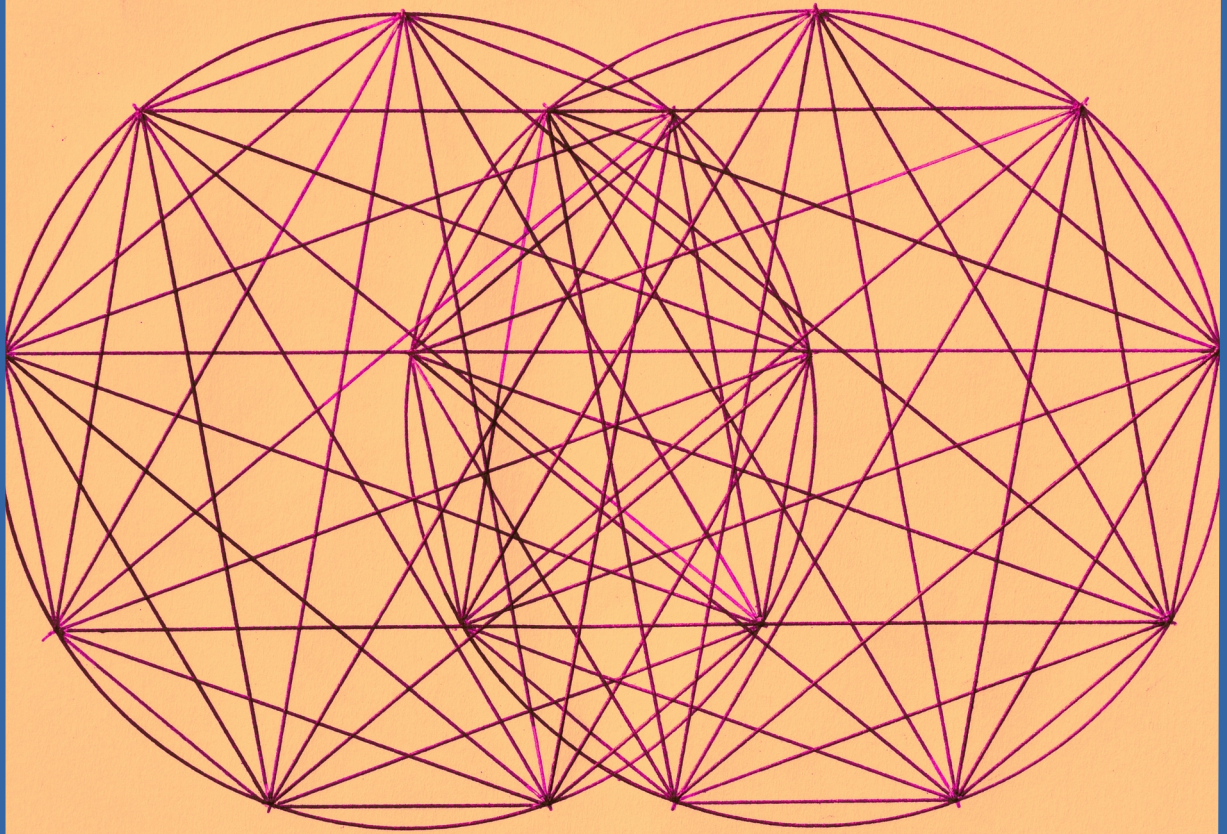


You Have An Energy Body

Completing The Jigsaw of Self



RICHARD GREEN

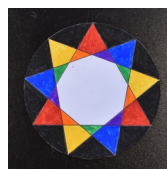


Table of Contents

You have an energetic body – for Christs’ Sake!.....	4
What is duality and non-dualism?.....	6
What is Higher Self?.....	7
Koshas.....	8
Super Power Of A Yogi.....	9
Vertical and Horizontal.....	9
Jesus leaves the city.....	12
It is Finished.....	13
If we can resist the persisting ego-mind, stay present, then ...the story continues.....	15
Rolling Stones.....	16
The Cycles of Life.....	17
A Divine Place to Live.....	20
Virgin Mary.....	21
Ankh and Uraeus.....	22
Grounding.....	23
$E=mc^2$	24
Through the looking glass, and back home.....	25



You have an energetic body – for Christs' Sake! ¹

It may sound a little controversial, but, the fact is, we all have energetic bodies. Surely, if this is the case, schools should be teaching us this, and why hasn't science proven it long ago. Especially since yogis have talked about this for thousands of years...

We are talking about the energetic body that some people have connected to through 'out of body experiences' (OBE's), and near death experiences (NDE's), often floating above, and looking down on the physical body.

In yoga they talk about three bodies, physical, etheric or astral, and the spiritual. Like a Russian doll we have several bodies, which are all aligned to the central axis of the chakra column, when we are in balance.

The energy body is very similar to the dream body, we all know what it means to have vivid dreams, but many also get to explore this experience one step deeper through lucid dreams.

Whether in the dream body or in an out of body experience, we have the sensation of being in our normal physical body, we look the same, physically, we have the same mentality as during our daily lives, everything is 'as real' as in our 'ordinary' day to day lives.

Yet, in the energetic body we are not subject to the same restrictions as the physical body. We can influence and shape the environment around us, we can travel instantaneously to other locations, manifest people, fly, walk through walls, dare I say it, ...walk on water, touch the moon, and many other miraculous feats that would be impossible from the physical state.

We'll come back to this later, but for now, let's get more grounded, and come back to the practise of meditation and the awakened life.

What is it to be fully awake?

¹ By NASA, ESA and the Hubble Heritage Team (STScI/AURA)-ESA/Hubble Collaboration, CC BY 4.0, <https://commons.wikimedia.org/w/index.php?curid=154232383>

My understanding of the awakened mind state, is when we have a balanced awareness, spread across all the phenomena that arise, moment to moment. Upon doing that we can become more and more aware of the 'totality of reality...', or better said, more aware of everything that the human mind can perceive in any one moment.

To be *mindful*, or to have our *mind full* of the spectrum of awareness.

We can practise to become more aware of the different elements that make up our perception in any one moment, awareness of my physical body, my feelings, my thoughts, my environment.

But if I also have an energetic body and I am not aware of this, will I always be missing an essential element of the reality as it is in this moment...??

What does it mean then to be aware of the energetic body?

The energetic body vibrates at a subtler vibration than the physical body, it is attuned, and in harmony with mother nature, with the planet. It is a vibration that we can feel all around us. In practises like Tai chi, people can experience this energy, in meditation, the more we become present, the more we attune to this vibration. It can be felt, heard, sensed.

A newborn baby is still very connected to this vibration, naturally, the mental filters have not been formed, yet. This is the attraction of connecting with little ones, especially little babies, vibrating closer to this frequency, in our arms, we can also tune ourselves up to this vibration.

We are all connecting to our energy bodies in different ways, even if generally this is largely subconscious. When we feel good, happy, present etc., our vibration is more tuned up, we are more aligned in space, to the energetic body.

When we feel low, the vibration and alignment get all out of kilter. In such moments, the simple effect of being in nature can help us shift our vibration to a more positive frequency.

What separates us from this vibration is all our attachments, cravings, desires. If I am thinking about this or that, my spectrum of awareness is drawn towards, narrows, or focuses upon 'my mental baggage'. Since the spectrum of awareness is limited in any one moment, if I am caught up in, or have an imbalance of awareness towards mental activity, I have less awareness directed towards all other phenomena that are taking place in this present moment.

Beliefs, opinions, pre-occupations, etc. all draw us away from being fully present, this is essentially our 'karma' our 'blockages'. Even to think about the Buddha or thank God for an experience of being fully present diminishes that very experience, drawing us back towards mental chatter. The ego's tendency, is to want to own, explain and understand each moment, even before it happens.

Similarly, if all my attention is focused on bodily sensations, I have less capacity to be aware of other phenomena that arise in this moment. The awakened state is a more balanced awareness, across the entire spectrum, which must also, eventually, include the energetic level of activity.

Since the energetic level is the most subtle, if our 'focus' is drawn to other elements, it makes it much harder to access awareness of our energy body and the energetic field.

What is duality and non-dualism? ²

I do not want to get in the way of the more traditional interpretations here, i still accept an ‘ultimate reality’ and a ‘relative reality’, and when we are able to connect to that ultimate reality, we are able to touch that which is non-dual, the one.

Spiritual traditions today direct the practitioner towards ascending ‘up’ to higher consciousness to connect to this ultimate reality, whereas, rebirthing is about bringing these two fields together.

When we are able to connect to our energetic bodies, and the environment all about us, the physical and the energetic ‘spheres’ harmonise, resonate at a similar frequency, the energetic body actually locates itself around the same central axis as the physical body, the chakra column.

I think that at the highest levels of the awakened mind this resonance is like a fusion between the physical and energetic bodies. This fusion is the unity, the oneness, the ‘yoga’ (union, yoking), and when we are not in this space of oneness we are effectively experiencing varying levels of duality.

Advaita, non-duality in Sanskrit means ‘not two’, and because we do not understand our energetic ‘reality’ we find ourselves in varying states of separation.

This separation between the physical and the energetic, is the fundamental ‘sense of lack’ that we experience in our day to day lives, and we try to fill up that ‘lack’, that felt ‘gap’, with everything we are attached too, sugar, screens, football, self-harm, negative self speak, which ever collection of flavours you like, and there are many, many of them out there!

And don’t forget, the closer we get to being more present, the more and more subtle the egoic delusions become.

As far as I am aware, there may be many ways and teachings that help us to make these connections, just connecting to your energetic body will change your life perspective instantaneously, and often does for people from all walks of life who have OBE’s or NDE’s.

I first got some of these experiences through lucid dreaming, learnt from reading Casteneda’s books, and then out of body experiences from practising the techniques taught in Robert Monroes book, ‘Journeys out of the body’.

Continuing my journey, through meditation I experienced ‘virgin rebirthing’, a teaching coded into the Buddhist text on the ‘31 planes of existence’ and also in Jesus’s crucifixion story. A process of rebirthing our two bodies into one.

This is not a simple and light hearted process, ‘yogis’ have prepared themselves for this experience with strong pranayama techniques, asana, and deep mental concentration practices. Then they take



² By David S. Soriano - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=128669914>

themselves off into isolated corners and caves, where they undergo whatever cathartic process's that need to unfold.

What is Higher Self? ³

I literally put 'what is higher self' into a search engine, and these are standard examples of what you get:

Higher self at its basic premise describes an eternal, omniscient, conscious, and intelligent [being](#), who is one's *real self*. (www.en.wikipedia.org)

"Your higher self is the real you, it is one and the same with our individual self. Your [higher self](#) is not an entity separate from you, it is very much a part of you. The higher self is the part of you that has not been wounded by judgements or discrimination. The higher self is 'you', the best part of you, it is yourself at the purest level. (www.medium.com)



Your higher self is a powerful extension of yourself. Imagine it as the most [enlightened](#) version of you, free from ego and aligned with the universe's deepest truths. The higher self embodies wisdom, peace, and an understanding that transcends the everyday consciousness. It's not separate from you but is the part of you that operates on a higher level of consciousness. (www.centreofexcellence.com)

Obviously I chose definitions that suited my narrative, but there are many examples out there that point towards this similar concept of 'higher self'. However from my perspective, most fall short of actually hitting the nail on the head.

My definition:

One possibility; higher self, *is* your energy body.

It could alternatively and ultimately be described as; the 'you' or 'the self' when the energetic and physical bodies are aligned, resonant, harmonious, maybe even fused.

All this will become more clear I hope as the article unfolds.

It would be remiss of me not to mention the third yogic body, the spiritual. I guess the higher self is 'fully manifested' when we are aligned to the spiritual element too. This is a yogic trinity, physical, astral and spiritual bodies (son, father and holy ghost respectively).

My point is, people get caught up in technical/spiritual speak, when the 'higher self' for example, is something much more simple, something that many people have concrete experiences with. Something very accessible to all people, which is a key corner-stone in realising a spiritual life.

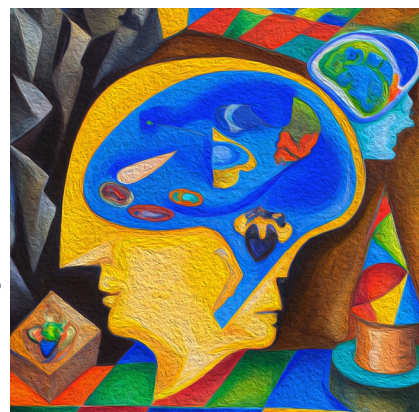
³ By NASA Hubble - <https://www.flickr.com/photos/144614754@N02/49070610776/>, CC BY 2.0, <https://commons.wikimedia.org/w/index.php?curid=87407327>

Phrases like ‘*your spirit*’, ‘*soul*’, ‘*spirit body*’ etc., are also distortions of the simple reality of the energetic body.

Koshas⁴

In yoga they talk about koshas or sheaths. These are different layers that make up the body. One of these layers is called the *mano-maya kosha*. This is the mental sheath, or we could simply refer to it as the ego mind.

Another kosha is called the *vijnana-maya kosha*, this is the sheath of understanding. The suffix ‘*vi*’ is from the same root as video and vision. This is something ‘*seen*’, but also in the spiritual sense of understanding, which can come from all the sense doors, not only the eyes. Jnana means knowledge, the suffix ‘*jna*’ was later transformed into ‘*gno*’, the suffix for *gnosis*, which eventually turned into ‘*kno*’ the suffix for the words *knowledge* and to *know*.



So these two words together, vision and knowing, give us a very good understanding of what this layer is all about. Perhaps we can call it ‘direct knowing’. We *see* a flower, and we *know* it is a flower, we feel hunger, and we know we are hungry, etc..

However, when we start to become more self aware, we notice that even if we have ‘direct knowing’, for example, we may be aware that we are hungry, but often in the moment of having this realisation, or direct knowing, we find ourselves repeating, reaffirming this knowledge to ourselves, ‘humm, I’m hungry...’, says the voice in our head.... ‘I’m happy...’, ‘I’m angry...’

I put in the three little dots on purpose, because, these reaffirmations of the experienced reality are the seed thought, or the hook on the fishing line of the ego mind, that can reel us into long chains of thoughts.

We know and even understand many things instantaneously, but we compulsively need to reaffirm this by putting it into words, in our minds.

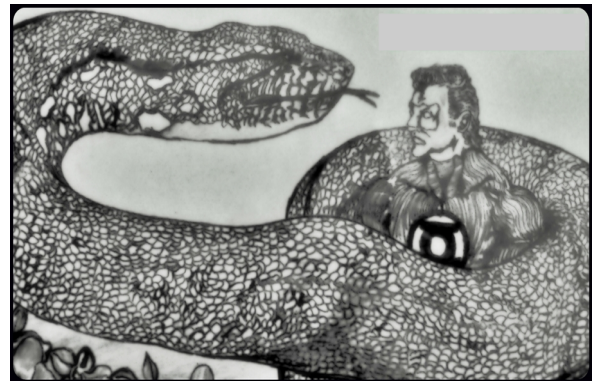
We have the capacity to know things directly *vijnana-maya kosha*, and we have another capacity to interpret and to help us make sense of the world about us *mano-maya kosha*. As we will see later, instead of being a tool for developing an ideal world in this physical realm, this sheath of egoic mind can start to act as a filter through which we experience the world almost exclusively.

4 By David S. Soriano - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=125366596>

Super Power Of A Yogi ⁵

We have a certain range of awareness, and a spectrum of elements that can fall within that range.

So, we have a range of ability to perceive different sounds, high to low notes, smells, tastes, touches etc. the sense doors, we have the physical body, feelings, thoughts, and if we follow the yogic path, the energy field, this includes our energy body, but also the wider field of energy all about us.



The difference here is, we can feel our physical body, I can feel both on the surface, the touch of air or clothes for example, but I can also feel internally. I can easily feel the sensations inside my intestinal tract after eating, but once you learn to place the attention within, you can feel any part of your internal body. With the energetic field it is the same, you can connect with your energy body and beyond that, your energy body connects to the entire field of energy that is all around it.

Here's the bad news, as with everything there is an 'opportunity cost', you can't do everything while not losing out on other elements, why? Because the range we have is limited. If I put all my attention on listening to something, I might not notice that I am hungry, or vice versa, if I'm hungry and searching for food, I might not notice if someone is trying to tell me something, unless it's to tell me where the food is!

The super power of the yogi, is his ability to '*choose*' where he places his attention. Most of us, most of the time simply get our attention dragged from place to place, object to object, concept to concept. In yoga, we learn to harness this capacity.

This is why the 'mind' is depicted as a wild bull, and the job of the yogi is to tame that bull, learn to ride it, and finally harness it and bring it back to the market place where it can be useful, pull carts, plough fields etc..

In many spiritual paths this often comes initially by placing all our attention upon one place, the flame of a candle, the breath, a mantra, a prayer etc. which is a great and probably necessary training, but has also become the root of confusion.

Vertical and Horizontal ⁶

For me, the ultimate Buddhist meditation practise is 'just sitting'. In just sitting we do exactly that, we sit and observe the reality as it presents itself moment to moment, and nothing else. The yogi has the power to control where he directs his awareness, yet, in this



⁵ By PlusLD - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=61474313> (DEZEMBRO taken off original)

⁶ By Ayman F. Khalil - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=62846143>

practise we direct that attention to the observer consciousness, which is a choice-less awareness, not focusing on anything in particular.

The catch is, while most people who meditate will quickly get an understanding of the 'observer consciousness' it's actually really hard to sustain. People generally get caught up in thoughts, sensations or feelings that are too difficult to bare, and so drift into distraction, agitation or sleepiness. At best, we get caught in a loop of awareness, followed by distraction, that just keeps cycling indefinitely, and at worst, we seek total avoidance and just stop meditating.

To help us to navigate these choppy waters there are many meditation techniques. When all goes well, we start with our attention on more 'gross' experiences, like the body or the breath, and we get progressively more subtle, the heart rate, feelings, thoughts, and eventually energy.

By this I mean we start to have direct contact with the subtle body. When meditators first experience the energy body they can experience a whole swathe of phenomena. The body getting smaller, bigger, vibrating, electricity, hotter, colder, there are many possible effects. As the mind becomes concentrated, we start to perceive increasingly subtler phenomena. Gradually, you start to loose awareness of the grosser elements, like your body, your feelings, and at a certain point your thoughts too.

This shift is when we are moving from the realm of form, and into the formless realms. Eventually, your subtle body starts to loose it's boundaries too, and you merge with the entire energetic field that is all about us. You experience that the entire energetic field is pure consciousness. Then you finally sink one stage deeper, as even the observer consciousness starts to dissipate, dissolve, into pure energy, the building block of everything, cosmic consciousness.

Okay, it sounds a bit grand, and whilst it can be a transformative experience in many ways, the yogis and spiritual adepts were having these experiences but still coming back and struggling with the 'mundane', 'relative' or 'dualistic' reality, day to day life.

This shift from just sitting, aware of the body, to awareness of the energetic field, to total dissipation (cosmic consciousness), is the full spectrum of what we can call '*vertical alignment*'. Aspiring along this pathway is what the mainstream religious and spiritual traditions have to offer as the main event. Reaching out to touch the ultimate reality. The merging of the three bodies of yoga, the physical, the astral and the spiritual.

When we understand the deeper symbolism and coded teachings, we learn that the sages were directing us towards a slightly different model of spiritual transformation. The Buddha never talked about enlightenment, but awakening instead. The Buddha was a master of the eight jhanas, the stages to cosmic consciousness, but he abandoned this practise. The path that he sought, was to come out of *suffering* in our day to day lives.

Vertical alignment is this constant refining of consciousness, getting subtler and subtler. It brings a high degree of alignment between the physical and energetic planes, but at a certain point, these reference points have to start to dissipate. If the goal is to reach the oneness, we cannot hold awareness of the physical body and cosmic consciousness together. Consciousness is directed away from grosser elements and always towards the subtler, until there is nothing more subtle to be perceived.

So what is Horizontal alignment? As we move along the vertical axis, there is a certain point where we are aware of the subtle layers of reality, but we are still aware of all the grosser elements. In fact it's just at that point where if the mind were to get 'more subtle' we would start to lose awareness of the grosser elements. This space, is a perfect balance point of awareness.

To get to this space, generally, we need to allow the mind to become more subtle, to get used to being aware of the subtler aspects. This is where yogis start to experience siddhi powers (telepathy, astral projection, etc.). Then, the yogi needs to exercise his super power, and notice, that the mind has become subtle, but for the awakened mind, we need to re-direct our attention, to have balance with the horizontal axis of awareness.

Instead of getting more and more subtle, heading further into the jhana's and towards 'cosmic consciousness' we can choose, at certain moments, to shift our awareness. From a space of concentrated mind, we can re-open our awareness to re-incorporate the grosser elements of body, feelings, mind and the sense doors. This brings us very present into the here and now. Because it comes from a space of vertical alignment it helps us to stay aware at an energetic level.

You cannot be aware of all phenomena that arise in any one moment, but we can be aware of the general energetic field and our energetic bodies, this is our vertical alignment. Simultaneously, we can be aware of our physical bodies, emotions, thoughts, and all that we can perceive through our sense doors. Horizontal alignment integrates these aspects back into our awareness.

Vertical is connecting us to the energetic layers, horizontal, to the physical plane.

This is why the Buddha taught that you do not need to enter into the jhana practises, which is classed as the 'withdrawal of the sense doors'. If the mind becomes too subtle, as in the higher stages of vertical alignment, then we stop connecting to many of the grosser aspects of reality, body, feelings, etc. The Buddha taught that we only need to achieve a level of concentration (*access concentration*) just below the start of what would become absorption states.

Most people seriously practising meditation are entering into absorbed states, while the awakened state requires that we open up our attention into the world around us.

The Buddha was a master of the eight jhanas, but rejected this path as the way to true liberation. This is the path of 'cosmic consciousness' a total merging with the 'spiritual body'. In this space any sense of Self completely dissolves, only pure conscious energy remains, which is completely impersonal.

Let's take a look at the teaching of rebirthing through the narrative of some famous teaching stories, most notably, the crucifixion, probably the 'biggest' narrative of current civilisation.

Jesus leaves the city ⁷

Let's dive into some of the symbolism of Jesus's crucifixion story. The journey starts in the holy city of the temple, Jerusalem. But to be crucified, Jesus needs to go out of the city.

In practise terms, the walled city is symbolic of the ego mind. We observe internally 'just sitting', when we notice that we are caught up in the loop we talked about earlier, observer consciousness and then shifting into distraction, and we can't break out of this cycle.

At some point we 'see', we understand that we are constantly being caught upon the hook of ego-mind. This is the judgement of Jesus, being tried and convicted. The practitioner knows that it is the ego-mind that keeps diverting attention away from our attempts to stay present, and internally makes a deep conviction to stay present, free from distraction.

To do this we need to start opening up the spectrum of awareness, we come back to our sense doors for example. Opening up our awareness, is going out of the walled city of Jerusalem. The determination to not get caught back up in egoic mind patterns is also symbolic of leaving the city.

On this journey, Jesus falls three times, the first time is straight after taking the cross. Even though we see that we are being constantly drawn into ego-mind, no sooner have we seen it, we are again back under its sway. But this time there is a difference. As soon as we start to drift towards the ego, we notice this movement, and we snap back out of it. This is a new phase of developing awareness.

In the story, this is where Simon of Cyrene starts to help Jesus carry the cross. Even now, we will still fall back into egoic thoughts, but only briefly as we now have this reflex to perceive it and draw our attention back to the present moment. This is what Simon represents in the story. The name Simon itself, means to listen, or hearing. At this stage we start to 'hear' or discern more clearly the voice of the ego. As we develop our yogi powers, upon hearing that voice, we 'choose' to listen, but not attach, and keep a more expansive attention.

And so it is, that Jesus falls two more times before he arrives at the hill of Golgotha where Jesus is nailed to the cross.

In this phase, the meditator has now established his balance between the vertical and the horizontal alignments (we are nailed to the cross), the ego-mind, still forms a small part of the total spectrum, but now in balance with all the others, it no longer dominates.

At this moment in practise, when the balance between the horizontal and the vertical becomes stable, the chakras vibrate with greater harmony. The yogi experiences energy flowing freely through the spinal column. Jesus is 33 at the moment of crucifixion, we have 33 vertebrae in the human spine. This column of energy that we feel flowing through the spine is symbolised by the erection of the cross to its vertical position.



⁷ By Hieronymus Bosch - <https://www.mskgent.be/en/collection/1902-h>, Public Domain, <https://commons.wikimedia.org/w/index.php?curid=128360535>

Coming out of the city and walking towards golgotha, is opening up our awareness towards the sense doors, again this is a choice the yogi can take at a certain moment, this is a moment of rebirthing, the energy that comes up to the crown chakra at the top of the head, moves back towards bindu chakra at the back of the head, the area where Brahmins leave a tuft of hair. If we go into the jhanas, energy starts to move upward beyond the crown, if we draw ourselves back towards the sense door realm, the direction of the energetic flow is back to bindu, and then down.

When energy moves back to bindu the practitioner can experience the opening of the third eye, a visceral sensation of opening at the forehead, between the brows. This can also be accompanied by a sense of an energetic activation at the temples. So you can experience energy at these four locations, third eye, bindu chakra and the two temples. All together this can give the sensation of having a band of energy around the top of the head. This is the crown of thorns.

Jesus being on the cross, up high, is the establishment of the observer consciousness, any movement of the ego at this time, is noticed immediately, and there is no stickiness or attachment, no desire to follow it in any way. Finally the ego disturbance completely fades away, Jesus dies on the cross, only presence remains.

It is Finished ⁸

Letting go totally into the present moment needs a leap of faith and also a determination, such phrases from the sayings of Jesus on the cross show us this spirit. 'It is finished' this must be the conviction of the practitioner, I now surrender into a space where I know nothing.



The ego mind is a predictor programme, it makes sense out of everything that happens all around us at any time, it's like the bookmakers making odds for every outcome. It draws on past experiences, and observes all current data, and it predicts what must come next. This gives us a sense of continuity and security. To leave this behind and just feel the unfolding nature of reality 'as it is' needs conviction, 'it is finished', no more ego. But to take this step we need a little faith. Faith that we will be supported as we step into what feels like a great void, 'father, into your hands I commit my spirit'.

Jesus dies. The ego is silent.

When the ego falls silent, we now see the true emptiness of Zen Buddhism, it's like the true sound of silence at the top of a mountain that rings in your ears. When the ego stops we become very still inside, phenomena, rise up and then disappear into the emptiness, no interpretations, no definitions, no predictions. A sound arises, a sound passes, as they say, like clouds passing upon an open sky. The emptiness is also the revelation that the ego itself is 'empty' full of bluster and pomp, like a duck kicking its legs hard underwater to keep a cool persona floating on the surface. We 'see' how much energy it takes to sustain this mechanism, and how it actually disconnects us from so much.

In many ways the interpretations and predictions of the ego mind are just not right, 'because I did that, they won't like me anymore...', and instead of being able to be our authentic selves, which

⁸ By Didier Descouens - Own work, Public Domain, <https://commons.wikimedia.org/w/index.php?curid=57688697>

has the right to be loved, we shift and adapt in accordance with these ego lead ideas. Each time we restrain ourselves or push ourselves into 'unnatural' patterns of behaviour we create some sort of emotional blockages, physical contractions, and a new process of thought patterning that will now determine future reactions. All of this will then need undoing at some point on our 'spiritual journey'

When Jesus dies on the cross the curtain that separates the holy of holies in the temple is said to have torn in two. This curtain separates the community from the most holy place. That holy place is the inner silence when the ego has completely died back. After this moment, yes, we will find ourselves caught up in ego mind, but it will never have the same hold upon us as it did before. We have seen beyond the veil, we have seen the Wizard of Oz behind the curtain, It's just a bumbling old man that has no 'real' power over us. The curtain in front of this holiest place, will be forever split. Now, we will always have a certain amount of access to recognise when we are caught up into egoic mind webs, and a greater capacity to untangle ourselves, than we had before. It can also be said, that this is a process and a training, the more we experience this space the more we are able to recognise when we are caught up in ego, and the more we can learn to extract ourselves from the situation. In Buddhism the fourth noble truth is 'marga', 'the path' this is not sudden enlightenment, but a gradual process, a process of now thyself.

The splitting of the curtain of the holy of holies could also be a symbol that represents the opening of the third eye. This is a visceral experience at the frontal lobe of the brain, and can feel like our forehead is being split open. In meditation this can be accompanied by a natural opening of the physical eyes, and is recognised as the first stage of rebirthing, we'll come to this later.

However it's not all good news at this point, because of the other element that naturally goes along with emptiness. When the ego is silent we have to bare witness to whatever arises, 'as it is'. Some of the feelings, emotions and thoughts that arise may not be so comfortable to 'be with'. This is when the yogi comes face to face with themselves, this is when we get to see the blockages, the contractions, that have become a part of our persona. Who we consider ourselves to be, or not be, some conscious, but many sub-conscious manifestations of who we think we are.

The good news at this point, is that you won't have to experience '*everything*' that has impacted us in our lives, all in one go. We get to peel back layers progressively. Life itself does this naturally for most people as we grow through the years. This is just room 101, accelerated growth, the know thyself expressway. As we peel back layers, we connect to spaces that are much more free, bringing clarity, presence, connection and heart. The bad news is... If we want to *live* from these 'awakened' spaces, we *will* have to pass through our darkest spaces at some point. This is the 'Bardo realm' between lives.

In the Matrix, this is Neo, when he has come out of the matrix and has started living on the Nebuchadnezzar (the ship). Interestingly, Nebuchadnezzar was the Babylonian king that destroyed the temple and exiled all the Jews from Israel. It's like we have come out of the ego-mind, but we are in exile, it's not blissful, it's a little dull, grey, and we feel all our discomfiting sensations, 'as they are'. On the Nebuchadnezzar ship, Neo finds the food drab, Cypher, the bad guy on the team complains in his ear, negativity can bubble up.

Jake in Avatar is a disabled ex-marine soldier. Like us, when we are *only* connected to our physical body, and our attention is drawn strongly by the ever turnings of the ego mind, we are disabled versions of our full potential. Luckily, Jake has an identical twin brother, and so do we. Ours is our energetic body. Jake gets into his brothers avatar body which is like us connecting to our energetic

bodies. Jake is free to run and jump, but then he gets lost out in the forest at night, and all the night creatures crawl out from the fauna and start to attack him.⁹

When we initially connect to these spaces beyond ego mind we will have to encounter ourselves face-on. It's a classic dark knight of the soul. There will be possibilities at these times for the ego-mind to come back in and reclaim centre ground, draw the attention back towards himself. And ego has good grounds to sway us back, when we're feeling uncomfortable.

If we can resist the persisting ego-mind, stay present, then ...the story continues.

10



There's an idea I have, each time you catch the movements of ego, trying to lure us back into it's thought streams, but *choose* to rest with observer consciousness, the next movement of ego will become more subtle. It's like shifting up a level in a computer action game, at each level, the baddie gets tougher to defeat. If we can make this shift three times in a row, noticing each subtler egoic form and resting with the observer consciousness, then, for a time at least, the ego-mind falls away.

In the Jesus story, this is symbolised by the three days Mary will wait before going to the empty tomb. Each time the ego chimes back in, it will appear in subtler and subtler forms, looking to hook us back, just like earlier when we are trying to stay in the balance point between the vertical and the horizontal axis's. Now we have a possibility to focus upon the space of emptiness, beyond ego mind, if we are able to sustain this attention, something shifts...

Another symbol that indicates the practise of rebirthing is Jesus coming down off the cross, and his age at this moment being 33 years old. In the rebirthing experience, with the third eye open, there is a strong build up of energy at the site of the third eye, this energetic experience can naturally rise up towards the crown chakra, and then there is a difference between the rebirthing and the classic ways most spiritual practises evolve. Once energy has formed at the crown, most practises focus on subtler energy, and this keeps the energy at the crown, and radiates upwards, shifting us into the jhanas, deeper concentration. Rebirthing keeps demanding that we open up the field of awareness at these moments, and this shifts energy back, through bindu chakra, and down the spine.

Jesus coming down from the cross at this moment is symbolic of the energy that needs to move downward after ego mind dissipates. The age of Jesus being an indication for the 33 vertebrae of the spine. The energy travels down the spine and can be accompanied with physical adjustments if there are blockages in the spinal column. This helps the physical body to have a better alignment which will help for better circulation of energy through the body, and that's exactly what's about to happen next.

9 By Theme Park Tourist - Flickr, CC BY 2.0, <https://commons.wikimedia.org/w/index.php?curid=58941891>

10 By Dor Shabashewitz - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=135964610>

Rolling Stones ¹¹

Three days after the crucifixion, Mary Magdalene goes to the tomb. After burial, the guards placed a stone to block the entrance of the tomb. It would have been a large stone, since there is one text that says the women were worried about how they could possibly move it, to get access to the tomb. When they finally get to the tomb, they find that the stone has already been ‘rolled away’, and the tomb itself, was empty.



Again, the empty tomb may refer to the emptiness we have already mentioned, as ego dies back, but since this great stone has been rolled back it suggests a state that is empty, but also a space that is beyond the ‘dark night’. The women going to the tomb were worried, but coming to the site and seeing the rock rolled back, they were relieved, any worries dissipated.

After the yogi chooses to place his attention upon the emptiness, focusing upon the raw experience of each moment, resisting the lure of the ego, something else will now start to manifest. This is more a space of stability, and peacefulness. We are moving beyond the grey food on the Nebuchadnezzar and the threat of the night monsters in the forests of Pandora.

So what is the symbol of the stone being rolled away? The truth is I can’t quite decide, it could be one of three things, or maybe all three...

The stone being rolled away, could be the stone that is our ego mind, which then reveals this deeper space of emptiness, the empty tomb, and Jesus is no longer there. If we keep the theme that Jesus is representing the ego mind (sounds a bit blasphemous I know...), then this describes this space of meditative peace rather well.

However at this point, there are two other events that happen in the sequence of rebirthing. Once we experience this space of inner stability, having previously had a physical alignment, as the energy comes down the spine, now the base or root chakra (Muladhara) opens. This is place where kundalini, serpent power, is stored, this is universal energy, the base energy of all existence that also resides within us. This area is located within the pelvic bowl, the sacrum, which is of course, a sacred space!

So the open tomb, with the stone already rolled away, could be this opening of the base chakra.

In one account of this part of the story, an earthquake occurs, and an angel comes and rolls away the stone. Sometimes in yogic literature the opening up of kundalini is described as like an internal earthquake of energy rising up in the body. The arising of kundalini can be intense, but generally, when opened up at the right time with a yogi who has enough experience, the arising of kundalini is always receivable, and with practise, becomes a much more calm and pleasant experience.

A third option moves us further along in the process of the rebirthing experience, and more likely coincides with a point in the story when Mary has already seen the arisen Christ. It’s a teaching that is not often talked about, but a passage that all yogis must traverse, the opening of the great heart knot. The stone in front of the tomb is a big heavy stone that would be hard to move. In yoga, they

11 By IssamBarhoumi - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=58569510>

talk about the ‘*great*’ heart knot, which is difficult to move through, since we must be prepared to let go of all our emotional blockages. I think that the rolling back of the stone could relate to this moment too. We’ll look at this next.

Note, that it’s the Christ we are talking about now, it isn’t Jesus the ego mind anymore. The Christ, represents the Christ-force or the yogi with kundalini energy rising up through the bodies (remember, you have three!).

The Cycles of Life ¹²

Either way, at this point in the rebirthing cycle, kundalini energy starts to rise up through the bodies. In terms of the Christ story, Mary has met the arisen Christ, or put another way, Mary is experiencing the rising kundalini.

Kundalini energy is universal energy, the very building block of creation, stored in it’s pure form within our energetic system, stored at the base of the chakra column. If computer programs are all based upon 1’s and 0’s, then our perceptible universe, is made up of universal energy, which is the feminine component, and universal consciousness, which is the masculine element.

Jake lost in the forest of Pandora, is in danger of being devoured by the wild animals, when all of a sudden, Natiri arrives on the scene. After the ego mind dissolves, the yogi is witnessing experiences ‘as they are’. Sometimes, this can be a little tuff, shadow areas of our consciousness start to bubble up. But, if we can stay with the process, ‘staying with’ is the key to unlocking kundalini, at some point our attention starts to track subtler observations, that arise, in each moment. The intensity can start to disipate and we enter into a new phase of the practise. Later, further down our process of ‘know thyself’, we will have to understand and acknowledge whatever ‘dark materials’ we encounter in these moments, but most likely, we will need to pass this way many times.



There is *only* this moment, so any desire to avoid it, whether that be moving into thoughts of the future or past, drowsiness or physical agitation, the root of these movements is that the present is hard to bear. The feelings I have in this moment *now* are in some way discomforting. When I am caught up in distraction, I have less available awareness that can be placed on the totality of now. When our full attention is in the now, we first notice the grosser and potentially discomforting feelings, but as we ‘stay with’, we start to notice subtler levels of the reality in the present moment. It’s similar to how we face subtler movements of the ego-mind, as we ‘stay with’ and shift to ‘higher’ levels. If we don’t get caught up in grosser phenomena, then we keep getting subtler, until we can also witness the energetic levels that are in play, moment to moment. This includes both the energy body, and the energy all around us. As the awareness incorporates more of the subtler levels, the present moment transforms into a space that at first we support well, and finally, as kundalini opens up, to a place that is filled with beauty.

Once Natiri appears on the scene, the dark night turns into a majestic sea of colour and beauty, Jake is already starting to fall in love... This is what the yogi experiences when kundalini rises. Neo, on

the Nebuchadnezzar is feeling 'grey' but slowly, he starts to fall in love with Trinity. This is the trinity of third eye, crown chakra, and bindu chakra, the sequence in rebirthing for bringing the energy back down through the body.

Kundalini rising, is a pleasant experience for the yogi to rest in. Attention, which had been directed outwards, to balance the vertical and the horizontal awareness's, now starts to turn back inwards, after all, we have kundalini energy flowing throughout our bodies, and that is a strong draw for our attention.

As we continue to rest in what is a generally, a pleasant energetic experience, at a certain moment, the yogi may come to notice that deep in his heart chakra there is still some level of constriction. The yogi now directs their attention towards these tighter feelings that subtly pervade the heart chakra. We may not be able to fully resolve the root causes of this contracted vibration, but, if we are able to accept and stay-with, just as it is, then slowly, the great heart knot, starts to unravel.

In some way, yes, we do solve this contraction right there and then, but, I believe, that the cause of this contracted vibration, is the very separation between the physical and the energy bodies. In this moment they come into alignment, and so the constriction dissipates, and now energy, kundalini flows freely and more powerfully through the system. Not powerfully in any sort of destabilising way, but just full and empowering.

However until we get to work through all of our karmic knots, this heart knot is always going to knot itself back up. As we continue to work upon ourselves, this knot becomes less tangled, easier to pass through, and we start to learn ways to rest longer and deeper into the resonance of harmony, with the physical and energy bodies aligned, beyond the knotted heart chakra. But we'll touch upon this later.

Lord Vishnu is sometimes depicted sleeping on the coils of a snake, he is between yugas, he needs to be awoken out of the Kali-yuga to allow the Satya Yuga to start. Kali yuga is the darkest age, in Hindu philosophy and is just before Satya Yuga, the longest and 'brightest' yuga. There are four Yugas. Vishnu sleeping on the coiled snake, is the yogi who has kundalini energy flowing throughout the system. As I said earlier, at this point, the attention turns inward again, this is Vishnu sleeping. Vishnu is awoken, by Lakshmi, this is the moment, with the coming together of the masculine and feminine elements, the coming together of the physical and the energetic bodies, the 'great heart knot' is opened. This is succeeded by the yogi remembering the need to have a more expansive awareness. The yogi comes back to observing the energy all around, only now, we also have kundalini flowing within, this is the start of the Satya yuga.

The third eye is the store of universal consciousness, the masculine energy. Once the heart knot is open, kundalini rises to the third eye, the feminine and the masculine energies meet at the third eye. This is the moment when the yogi notices that attention has been directed inwards again, and opens up the spectrum of awareness once again. That is the moment when Lakshmi wakes Vishnu.

When the physical and energy bodies are aligned, there are still two more stages of rebirthing that also have their symbolic counterparts woven into the crucifixion story.

As we can observe throughout all the natural world, everything is governed through cycles, the rebirthing process is no different. This is also one significance of the Hindu yugas, there are four in total, just like the cycles of dusk, night, dawn and daytime. In rebirthing, the shift from internally directed attention (the winter or night for example), moves to a more balanced awareness of the

internal and external planes (equinox, spring or dawn time), then the attention gets drawn towards the external (summer, solstice, mid-day) and then as we come back towards the dusk, the autumn and the equinox, the attention comes back towards a balance, before turning back inwards.

I could have also punctuated these seasonal turnings with, Easter/Passover/Baha'i new year, Lent/Pentecost, Harvest festivals/Jewish new year, Christmas/Chanuka and many other festivals that fall at these auspicious times of year. I do accept there are festivals from many of the world's traditions right throughout the calendar, but some of the 'bigger' or more observed ones do tend to roughly punctuate the solar and lunar cycles.

As a yogi, one of the most important things is to have an awareness of these cycles, and to observe them, as they are. We cannot control them, although Joshua apparently did stop the sun and moon in their cycles in a famous biblical passage (Joshua 10:13). But each season is essential, and can be observed and respected, this is the only way for us to rest in our balance.

With awareness turned inwards, we may be in a space a deep contentment, but suddenly we notice the sound of a bird, the touch of the wind, the warmth of the sun, and we realise that our attention has become inward looking. At this point we can start to open up awareness across the spectrum, a new cycle of rebirthing starts, although at this point if the cycles are continuous, they are more like spirals, building upon each other. The energy mounts at the third eye, and instead of energy resting or going up from the crown center, the energy goes back through bindu, and down the spine again.

In the Buddhist teaching of the 31 planes, as the energy reaches it's zenith at the crown chakra, this is plane 10, 'Delight in Creation'. If the eyes have not opened during previous cycles, then they will open, naturally, at this moment. Jake in Avatar is under the Tree of Souls, and his physical consciousness is about to shift permanently into his avatar, to become one. In the last scene, we see Jake open his eyes. As the energy goes back to bindu chakra, the eyes open, everything is 'bright', 'vibrant', and we are vibrating in harmony with the natural world all about us.

For me, it might be a little like the feeling the disciples had as they met the resurrected Christ, standing before them, full of light and energy. In these moments they too would have tuned up to the miracles and wonders of the natural world. I get this feeling most when the Christ is meant to have appeared to 500 followers, I think, at the mount of Olives, and some accounts suggest that he was somehow 'above' them, so they could all see him. Perhaps higher up the mountain, perhaps levitating, but either way, his presence would bring this sense of fullness and completion, delight in nature.

Finally, to complete the full rebirthing sequence, the energy comes down the spine, and we enter into plane 11, 'Controllers of others Creations'. There is a sense at this moment, that the energetic and physical bodies literally *fuse* together. Like Jakes consciousness fuses with the avatar body. At this time, we get to keep hold of our physical body, although at some point, we all have to let go of that too.

What does this stage of awareness look like? We are fully present, fully grounded in the here and now, we 'see' things with clarity, lucidity. In general, people, in order to 'control' our environment, tend to 'create' and 'project' stuff towards others a lot of the time, anger, desire, neediness, the list goes on... . We in turn re-act towards what is being created by others around us.

At this level of the awakened mind, we see what others create and project, and instead of taking it as something 'for us', we 'see it', as a manifestation of the others problems, from their sense of

lack. It's their sense of detachment from the energetic level of reality, and their seeking for some sort of vibrational change that takes them away from those deeper feelings of disconnection. At it's worst, emptiness (in it's negative sense), void of a sense of being connected... to oneself, to others, to nature, to the all, to the one...



A Divine Place to Live ¹³

In Buddhism, there is a teaching called the 'Brahma Viharas'. This is basically translated as, the 'place where the divine ones live'. The brahma viharas aren't a physicalised place, they are, a place we can be in, based on our state of mind. They are given as a list of qualities, *compassion*, *equanimity*, *altruistic joy for others* and *loving kindness*. These, 'states of mind', are close to the vibration of that original cosmic/universal energy.

The more we can touch 'that space' of awakened mind, the more we 'see' others as they are, the more we find ourselves naturally cultivating these mind states, the more we experience resting in these states, the deeper we experience the awakened mind.

Only this, can keep us cycling in those awakened states of awareness, and also as we said earlier, learning to respect the cycles. Respecting the cycles means that we do not need to question when we have been caught up in an 'internal cycle'. We just simply *notice*, that we are now coming into a space of greater balance and a more open awareness. Judging ourselves in these moments brings a grosser vibration, and we spiral down the loop of awareness instead of up it.

It's all about catching ourselves when we are caught in downward spirals, and as we walk the path, like Jesus, we will fall, over and over, but if, like Jesus, we are determined, we get to walk up the hill, consciousness rises, until we find our balance point once again, nailed to the upright cross.

This space of living in the 'divine place', resting in the energy of loving kindness (compassion, equanimity and altruistic joy for others), in the gospels, is akin to Jesus, after ascension, taking his place at the right-hand side of God.

13 By Basspildstelle - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=97453079>

Virgin Mary ¹⁴

Although I've already written (Powers of 9) and talked about Mary on videos, to round off the story of Jesus, would feel incomplete, if I didn't share my observations of Mary from the perspective of the 'virgin rebirthing' point of view.

When we initially have rebirthing experiences, at the point when the energy shifts from the crown towards bindu, we can have the sensation of our head pushing up against an energetic membrane. The head slowly pushes through the membrane. The symbol of the curtain of the holy of holies splitting could also relate to this moment, however, a much more accurate symbol would be the virgin birth.

If a baby was being born to a virgin mother, the hymen layer would still be intact. The out coming babies head would have to connect to this thin membrane, and then push through it as it came out of the vagina. This is the felt sensation as the yogi first pushes through the energetic layer, this is an intense experience for the yogi, just as it must be an intense experience for the newborn child coming out of his mothers womb. Just like a traditional birth process, the first stage is that the head emerges out of this energetic bubble, and then there is a break, where the intensity eases off.

In a normal birth the vaginal sphincter needs to dilate for the head to come out, and then can relax back a little at the point where the whole head is out and the sphincter, relaxes a little at the neck, which is less wide than the circumference of the head.

For a yogi, at this point, the head is out, and they may feel more present than they have ever felt in their whole lives, lucid, clear. Then at a certain point, either this 'gain' will drift into distraction, into ego mind, or the process can continue. Intensity comes back into the practise as the energetic membrane moves beyond the shoulders and finally comes to rest at the waist.

In the birth of the baby, the vaginal sphincter needs to dilate once again, and now even wider, to let the shoulders pass, and can again come to a point of rest around the waist, before it has to dilate one more time to let the hips and legs be birthed.

These same stages are experienced with the virgin birth of the yogi.

There is also a teaching called 'the perpetual virginity of Mary'. Even after having this experience, the energetic membrane does not disappear. The next time the yogi attains to this experience, the membrane will still be there. They must be reborn through the virgin birth cycle many times, before the sensation of the energetic membrane disappears.

My understanding today, is that, we are not being reborn through the hymen layer of the ever virginal mother nature, but it is in fact, the sensation of the energetic body coming into the physical body. Most of the time our energetic body, while it is always in our sphere, is not aligned or centralised. In the rebirth the two bodies come together. We will need to perfect this transition



¹⁴ By Diego Velázquez - <https://www.museodelprado.es/en/the-collection/online-gallery/on-line-gallery/obra/the-coronation-of-the-virgin/>, Public Domain, <https://commons.wikimedia.org/w/index.php?curid=159927>

through experiencing it over and over again. This helps us to know what hinders this state of being and what helps us to access it.

In the case of the yogi, stories have transformed this process of repeatedly experiencing this birth like experience again and again, that gave rise to ideas of rebirth and reincarnation. The idea that the Buddha for example had thousands of past lives that he remembered as he went through his own process of awakening

As I have already said in other places, it brings up quite big questions here, was it Mary, who had a virgin birth, or was Jesus born of a virgin?

To answer this question we need to understand the crucial stages of 'virgin rebirthing', and how these are symbolised in the crucifixion story. Then we see in the texts, that Mary (Magdalene) was there to *witness* all these stages. She would have been with Jesus on the walk to Golgotha, in the gospels, she is clearly named as watching the crucifixion, it is her who witnesses the empty tomb, sees the arisen Christ, and would be there for his final ascension.

From the experience of the yogi, it is the yogi that *has* the virgin birth, being born through the energetic membrane of the vagina of great mother earth, mother cosmos maybe. It is the yogi who witnesses the death of the ego mind (Jesus on the cross), it is the yogi who witnesses the 'emptiness', after the ego falls away (the empty tomb), it is the yogi who witnesses the arising kundalini energy (the arisen Christ).

I leave it for you to decide, but once you actually have the virgin birth experience, I think you will think like me, that it was actually Mary who had this mystical experience, and was the true yogi of her day.

Ankh and Uraeus ¹⁵

As most people know, the Egyptians were pretty switched on to all this spiritual stuff. I don't think they were as interested in life after death as most people think, but more in life after the death of the ego mind, and the subsequent 'rebirthing of awakened mind'.

The well known belief of weighing the heart against the feather in the Egyptian afterlife, is likely to be the equivalent to the teaching of the yogi's passage through the great heart knot. If successful, the yogi gets to go on to experience the fusion states between the physical and energetic bodies. As far as our understanding of the Egyptian religion goes, if the deceased person successfully past the heart weighing test, then his spiritual life-force and his individual characteristics would fuse together to form a 'higher' state (our 'higher self' in spiritual speak).

Two ancient symbols from Egypt, are the ankh and the uraeus. The ankh is often carried in the hands of the priests or the pharaohs. The ankh, for me, is essentially the same symbol as the cross, showing us that balance point between the horizontal and vertical axis's. The big difference between these two symbols is the looped top part of the ankh. This I believe is



15 By Eternal Space - Own work, CC0, <https://commons.wikimedia.org/w/index.php?curid=131156508>

symbolic of the rebirthing process where the energy needs to be circulated back down, through bindu, and down the spine.

First, come into balance, and then, circulate the energy around and down.

The uraeus is the cobra often seen at the forehead of the pharaohs and priests. What is this guy all about?

The snake has always been the symbol of kundalini energy (as we spoke about earlier), the kundalini energy is released at a certain stage during rebirthing cycles (when the Christ is arisen). If the heart knot can be opened, if the heart weighs less than the feather of Ma'at, the kundalini continues to rise up. In the initial stages of rebirthing, when ego dies back, the third eye is opened, connecting us to the masculine quality of universal consciousness. When kundalini rises beyond the heart, these two energies, the feminine and the masculine, universal energy and universal consciousness, Lakshmi and Vishnu unite at the third eye.

The separation of the original source, God, if you like, into universal consciousness and universal energy was the first evolution, the original birth, but also the original separation. The existential angst that we feel as human beings is this same separation. Within us, in a concrete way, is a separation of the physical and energy bodies. When kundalini rises to the third eye these two energies meet once again, within us. This can then be rebirthed as energy is once again cycled around and down. This leads to a final fusion state, that brings a sense of completion and of wholeness. This is when the Buddha knew he had no more lives to be reborn, he had taken his last rebirth. There is nowhere else to get to, we feel complete, nothing left to attain on this cycle of rebirthing.

We can of course spiral away from this state, but we cannot attain to anything greater in terms of the 'awakened state'.

The head of the cobra at the third eye was symbolising this, kundalini, universal energy, meeting universal consciousness at the third eye. The Pharaohs and priests depicted in this way had attained to this level of self realisation.

Grounding ¹⁶

If you look at the Buddha in 'enlightenment posture', he has his left hand in classic meditation position, resting in his lap, palm up (vertical connection). The right hand is draped over the right knee, with the fingertips touching the ground (horizontal connection).

When we are 'raising our consciousness', coming into the present, we are starting to 'vibe up', resonate with the energetic body. At a certain point, this change in vibration, which becomes more intense as we align with the energy body, can cause us to 'blimp out'. We shift into distraction, get caught up in thought-chains.



¹⁶ By Photograph by Rama, Wikimedia Commons, Cc-by-sa-2.0-fr, CC BY-SA 2.0 fr, <https://commons.wikimedia.org/w/index.php?curid=15371554>

It's like a barrier that is difficult to pass through, perhaps because we don't have the right vehicle. The physical needs to adapt, to be able to align with the energetic body, our breathing pattern needs to adapt, knots and holdings must be relaxed (this for me is the Kabbalist idea of building your Golem).

If we meditate, we can overcome this barrier through concentration. However, by doing so, we begin to withdraw our senses and lose our connection with the sense doors and the phenomenal world. In rebirthing (virgin rebirthing), we bring this energy back down through the spine, we make a circuit, the ankh.

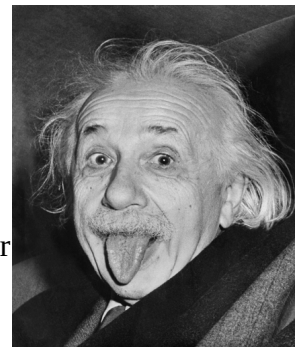
With each successive stage of rebirthing, we both refine our capacity to rest in these states of vibration, or integration with the energetic body, learn to let go of more 'knots', and create neural pathways that help us to '*re-member*' reconnect to these spaces more instinctively.

We can connect to the oneness, which is the non-duality of 'ultimate reality', but this is *not* what the Buddha taught. He mastered this and then kept on searching. He wanted to carry water and chop wood, feeling that full sense of connection, completeness, without any sense of 'lack'. He *re-discovered* the art of moving through that build-up of energy, by turning it back down, grounding that energy through the tips of his fingers of his right hand. This is the non-dual reality of the manifest world, where the '*not two*' refers to the split between the physical and the energy body.

E=mc² ¹⁷

We've talked about rebirthing, and the fusion state when the physical and energy bodies come together. Now I want to come back a little, to look at earlier stages. Often a yogi first needs to understand that he has an energy body, and to do this, he needs to experience this, first hand. This can be progressive, and lucid dreaming is often a starting point in many traditions.

This can then be taken to the 'next level' with OBE experiences. We can enter into our energetic bodies in many different ways and situations, however the classic way to make this connection is lying down, and entering into a meditative state.



The connection with the energy body is first made, we need to have a certain level of alignment. Then, the vibration of the energy body is amplified, and this creates the possibility for the energy body to rise up out of the physical. To have a 'conscious' detachment, the yogi must then 'send' consciousness from the physical to the energetic body. This results in an out of body experience, which can also be directed towards astral travel.

Let me briefly distinguish between the two. A regular OBE means you stay in this dimension, everything looks the same or very similar, sometimes there are subtle differences. You can even see

¹⁷ By International News Service - <https://www.3dnews.ru/assets/external/illustrations/2013/10/10/767653/3.jpg>, Public Domain, <https://commons.wikimedia.org/w/index.php?curid=155774692>

your physical body, if you haven't left the room you are in. This is basically the same as a classic NDE, although people do then talk about 'seeing' or experiencing other realms beyond this dimension.

Astral travel is slightly different, in that, at the moment of separation between the two bodies, instead of just rising up out of the physical body, the energetic body is whisked backwards into a tunnel. The energy body flies, head first, through a type of wormhole, and then at some point gets 'ejected', into what will be a totally different dimension than the one we experience here.

I don't want to get into the science, since I have no authority to do so, but, people (and generally those who haven't had the experience) will always suppose that these experiences are just manifestations of the mind etc.. I can only share with you from my personal experiences as a yogi, and I don't have a huge amount of experience in these domains either, but, I have experienced them. From these experiences, I can only tell you, that the whole process is as real as anything that happens in this life. And there are many others who have travelled extensively in these dimensions, like Monroe for example, who can tell you similar stories.

My own path was directed elsewhere, at a deep level I had committed to the path of the Buddhas, full awakening in this very life.

If we want to talk science, from the photon 'double slit experiment' in quantum physics, we now understand that matter can be either in particle or wave form and this is effected by whether it is observed or not. Yes our bodies appear solid, at least when we *observe* them, but, we know also that we are pure energy too, and so, when *not observed* we can assume that our bodies can take a wave form like light and take on totally different properties.

Matter experienced in it's particle form is our physical body, while the energy body is the wave form. When the mass, the physical body (m) is filled with 'light' good vibrations (c), free from knots, tensions, holdings, negativity, it becomes equal to, and therefore it can 'host', yoke, or become one with, the energy body (E). That's my equation.

Through the looking glass, and back home ¹⁸

We've talked about Neo in the Matrix, and Jake in Avatar, and whilst these two stories are packed with mythical structures and archetypes, they also clearly display to us that a key element to all this, is getting into our energy bodies.

So when Neo wants to go back into the matrix, he lies down on his dentist chair thingy, and gets plugged in. His physical, 'real' body remains on the Nebuchadnezzar, but his light or energy body is doing stuff in the matrix. It's here in the matrix where he can perform all



¹⁸ By Illustration by Sir John Tenniel - Page scanned "Alice in the Wonderland"., Public Domain, <https://commons.wikimedia.org/w/index.php?curid=149321745>

sorts of mad capabilities, jump mega distances, fly, stop bullets, jump inside somebody else's body etc.

Jake lies down in some sort of coffin-esque type of box, not too dissimilar to our Egyptian mummies, where he also gets, 'plugged into' his avatar. Once in his avatar body, Jake also has different capacities than he could ever imagine in his physical body, which remains behind 'immobilised' in the laboratory.

Dorothy, technically immobile, in her bed at home, with the family not being sure if she is going to come around after loosing consciousness during the tornado, flies over the rainbow, into the technicoloured world of Oz. Alice, drowsy, bored, drifts off down a rabbit hole, or a worm-hole, or an astral tunnel, into wonderland, with a body that grows and shrinks. We've got Ulysses fighting sea monsters and Cyclops, Gilgamesh fighting giant scorpions, demi gods and goddesses. Mythology, folklore, religious stories and modern day classics, tell us about people doing miraculous feats, experiencing wonderful events.

Yes, there doesn't appear to be dragons in *this* reality, we can't walk on water or through walls, but all these possibilities do exist in other, subtler realities, beyond this physical one. What if all these myths and stories are, more true, than we imagined, stories of yogis of the past, travelling beyond their physical forms.

Yoga-nidra or yogic sleep, in some traditions, is considered to be one of the highest practises. Similar to many of our archetypal stories, the practitioner is lying down, and meditates. They access a state of consciousness that is between the waking and the sleep state. From this space, we can access our energetic bodies, or our higher selves. From this space, adventures can unfold.

At the same time, yogis have been warned in regards to 'siddhi' powers. As we learn to connect with our energy body, we are bound to start to have some experiences that relate to the energetic realm, clairvoyance, levitation, astral projection and so on. These are all good sign posts on the path, but they are also 'traps'. The yogi can get caught up in these states since they are highly attractive and enticing. In the end, the yogi needs to come back, and live in the here and now. We need to connect to the energy body, but rest in this dimension, bringing the clarity of mind and wisdom that would allow us to thrive in this Garden of Eden we have here on earth. Dorothy, comes back to Kansas, 'there's no place like home'. Gilgamesh goes back to Uruk to become a great and benevolent king. Neo wants to live in peace in Zion. Jake fuses his physical consciousness to his avatar.

At some point, we realise, that the goal, is not to access our 'higher self', to go on adventures, although this *is* good 'know thyself' information. The stories tell us, to bring this union back to the market place. We can live this very life in a more awakened way, connecting to, and maybe even fusing with, our energy bodies.

What does this really mean to come back home? When all the blockages, traumas, holding's etc. are let go of, the energy body nestles down into the physical body. The energy body, was once separated, distanced, not fully integrated into the conscious life we live Through our spiritual path, we get to re-connect, and finally, bring it back. Whenever the energy body merges with the physical we feel whole again, complete, 'there's no place like home'.

The path that we will have to travel to reach this goal, will involve many ‘rebirths’, or ‘reliving’ of past events, coming face to face with ourselves, again and again. Like all our heroes and heroines, this path to integrate these two realities, will be our path of transformation, our path back home, to ourselves.

Krishna is an incarnation of Vishnu. Krishna is the physical form, the body in this manifestation. The energy body, is Vishnu. Or Krishna, is a normal guy, but becomes ‘Krishna’ the prophet, the god, when he embodies the energetic form of Vishnu. Jesus is the son, on the physical plane, to the energetic form of ‘the father’. When he embodies the energetic form in this life, he becomes the Christ.

In a lucid dream, there is that moment when we recognise or re-cognise, that the world around us is the dream world, so too, in our day to day lives, we often find ourselves sucked into life's mundane activities, but just like in the dream, we can also come back to ourselves, self awareness.

In these moments, the more we have walked the path of personal development, the more we can step into the fullest expression of our true selves in these moments. We raise our vibration, how?, by connecting to our energy bodies. Without sounding too hippy, we all know what it means to be with someone who has a ‘good vibe’, or with someone who ‘drains’ your energy.

The more we have cultivated ‘know thyself’ and the divine abodes of loving kindness, equanimity, altruistic joy for others and compassion, the more we can rest a while longer into those spaces of awareness. Then the mundane world all about us transforms into the ‘supra-mundane’.

Like everything in life, some people are vibrating, naturally, closer to their energy body frequencies, others will have to work harder upon themselves. We all have different levels of traumas that we have experienced. This may be ‘karma’, whether that be from ‘past lives’ or just the experiences from this very life. For the energy body to align with the physical body, we need to let go of all tensions, all holdings, stored in the bodies memories. This is why we will have to be reborn many times over. Our actual birth into life, while there may be certain traumas experienced in the womb, physical birth will be the first trauma, and the first separation, we will experience. Even this impact, it’s effects on our bodies and our minds will need to be worked upon as we walk our path to liberation.

Fears, worries, strong beliefs etc. non of these are consistent with full integration of the energy and physical bodies.

Like the Buddha sitting still under the tree, while Mara tried to shake the stability of his mind, we have to learn how to ‘keep that connection’ even when the chips are down, and dark materials are swirling. Only then will be able to go, ‘beyond’, to be truly free.

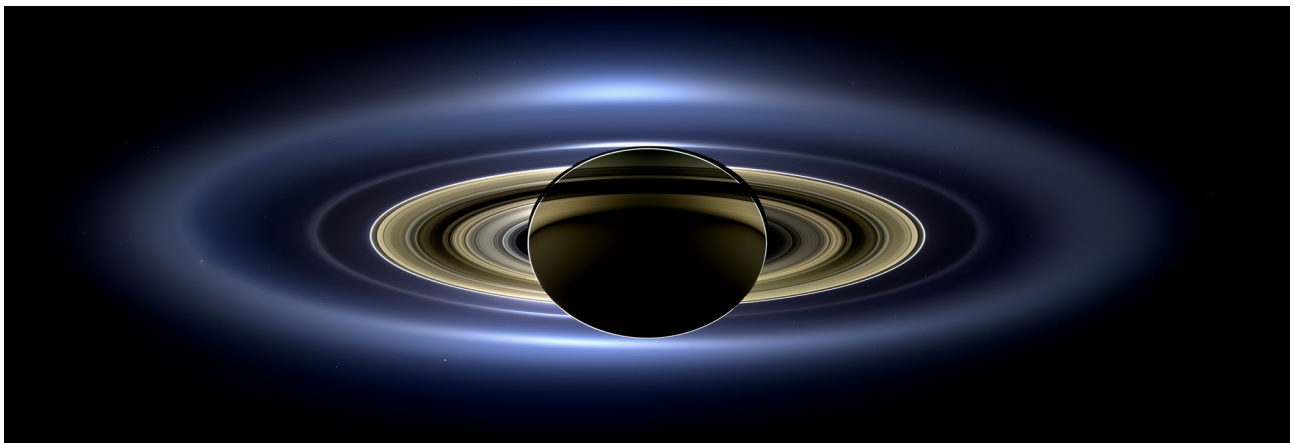
The more often we can come back to those spaces, feeling our oneness, our connection, finally, birthed fully from the womb of mother nature, we know in those moments, that we are living in our Garden of Eden.

Maybe, this isn’t for you, maybe there are different paths, twelve different tribes and all that..., but you do have an energy body, they should have told you this in school... The teachings are all here, even if they are a little hidden, but the more carefully you look, the more you see that they are there, in plain sight.

The Buddha did get up and take seven steps after his birth, not the birth from his natal mother, but once he had taken his final rebirth from the womb of the great mother of us all.

Virgin rebirthing, is a central story within the culture of humanity today, and for that reason I can only assume that this *is* a key teaching to help us to awaken, and to attain to the non-dual perspective. Advaita, 'not-two', the end of separation, the harmony of the yogic bodies.

In the non-dual we find ourselves aligned and in harmony with the natural world. From this perspective, the way we live on this planet today appears to be completely upside-down. If enough people could have this vision, there would be a 180° turnaround. We would stop tearing up our Garden of Eden. We would realise that this way of being comes from a humanity living from the egoic mind, trying to fill-in that void, that sense of lack, created from separation. We no longer have the connection we once held as babies, experiencing the oneness. But we can connect to the energetic level of being, while manifesting in the here and now, moment to moment, and that's how we transform the mundane world into the more majestic 'supra-mundane'.¹⁹



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