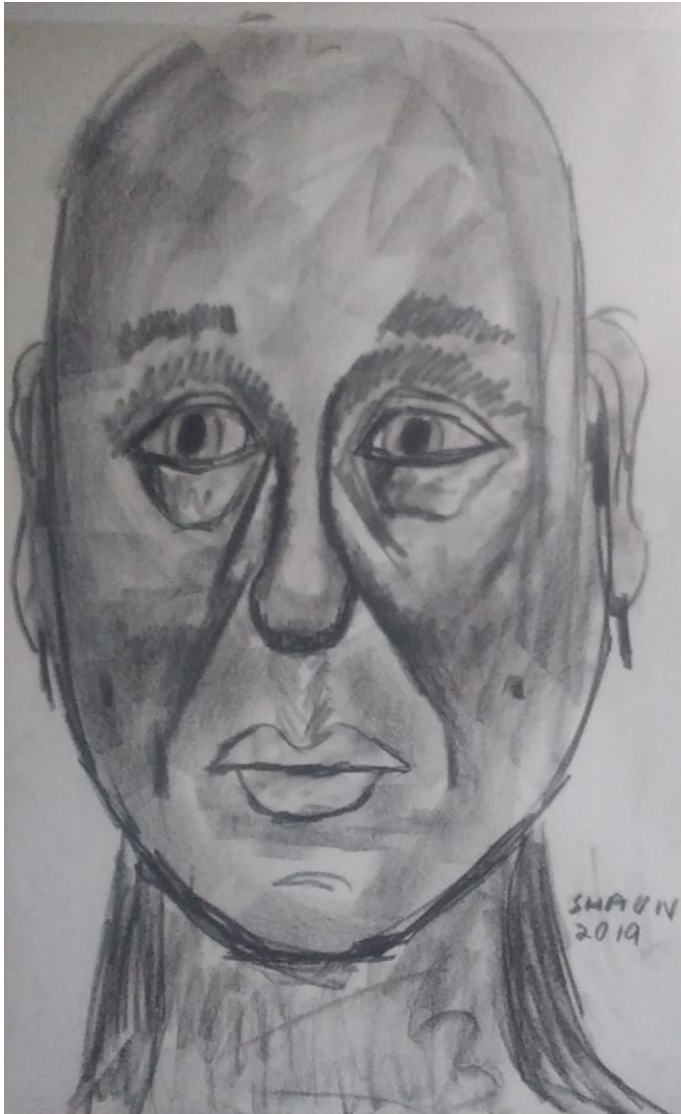
How can i be of service
If no one wants my service
People bounce off of me, get scared of me
That is the reality of vibrating higher

I am told
You can not be a prophet on your own land
No one believes you
Yet i have been many places in reality

Peace profound
Gentle heart
Positive mind
Rose Coix

The perfect state
Is it still heaven to an addicted personality
So much to let go of
The Dharmic Ego must prevail









Traveling into the inner world. A landscape that has no limits. The computer games and movies of our time show us what is possible to dream. The dream is the real. Our thoughts shape our reality in all the dimensions. The daydream is third dimension, the sleeping dream is fifth dimension. For me the world of the

little people and all the beings of mythology exist in the fourth dimension. Thoughts create all of this.

What happens in our circle of experience. What are we aware of. Most of us are aware of about three percent of of all the data that our luminouse bodies percieve and then processed by the brain. For me anything that I percieve is subjective. It goes through my filters. I am the one percieveing it. Nothing can happen in my circle of perception without me having created it by some agreement in some way. Even the Chaos of God. How do I take personal responsibility for my world. For it is my world that I exist in.

So what then of objective reality. What is it. The sorcerers of old say that objective reality is something that exists outside of our ability to percieve it. It is there whether we observe it or not. The sorcerers goal was to percieve the unknowable. To percieve what could not be percived by the average man. So then once it is percieved I believe it becomes subjective once more as it goes through all the filters of the human being percieving it.

I have experienced psychosis on multiple occasions in multiple ways. I know that the rules of engagement for this world can be broken. The collective agreement is not ritten in stone. Thost that experience insanity can go outside normal human perception. "The mystic swims in the watters that the schitzophrenic drowns" Rosicrucian Manuscript. So what is real. What ever I percieve is real. It is real in that now moment, created by my thoughts or the thoughts of what ever being is playing with my holligram.

I have learned that just because a being tells me something is real or that a reality I am in is real does not mean it is true. I have a choice of what I accept as real, no matter how real it may seem. To a large extent in a physical reality it comes down to one's perception of that reality that becomes the real. Rules can be changed. So what happens when rules start changing.

Inorganic beings play a big part in what happens here for us humans. Once we begin to control the dream they are willing to play games with us to help us to control our reality. Humans are so used to everything being done for them we are like children. As we wake us we are given more control of our journey. At first we visualize, then the universe creates our visualization. Then we learn to set our intent, and by holding that intent, the universe gives us what we need to take

action and create that intent. Then it gets interesting. We can start to instantly manifest with our word is law. Then what we think starts to happen in front of us. I have experienced this. At first what I noticed is that every time my ego flaired up it would happen. My lower self loved it as each self sabotage that I had in my mind would happen in my reality. So where does this go. I needed to start to create intentionally what my intent was, instead of my subconscious always having the reigns. I needed the imagination to become a dream architect.

I was good at holding the space for others, letting them create what ever they wanted in my bubble, usually allowing them the experience things they would not otherwise get to. Yet how do I mold the space. As a teacher how could I give them a lesson. That was my next level. Having the imagination to create reality as it unfolded. My problem was that I was used to always letting reality happen to me and then react to it. To become the initiator, this was my challenge. In a way it was me having to learn how to stalk. I was really good at dreaming, yet stalking and taking action with all the steps to make something happen. Then how do I stalk with my thoughts to manifest a world on the fly with my word is law. It is very much like writing a book about what we want to create only doing it with third dimensional reality.

We are the Hero's of our stories. What do we want to experience. Most people complain about the trials that they have in their lives. I say create the trials. Set up what you want to lean and go after it. State an intent, go into the dream and dream in what you want to create in the world, or meditation, then stalk all the aspects of it to make it happen. Bring Fifth dimension into third to become fourth dimensionally determinant. Source the force of the everything to be in alignment with Gods will. So what does that mean if we are responsible for what we create.

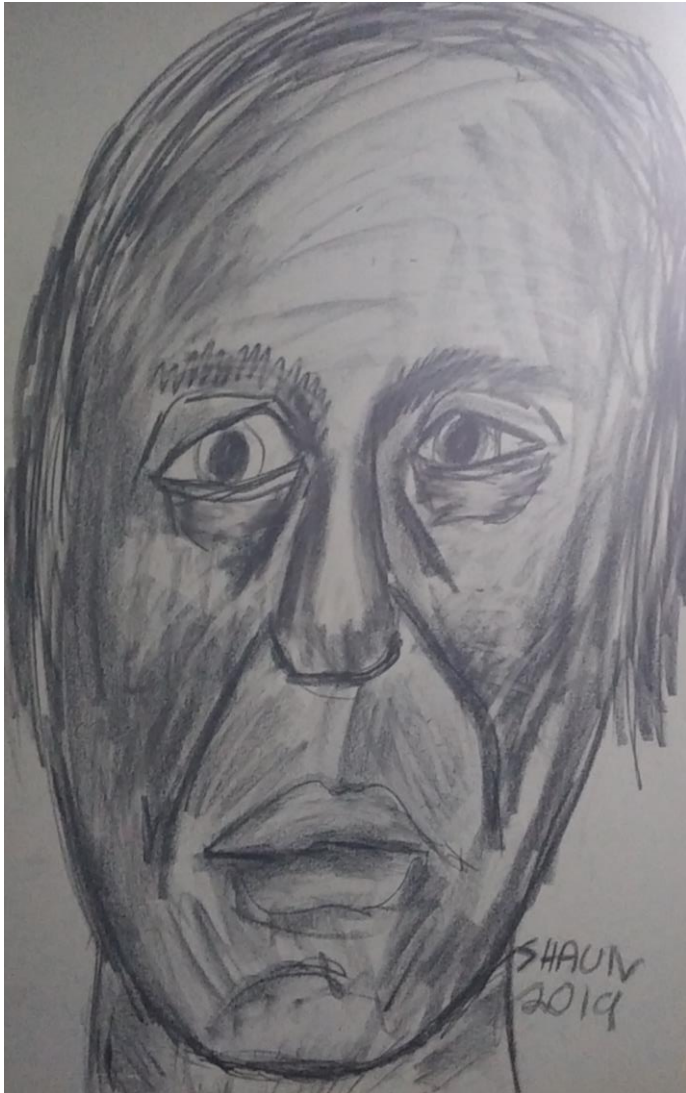
God has a direction for us and the collective reality we are in. Our Higher self has a direction that it wants us to follow for the greater movement of our soul across lifetimes. If we are in alignment with our intending with these things, things go much easier. If we are out of alignment it is more difficult. Kind of like swimming upstream. So then how do we manifest our own world you might ask. It is because these things are not actually separate from ourselves. I Am God. I Am my Higher Self. I Am the Universe.

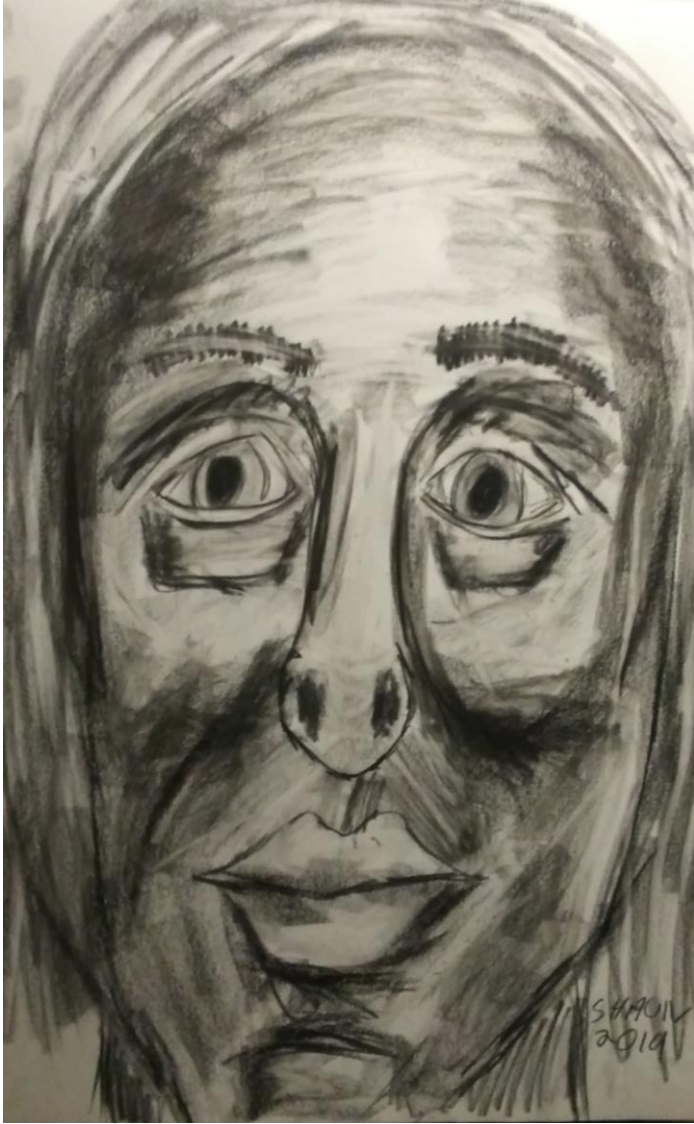
So once we know that we are everything in our world it is a matter of learning how to be present with that totality of who we are. How do I function from that level of consciousness. Going into a “we” perception of ourselves helps. Some like to think of a concept of oneness. Yet I believe that as long as I have an identity I have an ego and I will have my individuality. Personally I am not ready to be absorbed into the oneness of God and lose all sense of being me. I like my individuality. I feel I can do that for as long as it serves me. This creates a dualistic

perception.



I can be the space where everything in the space is me as one thing with many parts. Yet I still have my individual thoughts and intent of Shaun. Kind of like doubling. Can I hold two perceptions of myself at the same time. This is how I do my healing work. I become my patient after asking them permission. I ask them, do you give yourself permission to heal yourself. Then there is no separation between me and them. This is a slightly different way of talking about Ego. I still have my identity, yet they still have their identity, and we are one all at the same time.





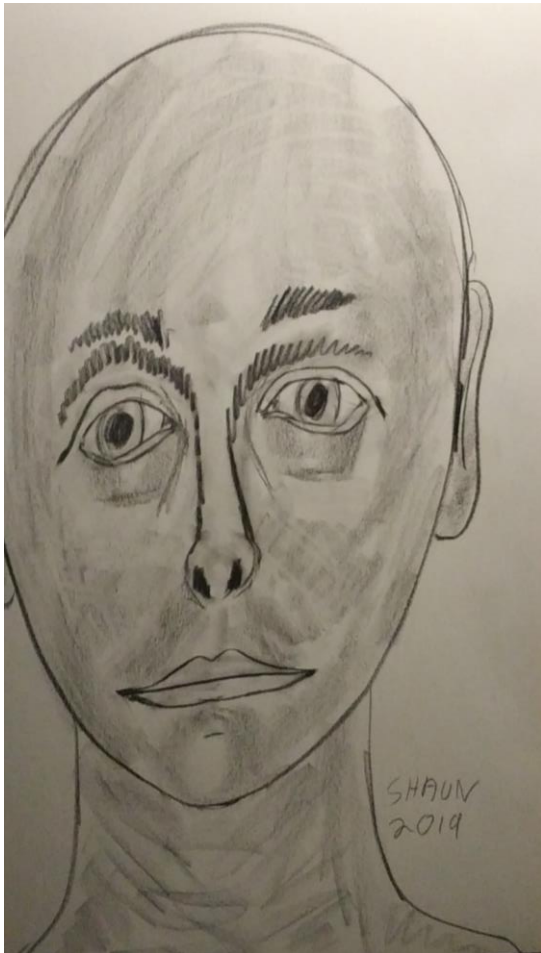


I put on my warpaint. Ready to take on the world. Ready to die for a cause. Bring it on I say to the universe. What does it really serve. Being dramatic. Making waves. I strive to make impact in the world. Yet I make impact no matter what I do. I am a large energy. To take strong stable steps I find works better than crashing in with swords ready. How often do we really need to go into battle. Often the largest battle is with ourselves.

To be calm inside. To have peace on our hearts. To be the eye of the hurricane or tornado. This is the goal of any martial artist. It is when

I spike and my energy gets out of control that I find I make the biggest ass of myself. Reminds me of Tim The Tool Man Taylor. Always coming up with the biggest most manly tool. Our tool can be our patience. A calm action. To hold our one point better we must relax. The more we relax and be calm the stronger we are. The white monk. I live much of my life like a monk. Yet my emotions are what I have little control over. I am like a child. It has been my learning in this life time to have temperance. Control the mind to control our emotionality so that we learn to feel without attachment to what we are feeling. To no longer take anything personally.

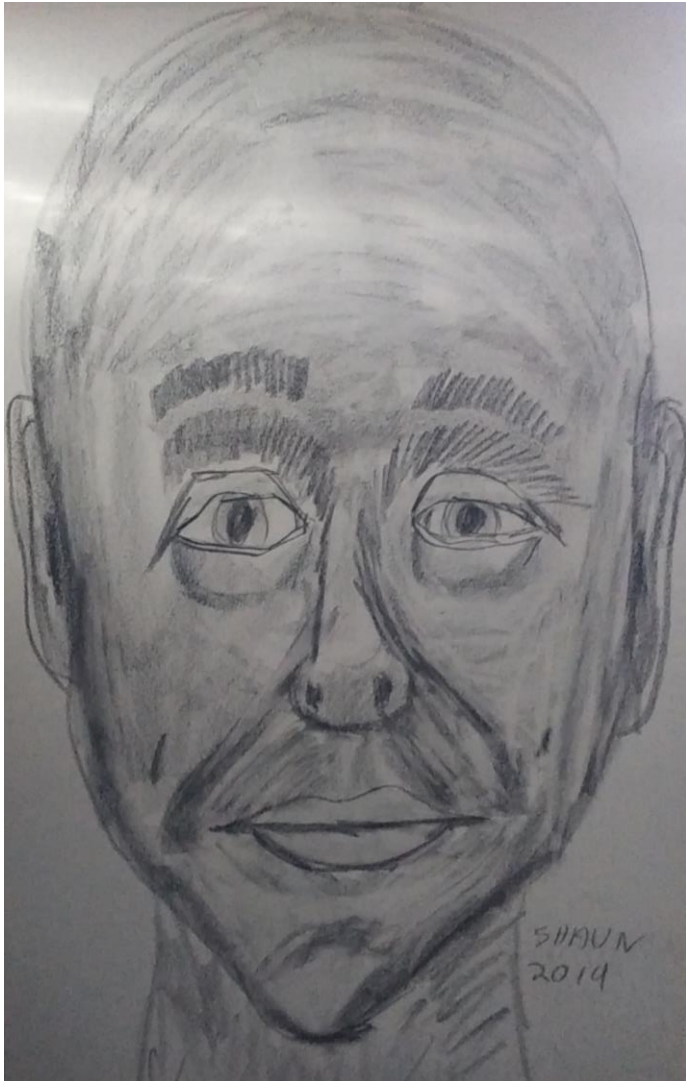
When I connect to the cosmic it is peace and love. The divine love of the universe is the only real truth of this universe. Yet when I come out of my meditations and reenter the world I again become angry and emotional. When I am balanced I can laugh at myself and think, wasn't that dramatic. Wasn't that broken. Then When I go into reaction I feel lost to the feeling in my body. I struggle to control it, yet the feeling is still there. This is where no pity comes in. To be able to go into the depths of self pity yet have no pity for being there. It is only then we can have temperance. To allow the energy of the emotion to express itself within our



bodies and then give them away to the universe in flow. If I hold onto the emotion it creates pain and dysfunction in my body. I must let it flow. Sometimes it is all I can do to just feel it. When I feel in this extreme such as a panic attack or nagual cluster fuck, it is just a matter of holding on to the one point and surfing the storm. Then when the storm passes, I just say, holy fuck, I made it. For me it is holding the one point that creates the grace for me to survive the storms. If I loose it I could go into another break. If I hold onto the one point, I can carry on to another day in balance.

Peace is my intent. One day I will achieve it. To ride a storm in peace instead of pain. Without feeling like there is a dagger in my heart. Peace Profound. How to be happy. What a loaded question. Yet one worthy of our attention.









I look into the wind. I see movement of energy. The movement of chaos, only if I step back far enough, there is order to that chaos. I become the monk in the wind. I hold my one point and am solid. I can cut threw the wind like a knife. I can be in a hurricane and it is like a calm day. But only if I hold a solid one point. If I loose it for a split second I am blown away.

My thoughts are like the wind. My emotions are like the water. My body is like the earth. My spirit is like fire. There is a great journey we must take to become in alignment with the elements.

Letting go of our baggage. Erasing

our personal history. We let our karma go. However there is something I must talk about when it comes to erasing our personal history.

I first herd about this concept reading Carlos Casteneda. I learned it more working with Swift Deer. However I did what Carlos did. I created amnesia of my whole life. I forgot everything. I went so so far in my manifestation that my medical history got erased. I ended up in an ambulance and they had no record of my history on their computers. This is not what erasing personal history is suppost to be.

Erasing personal history is to have no more attachement to the buttons or the programming that we have received from our life experience in this life time. Sounds simple enough, although it can become quite involved. It requires recapitulating our entire lives up to this point and letting go of all our attachements and heal what needs to be healed. This involved looking at things from a different viewpoint. Not just forgetting it all like I did. I look at myself going through the divorce of my parents and see it now from the perspective of an

adult assembling where I am now. I see that most of it was out of my control and I was not responsible for what happened. I had a mother that did not know how to be a mother and a father that was emotionally distant and closed off. It was a hard thing to go through, yet I chose it to learn my Karma in this life. So to erase my personal history around it I need to be able to remember what happened to me and have it no longer trigger me. To longer get mad or feel hurt. It simple was.

When I get into battles with people they throw arrows at me that trigger past events or things that I have not healed. This is what the dark does. If I cannot transmute the arrow in the moment it can cause an illness, disease or death. If I have no more personal history there is no more for the arrows to hook into, so I am unnafeacted. In a more simpler scape, how much are we affected when someone brings up our past in an argument. How often does something happen and we think to ourselves, it happened this way before, so that is how it must



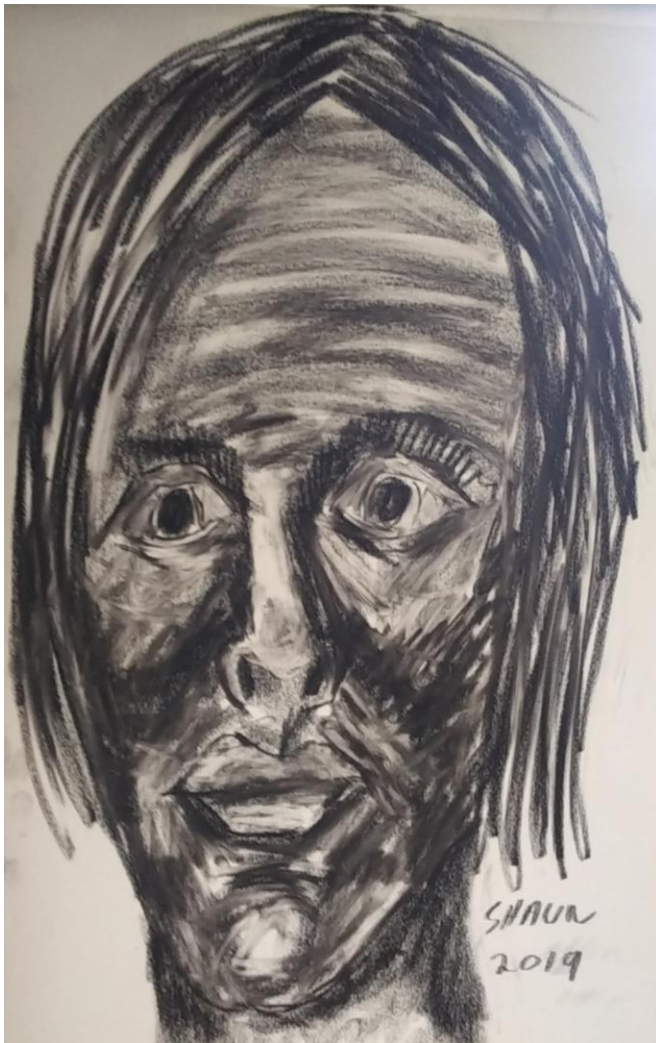
happen this time. Our subconscious mind is programmed by mimicing what we have seen others do our whole lives. So then how much of what we do is simply mimicked behavior. Is anything origonal or our own, or is it simple copyied and regurgitated from something or someone else. History repeats itself this way. Can I erase my personal history enough so that I can think for myself instead of always coming from what I have learned in the past. Can I function without a belief system. This is the chaos in the wind. To free think.

I Am that I Am. I Am Shaun. So what is Shaun. Am I just a compilation of everything I have learned and mimicked. Or can I come from artistic origonality by my actions that

are guided by my spirit. Once I am no longer at the affect of what I have learned here both in knowledge and experience I am free to download what comes from the universe, hopefully with a lot fewer filters. Our mimicked behaviors make up our autonomic responses to things. Most of the time we do not even know it is

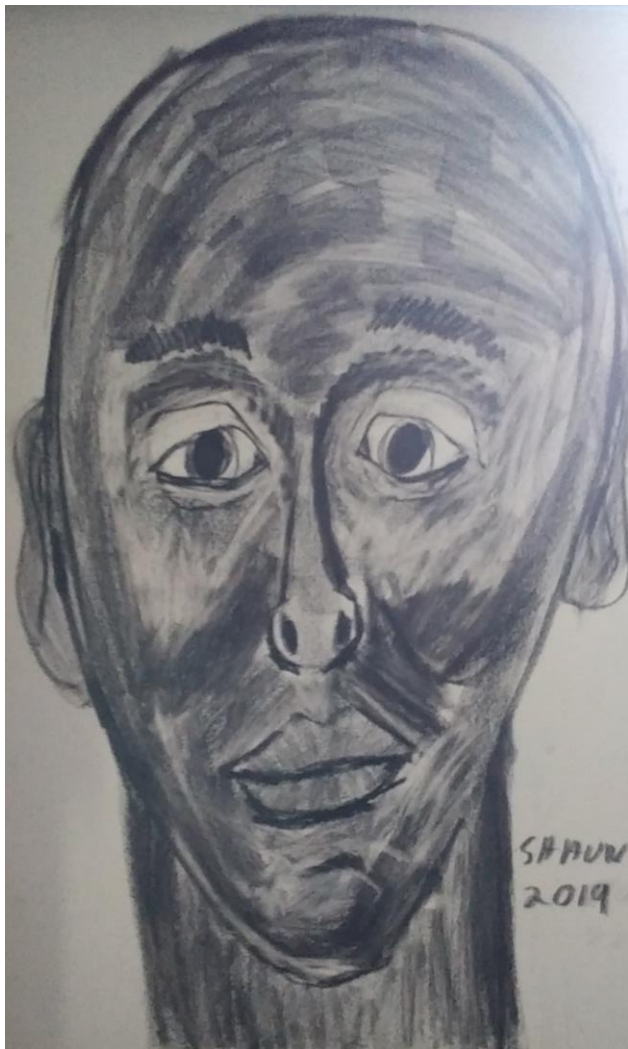
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happening. So the first thing is to be aware of is, what I am thinking. Where does it come from. If I feel something, what is the cause of the feeling. Being an empath, does the feeling even come from me. Yet in the perception of all is one, it is all me. So then then how do I take responsibility for what someone else is feeling. Easy, I change it in myself. When I no longer have a button around the feeling and can feel it in neutrality I have erased the personal history around it. I



found that once I asked the universe and my higher self to help me erase my personal history the process just started. Then it becomes about taking it to completion. Not sure what that looks like yet. To have no more buttons I suppose. To have been able to recapitulate my whole life and not have a charge around anything. That means I don't react emotionally to anything in my life. I am Happy. I can just imagine what that would be like. There are other steps after this. Read Carlos Casteneda's books if you want to dig deeper. I have just shared some of my process with you regarding this.

To not have an emotional charge to anything I don't believe means I don't feel any more. In fact, I would feel more deeply. However I would have no pity around what I am feeling so I could feel and let it go. This is having no history around it. It does not get programed into the body as a negative thing. To no longer be at the affect of things is how to no longer suffer in the world. What I must remember is



that this includes not being at the affect of myself. I am not my thoughts or my feelings. They are expressions of who I am. I am a magnetic attractive thought space. I am an energy, a thought. When I can let go of the concept of being a person, and acknolege that I am a soul I can erase much of my personal history. This life time is just one spirit personality experiencing a physical existance. Once personal history can be erased we can expand into a bigger picture over life times. Time only exists in Third dimension. There is so much more. Do not let yourself get trapped in the human condition. We are here to learn. We are also here to trancend reincarnation.



I step into the wondering mind

Quiet and still

To focus

To open to awarness

A feeling radiates my body

Peacefull

Yet powerfull

I feel I am capable

Exanding into the universe

I get to learn

Knowledge, Wisdom

I am because I am aware

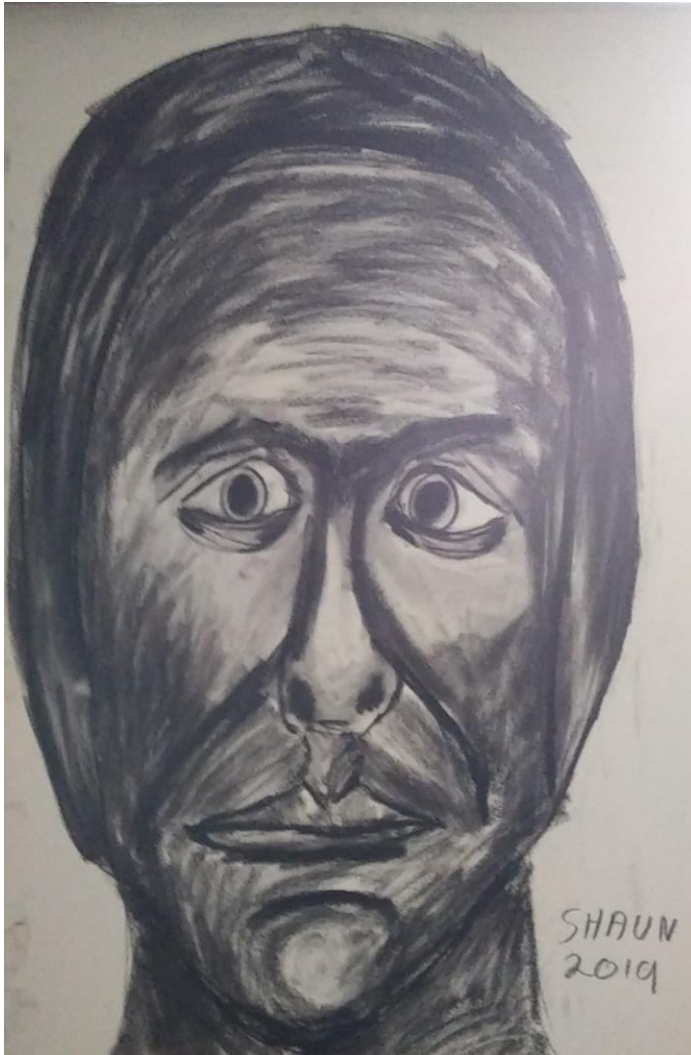
I have felt the mind of a god. It was an elohim. It asked me why I used the name Aza Ura Ka Zur Ta. It was a name I saw in flaming letters across a universe in my mind. I got scared at the time and stoped using the name. I thought, why would a god be asking me this question.

I look at it now and think, what do I know about the name. I do not know very much. I have not used it a lot. I know it comes from other places. It is a part of me that I have not awakened yet. Yet I have the name. The name is power. We have our birth name that we are given here. It has power for us as it tells us the powers of this universe that work with us according to when we were born and the numerology of our name.

Then we can get other names for our selves. We can go to a shaman and get medicine names. My medicine name is Three Wolves. Sky walker walks in spirit, in the nagual. Earth Walker has all four paws on the earth and loves to run. Gray Wolf lives in the crack between the worlds and is the communicator between the as above and so below. This is my medicine in this life time. I have other names as well from other sorces.

Each name that we get gives a look into our natural selves. Who were we before all our programming. We can go into meditation and ask our higher selves to give us our name to help us unvail who we truly are. Sometimes our lower selves will sabatauge us. This is why it is sometimes wise to go to a guide to get them to receive it for us.







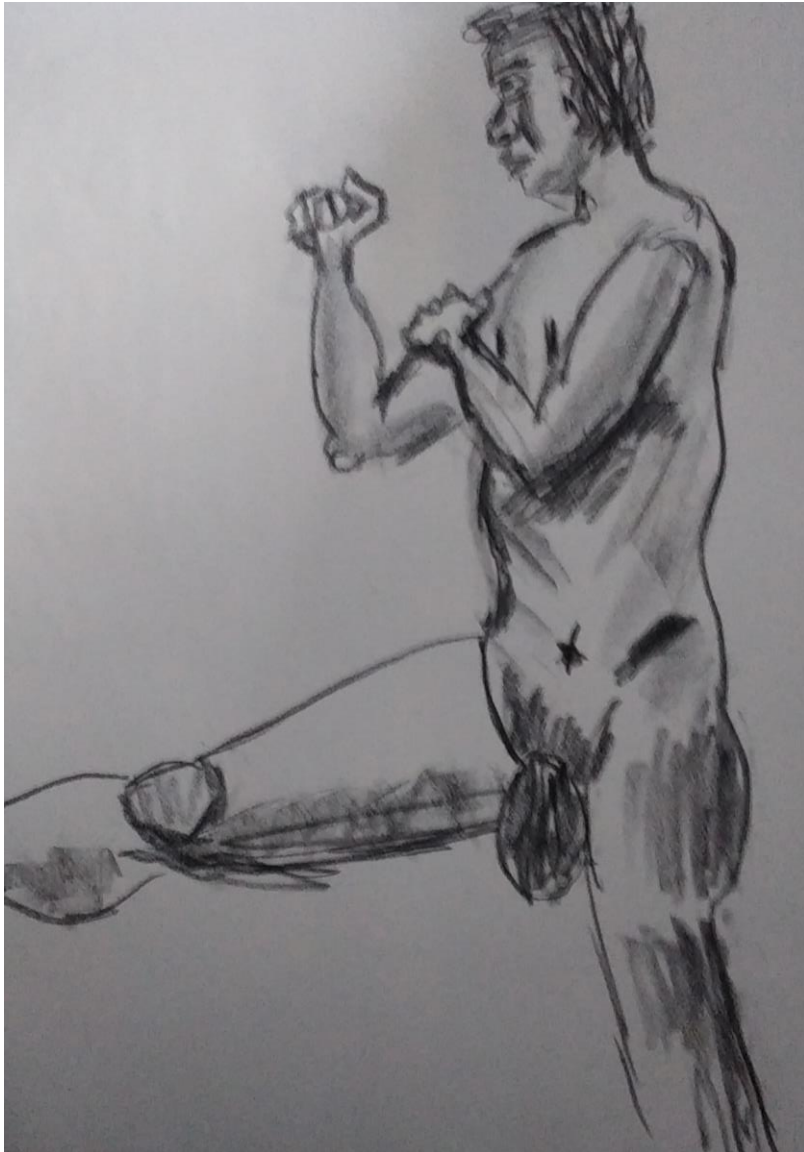


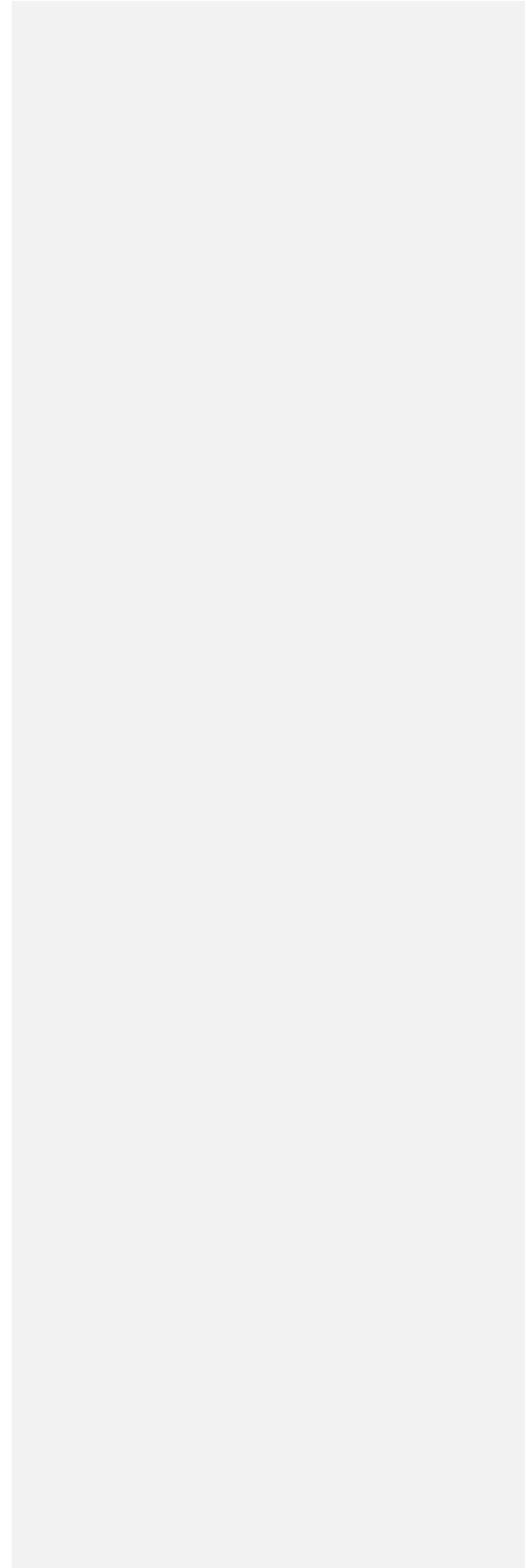
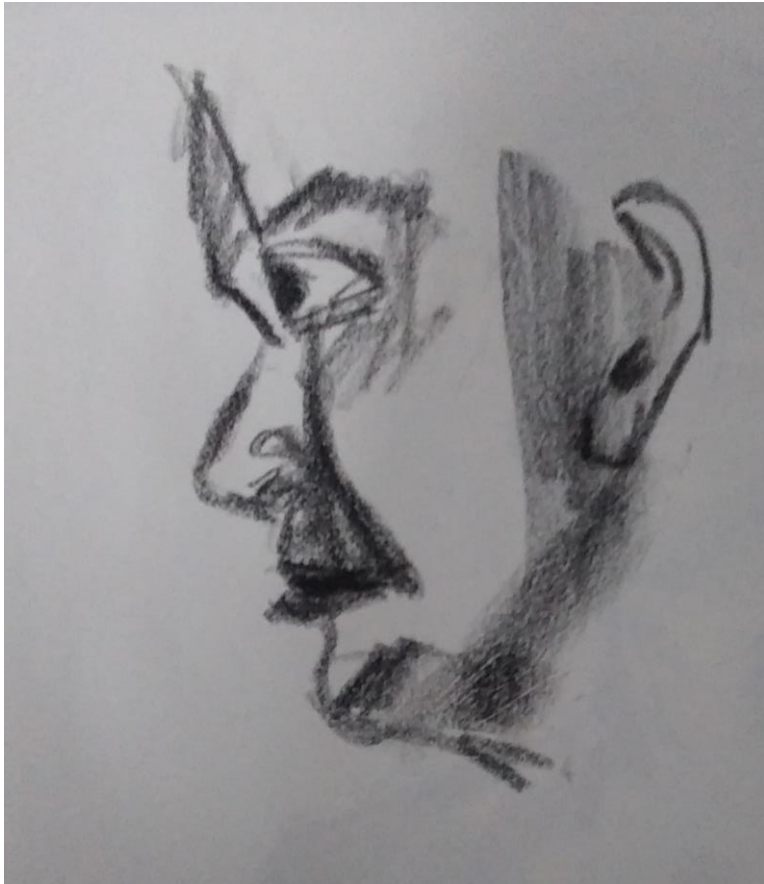
Opinions of others. Do they matter or not. Confrontation can only be engaged with if one is willing to accept the consequence. I was at the gym and had a sit down with the lady that wanted to work with me. After our talk she said I could no longer do anything without a doctor's note. Her opinion mattered. Because of her opinion I could no longer participate in any of the classes of the gym without a doctor's note. It was argued by a friend that her opinion did not matter as I could go to any other gym if I wanted to. What a bunch of crap that is in my opinion. Why should I have to pay out what I owe on my contract and go through all the hassle of signing up with a different gym, not to mention my father goes to the same gym, just because of someone's opinion. How does that not matter.

If I was surrounded by police officers and they were pointing guns at it it matters what they think. If I act inappropriately like pulling a knife or gun on them I would likely get shot. How can anyone say that their opinion does not matter.

If I am in a course the opinion of the facilitator in that course dictates what I am allowed and not allowed to do. Sure I can go somewhere else. But why the heck should I have to. So many link this concept to self esteem. I say it is about what we are given permission to do in this world when they have authority over us. Sure you could argue that you don't have to listen to authority either, although I don't think that will get you very far in life in most circumstances. The guys with the tier gass, there opinion matters on whether they are going to gass you or not or whether you are going to get arrested.



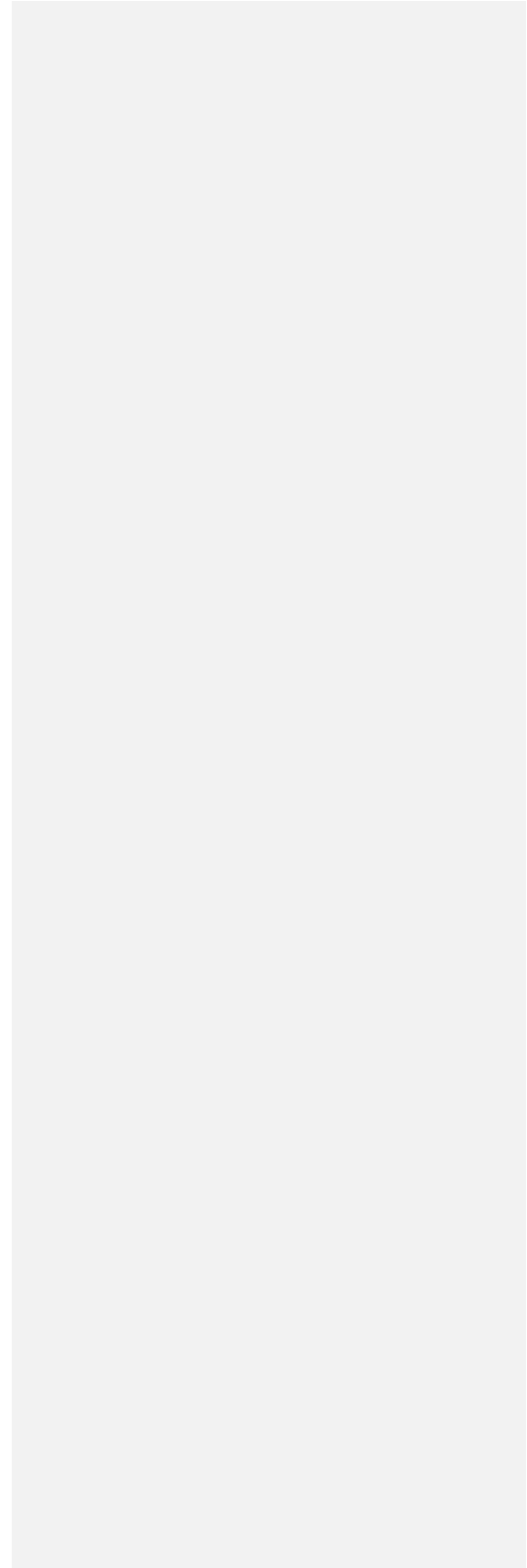




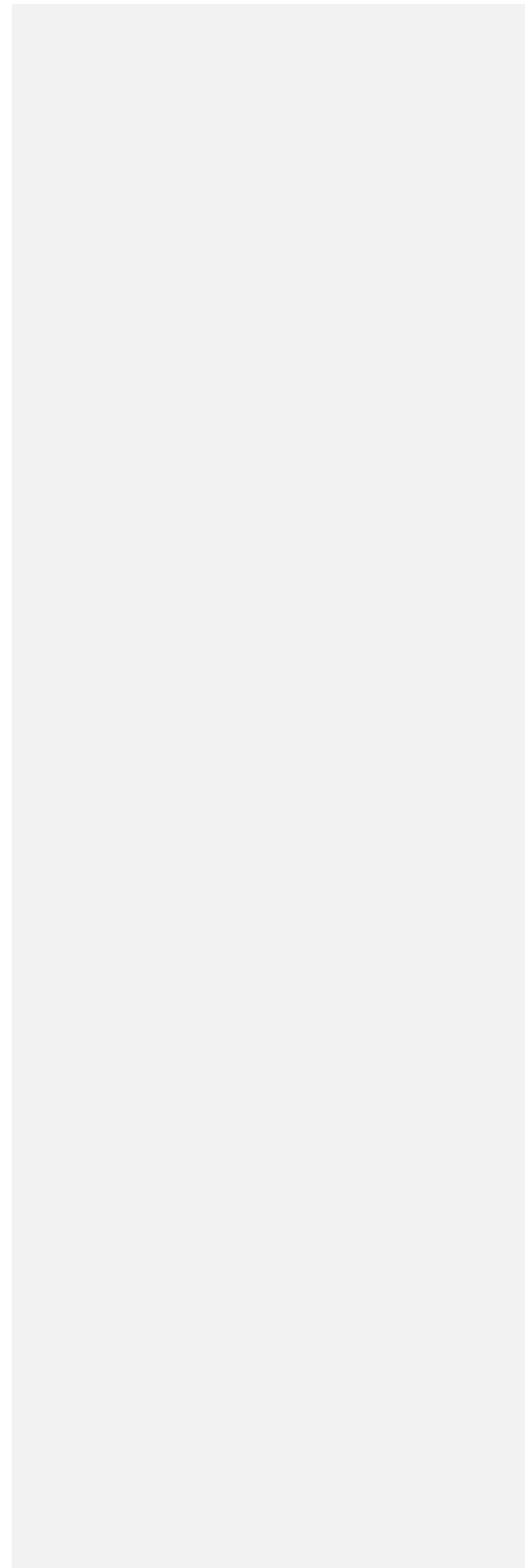
























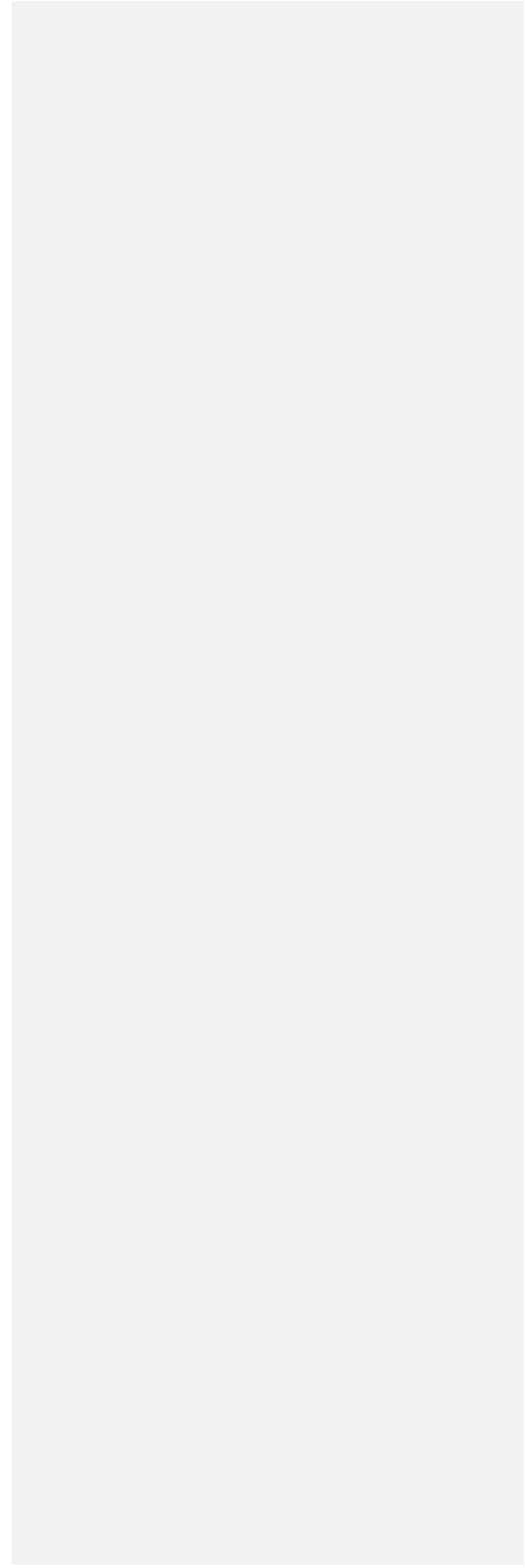






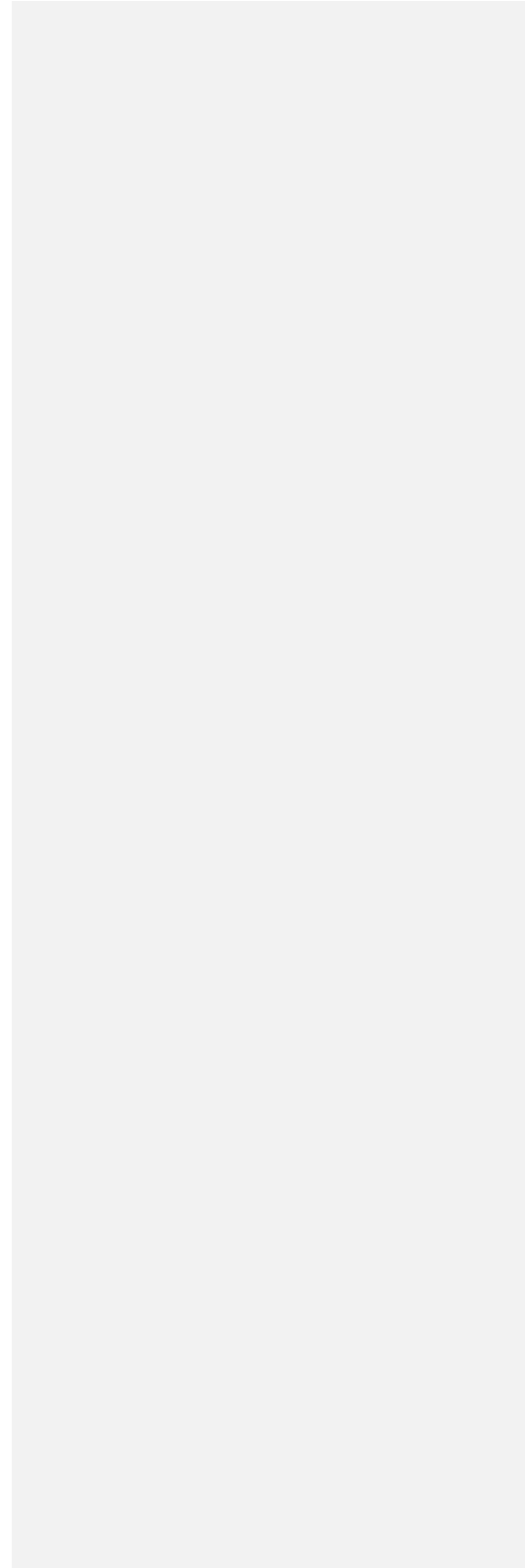


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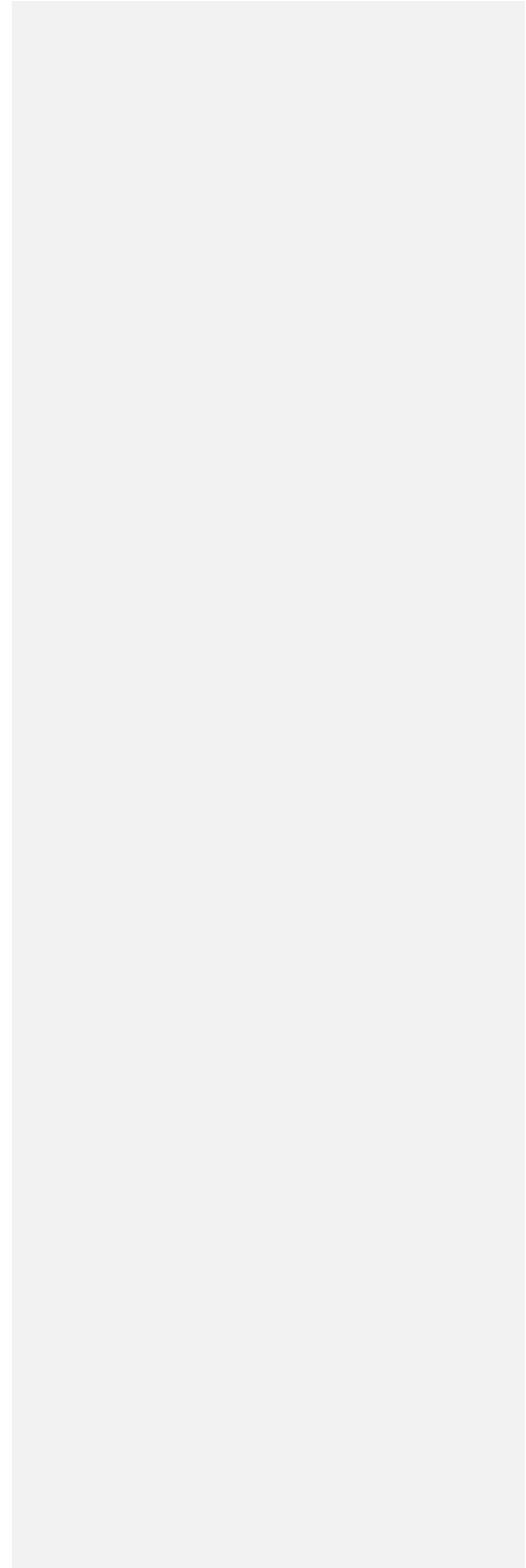
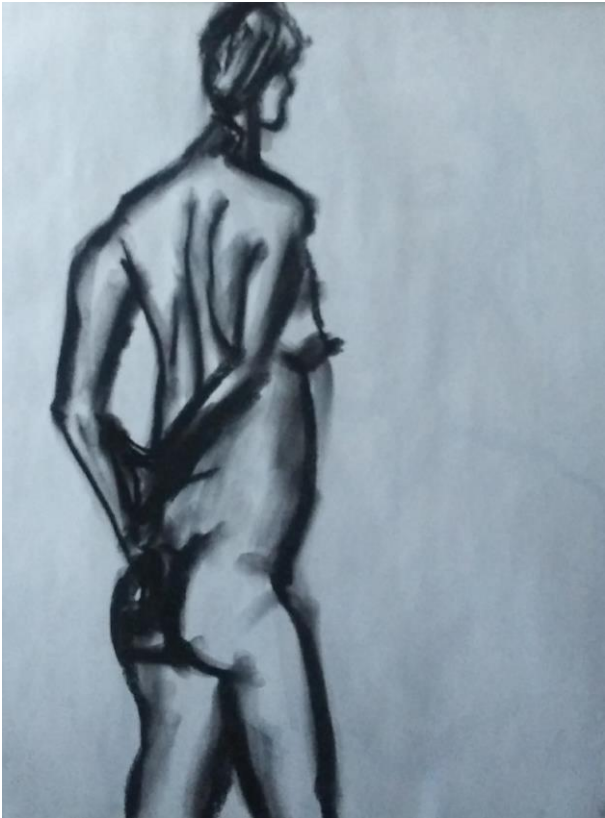
















I just went through five days of chest pain. Most likely the cause being more data coming into my perception than I can process. Often if we are downloading information from the cosmic this can happen. The body goes into reaction and has symptoms. The symptoms can range from feeling like you are having a heart attack to migraines and everything in between.

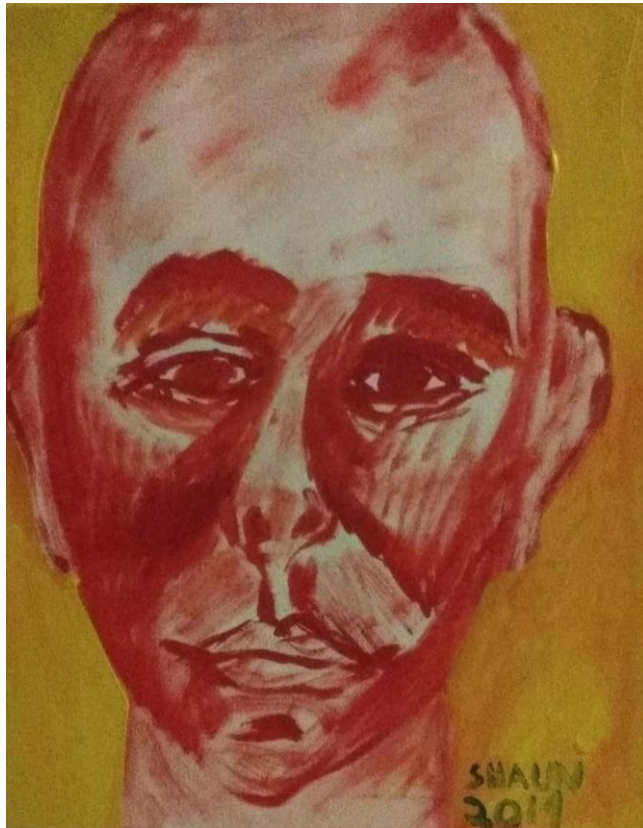
The key is to figure out the pattern that is running that is causing the imbalance. Once the pattern can be identified I can then do an I Am statement and

the situation can be corrected. I Am as of now feeling love in my heart. I Am as of now express myself with an open heart. I Am as of now experiencing through multiple perceptions that are fluid. These are some examples of how I can adjust myself. When we are in the thick of it this can be difficult to do.

Going to Tarot Cards or some sort of divination can be useful to figure out what is up. Taking on more than we can chew is often the case. Again a lot of the time it comes down to being able to hold the one point. It was also about being able to feel what I was going through. To experience it and have no pity in it. All sorts of thoughts went through my head like now I have a heart condition. Went to the hospital and all the tests came out negative. So, it is my ability to process information. Some call these ascension symptoms. All the things we get to experience as we are waking up.

What it comes down to is mastering pattern. Spirit thinks we are ready to start working with pattern so we get all sorts of symptoms when we are out of balance or in an unproductive or karmic pattern. We need to change this pattern into a productive or pro-creative pattern. It really is that simple. How much imagination do we have for what is happening to us. To diagnose we need to look at our thoughts, our words that we speak and our actions. What are we doing in the world that is causing us to go for our next jump.

When we go for our evolution we can encounter resistance. This resistance can



be painful. Again, what is the pattern that has to change. Make a new contract using I Am statements like I showed earlier. When we make a contract with the universe, the universe knows our intent. Then it will function in accordance to what we create. When we function at this level we are responsible for how we interact with the world. If something is not working, change the contract. You can change the contract simply by stating the new contract. Out loud works good, in a voice of power of course. Or you

can write it on a piece of paper, and then burn the paper. It releases the contract into the nagual so that it can then manifest in third. As above, So below.



Many of us will look into the shadow to find all the ways that we are not working right. Another thing to call this is the undiscovered self. The self that has been patterned from many a life time. Simply, it is our subconscious and unconscious minds. We could even call it universal unconscious or collective unconscious. These parts of ourselves that we want

to make conscious.

Some think of our shadow as our inner darkness or evil. A pattern is only dark when we are unconscious of it and it plays out often without our awareness. Or we willingly choose to cause harm. For some it plays out as self destructive patterns. Many of us are harder on ourselves than we would be to anyone else.

As we find a path in the light, we will find virtues and a development of character that will evolve and uplift the soul. Often it is quite extensive. Many that are on a solitary path get a lot of the psychic gifts but do not develop the character. Then everyone wants to go to war with each other. People start throwing mojo at each other and it simply becomes unhealthy. There is a battle going on, on the planes between people of the light and people of the dark. It is a choice to engage in this battle or not. Some are born into it, others train for years. Yet I bring to light that the most important thing is to develop our own enlightenment. To be happy. To be love and love ourselves fully.

I remember a Bruce Lee move called "Rise Of The Dragon". Bruce Lee and a master got into a fight. The master did not want to win the fight, but to teach

Bruce Lee a lesson, which he learned. They became friends after. The war is not always about winning, but showing those caught in the dark a reflection of the light so that they can see it in themselves. Imagine if we could show this reflection to everyone we had an engagement with. To show them our shining. Imaging if we could take the darkest son of a bitch and show him how to love himself. We still must remember that someone cannot be helped unless they ask for it and want to go through what is required to make the change. We can still give people mirrors though. Simply be being us in most cases. Many seeds are planted. Many will grow fruit.

Another view point is that every time we engage with the dark we see our own reflection. We will be triggered. This allows us to heal in ourselves what we see in the other. This is a way of loving our enemy. They help us to heal ourselves by showing us what we need to work on. If we have healed it already there will be no trigger. We will be able to have a neutral, unattached perception of what is going on. If we have not healed it we will often go into emotional, mental or physical reaction. Then we will have another unproductive pattern to transform into a productive or pro-creative patter. This is a gift.

We live in a dualistic universe. When we evolve the paradox we can use the dualism to help us heal and evolve faster. It is faster because we don't have so much drama about everything and often don't get stuck in things for long periods of time. Often resolving issues in minutes rather than weeks, months or years.



Pain in the heart

Blade of the dagger

Piercing metaphorically

Agonizing physically

Panic attack

Too much data, too much data

Cannot process

Must just hold on

The world becoming the antagonist

I must be the peace

In all this stress and shock

I must be the peace

One point, holding on

Time ticking endlessly

Enduring till the end

The end of the pain

Pattern, pattern is all it is

Where does it originate

What is the cause

If I change the cause, I change the pattern

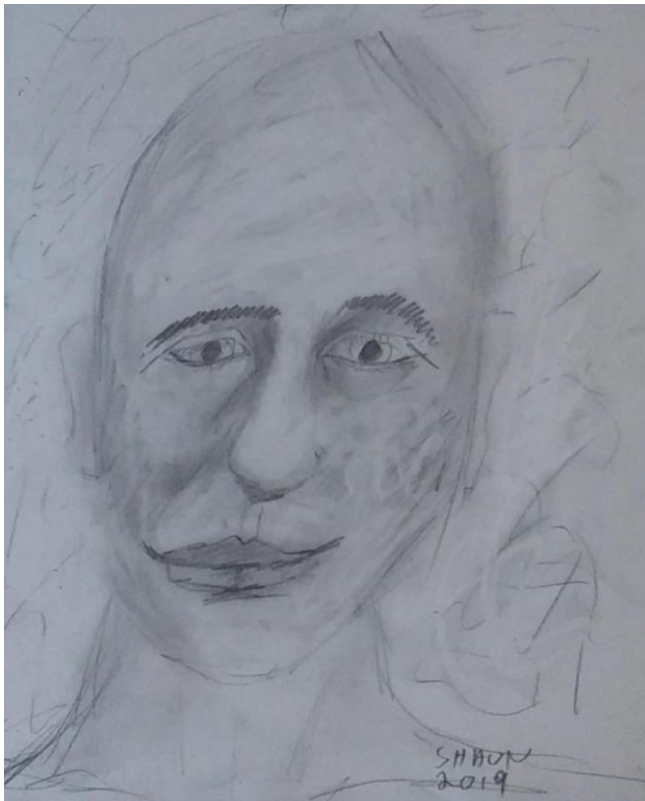
Searching for patterns within patterns
How much programming can I process so fast
My internal universe coming all to the surface
All at once

Focus of will
That is how I survive
To focus on my presence
Focus on my one point

Unbending intent
Until eventually I get rest
Then I am happy
I am calm

I cry for what has been lost
Disassembled in the chaos
I grieve
Yet death brings new life, a new heart

Shaun



It is interesting what one's world is like when what we do is to make a difference in the world. Why say anything or do anything unless someone is listening to us.

It is interesting what one's world is like when what we do is to make a difference in the world. Why say anything or do anything unless someone is listening to us. We do things because we think we are fated or destined or being of service. It is all for others and not so

much for ourselves. So then what happens when the opinions of others no longer matter. There is no longer a reason to do anything. If no one matters any more, then why am I here in the first place. It was said to me that I must do things because I choose to do them and because I want to or desire to. Otherwise there is no reason. That goes contrary to everything I have believed in since birth. I have always done things in the world so that it made a difference for others. It was the opinion of others that became my motivation. Or at least what I thought the other was was thinking about me, which isn't always the case.

I have been alone for so long, I didn't want to do things only for myself any more. I wanted to have others take part in my life as well. In order for that to happen the opinion that they had mattered. For if it didn't matter it wouldn't matter if they were in my life or not. If the readers of my book didn't matter it wouldn't

matter if anyone even read it. Then what is the point of writing it in the first place. What is the point of leaving behind a legacy. Something for the people to use. The people must matter. I must care about that. I must care about the engagement that I am having with another. I must care about opening my heart to another not just about my own evolution but to assist them in theirs as well. Otherwise what is the point. I would do ceremony so that I could share what I learned with the world. Then I was told not to tell anyone what I had done. Then what is the point. It is not about acceptance, it is about bringing in new knowledge and sharing it. In the mystery schools there is so much secrecy. We make vows to not talk about what we learn with anyone. So here I share what I have learned, not what I have been taught by others. Others want their copywrites. They can have them. I can share what I learn from my own experience. Knowledge is not sacred if it is not shared.

Yet at the same time I have learned not to put pearls before swine. To share with those that are worthy and ready to hear the knowledge. Otherwise they just get angry and usually go into resistance with it. There is a sacred law that is the non interference law. It means that we do not give another human anything that is outside of their circle of experience. Few of us even know of such things. Those that do know not to talk about it. It truly is Plato's Allegory Of The Cave.

So do those opinions matter, the haters. Love thy enemy Christ taught. Even the haters. The rule here is to have compassion and patience for those that do not understand. I still think their opinion matters in that they have a right to learn as well. The key here is to not take anything personally. It doesn't mean it does not matter. If I lived in the world not caring about anything, there would be no reason to do anything. We can talk about killing the Karmic Ego. We can talk about the addictions we have of caring too much about what others think of us, which is what the basis for this argument really is. There must be a motivation to act in the world. If it was only self serving, the devil would have surely won. We talk about free will, yet in the end we want our will and Gods will to become one. Do we then care what God thinks.

This concept is still in chaos for me. There are reasons for not caring what people think and reasons for caring. I feel they are both legit in this dualistic world. My brother would say, "it is all in proper context".

