

THE FREE FLOW OF ENERGY

All the power that ever was or will be is here now.

—Hermes Trismegistus, The Pattern on the Trestleboard



he human mind is infinite. And because of the vastness of our comprehension we all have certain blind spots in our awareness. They may manifest in the unconscious tone we take when our father rings on the phone or maybe in the rush to smoke a cigarette when we feel overwhelmed. Maybe they'll appear as the nervous things we say when put into a challenging situa-

tion or even allow us to go through an entire work day and not know what happened; simply moving through the motions all day long. Most of us can also relate to having gotten lost into some TV show, not realizing what time it was and that we were late for something important. Regardless of the item, we have all faced things that emerge from the shadows of our subconscious minds. We don't feel fully in control. Perhaps we can sense a powerful battery of stored-up emotions and grievances that haunt us from our past and remain unexpressed. This has become the condition of most of us human beings every day of our lives. We struggle with our internal dialogues and push through as best we can to get through our days and make our lives go around.

It doesn't have to be this way. There is a way to escape this vicious cycle and break free of our mental and spiritual bondage. It is based in an ancient system of Taoist Alchemy that is designed to clear the energy fields around us and bring balance back to our lives.

Alchemy is the practice of turning our lead into gold. The process of turning the material "lead" of our human experience into the "gold" of spiritual awakening is the essence of this ancient science of spirituality. This sounds interesting in theory, however, to make it a reality requires a deep understanding of energy flow and the internal landscape of the human energy field. This knowledge used to be widely understood by the elders in nearly every culture on this planet but slowly, over the past several hundred years, it contracted into obscure circles in tucked away monasteries or secret societies worldwide. Aboriginal cultures and remote villages have held traces of it but it had mostly been lost to our modern world. We fell asleep to the knowledge of our true nature, and now it is time to wake up. The secret science of Alchemy has been preserved for thousands of years and we are fortunate to be living in a time when we can be a part of the great re-dissemination of this ancient information.

We have entered a period of convergence where many spiritual traditions have released their inner secrets and opened up to help the public, allowing untold numbers to rediscover their inner light. I am here to represent some of the knowledge from the tradition of Taoism, a philosophy of balance and self-inquiry that has its origins in ancient China.

The ancient Taoists were known for their prowess in personal cultivation and their ability to activate their Light Body. They spent thousands of years studying the inner realms of consciousness and mapped out a comprehensive system for training, meditation, and personal evolution. They were some of the first alchemists to discover the gold that could be found within the Self, and they passed their training down through the centuries from teacher to student all the way to the present. I was able to learn from some of the best of the living masters and I am now sharing this knowledge with you.

The Tao that can be spoken is not the eternal Tao.

—Lao Tzu

Much has been said about “that which cannot be spoken” because telepathy and clairvoyance aside, words are the best form of communication we’ve got. Words have the power to impart concepts, ideas, wisdom, and, most importantly, a new way of thinking. It is my path to teach, using words, pictures, and video as devices, this ancient wisdom that has been passed down through the ages—much of which comes through oral tradition.

Oral tradition is a more holistic form of transmission that not only imparts the concepts and stories of the storyteller, but also allows the beingness or the suchness of being of the person to be conveyed and transmitted. Much of what I have learned over the past several years has come from direct transmission, and more importantly, through direct experience of these concepts with great masters. I have had the fortune of traveling and seeing these individuals and it is my intention to humbly impart my understanding of this wisdom in plain English.

The logical conventions of our written language oftentimes pose problems because of their limited ability to clearly convey esoteric concepts.

This limitation in immaterial, however, for all of the answers you seek lie within you. The journey we are about to take will help unlock this ancient knowledge and challenge growth from within. The Grandmaster of my lineage often said: “Taoist way not forced.” As you read these pages, allow your innate wisdom to surface and permit it time to grow and germinate naturally. You are on the path—the destination is coming back to Here and Now.

There is a famous Taoist tale by Chuang Tzu wherein he wakes up having dreamed that he was a butterfly, but then, after some confusion, was not sure whether he was a human dreaming that he was a butterfly, or a butterfly dreaming that he is a human. I say that this story sums up the human experience perfectly. When are we awake and when are we dreaming? How can we really know which is actually real? What does the concept of real imply? If both exist in our conscious awareness as phenomena, then shouldn't they be equally real?

We live in an unprecedented time in recorded human history wherein our left brain sciences are coming full circle with the words and wisdom of the ancients. Notions of reality have been defined, redefined, constructed, deconstructed, scrambled, and served sunny side up since we began thinking about it. Much to the chagrin (or maybe it's relief) of the classical Newtonian physicists, Reality isn't so “cut and dry” when we take our material existence as the frame of reference. In fact, in the wild world of quantum, the only math that computes is the one pointing to the answer that arrives at the whole deal being nothing but consciousness. [Springer Netherlands, 2004]

It's funny to hear our world's most brilliant theoreticians propound such a theory today, because a guy called the Buddha said something like that around 600 BC. Actually, although the Buddha's contribution to humanity was immense (and we'll spend some time with his teachings shortly), he wasn't the first to go there—not by a long shot. People have been coming to this very same conclusion for a long time: the Maoris of New Zealand, the Egyptian Mystery Schools, the Shamans and Shamanesses of Siberia, South America, and Africa, and of course, our more recent Saints who have worked with a much-abused name for “It”—God. The history of the Church is laden with enlightened people trying to explain this phenomena under the safe haven umbrella of their faith's taboos.

So if all is consciousness, then what about my body? I can poke at it, I can fall and hurt myself, I get hungry, tired, and...I eventually die...right?

Sure, but in the shamanic, Hermetic, or Taoist point of view, death is simply our Self's Consciousness leaving the physical plane. When we withdraw from our physical body, then we experience the phenomenon known as death. In life, there are millions of subconscious activities going on under the radar of our conscious awareness in every moment. We don't have to think about breathing or the beating of our heart. These things simply happen on their own without the need of our conscious intervention. The body is actually wholly conscious and simply represents the part of us that is tied to this physical existence. Death is the opposite of birth, not life. All energy and matter are interchangeable and the Law of Conservation of Energy states that energy is neither created nor destroyed—it simply changes form. We may shed our physical bodies but our consciousness is eternal and infinite. So currently, we sit around in our “earth suits” trying to reconcile the perceived gap (or abyss for some) between our material and spiritual states. We try to do enough good here to be rewarded with going there, since Heaven and Earth have always been taught to be separate places. We set aside Sunday mornings or the Saturday Sabbath for this usually, trying to erase our bad deeds from the week, trying to find forgiveness for things we can't forgive ourselves for.

We are self-conscious beings that are a part of a Universal Consciousness which is all-encompassing. Somehow, having taken incarnation in these bodies, we have forgotten the Source from which we have come and have fallen asleep to its ever-present currents right here and now. Feeling disconnected, we have come to perceive our material existence as separate from some notion of eternal spirituality, which is only to be granted in the afterlife.

This split is the fundamental fallacy of our age and given the name of Kali Yuga, or “The Iron Age” in Hindi, which represents the lowest order of consciousness and highest degree of materialism. This marks an era in our history when we are the farthest from understanding our true nature and the most disconnected from Source. It is the time when we have completely forgotten our own personal connection with the Source and instead blindly rely on ministers or “agents” who represent the Source to help us

and tell us how to attain enlightenment. The Kali Yuga designates a period where people are sleepwalking deeper than ever before and, as if in a trance, are simply unaware of their incredible potential and the critical role they play individually in the Universe. Being at the end of this cycle, we are now said to be emerging into the next Golden Age, where people begin to wake up, and the spiritual science of using the Light Body enters back into our global consciousness. In the Mayan calendar, it indicates that we are currently at the farthest point from the center of the Milky Way, which coincides with a time of great unrest and discord. The Mayans also forecast that our present time is the end of this epoch when we are finally starting to awaken from the deep sleep of materialism and spiritual separation. In their system, we are to be turning the corner around the end of the year 2012 wherein we, for the first time in eleven thousand years, begin to face the center of the galaxy and slowly move towards it once more. The closer we get to the center, the more we are said to wake up and feel connected with our spirits again. [Arguelles, 2002, p. iv] This date, however, marks an era of change and great transformation of human consciousness. The Hindu Vedic tradition places the end of the Kali Yuga somewhere between 2010 AD and 2442 AD. [Danielou, 1987, p. 197] In my opinion, this timeframe is open-ended because the shift is predicated on the state of our race's mass consciousness. The ancients have said that the nature of this shift will rely on the degree of our awakening. The more people we have that become Self-Realized, the softer the transition. In the past several hundred thousand years, these times have been associated with mass coronal ejections from the sun, increased volcanic activity, pole shifts, tidal waves, desertification, and much more. [Cox, 1997, pp. 1-2] We have had major magnetic shifts through the Cambrian, Devonian, Permian, Triassic, and Cretaceous periods of Earth's history which have affected the type and amounts of radiation penetrating our atmosphere. This has caused massive mutations in the genetic material of every species of plant and animal on the planet. [Lawlor, 1991, pp 94-96] It is now time for us all to wake up to the changing of our current cycle and come back into contact with our higher purpose in life.

This awakening brings us back to Unity Consciousness. The fundamental split in our awareness that created a perceived sense of duality is correct-

ed and we return back to an important realization: Spirit and Matter are One. All is One and the reconciliation of this understanding is tantamount to our recovery from the self-inflicted suffering we have been clinging to, both individually and collectively.

So here is the lesson in time: Know where you are at in the cycles of reality, and act accordingly. If you are hiking in the mountains and the sun is beginning to set, what do you do? Naturally, you begin to head home or make shelter; hunkering down for the inevitable fall of light for a set time as dictated by the cycles of nature, until the morning sun arises, freeing you from darkness. For all of us, the night of our materialistic slumber is at an end as we are about to rise with a new cycle of Reality that will usher in our Unity Consciousness.

The ancient Egyptians, Mayans, Hindus, Hopi, Western Alchemists, and Inca have prophesied that this era is the most remarkable time to be alive in all history. They speak of a powerful shift in the consciousness of our planet and in particular, the evolution of our species. They further tell of a challenging time where we are forced to correct the fundamental schism that has dominated our thinking for the past 5000 years. [Braden, 2009 p. 53] This imbalance has led to endless conquest, genocide, and deterioration of our ecosystem while also causing a powerful distraction that has put us all to sleep. This break in our understanding of reality comes from our proverbial “fall” from the Garden and our lapse into Duality Consciousness.

Our infected form of thinking permeates everything, from our relationship with nature, the way we treat each other, and even to our (mis) understanding of Divinity. We are no longer one with the natural environment from which we came. Heaven and Earth are seen as separate places, and strict rules are given to release us from this nasty rock so that we can return to paradise.... We are currently getting through the darkest part of the night while the light of awareness is about to start shining through for all of us.

In order to begin the process of awakening, we need a frame of reference—a starting point from which to launch. I put it to you that your body is the alchemical vehicle and your experience in this world is the proverbial “lead” which will be turned into “gold.” Listen to your body. Don’t ignore it because you’re focusing on some higher spiritual goal, but learn to bal-

ance your internal energies and harmonize your emotions. This is a very important step in practical spirituality and in living life. A famous alchemical axiom states that Heaven is within us and not above us, as many have mistaken the axiom to say. The exploration of our own consciousness gives us a glimpse at the Mind of God. The more we come to understand our true nature, the more we will be able to understand reality.

The Taoist perspective of life does not require you to renounce God or get a Yin/Yang tattoo, nor does it insist that you join the “Taoist Club” and start arguing with the Buddhists. It is just a label. Balance is what we strive for and we strive for this in all things, including our religion. To understand the nature of the Universe we need to understand our own nature first and, to do this, we must start with the cultivation of our bodies. This training will guide us along the path to liberation and at that future point, we will simply be enlightened humans—and not Taoists, Christians, Muslims, or Jews. Again, these words mark the Dark Age attachment to titles and separation which we will move beyond, for remember, there is only one chosen people and that is all of us. In fact, even that perspective is limited unless we include all that exists into that definition. Waking up to our deep and intimate connection with all life in the Universe brings us back to our essential nature and liberates us from the bondage of the trance we’ve been under. The whole “my God is better than yours” mentality is the primitive mark of the Kali Yuga and remains a fundamental sticking point we need to surpass in order to evolve as a species. To do this, we’ll need to examine some basic principles in greater depth.

Chaos and Energy Fields

According to modern physicists, chaos is the dominant ruling principle of the Universe. All things move towards it as it governs and tears apart all things that are manifest. Life, in contrast, is an ordered system. In fact, when organic systems start to fall out of order, we begin to experience deterioration, decomposition, mutation (which leads to cancer), and the eventual breakdown of living systems (aging). [Holland, 1998] Our goal as living beings, therefore, is to support, enhance, and harness the power