

# *How To Be In Harmony*

*by Teo Vincent IV*

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**GIVNOLOGY**

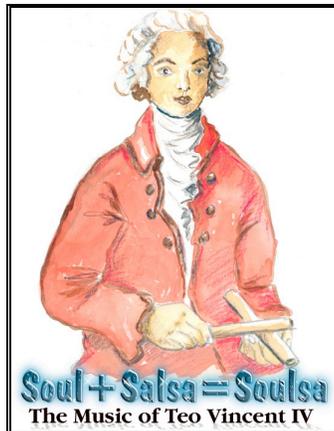
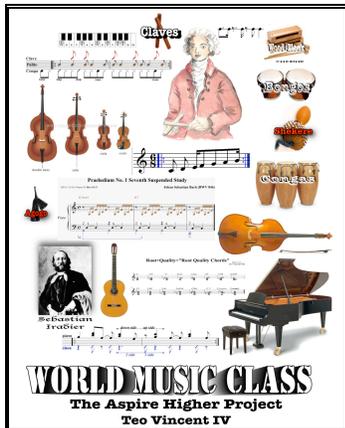
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### Lifestyle: Healthy Living

Vincent is from Berkeley, California. He studies at the Royal Conservatory of Music, and piano privately with Oszkar Morzsa from the Franz Liszt Academy in Budapest, Hungary. He continues composing, creating education & wellness media, and music lessons.



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*If this writing helps you find your balance, center & true voice, then it has been presented as the composer wished.*

Zero is like a hole, perhaps the whole. The 1 and the 0 are sort of part of each other, just as the swaying tree is one with the wind, each is used to describe the other. All digital (*dig-it-all!*) data is 1s and 0s! The Yin and the Yang in their symbol have a reversed color center, this is perfect balance. The center of the black half is the white dot. The center of the white half is the black dot. Not seeing that, is one of the true ignorances of



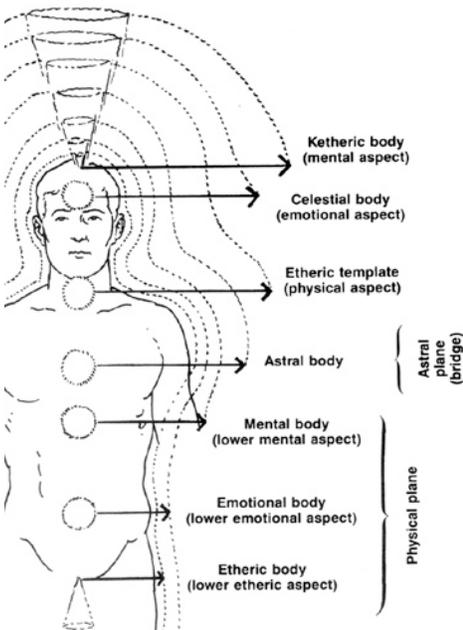
existence. *As every child knows, the 1 in the 0 is the funnest.. make a circle (perfect) symbol with one hand, stick up one finger on the other hand, then..*



Often it is the outsider who is more of the in group than those in the in group! Chopin, even with his French name, was utterly Polish and missed his homeland dearly all the years he was in Paris. As it turned out, he created so much beautiful music that he had an amazing effect on French romantic music, though he was the exotic foreigner!

***Get over your self***

I used zero to start off because there is a way you need to completely obliterate your ego. Not “Earth Guide Only” as Wayne Dyer said, but “Earth Guide **On**,” as in Teo Vincent’s song *Universe of Love*: “Go on use your ego, Earth Guide On, to hear and melt into universal love!” Destroy all traces, make complete egocide, so that you can have a good ego! Don’t have an ego, so that you can have a great one. Don’t “Be,” stop being stuck on yourself, then you can really be.



A poet on Dr. Deepak Chopra’s discussion circles once made the prayer: “May I not be in the way of my art.”

60s Hippie Dippy’s say: Die to the lower carnal ways and be reborn in the heart, starting your journey to be reborn in the crown... *Total balderdash useless psychobabble!* But.. true too! 😊 There are always levels and layers to thinks, I mean things 😊, much is just below the surface, sublime.

Be careful what you want, you just may get it! And often “having” that incredible goal isn’t actually as good as the vision, the desire, in other words, in the concrete real world, the idea “The path is the goal” means that the desire is often the best part of the object(ive)! One always has to be sure one really wants what one thinks one does.

**Karma** is thought of as good deeds or guilt. Some simply call it actions. Judgment all depends on your point-of-view. **Dharma** is your duty, or righteous path. **Dharmadatu** is mirror-like wisdom, equality wisdom, discriminating wisdom and all-accomplishing wisdom. It is the antidote to the poison of delusion. A **Bodhisattva** is one practicing to have more Buddha nature. The Bodhisattva vows to work for the complete enlightenment of all sentient beings.

I may not be ready to take on that project, but I will strive to have all of my actions be mindful, appropriate and correct. All of my personal “be-ings,” shall be positive and aware.

The following is from the introduction to the book “Reframing” by Bandler and Grinder (also authors of The Structure Of Magic, demonstrating they were the first creators of NLP – neuro-linguistic programming):

*A very old Chinese Taoist story describes a farmer in a poor country village. He was considered very well-to-do, because he owned a horse which he used for plowing and for transportation. One day his horse ran away. All his neighbors exclaimed how terrible this was, but the farmer simply said "Maybe."*

*A few days later the horse returned and brought two wild horses with it. The neighbors all rejoiced at his good fortune, but the farmer just said "Maybe."*

*The next day the farmer's son tried to ride one of the wild horses; the horse threw him and broke his leg. The neighbors all offered their sympathy for his misfortune, but the farmer again said, "Maybe."*

*The next week conscription officers came to the village to take young men for the army. They rejected the farmer's son because of his broken leg. When the neighbors told him how lucky he was, the farmer replied "Maybe."...*

*The meaning that any event has depends upon the "frame" in which we perceive it. When we change the frame, we change the meaning. Having two wild horses is a good thing until it is seen in the context of the son's broken leg. The broken leg seems to be bad in the context of peaceful village life; but in the context of conscription and war, it suddenly becomes good.*

*This is called reframing: changing the frame in which a person perceives events in order to change the meaning. When the meaning changes, the person's responses and behaviors also change.*

*Reframing is not new. Many fables and fairy tales include behaviors or events that change their meaning when the frames around them change. The different-looking chick seems to be an ugly duckling, but he turns out to be a swan-more beautiful than the ducks he has been comparing himself to.*

This story makes one think of Mr. Spock on the Star Trek TV series, or a holy buddhist monk without any emotion. Not a “way to be,” but what a great skill to possess!

Lion King on the Dr. Deepak Chopra web site community discussions shared the following text called "The Story."



*Our whole ego system is a story and we fail to live in reality, the here-now, because we believe these stories. An innocent remark, a gesture, a photo, meeting someone, a look and a hundred different things could trigger your story. The story is the belief of who you think you are. For example, let's say as a child you have been called a name such as stupid, lazy, selfish, timid, obnoxious or whatever and you, unconsciously, believed it. This name you have adopted had become your story. Around is weaved all the incidents, acts and experiences that connected you with it.*

*Anytime that an incident reminds you of that story, you react in anger, irritability or depression. This can't be helped. It happens before you have a chance to know what is taking place. If, as a child, the story kept growing, then with each remembering different incidents are added to the story, so that almost everything that happens in your life triggers the story. Before you know it, you are an emotional wreck. At times you might feel that you are going insane.*

*Why does it happen that way?*

*We are conscious-beings and therefore our body is a product of that consciousness. Anytime we believe something to be real, it becomes a memory cell in the body. It is like the memory in the computer chip. It remains in the computer for the life of the computer unless it is deleted. All it needs is a keystroke on the keyboard to activate that memory and then it comes up on the monitor screen. It is exactly the same with us.*

*Picture a simple thought you believe-in as a small fraction of an inch imbedded in the body cells. These cellular memories in the body carry that story. Now, when something happens to activate that story, the buttons are pushed and it is activated on the screen of the mind and felt in the body where the cellular memory is situated. The body could feel palpitations, sweat, a burning sensation, churning stomach, sick feeling, shaking of the knees, trembling and a hundred different sensations. All these are stories being activated through the body's memory. For example, if you experienced a story called 'feeling abandoned' then you could feel a pain in the contraction of the heart area. Or, if you had a story of being attacked by a man then you could feel legs trembling (the need for flight). Every story has its physical action accompanied with it.*

*The more the story is believed to be real and reinforced through denial, escape, control or attempts to change it, the more it is validated. In other words, the more we try to get rid of it, the more we strengthen the belief in its power over us. This is where we can begin to experience panic attacks, anxiety problems and even nervous breakdown. Chemical changes in the brain occur when we try to get rid of these sensations. They could easily lead to prolonged mental illness.*

*Another aspect of this pain-body memory is the identification with it to the point where we are convinced we are that story. This is the ego's domain. In fact, we are so convinced we are that story that we even try to protect it. We will fight to the death anyone that tells us it is just a story. When the pain-body reaches this point in its identification, then it starts looking for pain to sustain its nourishment. In other words, it starts looking for pain to feed on. It might go for many days without any pain, but then it starts getting hungry and creates circumstances to feed its hunger. It might look*

*for it through blaming, complaining, finding fault or simply creating trouble for no apparent reason. Could it help it? Can it stop doing what it is doing? The answer is a definite 'NO!' There is no way to stop this from happening and that is why psychiatrists prescribe drugs.*

*So, is one doomed to a life of miserable suffering then? Of course not! Please remember what we are talking about – we are talking about a made-up story. So the solution is to be willing to see the story as 'the story.' To try to get rid of it is merely to reinforce. Why try to get rid of something that is not real but made-up? The point here is the willingness to want the truth. So, here is the challenge...*

*Do you want the truth more than your story?*

*Going beyond the story.*

*How do we go beyond the story? Going beyond the story is so simple, so effective and so transforming that we ordinarily miss it altogether. As we said before, a story is experienced sensationally in the body cells because it is a memory. The body is a memory. The location of the sensation is according to the story. Like we said earlier, if you felt stifled from expressing yourself then you could experience a sensation of choking or a discomfort in your throat. The steps to be taken are thus:*

*Next time you experience an emotional discomfort – STOP – become very still and aware of any attempt to get rid of it, control it, change it or escape it. Just be still and aware of all mental movements. Then, locate the sensation in the body by asking, "where is it?" and when you find it, it could be your whole left side of the body or your whole upper part or the lower part and so on. Focus on that whole part while slowly breathing into it. Awareness of the breath is of utmost importance because it keeps you focused on the 'now' instead of the story. If you were to locate the sensation in the body without breathing into it, you might easily get caught in the story. By being aware of the breath, you stay here-now for the simple reason that the breath is always present.*

*Next, you keep experiencing the sensation as it actually is in the moment without the story. For example, if there's trembling, then observe 'trembling taking place...' Just observe the trembling until it begins to slow down on its own. As it begins to relax, ask again while still breathing relaxed into it, "where is it now?" and again continue to relax into the sensation. Finally, you will discover that you can't locate it anymore and you are perfectly relaxed. Do you know what has happened? You have healed that memory by removing its memory from the body just like deleting a memory from the computer chip.*

*Eckhart Tolle, the author of the famous bestseller The Power of Now wrote:*

*"The pain-body doesn't want you to observe it directly and see it for what it is. The moment you allow yourself to observe it, feel its energy field within you, and take your attention into it, the identification is broken. A higher dimension of consciousness has come in. I call it Presence. You are now the witness or the watcher of the pain-body. This means that it cannot use you anymore by pretending to be you, and it can no longer replenish itself through you. You have found your innermost strength. You have accessed the power of NOW!"*

I smile a big happy smile when I think of **Body-Memory!** Kick start the body's natural pharmacy to create those rejuvenating, healing and emotion stabilizing magic medicines. George Lakoff, a pioneer in cognitive science from U.C.Berkeley, states that "Anything we can think or understand is shaped by, made possible by, and limited by our bodies, brains, and our embodied interactions in the world."

From [http://www.edge.org/3rd\\_culture/lakoff/lakoff\\_p1.html](http://www.edge.org/3rd_culture/lakoff/lakoff_p1.html)

*"We are neural beings," states Berkeley cognitive scientist George Lakoff. "Our brains take their input from the rest of our bodies. What our bodies are like and how they function in the world thus structures the very concepts we can use to think. We cannot think just anything - only what our embodied brains permit"*

*His new book *Philosophy In The Flesh*, coauthored by Mark Johnson, makes the following points: "The mind is inherently embodied."*

From: [http://www.edge.org/3rd\\_culture/lakoff/lakoff\\_p4.html](http://www.edge.org/3rd_culture/lakoff/lakoff_p4.html)

*Cognitive science is the empirical study of the mind, unfettered by apriori philosophical assumptions. First-generation cognitive science, which posed a disembodied mind, was carrying out a philosophical program. Second-generation cognitive science, which is working out the nature of the mind as it really is - embodied! - had to overcome the built-in philosophy of earlier cognitive science..*

*Young philosophers should be thrilled. Philosophy is anything but dead. It has to be rethought taking the empirical results about the embodied mind into account. Philosophy considers the deepest questions of human existence. It is time to rethink them and that is an exciting prospect..*

*It is important to know that we create mathematics and to understand just what mechanisms of the embodied mind make mathematics possible. It gives us a more realistic appreciation of our role in the universe. We, with our physical bodies and brains, are the source of reason, the source of mathematics, the source of ideas. We are not mere vehicles for disembodied concepts, disembodied reason, and disembodied mathematics floating out there in the universe. That makes each embodied human being (the only kind) infinitely valuable - a source not a vessel. It makes bodies infinitely valuable - the source of all concepts, reason, and mathematics*

*For two millennia, we have been progressively devaluing human life by underestimating the value of human bodies. We can hope that the next millennium, in which the embodiment of mind will come to be fully appreciated, will be more humanistic.*

### ***Program, Deprogram, Reprogram***

From the book: **"Do Less, Achieve More"** by Chin-Ning Chu:

*Carl Jung, Sigmund Freud's premier student in the field of psychoanalysis, often spoke of the power of miracles by telling the following story:*

*There was a village that had been experiencing drought for five consecutive years. Many famous Rainmakers had been called, but they had all failed to make rain. In the villagers' last attempt, they called upon a renowned Rainmaker from afar. When he arrived in the village, he set up his tent and disappeared inside it for four days. On the fifth day, the rain started to fall and quenched the thirst of the parched earth. The people of the village asked the Rainmaker how he had accomplished such a miracle.*

*The Rainmaker replied, "I have done nothing."*

*Astounded at his explanation, the villagers said "How can that be? After you came, four days later the rain started."*

*The Rainmaker explained, "When I arrived, the first thing I noticed was that everything in your village was out of harmony with heaven. So I spent four days putting myself into harmony with the Devine. Then the rain came.*

*Useful, Wise, Mindless Dribble*

"When the teacher is ready the student appears" and / or the reverse.

There is **the seer, the seen, and seeing**. Boil that down to "there is something called *to see*." A phrase that states this, and makes a metaphor for what mostly covers the earth: "**The See.**" This is my way of saying: "Yes, there is always the 3, the walker, walking and the walk. The doer, doing and what is done, etc.. To see this multiplicity as one is "The See." I "nountize" it and incorporate all three states. Similar (in hugeness) to what covers most of the earth, the sea.

My wordisms I call Sum-Sillily, making a silly summary or word play to get my idea across even though words don't always serve me perfectly. I believe there are aspects to the self, perhaps even selves. To unify that into one word: Selve. Because I am often multi-platform, multi-language, multi-cultural, multi-stylistic, I call my self a Multiite. When we unite in our diversity, that is our: Unidiversity. Traditional music done digitally: Tradigital. Correctly synthesizing or merging various things together: Syntheegration. The wisdom of Art, which is of course a Science: Artscience. The last one I'll leave you with: When a technician is relaxing in nature, being a tec in nature: Natecture.

Being true to oneself is at the same time being odd and alone - to others who are not you - and completely true to yourself, and this is natural. Now a real life example of this odd in and outness is this exercise: try keeping this kind of dual awareness of being in and outside simultaneously... you forgot it again! Hah! OK, now you remember.. Now think of something else.. Hah! You forgot it again. Many wise people on "the great work" of self discovery say that the hardest task in the world, is to have one continuous, constant, aware self. You try!

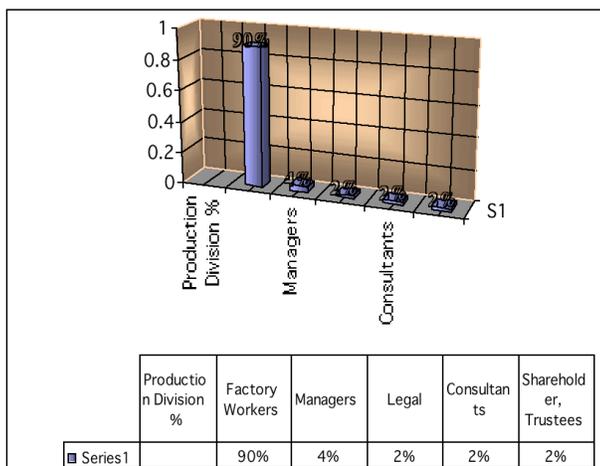
*May you find yourself in the world,  
and, may you enjoy the company*

You don't have to be on a deserted island to have clarity, space and free time. *Myland = my island. Sometimes you need a technique to live in your own vision.* It is you who decide if you have clarity, space or time. Many people whom you think could afford spare time absolutely can't! Don't blankly think poverty is better than wealth. Many poor people spend every minute thinking about money. Often the wisdom in a company or agency is in what the rank and file members, the lowest level workers, know. Anonymous suggestion boxes can solve this, allowing "bottom-up" communication, anonymous suggestions, complaints and ideas should mean that the messenger isn't in trouble. Usually the messenger is punished. Don't hang the Jesuses on a cross. The key is 1) having the absolute, most useful truth, and 2) not getting in trouble for it ☺.

Good production requires 90% factory workers. They may want to listen to Rock music, it goes with clanging machines: "Industrial Music" is born. Make it Soft Rock if possible.

Those production workers may have good ideas, but usually they need be non-creative order-followers. Of the other **10%: 4%** Managers interface with workers & the creative & decision makers. Managers own percentages may be 3/4 work goals, 1/4 information gathering and reporting. **2%** Legal—necessary evil. Don't trust them unless *flight* is the goal, they'll sell it all down to grandmas recipes if you let them. They are great guard dogs though! **2%** visionary consultants, seeing everything and everyone as a resource, flow charts, schema, plans, proposals for restructure, change, liquify, relocate, ... rethink! **2%** shareholders on the Board of Directors, Trustees. Never sure who of the above to listen to. In fact, there is no one answer!

They need assurance, hearing from all levels, and at the same time detachment to rely on chains of command. You might think them the most free, they just may be the most trapped!



When I was a computer trainer in San Francisco, a high level training firm founder allowed me to “Information Interview” him to learn how he succeeded. (It is a great way to learn the business, when you compliment the person you want to know from they may share many useful secrets. Why not appreciate who has gone before you?) The main thing I learned is his saying: “You are doing way better than me! You come in, do a job, and go home and you are done. I have all this overhead, tax, updating software and hardware..” on and on and on!

These examples from the world of business, they can still apply fully to even personal matters. Some won't at all. Most sayings, even eternally true sounding, are of course relative, and general, so don't quote or paraphrase and think that that is all! Buddhists are keenly aware of:

**IMPERMANENCE:** You want to live forever? Well, which you? The current you who is reading this? The teenager? The infant? The amazing truth is that the body is ever changing, no organ in your body is the same from 10 years ago. All the cells are new!

What is the part that is continuous? Who is the listener? Who is reading this? In fact, who is it that is asking this question of yourself? There is a you behind you. It is not you. It is you. Capital "Is." Yet, it is not in the physical realm. Some say it is in, “The Causal Universe.” Similarly, where is a thought? Where is the idea of a car? Does it require gas? All of the physical body is new flesh and bones, most all of awareness is new experiences, in fact new every second! Instead of trying to fix and retain what is going to leave, *what is*

*impermanent*, the more sensible task would be to fine tune the program, enhance the you behind you, the permanent aspects of yourself. *What is permanent!*

In the book *Stradivari* about the maker of Stradivarius violins I noticed how the instruments last longer than we humans. One story told of a violin destroyed in a plane crash, and didn't even mention the owner! Music also can live much longer. In many ways we are simply carriers of traditions. We are the vehicle of our arts, just as we are the vehicle of our DNA, heritage and ancestry.



By Roy Henry Vickers, Native American artist:

*The ancestors are looking at you from across the river, looking and wondering: Is that going to be the one? The one who will bring our stories, our history and experiences forward and represent us well?*

People too often don't appreciate how much easier it is for them than it was for their ancestors! Make your ancestors proud. Don't beg forgiveness, sorrowfully asking dear dear grandmothers to forgive their wayward babies. Instead, bring the best of your past, up-to-date! Try choosing favorite genes to consciously turn on and off! Your antigens may allow traits that you wish to activate in your genes. *What would great-great-grandpop do? How can I make him proud...*

Drawing on what makes you you, being truly yourself, challenging yourself, not accepting others' valuations, that is enhancing your you-ness. Honor (who and) what has come before you, focus on the positive, rejuvenating techniques and lifestyles, rebuild yourself better and better, like a copy machine that makes better copies each time.

**PERSPECTIVE:** Buddhism has an idea of the house of the self. Various rooms are aspects of the personality. A good running house has efficient balance of duties, clear communication between rooms, and the master of the house in moving along in projects just fine. On the contrary, most houses are a mess, empty dingy dirty rooms, and the master hasn't been there for ages!

Another version of who we are is the carriage. The horses are the emotions, the driver the intellect, the carriage the body, the passenger, consciousness. Another is Transactional Analysis' P-A-C that says we are all talking from our Parent, or Adult, or Child at any moment. Similar is Freud's Id, Ego and Superego. The Sekhmet school of the 5 bodies gives us: Aufu, Ku, Haidit, Khu and Sahu.

***Where you at?***

As a musician, I like to think like the flower children: "He is still in the stomach chakra." "She is fully in the throat chakra!" "He is just opening up his heart chakra." "She is stuck in survival mode, first chakra." The logic of this approach is this: each chakra is an endocrine gland. Adrenalin gives you survival skills. Gonads, creative skills. Pancreas, a

kind of digestive subsistence. Heart/Thymus, expansion to be more than you were before. Thyroid, types of connecting with others. Pituitary, sight not just with the eyes. Pineal, connection to your core – above. More on the Seven Energy Point Technique later.

A main thing to be clear of: the subconscious is not at all (the) unconscious. Both may seem not conscious to the untrained, just as one who plays music by ear MAY compete with a literate performer, but in reality some know if he has done his homework!

A neighbor once said to me that there should be more music of people of color in the theatre, and for the symphony. I replied that he had an interesting point of view – he should perhaps follow it – but in reality, people of color often perform in the sun. Their audience often wants to dance and clap along. Some audiences want to sit and listen, others want to listen with the whole body. There is room for both! It would be interesting to see a synthesis of the best of both of these worlds (maybe one audience behind a glass sound cage and another in a noisy dance environment?) ... sometimes one's ideas are simply too far ahead of the times.

*Where are you comin' from?*

**LOCALIZATION OF AWARENESS:** The same as perspective, but within the self, or selves. Chakra visualization is not **only** seeing bright red on the adrenalins, orange on the gonads, yellow in the tan-tun/seat of fire/tummy/pancreas, green in the heart/lungs/thymus, blue in the throat/thyroid, indigo/purple in the third eye/pituitary and violet/white in the pineal/crown chakra, it is also: Seeing that you are spirit awareness coming “down” to have a physical experience. Sure sometimes you are physical matter going “up” to have a spiritual experience, but you get to decide which is your “center of awareness.” Similarly, another pinpointing of this question is: Is the mind in the brain? Or is the more likely true, that the brain is in the mind?

To achieve a **win-win** solution, what this really likely means, is 2 compromises. One who can see what both opponents wish to achieve, can visualize the third alternative, but they don't just blurt it out!! **TRIALITY, beyond duality.** Maybe the pun of **Try-all-ity** is to open the mind to various ideas not just see the mutually exclusive polar opposites. To achieve a win-win solution, what this really means is achieving 2 compromises. Finding a third option and not blurting it out, instead making hints and suggestions so that the 2 divergencies can “figure out” the compromise themselves! Then they have the vested interest in the compromise. They thought of it! *The third option is the 3<sup>rd</sup> point of view, three points makes a stable plane..*

**PRACTICALITY** has the word Practice in it's root. Preach what you practice. Doctors shouldn't just treat diseases, they should also treat people. Find out if there is stress that is keeping the patient awake, not just give them more pills (magic bullets). One approach is: “What is the symptom?-Here is the medicine.” The other approach is: “In addition to the

obvious symptoms, what underlying stresses and unhealthy behaviors brought this to the surface right now?" Maybe someone gets sick to avoid a stressful situation. In Louis Hay's "Heal Your Body" she states that each physical symptom has an emotional message. Do you want to listen?

The power of the mind may not allow you to think yourself out of a prison cell.. but then again.. it just might! Time travel backwards seems rather impossibly difficult, but time travel forward is actually as simple as a single thought: With unlimited patience, everything comes to you in perfect time. Stay the course, clear distractions, time sitting in a cell can be a clarity and focus you couldn't find otherwise!

Whenever you have too little to do, remember the times when you had too much to do, no time to yourself to just air out the old brain, sit and do nothing. When you have too much to do, remember the times you were bored to tears watching the second hand click cruelly slow. *It is you who decide if you have clarity, space or time.*

Health and mentality are closer than we think. The Bible says: "As a man thinketh in his heart, so he is." Do the meditation, but then do *actitation (my own word)!* Find your balance, center, true direction and feelings, then act! The key is exactly between thought and action, the balance of knowing exactly when to act. Beethoven the master composer once said: "The key is to have the heart of a Gypsy, and the dedication of a soldier." Do the non-physical, spiritual mumbo-jumbo eternal soul searching, but then don't forget the obvious practical, basic needs of a physical body on the physical earthy plane(t).

Do you take walks or exercise regularly? Have good sleep habits? Are there exceptional stresses or troubles in your life? Do you move at the same time every day? Wash enough? Meditate? Spend quality time with family? Spend relaxing time doing things you enjoy? There are massively important questions and answers that often are overlooked.

### ***Subconscious is not unconscious!***

You



can quite literally ask your inner self. Sub-conscious simply means **below the conscious**. Don't confuse this amazing, probably godly wise awareness with: unconscious, not conscious. There is a vast wealth of fun and exciting, entertaining and amazingly beneficial techniques you can try: **self-hypnosis, automatic writing, POWER vs. FORCE arm pushing, penduluming-dousing, lucid dreaming, dream analysis**, visualizing or imaging a blackboard in your mind that tells you the answer, etc.. There is so much your inner self knows!

In the

ancient Hindu writings there is the creative force, similar to what

some think of as God, the creator, called **Brahma**. The highest aspect of the human individual is called Atman. Our Atman is our personal **Brahma**. Hindu terminology also gives us Jiva or Jivam as our personal highest aspect. Here is a fun pun to help you remember these 2 characteristics or aspects of yourself: **The dynamic duo! Atman and Jivam! Eternal bat-cave like, and youthful boy-wonder together!** These 2 are in constant dance, round and round. One I, then another I, on and on. This writing is going to take on a transformative shape as it begins discussing symbols elaborating on aspects of the self that often aren't articulated as well as they were thousands of years ago!



**VODOUN:** (The word means life) is an ancient African religion, bastardized in the west to mean head shrinking or some dastardly deed that the African's clearly never had in mind! Some general overview groundwork is helpful: Sympathetic magic is basically using superstition and fear: a black hand painted on a door looks ominous. That is the common simplistic gut-reaction negative view. An example equally powerful, but on the positive is this: Write the name of someone you want to like you on a strip of paper (waterproof), and put the paper in a glass of sugar water and leave it on a high shelf. This is to make them "sweet to you." Cute huh?

One thinks of curses spat out in hatred, but instead, let's see the amazingly beautiful flip side: **veves** are the beautiful and intricate drawings used in Haitian Vodoun, and they are not only beautiful, but tie into beliefs and myths ranging the whole world. Why did I say this is connected with Atman and Jivam the 2 coils up and down around the spine?



Egyptian imagery Tahuti (thought) holds the caduceus that intersect at the top. Chakras=endocrine glands=the staff of life.

They say when the Pharaoh had a serpent and hawk on his

Dumbala and Aido-Wedo are the 2 snake gods in Vodoun. In Hindu terms: the Ida and Pingala are the coils. The caduceus (international medical symbol) has the 2 coils wrapping 3 times and meeting at the top, in chakra terminology they wind 3.5 times to meet at the forehead, in ancient



crown it meant he ruled lower and upper Egypt. Perhaps. A more elegant and uplifting theory is that they represent “Ha” and “Ksha” the 2 Sanscrit letters of the third eye chakra (each chakra has petals that are letters in the Sanscrit language). Ha-the aspirate, as in wind, as in a bird, and Ksha, K the last consonant and sha the first letter. The third eye is the meeting of the loop of the body - serpent, and the transcendent awareness detached - Ba (bird spirit) or mind as opposed to brain.

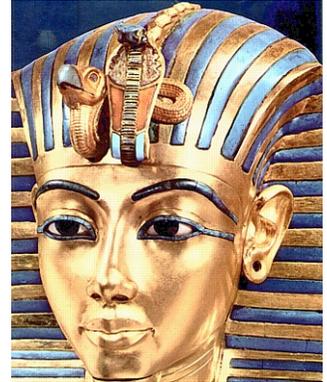
Going another step, “**Sekhmet brings Ra.**” The ancient lioness goddess with a serpent over the sun on her head. If you “raise awareness” or “kundalini energy” up the chakras/glands, continue up the spine, over the pineal gland (Sun), top, then down the front of the head and resting in the pituitary gland between the eyebrows. Now your awareness has risen to the top, and over to the balance of your personal best and your Brahma aspect, intersecting at the third eye as all of those myths predicted! The human body is the divine archetype of creation!

Some of you are the type of person that is always part of your collective, so share balancing techniques - but many are more comfortable in crisis and agitation than steady clarity. *To be sane in an insane world is to be insane.* Think about it. Common sense isn't very common any more. DETACHMENT doesn't necessarily mean you don't live in this world, in a body of hungers and desires. In the best case it means you need to know how to curb those desires when inappropriate.

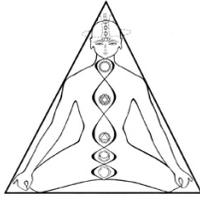
Like the zero principle we started with, you need to have the ability to be totally detached, “in the world but not of it.” The bible says. This skill allows you to be fully, awakened, aware, mindfully deeply involved in the conscious workings of life. Without detachment you can't be safely attached to your work. Keep that duality with you, or at least try, and if you describe this work to anyone, simply say: “The writing is telling that divinity, all conscious awareness is already mapped into my physical and spiritual selves, it simply says that to remember this is the key.”

Osho (Bagwan Sri Rajneesh) said: You do have to learn all the book-wisdom, which is falling from grace and innocence, but then you have to get rid of the book – live the book.

As Yoyo-Ma the virtuoso cellist said about his ensemble, The Silk Road Orchestra, ... Let's learn about each other's musics, harmonize, be friends.. etc.. Silk Road means east meets west... ☺☺☺ triality succeeds perfectly



# How To Be In Harmony 13



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## Karma Wash

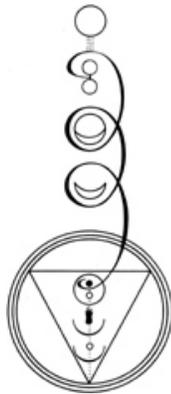
*Tuning up the individual body self helps tune up The Universe*

*We are not humans having spiritual experiences we are spirit having human experiences*

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[Self Actualization](#) | [Seven Energy Point Theory](#) | [Wellness Techniques](#)

### Self Actualization



You, balance. Thank you. We are all up in our I-ness, ahh, and now down to the matter at hand. Om. Next in line, we will shine your windows and fix emissions.. You are in good hands! (hey Brutis! Get over here and massege this neck! he he..). The goal here is to balance your nodes, like tuning a flute. Rebirth into your higher self IS as simple as joyful EGOCIDE, dissolving and sublimating the lower self into the higher awareness, starting in the heart. The growing peace consciousness is when we come together from our heart (or higher) energies. And as the world is smaller every day, imagining how we need coexist in an imaginary space ship, we need to get along before we can voyage into even more spiritual realities.

Projecting harmonious energy means you have achieved success. Like there are differentiations such as carnal love - platonic love, body mind - emotional mind - intellectual mind, etc., the body is divided into seven levels, the lowest more matter and the highest more spiritual. These energy centers are called chakras. Each chakra is a level or energy center. The crown chakra represents connection to the highest, the lowest chakra the most base or material. The overanalytical chakra analysis writings are below the S.E.P.T. MAAT (Seven Energy Point Theory) area, indented with a left column graphic. The reason for this subscript to the writing is that any writing about the chakra petals is discussing the ancient Indian language sanskrit, the "Language of the Gods" and the human being is the map; the human body is the microcosm of The Universe and the letters of the language are the petals of our chakras of our auras.

The Karma Wash approach is we wash out imbalances of seeming dualities. Light of truth clears up confusion. Stepping back and taking an overview we see that there is more going on than the duality being dealt with, it has aleopathic connections. Symbiotic relationships create seeming opposites and points of view or perspectives. They are minor in a larger sceme of things. We allow the duality or viewpoint, and see it's synchronicity with everything else, diffusing it's imbalance and reintegrating it or sublimating it back into the whole, now even more verified as an individual experience; no problem. Syntheegrating is correct integration, taking the best of both instead of any superiority ideas. Everything has it's place, even "evil," as in "that evil wicked lesson taught me so much!" Unidiversity is uniting in our diversity, we come together as a diverse whole. Proud of our diversity, as we should be, viva la difference! Unidiversity syntheegrated.

IndianChakras Our chakra guide is more of a VALUES SYSTEM of chakra information than a raising kundalini study which most writings are (like the excellent "Kundalini and the Chakras" by Genevieve Lewis Paulson).

Karma wash is looking at the chakras as an evolutionary pattern, wisdom and compassion evolving until the oneness that is all of us being aware, manifests and we all share balance and fulfillment with each other. Just as "drugs" can raise your consciousness but perhaps without the safe return trip, raising the kundalini serpentine fire could be health problematic; we share awareness to make self-actualization, free flow of prana / chi / life energy up and down the chakras of the aura (human energy field), in a more aware and spiritually reverent context.

We start with our fiction of total consciousness traveling down the chakras, to mentally levitate you and crystalize your

# How To Be In Harmony 14

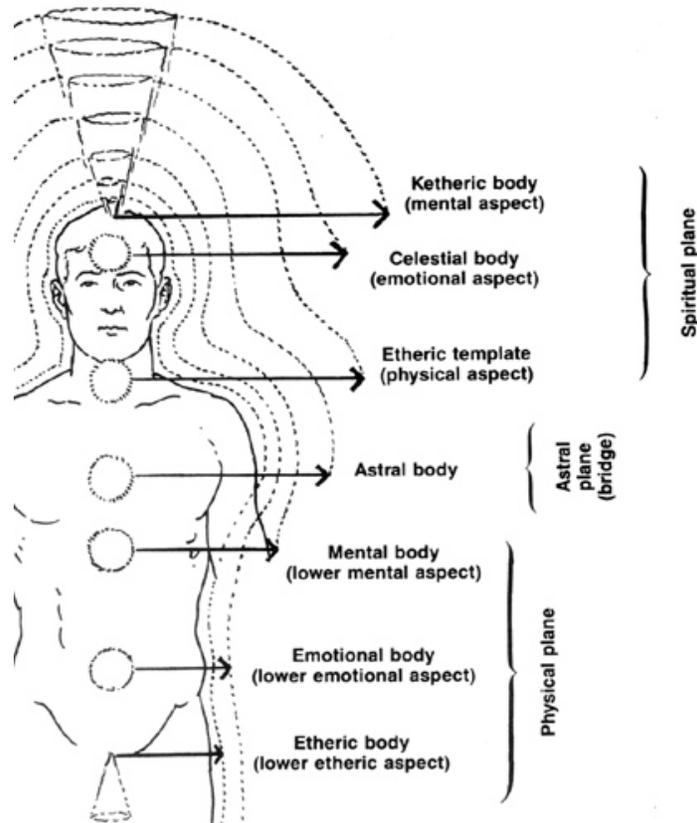
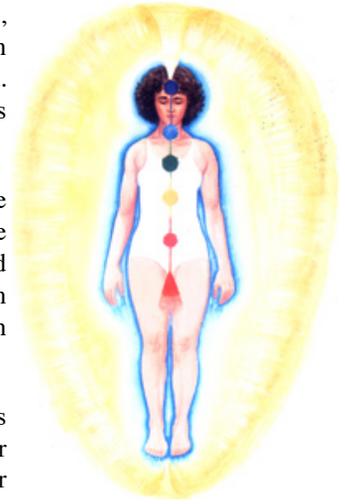
center of consciousness gravity at the top. This includes some analysis of the seven system, parallels and mental illustrations so that you can see the system as clear as if it were a flute in front of you. Then we describe the seven levels top down, followed by a techniques area. You may wish to jump to a chakra / energy that interests you, or the techniques, or read as you are, top down.

Using the chakras as a spiritual measuring rod, we see most people haven't evolved above **survival, power, lust**, the lowest three chakras. They would be in "Red Alert," "Orange Alert," "Yellow Alert" which are the colors of those chakras. Like when in Karate I had earned my yellow belt and was ready for my orange belt test. We are just using the seven natural divisions, as in the colors of the rainbow, which almost seem to correlate with everything!

Notice that each adrenalin gland is synced with a chakra! The chakras are like lotus flowers and the petals are each a letter in the ancient Indian sanskrit language. More tools for balancing! People practice raising the life force, up the chakras getting more spiritual, higher frequency, more pure, toward the light. Many books and systems describe chakra balancing that way. This writing you are now reading is similar but the Karma Wash key is this:

Since the reader is a consciousness part of all consciousness, they can look at the chakras as a place that spirit - consciousness - energy, has come "down" from like above your head, well, allness individualized into a being at man level.

It (the unified field, the one, brahma, creator) was just in its allness, then ventured and first confronted a human, it was 'at man' level (cosmic pun because **Atman** is the highest spiritual level in a human), an individualized consciousness. Sahasrara the crown chakra. It could stay in the allness awareness of this conscious being, or fall deeper into this living creature.. experience more.. it gets to the duality of body-mind of the third eye chakra, Ajna. Nice place to **experience** duality, the spirit thinks. The third eye has two sanskrit letters: **Ha and Ksha**, Ha the aspiration and Ksha = Ka the last letter of the heart and Sha the first letter of the root chakra, body and mind duality. Like the Egyptian Falcon (Ha) and Serpent (Ksha) headdress. *In the world but not of it.*



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Gee, what is the next level like? Asks spirit. The allness is again digressed, this time chopped into 16 flows of the air, or sanskrit letters, or sounds; aspects of communication energy, this 16 petaled sacred life flower called Vishudha. Spirit has descended and experiences the throat chakra.

From the communication throat chakra spirit can again digress from spiritual essence into matter by inhabiting the sacred 12 petaled heart chakra, Anahata.

This process goes on until spirit has in a way completely become matter, not by being the adrenaline glands in the root chakra, but because out of our bottom, comes, well, matter! Spirit voyages into the depths of human living experience.

It is often thought of as a triangle pointing down of spirit energy coming down, tickling the root chakra and the body energy seen as a triangle pointing up to raise (as if snake-charmed) and merge, the two overlapped create the heart of David graphic, the symbol of creation. As being "spiritual" is really being aware of the breath (spire=breath, respiration, aspiration..), self-mastery allowing clear self-actualization is the instrument (the self) being aware of it's being literally an instrument, and our guide is metaphorically music / language lessons of how to play the human chakra system as an instrument of your intentions. May your song be graceful and your awareness bright and true. And so it is!

*Allness/top of head - duality/third eye - throat/communication - heart/feeling connection - stomach/needling feeding - procreating/connecting recreating - survival/completely lower reactive consciousness.*

*Sahasrara - Ajna - Vishuddha - Anahata - Manipura - Svadisthana - Muladhara*

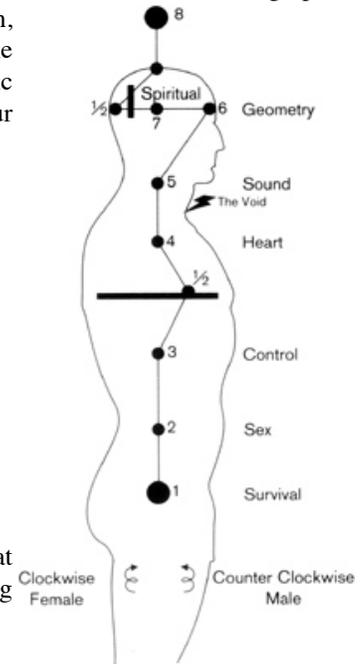
*Pineal - pituitary - thyroid - thymus - pancreas - gonads - adrenals*

*Violet/white - aqua - blue - green - yellow - orange - red*

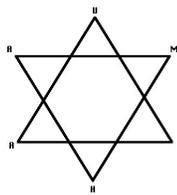
Like the commercial used to say: "I've fallen down and I can't get up!"

**IMPORTANT:** The only main issue about going into a labyrinth of course, is keeping that string to the way out, keeping that higher awareness, even when dealing with trifling material nonsense, eh?

Eight, 8, is infinity in that it is the completion of the seven stages, and as you can see by looking at the number, it is simply a twist of the circle into 2 halves, doubling the frequency as in playing the "e" in the middle of the guitar string, we have mitosis or cell division or whatever, the tuning got wound one cycle. The top 3 chakras are considered feminine, and spiritual - not matter. The heart is androgynous, an integrating point.



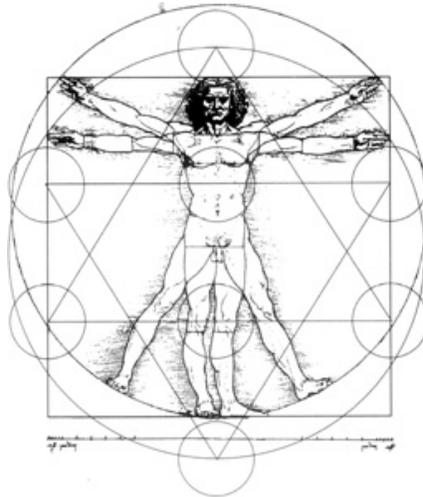
The lower 3 are fire water earth (going down). Perhaps the three bottom ones make the A-U-M triangle, the top three the A-H-M triangle, the heart being simply the intersection, and we have the Star Of David creation symbol - in 7 points in space.



In Bob Frissell's "Nothing in This Book is True, But It's Exactly How Things Are" he demonstrates how to create a protective "Mercaba" around yourself, visualizing your external chakra points (musical notes) as in the DaVinci diagram here into an overlapping up and down pyramid shape like the graphic below, and within your mercaba you can travel safely into other dimensions.

Do = point in front of your feet, Re = behind to the left, Mi = behind to the right, Fa = above head, So = below feet, La = in front above to left, Ti = in front above to right, Do = above behind. For women it is backwards; Do = behind below center, Re = front below left, Mi = front below right, Fa = above, So = below, La = above behind right, Ti = above behind left, Do = above front. Do-Re-Mi-Fa is the up pyramid, So-La-Ti-Do is the down pyramid. Include prayers, gratitude and clear positive thinking. Visualizing the Mercaba represents the apex of spirit and matter, the process of creation. Safe peaceful travels.

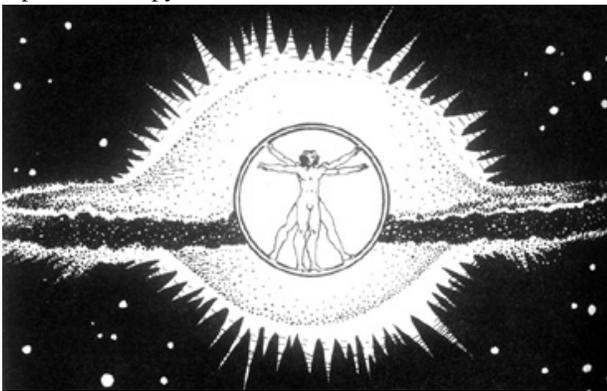
# How To Be In Harmony 16



The external chakra points



Up and down pyramids create the Mercaba



Within the Mercaba dimensional travel is possible

Do-re-me-**FA** is the sound of the heart in major scale. La-ti-do-**RE** is the heart in the minor scale. Lam-vam-ram-**YAM** is the sound of the heart chakra in chakra sounds (see Sound technique below).

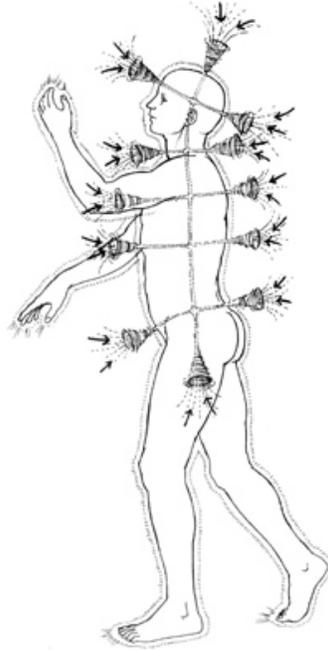
The gist of this spirit descending approach is I want you to identify with spirit, up on top, like a sun above your head, where you came from and have an eternal connection with, and the grounding chord - black hole - below the human, grounding to the center of the earth, that is what attracted you down. But making you think from the top a lot makes the coming up, coming **back up**, he he.. much easier for you!

**This is organized like many wellness or awareness study guides, into seven principles.** But remember that we are using a transcending, visionary, enlightening technique here: We are starting from the top chakra and then going down the chakras, instead of going up from the bottom like most writings. This is a joyful choice and reflects the idea that we **are** all spiritual beings that have materialized into human mammal existence, and our spirit energies have gotten "stuck" in lower energy frequencies.



# How To Be In Harmony 17

This writing has no special religion or dogma (Am God backwards?) in mind, except that we wish you balance and fulfillment in your life. We do appreciate sustainable technology (our children will have a nice world) and nice honest people, and hope that for your own sake you develop your compassion and wisdom in appreciation that you have been blessed with these options! As we join Peace Consciousness, relating from the heart level or higher, great blessings manifest in a blink. May you be balanced in all of your energies.



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## [SEPT: Seven Energy Point Theory](#)

### (1) Sahasrara: The Crown Chakra

**1000 Petals-Violet/White-Thought-Pineal Gland**

**Words:**

There is a seer, seeing the seen. I will just experience that there is something called sight: "Being the see." Be see.

Brahma, the all experiencing itself is wrapping around to view itself being the seen seeing the seer (or any combination of these 3).

Mind your wants because someone wants your mind.

When you are at the precipice before the highest, careful to not look down!

"Mind over matter, if you don't mind, it don't matter."

The unified field, the conscious all, can never be described in words because as soon as you name (and claim) it, it will move on as a necessity of itself's function of being unknowable.

**Actions:**

Remember back to before the conflicts, when everything was in order and peaceful. Remember that a peaceful clear frame of mind is truly the only goal. Make effort to see how you keep your clear mental pictures even when dealing with negative environments and people, notice how things sometimes 'bring you down,' and how you 'keep yourself up.' Being 'in the world but not of it' is keeping your pure thoughts and feelings amid the fiery madness, but mentally not stepping out of the sacred circle; you can stay true to your blessed peace of mind.

# How To Be In Harmony 18

We can see, or oversee, how it all works (see sacred 7 and sacred 3 in the heart chakra area) but like a company executive, as long as it gets done correctly we can stay in this highest, creative sphere of existence.

A good visualization is a Sun above the head, gathering up all the energies you've left places, and a grounding chord from your root chakra to the earth, completely grounding and draining out any energies that aren't good for you.

## Thoughts:

Many scriptures and great works are known by their commentaries rather than the works themselves. We only know by 'word of mouth' what Jesus Christ is supposed to have said. Like the kids game 'telephone,' by the time what was said has been repeated a few times it often means something totally different! Soji a guitarist friend said that when he wanted to learn guitar, he moved in with his teacher. This is the true method of learning, being with the teacher. No amount of written tradition can compete with oral tradition, or simply being with the teacher. In transmitting information it loses things in the translation.

Music, group meditation, group activities, these allow true connection with each other, and we can learn much more. The highest truths are not best when articulated, but when picked up 'by osmosis' when one is genuinely open and in the presence of wisdom.

Perhaps as Quasars spew out galaxies in outer space, our crown is blessed with cosmic creative energy.

In the clearest awareness is a peace and innate knowingness. The 'fruit of knowledge' takes us from this purity and innocence, but it is necessary to 'fall from grace' and learn how these languages try and communicate truths. This is lowering oneself from the allness, but is a necessary duty. Key is awareness of the lowering, and consciousness of the 'way back.'

## (2) Ajna: The Third Eye Chakra

### 2 Petals-Aqua-Sight-Pituitary Gland

#### Words:

Insight is of the third eye - often this sight is clearer when the other two are closed.

"I and I" can mean we are all I's (or eyes) of the larger I (or eye).

Sometimes seeing yourself reflected in another's eyes is the clearest way to see yourself.

We can be each other's free therapists.

Instead of a left eye of spirit and right eye of body may we have one integrated vision.

I can get by with a little help from my friends.

What you want, wants you too.

We are only isolated and lonely when we choose to be.

#### Actions:

Notice how much you can see your self in other people. Can you see your shortcomings? Your strengths and beauties? Cultivate them in others, it will also be cultivating them in your self.

Friendships allow us to expand by sharing and building upon things together. Notice how I am growing by you reading this, now I am also in your brain, what a joy!

When there are these 2 things: **trust and openness to listen** then we can help each other solve our problems. Try it with someone. Allow them to get their problems "out of their heads" in words, and let them hear how they sound. Be impartial and just listen. Let them resolve things and figure it out for themselves.

Notice how people say "How are you?" but are not really wanting to hear it; please let us all make knowing about how each

# How To Be In Harmony 19

other is doing a growing and healing experience instead.

Envision the boundaries disappearing as we have multiple awareness - but they are all of one.

## **Thoughts:**

I looked back, and some times there was only one set of footprints! Where did you go? "That was when I carried you."

It will be wonderful when we can collectively change the idea of social class and race into a useful way to sort out strengths.

We have the illusion of separation, for the sake of individual experiences. In reality, these are short times of forgetting that we are all one. We are ever-connected, but forget simply for the fun experience of having something to "bring back" and share. The third eye is the eye of Shiva. He is in the world but has destroyed attachments.

There is a level when playing the sacred Bata drums of the Yoruba people in Nigeria, called "Anya." Before making Anya you can't even touch the sacred drums (certain ones blessed and for religious ceremonies). Interesting coincidence: "Ajna" and "Anya" eh?

## **(3) Vishudha: The Throat Chakra**

### **16 Petals-Blue-Ether(Sound)-Thyroid Gland**

#### **Words**

See what you are saying. Hypervisionally.

It is better to once be an egoist than to allow injustice.

Wanting less is having more.

"Hard Love."

"The tears of a clown, when noone's around."

#### **Actions:**

Try being so quiet, so that when you finally do say something it has weight and gets attention.

They say to think before you speak, I say think throughout the whole process, hear how your thoughts sound when you utter them. Could you have uttered them more effectively?

As some would say: "Shut up and get to the point!"

Could the truth be transmitted not by focusing on the truth but on making the listener find the truth themselves?

#### **Thoughts:**

"Talking out of the side of your neck." "You speak with forked tongue." These are literalizations of the throat chakra used wrongly.

"Those who can't do, teach!" Is the saying, or hopefully joke. When people really know they are often quiet and almost seem to protect the truth.

Say what is important to say and know when to stop - once they are sold don't lose the sale!

The "year of silence" in the Magi systems; is this to silence the Magi? Silence the world by example? What can be learned by silence?

Facts: what comes out the rear end is weighable truths, doctors analyze these facts. What comes out the mouth, it can be any old crap.

# How To Be In Harmony 20

## (4) Anahata: The Heart Chakra

### 12 Petals-Green-Air-Thymus Gland

#### Words:

Green is the color of heartfelt love. See dollars, as nature, as love.

The Buddha is in the heart chakra. Have Jesus Christ in your heart.

Chakras are vertical but each is synchronized with a layer of the aura or human energy field. At the heart level we extend and touch each other, are connected just as we all share the same breath.

Take the middle path.

4 is the center of 7, 3 above, 3 below.

Synthegration is synthesizing parts together.

Unidiversity is uniting in our diversity.

#### Actions:

Focus on the breath as Anahata is the element air. Close the eyes and see your center, your lungs fueling your heart, and your entire being is radiating healing love light.

The heart is at the center of our 7 levels. Makes me think of how the rapper Flava Flave would wear a large clock around his neck, and point to it and rhetorically say: "What time is it!?" - the answer is: Time for love.

See every experience in one of the 3 phases: Brahma positive, Vishnu resolving, Shiva negative.

Notice the spiritual level, or simply the vibrational level (higher colors in the rainbow are higher frequency just as "higher" notes are higher frequency) of any person, place or thing. Examples: "The lyrics of this song are from the third-eye level, but the music of the song is down at the procreation level." "Parents protecting us may seem to be from the survival or lowest energy, but may actually be the third-eye insight level."

#### Thoughts:

Scientists now know that an observable event is changed by there being an observer, and the observer is critical to the viewable event's equation. Unheard does a tree falling make a sound? The integration of supposed opposites or different things is all in a frame of mind.

If your search is to find that something doesn't exist or work, it probably won't. If you search for the magical wonderful blessed truths, you will probably find them.

**Sacred law of 3** Another type of "trinity" is: positive, negative, and resolving; Brahma, Vishnu and Shiva; Creator, Preserver, and Destroyer. This is also +, ±, and - but (all praises to Vishnu - Krishna is a manifestation of Vishnu energy) the resolving principle can be =, , (not equal to), <, >.

**Sacred law of 7** Seven colors in the rainbow. Seven endocrine glands in the human - each right where the so called chakras are. Seven notes in a scale, seven octaves to the piano, seven African powers, seven heavens, etc..

Most people use the major scale coordinated with the chakras. Using the lydian scal raises the fourth tone, raising the heart chakra. Using a minor scale the heart chakra is completely undisturbed.

Those who believe in psychotropic experiences (used to be called psychedelic but the media has ruined that word / connection) will appreciate the heart chakra, it's element is air, and many sacred herbal medicines helping the human transcend materiality are taken in by smoking it into the lungs.

The Chinese say identity and awareness is in the spleen - near the heart.

# How To Be In Harmony 21

## (5) Manipura: The Stomach Chakra

### 10 Petals-Yellow-Fire-Pancreas

#### Words:

Our stomach is where we are "wound up," as the 17 feet of intestines shows, or when sated as after a joyful meal we "couldn't feel better."

How do you really feel about it? Deep down?

Can you "swallow" that?

Can you "stomach" it?

Enema your enemies - poop them right out of your body (of existence)!

Drink a lot of water to flush out toxins and toxic thoughts: "Away go troubles, down the drain."

You are a member of your ancestry.

Many feelings and inclings come from so deep down in our feelings, where are they coming from? Repressed childhood experiences? Past lives experiences? Others experiences projected onto us?

#### Actions:

When you have to make a decision, mentally swallow the idea, see if it settles in your stomach.

Can one know something so well that they feel it's truth? A type of "gut feelings."

Think about how many a army "lives off of it's stomach," and think of how to live pleasantly off of your stomach.

If one feels hunger pangs, have a cracker or piece of toast.

#### Thoughts:

Think of the umbilicle chord - "contemplating your naval" - you were once connected and completely fed here. How is that chord dangling now? Feeding others now?

Often us nerds love pizza because you can keep programming, order the pizza over the phone, then eat it while still coding; but we should appreciate also how some people take the whole day getting fresh foods and creating a beautiful meal.

Ancestors are thought to be in the stomach area. It has been said that beings live in, or live off of humans, and some have said they see them hanging out in the stomach regions.

I've always wondered: the existence of ancestors here helping people out... Do you think the belief that ancestors are here could be stronger than the fact of whether they are or not?

Those who believe in psychotropic experiences (used to be called psychedelic but the media has ruined that word / connection) will appreciate the stomach chakra, many sacred herbal medicines helping the human transcend materiality are taken in by ingestion.

Breatharians prove that food is not as necessary as we act like it is (some are underground for months living entirely from the chi / prana in the air), but they are not being athletes or deeply immersed in culture, rather so peaceful as to need very little fuel. We should at least be clear and aware that we have created desires and of course in the USA gluttony that has most americans medically overweight!

Between the balanced center, the heart, and the procreative center, quite a lot of buffer is necessary here in the stomach!

## How To Be In Harmony 22

### (6) Svadhithana: The Procreation Chakra

#### 6 Petals-Orange-Water-Gonads

##### Words:

When the fetus is developing it goes through every stage of evolution, it is every animal up to human before arriving at being a human being.

Many people blame sexual energy for greed, lust, power-trips, and the like. Why blame a knife for being sharp? Why blame ultrapowerful creative force for being itself?

Sometimes a balance of polarities would be something like: person A likes dependancy and neediness, person B is completely detached, but they make a great team. In astrology the oppositions or triangles or squares created by the angles of different energies can be used.

Meeting kindred souls along the path is a great blessing. Literally makes a "nice fit."

Any biologist will tell you that cross-breeding is healthy. In-breeding causes many problems. Many people in the world have survived because one of their ancestors had certain antibodies and needed immunities. Technically since we can all make babies we are one "race." At the most, 42nd cousins.

Krishna was naked walking. A man followed him into the forest of Verdinanda. Women in the river grabbed their clothes and were embarassed when the man came by. "But Krishna just walked this way! That didn't bother you?" "He was also withouth clothes, noone minded **him!**"

##### Actions:

Notice that people who are not really very clear about sexuality often talk on and on, but sound like a teenager with a new toy. Those who are really in-the-know, why would they blab all over town? The braggart has likely eliminated his future possibilities, especially if conquests hear of the bragging!

Many writings talk about raising the procreation (OK sex) energy to higher chakras. Let us remember that we already are of a high source, and call this process "going back up" instead of just going up.

Although we think our sex and love energies are private, we should express balanced healthy energies in both of these areas because it flows over to others and their sex and love energies will be more balanced.

##### Thoughts:

From the physical mammal existence point of view, this level is barely above the survival modes, and as long as sperm meets egg we have done our duty. From the spiritual being point of view, we have lowered our high spiritual intentions all the way to mammal joy of sex. Not necessarily the smartest thing to do.

Some feel that orgasm before puberty will make one crazy. Some encourage safe sexual play. This needs further investigation! he he.. Well it is true that a repressed male when finally "getting some" will often be hard as a rock and everlasting. Perhaps it is good for us to know how to "handle our own needs" eh?

When we evolve to maturity we see that all children are our children. Though this sounds tribal and primitive, hey those tribes survived, and the children probably felt more loved since they were sort of communally raised.

Using the melodic minor scale for the chakras a funny pun occurs: the sex chakra is "B Fully Diminished."

As a child my favorite joke was: "What are you eating under there?" "Under where?" "You're eating underwear!"

It is amazing, all the ill people and millions are spent on sexual medicines.

### (7) Muludhara: The Root Chakra - Perineum

# How To Be In Harmony 23

## 4 Petals-Red-Earth-Adrenal Gland

### Words:

I have got to survive!

Watch out for **number one**.

Once could assume the god of people from fight-for-survival experiences is different from the god of people living in plentifulness and peace.

In countries with true social democracy you (get to) (have to) hear every viewpoint, from communist to imperialism!

Agreeing to disagree is the start; like when Reagan said "How can you have democracy with all these viewpoints?" He was completely missing the point.

Eshu-Elegbara (the owner of powers) is red and black, also knows of the sacred 3 and 7 (see the heart chakra sections on sacred 3 and sacred 7), there are 21 Eshus (3\*7), and the trickster Eshu may have dropped you here.

### Actions:

Gravity seems to always pull us down. It seems that everything has attrition, or basically is destroyed over time. Though these are seemingly negative effects, we can apply them to things we **want** to lose. Allow liars to drag themselves down, and punish them with the punishments they give to others. Simple short-circuiting. Aren't all the lying politicians on tape lying?

Though much is said negatively about vicious survival instinct, channeled correctly it can be useful for us all. Let us collectively hoard and covet peace, joy and justice for all humans.

**The world is smaller every second with our communication and transportation technologies.** We can't hate "them" over "there" anymore. It is us, here.

There is no more running away from family, others, it is the time of all catching up!

The best use of the energy we call "hate" is this: in order to transform to a better situation, it often takes hating the existing situation. Hate can be a great tool for self transformation, hating the ignorance and confusion that keeps us down.

### Thoughts:

Since we all want to live here, we have to get along to a certain extent. Just think how close people in a spaceship have to be, all hearing every belch and fart from each other.. we all have to learn to let out our noxious fumes in the least offensive ways.

The general idea of greed in itself is not so bad: if people could simply convert their greed to be greedy for all people, greedily making "their" people feel superior - all people - this is fine!

If 2 people meet, connect, make deals, but one is willing to cheat, who will win? What will happen?

There is some truth even in lies, even if the smallest amount. The best technique is to modify the application of the information, so that it is effective at accomplishing the desired outcome. Often a lie as a joke will help clarify things!

In ancient India the priests created the story that "you needn't come back" because living was a certain way - people wanted to leave! But in Israel the priests created the story "you can come back" because people wanted to return.

The bottom line is: either we find ways to live together, or risk opportunities. I can just see it now, we eliminate all short people, then find a task that we need short people for! Let's have some foresight eh?

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*One level's aspects will often be seen in the adjoining level. Ie the stomach chakra will often express energies from the sex center and the heart; the throat expresses the heart and third eye often. Each expresses the energy of it's neighbor a lot (and why not?).*

# How To Be In Harmony 24



**Thoth / Tahuti / Hermes  
holding the Caduces / Aesculpaian staff  
at the heart level**

## sanskrit subscript

The 7 Chakras in the Indian (Hindu) system, which are located at the 7 Endocrine glands in the Human Body. Chakra means wheel, they are also called Lotus Flowers, as each chakra has a certain number of petals or spokes. The lowest chakra has 4, the next has 6, then 10, 12, 16, 2, and 1000. You can see this from the ancient diagram here. Kundalini (Prana, Chi) life energy flows up and down the chakra system. Blockages, imbalances and ailments can be relieved by using the aspects of the chakras as healing tools. May you achieve balance and fulfillment in your life. Create more positive energy, it helps us all..

EACH OF THE PETALS OF THE CHAKRAS IS A sanskrit LETTER

They are arranged in a fantastic system that demonstrates that the human form is truly a microcosm of The Universe, and our emotional and spiritual energies have centers of focus that we can use to improve our lives and the lives of those around us. Just thinking about the aspects of a chakra changes it's energies.

In the teachings, (as a simple example) if one has a hard time loving, the Guru (teacher) would determine the sanskrit letters -- petals of the heart chakra that the person needs tuning up; then design a Mantra or chant that uses those letters / sounds / universal forces for the afflicted person to use for meditation to tune up and realign that energy in themselves, thereby improving their balance.

The third eye has two petals, one being HA, the main sound of the throat chakra, the other KSHA, a combination of Ka the last of the heart chakra and SHA the first, so the third eye contains the duality of HA (aspiration) extension, and KSHA (consonants) the 'loop' of the body.  $KSHA + R + N = KRISHNA$ .

The ancient Egyptian headdress with the Falcon and Serpent on the forehead may be a representation of the third eye's duality: Serpent - Body (KSHA) and Falcon Breath (HA).

The Egyptian symbol of the Serpent over the Solar Disk (Sun) on top of the head may be the kundalini energy as it goes over the brain and rests on the pituitary gland in the front of the brain.

The chakras, sometimes called wheels or lotus flowers, represent seven power centers in the body. They are built on each other, from the most elemental, earth, up to the most cosmic starting another series. Chakras often have the energies of the charkas next it. In some studies they only refer to the lower six, the crown chakra is only accessible by controlling or empowering the first six. It will become clear that the interdependence of chakras is an exciting challenge of three dimensional modeling.

Throughout history, people have created a variety of beautiful myths and metaphors for the 'kundalini' coiled serpent spiritual energy flowing up through each chakra, base to crown, through the 'sushumna' center channel, and 'ida' and 'pingala' snaking channels of life energy. Some say there are 7 aura layers extending from the body.

When you read this information, hopefully it will help you solve blocks and problems in your body and life, but be forewarned, please be careful with spiritual energies and energy centers. The intent of this writing is to share spiritual healing information, none of it should be used carelessly, without reverence.

The seven chakras each have a position in the body, a sanskrit name, an element, a color, a general sound, an aspect of personality, an endocrine gland, and a 'flower' with a specific number of petals - each petal has a sanskrit letter.



# How To Be In Harmony 25

Healers and spiritists use the positions, colors, elements, and the aspects of each chakra to diagnose and heal people.

Visualizing 'prana' life energy (pronounced pray-na) flowing up and down the system of chakras is a method of cleansing and strengthening.

Any library will have books with much more detailed descriptions of the chakras as emotional and psychospiritual healing forces, this study is of the system of connectedness of the seven chakras and their Sanskrit sounds.

The main sounds of Svadisthana and Manipura chakras are included in the previous's sounds (going up). Muladhara, the third from the bottom, has 10 petals, which adds up the previous petals 6 plus 4. The fourth has 12, 4 X 3. The fifth from the bottom has 16, 4 X 4. The sixth from the bottom ties it together: the sound Ha, for the right petal, is the main sound of the throat chakra. Ksha, the sound for the left petal, combines KA from the fourth chakra, and sha, from the first.

So of the sixth chakra, the third eye, the left petal controls the trunk (Moon), the right, the throat (Sun).  $4 + 6 + 10 + 12 + 16 + 2 = 50$  petals. The system is repeated 20 times in the Sahasrara chakra (1000 petals).

People usually think of going 'up' from the lower energies (frequencies) to the higher chakras. The method is said to be: awakening the serpent life energy coiled up at the base making it raise up to the crown. The 2 snaking energy bands are called Ida and Pingala circling the central channel called the Sushumna with the Citrini in the center. Interestingly in Voodoo their 2 serpent dieties are Aida-Wedo and Dumbala so Voodoo is a form of Yoga. Another view is that spirit energies came down and got 'stuck' in the lower chakras, and going 'up' to them is to be released back into The Universe; just as in and out breaths are both parts of that cycle. Each chakra's energies will often be found in the chakras next to it. The first 3 are male, the heart both, the top 3 female. "The Buddha is in the Heart Chakra."

SHORT OVERVIEW: (Chakras called by their sound here - see below)

LAM - Survival, basic instincts; VAM - Sexual, continuity emotions, measuring love received; RAM - Emotional balance, feelings in a general sense, also ancestors; YAM - Love for the physical plane, as the pivot the meeting of spiritual and physical, eternal peace between mind and matter; HAM - Communication, throat and neck therefore nuances, innuendos, and subtlety, also ability to be heard and recognized; OM - Collective consciousness, as the third eye this is insights, visions, psychic activity, open-mindedness; .MM.. - Godhead, indescribable, divinity, seat of the spirit, like the massive number of hairs, that many to that many power to that many power realities - this is where the human first disconnects from the infinite into perception of "I" or identity outside The Ultimate.

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## Wellness Techniques

### **Meditation**

TM (transcendental meditation) is excellent. Quieting the mind is so good for mind and body. If thoughts arise, allow them but put no energy to them.

Sit stand or lay in a comfortable position. Back straight is best. Focusing on the breath imagine all stresses and problems washed away for now, you are at peace. Focus on the area between the eyebrows and see that with every breath you bring chi / prana life force into the body, every exhale releases toxins. Think of nothing, if possible, or just occupy the mind with counting breaths (heartbeats if you can hear them). This should bring on slower breathing and alpha state eventually.

### **Self Hypnosis**

This is also excellent. The difference between meditation and self hypnosis is that you will be inducing yourself, so it is good if you like your voice, and / or can produce a nice tape to use with perhaps nice peaceful music in the background.

Self hypnosis also starts in a direction of communicating with the inner self that is very magical (toward dowsing, automatic writing and dreamwork).

### **Mindfulness**

It is often good to escape. When you can't, the idea is to make every action still peaceful and serene, as if you are still meditating. One can keep their clear calm still awareness even when in straining situations; and this is usually the best way to deal with things.

### **Visualization**

Positive / creative / affirmation visualization, they are all awesome techniques, from seeing the interview going great just before starting it to literally visualizing your "market" and just imagining your customers - this may help you find them, to just seeing yourself with all the chocolate ice cream you ever wanted, forever. How will The Universe know how to help you fulfill your desires unless you spell them out?

# How To Be In Harmony 26

See all the things you wish just as you wish them to be. At the least this helps focus, at the best you realize that once well defined, what you wish is right there for the picking.

## Grounding

The Universe has Quazars that spew out galaxies, and Black Holes that eat galaxies. Imagine a great sun over your head - this is gathering all the energies you have left places in the world. Then imagine a super powerful grounding chord from your root chakra to the center of the earth, grounding and draining out easily any energies that are not good for you.

Smudging (burning sage and sweetgrass to purify the space) and burning pleasant incense can be good to envoke peaceful harmonic vibes. Peaceful Indian music helps also.

## Chakra Balancing

Put attention on each energy center, see it healthy and balanced. The 2nd through the 6th have a will center in the back, and feeling center in the front.

The microcosmic orbit is achieved when the prana or chi energy goes up the back of the chakras, then over the crown and showers down the front, then up the back again.

Each petal of a chakra is a sanskrit letter, a personalized mantra can be created to help a person balance the specific chakras, varnas and vrittis (subtle energies) that need it.

It is always helpful to think of the Ajna chakra's sounds, Ha and Ksha, representing breath, spirit, and the loop of the body (Ksha = Ka the last sound from the heart chakra and Sha the first sound of the root).

## Psychic Healing

Move your hands about 6 inches away from the body, in a downward wiping off motion. Like you are polishing the auric field and wiping off any junk that got attached. Visualizing bright healing light is good, and in some cases a higher being does the work through your hands. Good prayer and mental clarity help a lot.

## Sound

The word: "Om" when pronounced "AUM" or even "EIOUM" is like a wah wah guitar effect, from the round wave of "Uum" to the square wave of "Eem," **Om is said to have all words within it.**

You can also chant the sound for each chakra, here they are, going up: Lam, Vam, Ram, Yam, Ham, Om, mm or silence.

## Movement

There is a similarity to Tai Chi, Quigong, Karate, Yoga and other eastern practices. It is a grace of movement, and free flow of chi or prana life force energy.

I particularly like a Snake Dance that makes one's arms look as if they are swimming, and Flamenco music handwork which have beautiful wristwork (great solution to CPT!) that has such elegance when done well!

Freeform movement is also great therapy, for everyone! Especially physically impaired. All dance and movement is great, well, the body is one giant orchestra, might as well carry it gracefully!

## Detachment

When undergoing difficult situations, there is a way to detach and look at things from another viewpoint. Sometimes the most grueling thing may just "temper the soul" in such a way that you can be a beacon of wisdom for others in the same situation. Who wants that job! Well, there are many who start out novices, even idiots, in a particular direction, but that may all be just for them to learn everything there is about it and eventually be able to share their experiences with us all - the key here is that we **are** all connected, what we perceive to go through alone, this simply is not the case. You are the voice for your community, of whatever-you-ares.

Detaching is mostly detaching from the simplistic or inane approach, which often results in healthier attachment - because it is "over" the dumb attachment mode.

# How To Be In Harmony 27

## Positivity

Some people just simply take the word "hate" out of their vocabulary! "I lack-of-love that!" he he.. I tried not cursing once 20 years ago, and found I had to really use my vocabulary. I had to describe things better.

There is a way that once you are clear on what you desire, and clearly set out each necessary task in order that need be done, then you can just sit back and watch it unfold perfectly - and you can already be designing the next project.

In other words, being positive, can just be that you are positive you will make it work. It can also be fun practices of saying that you have what you want, seeing yourself with it all.

If we say the only thing we hate is hate, aren't we still hating it? Positivity says that there is a way to even keep hate, in case we will need it sometime, so we put in in a safe place eh?

## Reflection

Some say "I don't need to take **time** to meditate, I am doing it constantly." Well this may be, in that case it would be called **Mindfulness** or being ever aware even while "in the world." I used to want to be on a deserted island, now I realise I can have that place with me wherever I am. I often squat near my front door and just overlook my entire life, as if reviewing it for some note taking.

Reflection is usually finding your groove, the things that work for you and things that don't. Reaching to a more source self and asking if you are "playing the instrument of yourself well."

For some people this is great just before sleep or just upon waking. It is a good time to micro-review goals and accomplishments too.

## Compassion

Often by making other people get what they want, we get what we want. In ancient Egypt they had a philosophy that everyone gave everything to each other, as gifts, then instead of the person having to get something for themselves, which could be seen as greedy, it was a gift! Good karma built in eh?

You are given the opportunity to help share this work with others, you have the option to help financially by donating to the author, who can really use it, and more will be able to read this work (thanks!!!).

Once our world is free of the dependancy tyrants like oil and other unsustainable technologies, we will have a bounty of new healthy technologies. Let's imagine that day to be now, and share this vision.

## Humor

"If it weren't for bad luck, I'd have no luck at all!" "I'm too poor to pay attention!" he he.. You have to admit, The Universe is funny! A small tribe may have all it needs, but large things like States, Countries, they are bankrupt and in debt! Straight haired people want curls, curly haired people straighten it, and when told a solid truth, you can sometimes see people create their own mental prisons! I guess sleepwalkers just don't want to wake up. Well, they are funny, when not dangerous, and not inflicting ignorance on the innocent.

Humor can diffuse. Humor can educate - where sometimes nothing else will. Often it is outrageous exaguration that will make a point clear enough so that people can see where reality really is in relationship to it. **Learning by seeing the DON'T example clearly.**

Laughter is good for the tummy, mouth, face - hey, it brings blood to the head at least! he he..

First 2 jpeg images scanned from Kundalini, The Arousal of the Inner Energy, by Ajit Mookerjee

Some images above from Barbara Ann Brennan's "Hands Of Light."

Tahuti caduces image from Practical Egyptian Magic

*May your visualization positive affirmation chakra experiencing be joyful, healing and balancing. May our sharing of gifts be helpful making this place heaven. Amen. Ashé! Love and light to all, Teo :)*

