

## Project 3: Holistic Relationships

### Definitions

For Project #3, that I call "Holistic Relationships Inspired by Spiritual Intimacy", I suggest some core principles that we must understand and apply in our personal relationships in order to enjoy a stable and sustainable human planetary society over the long term. By "holistic" I mean that all social relationships are recognized to have a quality of wholeness that comprises an interdependence of all components involved in the relationships. By relationships I refer to the ways in which people establish, develop, and maintain interpersonal lifestyles and activities in a society. Holistic relationships are human interactions in which people participate harmoniously with a sense of wholeness rather than from exclusivity and bias.

By "Spiritual Intimacy" I mean each individual realizes that on the spiritual level there is no separation between any one individual and another individual. Each individual exists as a viewpoint that is embedded in a physical body. The viewpoint may be encrusted with many layers of habits and preferences, but it is still nothing more than a viewpoint that habitually identifies with a set of beliefs associated with a particular individuality and its relationships that are conditioned by environment and preferences. By virtue of the belief in a physical separation in space and time, each individual viewpoint **by definition must be different**, and therefore it makes no sense to desire perfect agreement or even understanding among individual viewpoints. Therefore, the proper goal of spiritual intimacy in interpersonal relationships is harmonious coexistence based on respect for the equality of all viewpoints **as viewpoints** and an understanding that it is possible to attain an intimate appreciation of other viewpoints and to cultivate a win-win cooperation with other viewpoints without sacrificing the ability to maintain one's own individual viewpoint. Thus, by "spiritual" I mean that there is a quality of consciousness available to all living organisms that is capable of maintaining a viewpoint from which to experience the world, and all viewpoints are identical in their fundamental nature while guaranteed to maintain differences due to their conditions in space and time. Via the fundamental identity of viewpoints **as viewpoints** it is possible not only to tolerate, but to positively appreciate, other viewpoints while retaining a primary viewpoint. This is a remarkable spiritual quality available to us all. Willingness to engage in such acts of appreciation and cooperation leads to spiritual intimacy and to the possibility of peaceful and harmonious coexistence of highly diverse societies and individuals.

No man is an island,  
Entire of itself,  
Every man is a piece of the continent,  
A part of the main.  
If a clod be washed away by the sea,  
Europe is the less.  
As well as if a promontory were.

As well as if a manor of thy friend's  
Or of thine own were:  
Any man's death diminishes me,  
Because I am involved in mankind,  
And therefore never send to know for whom the bell tolls;  
It tolls for thee.

Thus wrote the famous English poet John Donne in his "Meditation XVII" (1624). Donne points out that England is not really an island although on the surface it appears geographically separate from the rest of Europe because of a superficial channel of water. It is still connected via the submarine earth surface, and today this physical connection is demonstrated by the Chunnel. Existence is holistic, both in terms of geography and humanity. On the one hand an individual may not survive very long in total isolation. On the other hand, the loss of a single individual in a society has an impact on the survival and well being of humanity as a whole. We are all interconnected and interdependent as human beings and as living organisms.

Successful businesspeople have discovered that long-term prosperity in a business operation requires a **win-win relationship** for all parties involved with the product or service provided by a business. This includes executives, workers, suppliers, customers, and so on.

The individual is the basic unit of society, but no individual may exist in isolation. Humans as organisms are mortal. They also require food, shelter, clothing, and tools to assist in survival. For these reasons continuity and stability of human existence as currently defined require the group cooperation of a society. The basic unit of a functioning society thus is some sort of family structure, the simplest being the nuclear family -- a man, a woman, and their offspring that ensure a future generation. This holds as long as mankind reproduces sexually.

Many variations of family structure are possible, and societies have experimented with the possibilities and enjoyed varying levels of success. The minimal nuclear family on its own turns out **not** to be the most efficient family structure, because it lacks the security of redundancy. If either spouse becomes seriously ill, injured, or dies, the viability of the nuclear family may become greatly reduced or even destroyed. Thus societies usually develop certain redundancies to reduce the risks inherent in the minimal nuclear family structure. Extended families, tribal alliances, multiple partners (either serial or parallel), and social welfare systems are examples of methods used to stabilize a society. Each approach has positive and negative features.

### **Responsible Freedom**

The notion of "responsible freedom" is something of an oxymoron. **Nevertheless, I propose that a general principle of holistic human relationships is that a person may enjoy the freedom to do whatever he or she wishes to do individually and in conjunction with responsible consenting individuals as long as those actions have no undesired effects on others.** However, this principle brings up several contentious

points that every society must resolve. First, what if a person's behavior is self-damaging? (Example: excessive substance abuse.) Second, due to the biological growth pattern of humans, a baby is unable to fend for itself, and a child is often unaware of the dangers certain behaviors may pose to self or others. How do we determine the age or condition in which a child is ready to behave responsibly and effectively given the extended development path of humans and the great variety of individuals? Third, how do we define the boundary beyond which someone may claim that a nonconsensual behavior is damaging to another?

A great deal of the religious and political strife in human societies derives from strongly held beliefs concerning these three contentious points and attempts to impose those beliefs on all members of a society as a set of rules and restrictions. Sexually oriented biases as well as deeply embedded racial and cultural beliefs further exacerbate such social strife. For these reasons I strongly suggest implementation of Projects 0, 1, and 2 as a preparation for taking on the challenge of creating a global society based on holistic relationships. These projects will lead to greater tolerance, flexibility, and creativity when addressing social issues.

### **The Golden Rule?**

Robert Podolsky (**Flourish! An Alternative to Government and Other Hierarchies**, pp. 50-52) points out that the widespread belief in the Golden Rule (treat others as you would prefer them to treat you) may work for consensual sadomasochists, but fails to address the problem of nonconsenting individuals who do not subscribe to the sadomasochist behavior pattern. That is why relationships must be consensual and not forced or otherwise imposed on a relationship. On the other hand, it does not mean that consensual sadomasochism is inherently "wrong" or should be universally banned. An objective observer easily might consider American football an exercise in sadomasochism, but the general American populace feels it is not only consensual, but an excellent sport that develops character, athletic skill, teamwork, and many other positive social traits -- despite the dangers of serious permanent injury associated with the sport. A follower of an ascetic spiritual path might practice extreme self-mutilation or even suicide. If this is done without damage to the persons or properties of non-participants and the self-inflicter considers the actions non-injurious (for example, based on a belief that since the body is a demonstrably temporary mortal "clothing" it is acceptable to customize or even discard it for something else), who is to say that such behavior should be rejected as morally wrong?

### **True Responsibility**

There is a certain amount of risk in any behavior, even in the deliberate practice of inaction or attempts at doing "good". Truly responsible behavior involves each individual taking personal responsibility for the results of his or her actions, whatever the consequences. Awareness of the risks of mistakes, accidents, and other kinds of unanticipated results of one's actions is fundamental to the notion of responsibility that a person takes on as an adult participating in society. Societies usually find a traditional and/or legal age for the assumption of adult responsibility. This may be adjusted according to the social and environmental conditions and according to certain individual

cases (such as mental and physical competence, overall risk conditions, and so on.) Those who take it upon themselves to decide the competence of others and risk factors involved in behaviors must assume responsibility for those decisions and be held accountable to those directly or indirectly affected by such decisions. Assignment of responsibility may also be decided by means of legal agreements negotiated fairly with the interests of all parties taken into consideration. The main point is that in an intelligent society people exercise reasonable tolerance and live together as harmoniously as they can. Individuals who pursue goals with disregard for the consequences of their actions on society at large and the environment assume the responsibility for perhaps bringing unintended ruin on the empire they are busy building. In our era with the power of technology at our fingertips this becomes a serious issue, sensitivity to which the first two projects of this Plan for a Planet are specifically addressed.

### **Spiritual Sex**

**Spiritual Sex** is a delicate issue, because the societies on our planet tend to have many inhibitions and fear-based attitudes regarding sex, despite the fact that, and also because of the fact that humanity is a life form that depends for its survival on sexual reproduction. (This design feature of humanity may change in the future.) The accretion of suppressed emotions, inhibitions, and other such limiting attitudes surrounding sexual behavior results in many social problems that affect health, family life, and the very security of our communities. Much energy in our society is expended on anger, frustration, despair, and other self-destructive modes of feeling engendered by misdirected or misunderstood sexual energies. Another large amount of attention and activity is expended on treating sex as a commodity or as a tool for selling products and services. Sex is not a necessary nuisance or a way of generating business, it is the essence of intimate relations, and a pathway to sublime spiritual growth. Let us understand why.

We humans are social creatures. We have chosen to exist as a temporary life form that generally thrives in communities and reproduces through intimate sexual relations and long-term family structures. The starting point of a society is the intimate relation of sex. This is how life begins, and it is the core of a family. If we value life at all, we must start with valuing the creation of life. We must begin to view sexuality as the spiritual essence of life energy that enables life to enter a physical body. In that sense proper attention on sexual behavior is the foundation for a stable society.

Cruelty and violence result from a sense of separation that shuts down loving relationships and generates a fear of real intimacy. The truth is that we are all one. The social divisions and barriers that we create are labels that we superimpose on that unity to separate it into compartments for local convenience in our lives. These labels also may easily become disruptive of the innate harmony in which we all coexist.

The ability to love, respect, and appreciate another person begins with the ability to love, respect, and appreciate oneself. Proper understanding of and training in the management of one's own life energies and sexuality are fundamental tools for achieving stability and harmony in society. Beyond that there is no limit to the social joy we may generate with another or with a community. Just for starters, imagine a world with

something much brighter to look forward to than endless political struggles and tearful soap operas.

The life energy in the human body is a tremendous creative potential. With it you can create babies, and you can create bliss. Life energy is like money. You can use it for many purposes. With life energy you can become a great athlete, a great performer, a great genius, or a great leader. The few who have learned this in the past through guidance or through their own personal discovery have been the outstanding examples of humanity. Greatness in an individual is a social expression of spiritual sexuality. We call it charisma. It converts sexual energy into spirituality for the evolutionary benefit of all.

The nature of this life energy is bliss -- an extreme form of happiness that can be a fleeting mirage or a permanent foundation of a successful life. If we unfold and apply this life energy in a balanced manner, we can generate vibrant civilizations beyond our imagination. When life energy in the body is disorganized and disturbed by conflicting and self-destructive thoughts or actions, it does not flow smoothly. The energy gets stuck in organs or regions of the body and causes dullness, discomfort, or pain. We may feel uncomfortable or even fall ill.

Much of the violence and suffering in the world is directly or indirectly due to sexual frustration. Recently a young man went on a rampage shooting young women because he felt frustrated by the lack of love and appreciation he received from women. He did not understand -- and the detailed media discussions as well as the educational institutions unanimously failed to clarify -- that each individual is responsible for his own personal universe and all his or her interactions with it. Nobody has the *a priori* requirement to love or appreciate anyone else. If nobody loves a particular person, that is something that the person has created as a reality. To forcefully demand love from someone else is a contradiction. Love is the essence of the holistic nature of existence. It is a given. Furthermore, demand for love (or anything else) violates the principle of free will that any intelligent person grants to all the individuals created in his or her reality. If you demand something (for example obedience) from others, then by reciprocity you give them the right to demand the same from you -- perhaps in another domain, but there it is. If love, appreciation, and obedience were mechanically expressed by all to all, that would make existence very boring. Diversity of viewpoint is the spice of life. Control addicts might as well surround themselves with rocks, because rocks are quite reliable and obedient. Rocks will usually stay where you put them for extended periods of time. This leads to a stable, but very boring existence. The essence of existence is a diversity that includes all possibilities. Different viewpoints and unexpected responses make life interesting and challenging. How can you make it work for everyone? If you want love and appreciation, try giving some to others. It will not guarantee you will get any response, but at least it guarantees that someone is giving some love and appreciation. The funny thing is that people may not interpret your love and appreciation as such. That may provide a clue as to why you do not view the behavior of others as love and appreciation. It may be a translation problem.

When life energy flows smoothly in the body, the body is stable and healthy. Then we can

put steady attention on our ideas and activities and there is no particular awareness of the body other than on what it is doing and its interaction with the environment. You do not need special attention all the time on your heart, your stomach, or your knee. You start to walk, and your knee bends to facilitate your steps. You eat food, and your stomach digests it. Your heart beats day and night without special instructions, adjusting its speed to the needs of your body. These processes are automated and require only the barest minimum of attention to continue operating.

When you put some attention on your healthy body, it feels full of energy and well being. The sense of well being can extend to a sense of bliss. Body bliss is full enjoyment of the body – enjoyment of having a body, enjoyment of identifying with a body, and enjoyment of using the body in various ways. Love and appreciation can be directed toward the self very effectively, and that is something easy to understand. It certainly is a start.

For many people the experience of sexual climax is the most ecstatic physical feeling the body is capable of. People crave this sensation, but are often confused about it, because they are hampered by traditional beliefs, taboos, and other social issues that get attached to sexual behavior. The result is that they inhibit their desire for sexual pleasure. Some even put it aside completely. They suppress it, try to sublimate it, or turn their attention away in other directions and try to forget about it.

The problem is that the life energy that generates sexual pleasure is essential for survival. The climax of sexual arousal is also a glimpse of how life might be lived on all levels all the time. Why is it that this ecstatic pleasure usually is maximum only during the fleeting peak of sexual activity and then rapidly fades and even reverses to fatigue or depression? The answer to this question is very simple. There is a core belief underlying all organisms that bliss is the foundation to existence, the basic characteristic of undefined awareness. The reality seems to be that existence has no preferences one way or the other. However, if there is an option available to experience the adventure of life as an organism, why choose a drab and boring or a painful and unpleasant type of existence? If existence has no preference, why not choose the best possible experience? Why not let the fundamental nature of life be satisfying and pleasurable. Of course, why not also spice it up with challenges and creative possibilities? That may result in some ups and downs, but the overall result can be satisfying and pleasurable.

To maintain its existence an organism must continually conform to the pattern of its chosen core survival belief system. For example, fish choose a mode of existence that involves living in water, not on land. We call the core beliefs for the survival of an organism instincts. The state of being closest to pure existence (undefined awareness) while still maintaining one's chosen core belief system results in a sense of well being, because the experiences that maintaining the core state brings match the organism's core beliefs. Achievement in that mode of existence brings pleasure. All instincts are governed by the pleasure principle: when the instinct is reasonably satisfied, the organism feels some measure of well being and pleasure. Examples of instincts are breathing, eating, and procreating.



Each instinct must be refreshed on a periodic basis or death and possibly extinction will occur. The organism does not survive if it violates its instinctive belief patterns. A fish out of water soon dies. A species unable to procreate soon becomes extinct simply due to the mechanics of biology.

We humans identify with being a type of organism that has a core belief that sexual intercourse is very important for survival, not just of the individual, but of the species. Lack of sex with no other substitute spells extinction for an entire species. Therefore, to make sure we have sex often enough to preserve our species of organism, we create the belief that this is the most pleasurable type of physical and emotional activity that an individual can engage in. For some species (such as bees and certain other kinds of creatures) procreation even trumps the survival of the individual. When individuals successfully procreate, they then die.

Unfortunately, the complications of engaging in courtship negotiations and finding a suitable time and place for sexual activity, as well as the responsibilities of pregnancy and family raising may render the blissful aspect of procreation fleeting at best and often very frustrating. The situation is further disturbed in our day by the widespread prevalence of sexually transmitted diseases and the social problems that this entails -- not to mention the complex social beliefs and issues that cloud the domain of sexuality.

There is an art and science to sexual activity that can guide a person to fulfillment in his or her own sexuality and to the creation of satisfying relationships that support stable family life. Furthermore, sexuality can progress to a very high level of spirituality, because the climactic high associated with it is in some ways so close to the realm of pure undefined existence. During climax the mind is swept clear of thoughts and definitions. All that remains for that brief moment is an ecstatic condition of undefined awareness that is only tenuously attached if at all to a local physical body. In extremely high states of coitus people are completely blown out of their bodies into a vast field of energy, light, and bliss. A person can learn how to shift the ecstatic pleasure associated with sex from focus on the sexual organs to other parts of the body and beyond to various activities and goals. Ultimately the bliss of climax becomes the instinctive foundation on which we live our lives.

### **Managing the Life Energy**

For the purposes of this Project we will refer to sexual energy as “life energy”, because it has a primary focus on procreation of offspring and thereby perpetuating a species. However, in this Project we will use the proximity of the life energy to Undefined Source Awareness (pure undefined existence) and the drawing power of its pleasure sensation as a spiritual tool rather than only as a method of procreation or recreation.

The first step in managing life energy is to begin to become aware of the movement of energy in the body. Step two is to begin to direct and modify it. Step three is deliberately to increase the intensity of the life energy flow. Once you have some control over your own flow of life energy, you can find a partner and begin to interact. Or you can choose to continue exploring on a solo basis. Ultimately life is a solo adventure embedded in a

more-or-less social context. Below are some preliminary examples to illustrate the process.

### **Being with Your Breath**

An excellent beginning exercise to get in touch with life energy is to sit comfortably with eyes open or closed (try both and see which you prefer) and put attention on your breath. Simply be aware of the flow of air in and out of your lungs. Be aware of your inhale. Be aware of your exhale. Be aware of the slight pause between inhale and exhale. Watch the process, and hear the sound of breath, feel the flow of air in the nose and trachea. Feel the expansion and contraction of the chest. This process relaxes the body and brings your attention into the present moment. You can think about yesterday or tomorrow today, but you can not breathe yesterday's or tomorrow's breaths today. Thus, attention on the breath brings you into the present.

This exercise is good preparation for advanced exercises in spiritual sexuality, because the breath is the bridge between mind and body. We can use breath to manage energy in the body, and to manage thoughts in the mind. Breath is a very handy tool, because it is an automated instinct like the heartbeat, but we retain the ability to consciously and deliberately modify it and manage it within the tolerances of the instincts.

Practice sitting quietly and “watching” the breath for ten minutes. Gradually you can extend the time length of this quiet sitting. You can also experiment with watching the breath in simple activities that do not involve risk due to dividing the attention. For example, you can stroll around a familiar room for a few minutes while watching the breath. Do not do this while driving a car, operating machinery, or moving about in unfamiliar surroundings, because placing some attention on the breath removes some amount of attention from what you are doing. It is like talking on your cell phone while driving a car. You can do it, but it is a bit risky. It usually is quite safe to talk on your cell phone while walking about your living room.

### **Exercise Some Unusual Muscles**

These next exercises are first steps in starting to move energy deliberately in the body. Even by putting attention on the breath we begin to deliberately modify a normally automatic stimulus-response mechanism. So now let us begin an easy exercise that deliberately modifies the mode of breathing for a few moments.

Our first example is to breathe rapidly seven times. Sit comfortably. On the inhale, close the mouth and breathe in rapidly with a strong sniff through the nose. On the exhale, breathe out swiftly through the mouth, making an explosive “shew” or “chew” sound. How do you feel after you have done this? Alert? dizzy? This little exercise heightens alertness and wakefulness within a few seconds, and demonstrates how the breath acts as a bridge between mind and body.

Here is another simple breathing exercise. Most people do not think of using lower abdominal muscles to assist breathing, but professional singers and speakers know the value of bringing these muscles to bear on the breath and have many advanced techniques



based on this simple exercise. Breathe slowly through the nose. On the inhale, let the lower abdomen distend outward. This allows the intestines to sag lower in the belly and sucks the diaphragm farther downward than usual. This in turn draws a bit more air into the lungs than usual. You deliberately increase your lung capacity. On the exhale, draw the abdomen in slowly. This pushes the diaphragm upward and pushes a little more air out of the lungs than usual. Such “belly breathing” may seem awkward at first, but if you do it for several minutes, you will notice that your breath slows down markedly and increases the volume of air that is exchanged when you breathe.

These first two little exercises are examples from a huge catalog of breathing techniques that people have explored and used for thousands of years. The first example will tend to clear dullness in the mind and wake you up. The second exercise will slow your breathing and relax your body. It can also be used to modify the quality of your speaking or singing voice.

The next exercise introduces the use of muscles that you have probably long ago put totally on automatic. The technique begins with deliberately tightening of the sphincter muscle of the anus. This is a muscle that usually works automatically to control the release of bowel movements. You learned to tighten this muscle as a child in order to graduate out of diapers. Then you automated the procedure so that the muscle stays gently closed except when you move your bowels. You only use it deliberately when you have diarrhea or otherwise need to hold your bowels in. In Yoga this exercise is called the Aswini Mudra. Each time you consciously tighten the sphincter muscle, it sends a subtle bolt of energy up the spine to the brain and enlivens the whole nervous system. You can practice tightening and relaxing the sphincter over and over. See if you can do 60 cycles in a minute. You can also practice holding it tight for a period of time. You can begin with a few seconds and work up to a minute or two.

Once you can do the Aswini Mudra, you can add the “Root Lock” (Mula Bandha). This involves a tightening of the muscles in the perineum. A woman who does this exercise will strengthen the muscles in her vagina. This will improve the health of the vagina and her ability to make love with her partner. For men contraction of the sphincter and perineum muscles massages the prostate and may help to control premature ejaculation. You can also add the Vajroli (Sahajoli for women) Mudra. This strengthens the muscles that line the urethra and control the flow of urine in both sexes as well as the flow of semen in men.

When you have developed some skill with deliberate operation of these muscles, coordinate them with your breath. As you breathe in, gently apply the Root Lock and its associated Mudras. When you breathe out, you can relax these muscles. The above are just a few examples from a large collection of techniques that expand awareness of body functions and recover deliberate control of many automated processes.

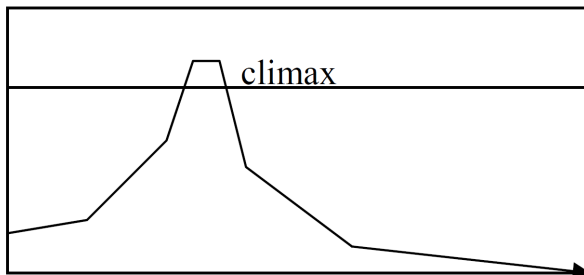
### **Solo Stimulation of Sexual Energy**

The next phase in the Project is to begin to stimulate some sexual energy to go along with the types of exercises discussed in the previous section. The muscles that you develop

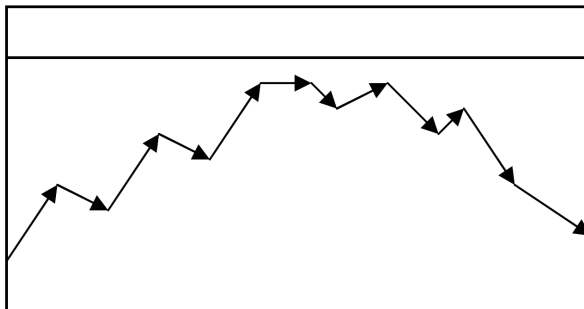
deliberate management of in the above exercises will help you to control the powerful flow of sexual energy and to spread it to other parts of the body rather than keeping it localized in the genital region. For example, in the slower breathing exercises you can stimulate sexual energy during your inhale, and then relax during your exhale. This moves the energy in an ebb and flow that cycles through the body from the genitals to the brain. You can also include the Mudras and Bandhas. Basically you add some form of masturbation to your breathing and flexing of muscles. You may feel shy about self-pleasuring. Many societies have taboos about this. However, consider that sexual performance with a partner can be much better if you have practiced before hand and have some control over the energy. You can practice a lot more alone than with a partner. In this exercise you are not interested in achieving climax. You are merely adding some physical stimulation to the breathing and muscle tensing and relaxing.

### Intensification

Sexual energy can be extremely enticing. As it intensifies, you may find yourself rushing to a climax. Once climax is over, the body shifts to a very passive energy state. If this is the pattern you follow in sexual encounters with a partner, the encounters will be brief. There will tend to be a moment of exhilaration followed by a letdown. Overall, the experience is not very satisfying.



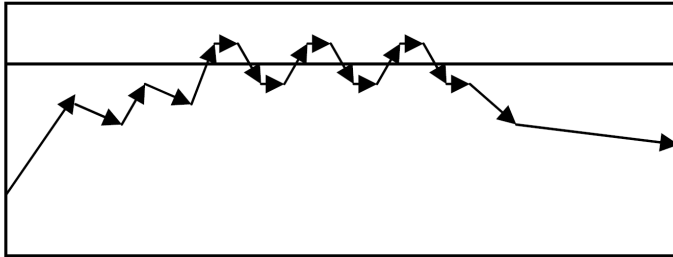
The above chart schematically shows the common pattern of stimulated sexual energy. The purpose of the stimulation exercises is to modify the habit of rising to a brief peak and then dropping off rapidly. The aim of practice is something more like this.



The stimulation does not reach the climax zone, but moves in cycles to a higher level of energy and then gradually tapers off. The overall span of excitation time extends relative to the coital spike mode of sexual activity, never reaches full coitus, and the final state is at a higher energy level than at the beginning rather than dropping to a state of drowsy torpor. With practice this pattern can become easily attainable and extended indefinitely.

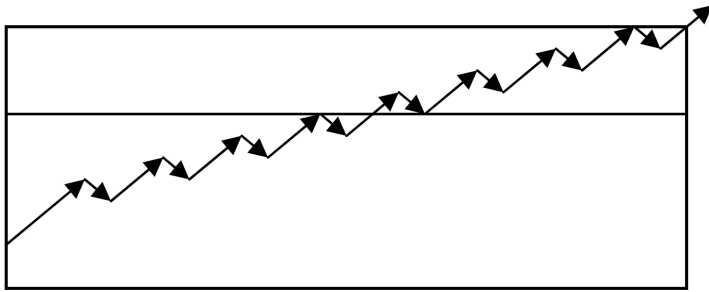
The ideal approach to making love is not to rush things. Love-making, whether solo or with a partner, is a time for relaxed enjoyment. The exercise develops the ability to maintain relaxation and a high state of alertness and pleasure all at the same time for an extended period. We are cultivating the ability to recondition the entire body to existing naturally in a state of high alertness and pleasure. This is not to be localized in the genital region alone, but suffused throughout the entire body and mind of an individual (and his or her partner).

Once you can generate an extended period of high arousal without going into climax you are ready to experience multiple orgasms. This is much easier for women than for men, because most men have linked orgasm with ejaculation. Once a man ejaculates, it takes some time for him to recuperate for another go. How long that time is depends on the man's state of health, how generally rested he is, and the overall intensity of the sexual engagement. However, there is no particular reason why climax has to be linked to ejaculation. It is possible to train the male body to have multiple climaxes without ejaculation.



The above sketch shows a pattern of multiple orgasms. Both men and women can have multiple orgasms. Women naturally have this ability and are only prevented from enjoying them by lack of orgasms, weak health, or psychological suppression. Men can develop the ability by strengthening the muscles of the perineum and urinary tract through exercises such as outlined above. Such exercise eventually may allow a man to climax in a relatively relaxed manner without ejaculating. After a brief rest he can continue stimulation and have a second or third climax. Each climax may tend to become higher. Both men and women are capable of multiple levels of climax that move higher and higher. The afterglow period may extend indefinitely and need not be subject to dullness or sleepiness. Deep meditation also can assist in stabilizing relaxation during heightened sexual arousal. The idea is to awaken awareness that the heightened sensual experience of sexual arousal and the blissful afterglow of fulfilling sexual engagement can become a perpetual background to a person's life and need not only be connected to sexual behavior.

This is "spiritual sexuality". The ever present glow of Life Energy in an individual or a couple may reach a point where it no longer has anything in particular to do with sex. There is a realization that the pleasure associated with climax is due to a belief system in which the sexual climax is linked with a sense of heightened pleasure. Once that realization occurs as an experience and not just an idea, an individual can train the body to sustain higher and higher levels of bliss as suggested in the next chart.



Such a lifestyle takes a person into the higher levels of spiritual sexuality in which the reality is that the physical body, and indeed the entire physical world is a continuous manifestation of transcendental bliss.

### **Spiritual Sexuality with a Partner**

When people feel needy, especially when they have a strong need to feel loved, intimate relationships tend to lapse into codependency. Once an individual has at least discovered that he or she is emotionally self-satisfied and can have as much physical pleasure alone as could be desired, it becomes possible to entertain a balanced intimate relationship with a partner. Since there is no standard of perfection, each individual must decide when he or she is ready to engage with a partner. On the other hand, the common practice of suddenly engaging in a partner relationship (whether through personal impulse or arranged marriage) with no prior knowledge or preparation (or worse yet, lots of superstitions and misunderstandings) has a long history of failed relationships to demonstrate how incomprehensible it is that societies insist on continuing to promote such a way of doing things.

In an intimate partner relationship the key is to realize that the purpose of intimacy is NOT to obtain love or pleasure **from** the partner as so many people seem to believe. That is why it is so important for the individual to first realize personal satisfaction in understanding and managing sexual energy before venturing into a partner relationship. If two people establish a relationship in which they each want to get satisfaction from the other, then neither one will be happy. They may have some initial good times, but soon enough they will start to blame problems on the mate. The relationship eventually devolves into an unpleasant dependency. That is why in this Plan for a Planet I propose that people first meditate, manage their belief systems, and achieve personal pleasure and satisfaction in life before attempting to enter a partner relationship. Such a condition will provide the best possible basis for developing happy relationships and stable families. There will still be cases where partnerships dissolve, but they will not end up with bitterness and an acrimonious fight.

### **Sex for Money?**

Prostitution is the low ebb of sexual energy. One partner is only after money, and the other is purchasing a brief release of pent up frustration in the form of a business transaction. There is no longer any interest in procreation, nor is there interest in spirituality. Even the recreational aspect often gets overshadowed by business concerns and an attitude of pretense. The solution to prostitution is not to make it illegal, but to

shift social norms and beliefs to the point where the market for such unproductive "services" disappears. "The world's oldest profession" may never completely disappear, but it certainly can evolve to a much higher level. In ancient times there were professional women known as hierodules. They served society in several ways. First they educated men in the technology of sexual behavior. Second, they served as priestesses who opened the gateway to sexual practice as a spiritual path to enlightenment. They specialized in the technology of spiritual sexuality -- a path that has been eclipsed in our modern world that is strongly polarized into spirituality opposed to sex or strictly hedonistic sex.

### **Tuning Energy in Partnerships**

A common problem in intimate relationships is that the sexual energies of a man and a woman usually run on different frequencies. There are exceptions, but generally speaking, the male sexual energy moves faster. It is usually triggered by visual cues, and secondarily by olfactory and then tactile cues. These cues directly activate the genital energy. Women understand this, and that is why they place so much emphasis on colorful and stylish clothing, hairdos, makeup, perfume and other technologies that strengthen such perceptual cues. Recognition through these cues generates self-esteem. Some societies try to resist these cues by forcing women to cover the body with uniforms or nondescript clothing and head coverings. This simply makes the cues more subtle, or tends to drive those who lack the ability to pick up or act upon subtle cues into a state of depression, mad horniness . . . and in extreme cases to the antisocial behavior of terrorism. Much of the violence in the world, including abuse of women, derives from males unable to cope with their sexual inadequacies and driven by fear and jealousy regarding women. Widespread reliance on military weapons are a vain and misdirected attempt to assert male sexual prowess and cover up a lack of creativity, intelligence, and social skills.

Women tend to move at a slower pace initially during intimate foreplay. However, once they become aroused, their level of ecstasy tends to be much higher and more sustained than men unless the man has adjusted his energy frequency in tune to hers. Thus, the frequent result is that men are less loyal than women in relationships. If men are sexually active they may have casual sex, multiple relationships, and affairs. Women also may do the same, but face the physical reality that they may have to bear children through a long pregnancy and then nurture the children after they are born. This establishes a natural nesting instinct in most women and tends to slow down the frequency of the female sexual energy during the initial stages of intimacy.

Of course there are many variations and complications in relationships, but the bottom line is that each partner must tune his or her sexual energy to his or her mate. For example, the man may have to learn how to slow down, and the woman may have to learn how to speed up. Since a mature partner already knows how to self-pleasure, the principal challenge in an intimate partnership is to learn how to pleasure the mate. The basis of a mature relationship is "what can I do for you?" rather than "what can you do for me?" This requires attention and communication so that each partner can enhance the intimate other's pleasure to the maximum. Of course, the range of pleasuring the other soon extends far beyond the bedroom and becomes the basic mode of healthy partner

interaction.

Once partners discover the best ways to integrate their belief systems into a happy and productive relationship, they can enjoy the highest quality of life at a very reasonable cost. The main “cost” is the time, energy, and attention required to bring pleasure to the mate. Each partnership can evolve its own unique style of mutual pleasure. It does not take much to achieve a very blissful relationship if each partner already knows how to live a happy and independent life in solo mode.

The implementation of the first two projects (**Stable Awareness** and **Belief Management**) will prepare the ground for rapidly implementing skills in **Holistic Relationships**. The tools for achieving Holistic Relationships exist, but at present there are only a few qualified facilitators available. We need an intensive training program for facilitators who have already mastered the first two projects to some extent and wish to facilitate relationships. Once a team of competent facilitators is trained, a second phase can provide compassionate facilitation for the wider public.

Coaching people on the path to Spiritual Sexuality is a delicate process that requires sensitive trainers who are able to remain detached as deep emotional stresses resolve between and among participants. Sexual energy is extremely powerful, because it is the essence of life. Properly managed, Spiritual Sexuality is the fastest path to social bliss because it is very physical and yet, as the primary social instinct of the species, it is also most closely linked to the Source of Life for the mass consciousness of the species in Undefined Awareness.

### **The Wizard’s Dream**

In the final section of the introduction to this Project, let me suggest a little technique that I call the Wizard’s Dream. This technique may appeal initially more to men than to women, but women who have awakened and attuned their spiritual sexuality will find that the technique works for them also. However, it may work better for women at different times of day or night than for men. Experiment to find what works best for you.

### **Introduction to the Wizard’s Dream**



Do you sometimes have the experience of waking up in the morning and wanting to lie around in bed to experience that languorous feeling of just hanging out? Nevertheless, you feel guilty, because you have many things to do such as going to work or making breakfast for the kids and taking them to school. Lying around in bed threatens to turn you into a lazy, irresponsible person. You end up lying there trying to enjoy the feeling for a few minutes, but haunted by that sense of guilt.

Why not use those few luxurious minutes in bed to accomplish something beneficial for yourself, the planet, and the whole universe instead of spending it feeling guilty or simply forsaking it and trudging to the bathroom and starting your daily routine?

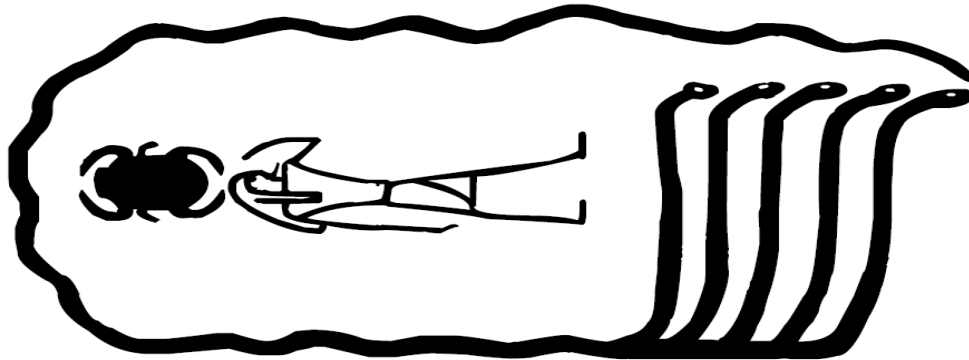
As with the other techniques suggested in this book the information and its possible applications are for entertainment purposes only and are not to replace sound medical



advice. Anyone using this technique does so assuming total personal responsibility for any results or lack thereof.

The Wizard's Dream is a technique derived from the timeless Astral Yoga tradition, known in India as Yoga Nidra, and in ancient Egypt as Net Asar  ("The Stream of Osiris", "The Wizard's Stream of Consciousness"), or Net Ra'  ("The Consciousness Stream of Ra").

As the mind moves toward deep sleep, it passes through a dreamlike astral region that Egyptians called "Net Ra". This is the stream of consciousness of the Higher Self. (See the first hour in the "Sha'at Am Dewat" or Book of What is in the Twat.) "Net Asar" is a deeper flow of dreams that begins during the third hour of the night and extends into the deepest realms of sleep. These subtle flows are accessible only to advanced Wizards and extend into the realm of Seker. (See the third hour of the Sha'at Am Dewat.) The sixth hour goes to the root of consciousness, symbolized by Awef (the somnolent sun as an inert body) reclining within the embrace of a five-headed serpent. Each head represents one of the senses and corresponds to the four elements plus mind. Awef reaches over his head and touches the sacred scarab dung beetle Khepera, who represents the creative energy of the Solar Higher Self. This initiates a new cycle of creation emanating from the Higher Self.



Sleeping Awef touches the Scarab of Creation

In India the myth became Vishnu as Narayana (or Purusha) reclining on the many-headed serpent Seshi and floating in the Ocean of Pure Awareness. From his navel sprouts a lotus on which sits Brahma, the Creator (i.e. Khepera) that generates the universe. He has four heads, one facing each cardinal direction (and each state of matter). The stem is the navel cord, and the lotus is the placenta. Narayan is really androgynous with his female aspect shown massaging the "gushing spring" acupoint of the kidney meridian on the bottom of his feet -- a key clue to the Wizard's Dream technique as we shall see.



The Egyptians called the budding new universe Nefer-Tem, the beautiful orgasm.



Left: Awef as Nefer-Tem stands up. Right: Awef as Nefer-Tem Awakens

The same basic symbolism of self-creation occurs in Egypt. As Awef awakens, he stands up and holds the Ankh symbol of life and the Was symbol of divine power attained through disciplining the body with yoga. The lotus on his head is Khepera transforming into Nefer-Tem and creating a new universe out of the mind of the Higher Self. The nekhebet lotus (punning on nekhebet meaning "yoke") is the Egyptian symbol for Yoga (yoking of lower to higher self). The rectangular glyph under Nefer-Tem's lotus is Sha, the ocean of pure undefined awareness. The head of Nefer-Tem emerging from the lotus represents the primary purpose in the mind of creation. The endless cycle is that Nefer-Tem's head sprouts from the lotus, and then the lotus sprouts from Nefer-Tem's head.

Yoga Nidra is the Yogi's Sleep (Astral Yoga) that occurs in the Twat and stands for conscious awareness during all 12 hours of the night. This technology is one of the

important disciplines in Tantra (𐤏𐤋𐤏𐤓 Tent-Ra). The science of Tantra originally is a vast and extremely ancient field of study known as the inventory or counting of the blessings of Ra. Our word "ten" comes from the Egyptian term "Ten" (to count, divide, or apportion) and means a complete count as represented by all "ten fingers". Tantra means a Complete Accounting of Each of the Fingers of the Higher Self. Each finger represents a ray of light from the sun at a particular range of frequency and represents a technology of enlightenment. The finger image also suggests the sense of touch. "Ten" also means to elevate, because the technologies are for the purpose of elevating consciousness. That is why the Egyptians wrote a finger glyph together with a glyph of a bird flying up into the air. The Complete Accounting includes dreaming and sleeping as well as wakefulness and all the higher states of consciousness. "Net Ra", the river of the first hour in the Twat became the general term used to cover all the levels of dreaming and deep sleep and extended by analogy to include the stages of fetal consciousness and bardo states.

The Wizard's Dream is almost effortless. It will purify your mind and body. At the same time it purifies the mass consciousness of humanity, the planetary environment, and the whole universe. An interesting side effect for men is that it also may reduce certain problems with erectile dysfunction or unintentional ejaculation.

### **Background Principles**

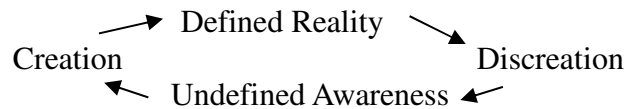
The material world follows the principle of entropy. The mental world follows the principle of negative entropy (negentropy). The mind spontaneously tends to organize and integrate, whereas the material world spontaneously tends to disorganize and disintegrate. These are the two phases of creation and discreation. We define creations into existence from undefined awareness, and then the creations discreate back into undefined awareness. You can demonstrate this any time by making something neat and orderly. Leave it alone, and over time it will gradually become disorderly as changes in the environment and the object itself gradually modify it from its original condition.

The key to this situation is that order and disorder are mental ideas that we impose on a defined area of the environment. However, the environment is a dynamic, open system that is constantly changing and evolving. Our "defined orderly creation" exists in that dynamic open environment. What we imagine to be entropy is actually no more than the priorly existing cycles of change in the nonlocal open environment continuing to operate regardless of some imaginary "order" that we think we impose on it locally. The order of the natural environment continues unchanged, but appears random due to many overlapping cycles of change mutually interfering.

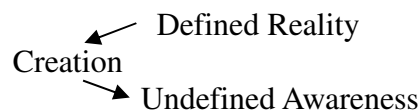
It makes no sense to imagine that the universe started at some point from nothing with a "Big Bang". The momentum of a Big Bang had to come from somewhere, and most likely it was a relaxation rebound from a Big Compression. The strange notion of a Big Bang coming from nowhere not only violates Newton's laws of motion (conservation of momentum and equality of action and reaction), it also violates the laws of statistical quantum mechanics. Given an undefined amount of "time" any system of particles vibrating or moving about among themselves will assume all possible configurations,

including the extremely unlikely one of a Big Bang compression. Another way of looking at it is to notice that at smaller scales of interaction energy is greater (for example, a shorter electromagnetic wavelength means greater energy than a longer one). Any observation at the Planck scale would reveal the energy of the Big Bang, which means that the Big Bang is omnipresent virtually everywhere in vacuum state "virtual" electromagnetic vibrations of super-tiny Planck-scale wavelengths, -- except that we do not see it because we habitually observe the world at too rarefied a density.

Thus we can mentally reverse the natural flow of the material world toward apparent disorder by application of mental attention. We reintegrate the increasingly disordered material flow with attention so that it flows back toward a state of orderliness. For example, during the Ocean Awareness Meditation (discussed in Project #1) we reverse the thought process and follow a thought back to its inception as pure undefined creative intelligence. The usual process is for a thought to arise as a subtle impulse in the mind and then become more and more solid and fixed as a reality. Once a thought becomes actualized as a physical reality, it is subject to the dissipating influence of entropy. By shifting experience from the expressed physical level back to an energy potential in undefined awareness, we have reversed the creation process and regained creative energy potential that can be applied in any way we prefer. Thoughts are electromagnetic energy, and thoughts at extremely tiny wavelengths approach the quantum level, and perhaps even the Planck scale, thus potentially containing the energy of the Big Bang, -- but at least operating at the quantum level with powerful creative potential.



Creation and Discreation form a cycle. From Undefined Awareness we use thought to Create a physical reality. Reality then Discreates via Experience and returns to its Source in Undefined Awareness. To get from any particular Reality to Undefined Source Awareness, we can meditate and deliberately reverse the creative flow of thought toward defined reality. This takes us back to the Source of Thought in Undefined Awareness.



The other way to get from a Reality to its Undefined Source is simply to relax and allow entropy to take its course without any resistance. Defined Realities spontaneously decay, discreating back into Undefined Awareness as soon as the energy that holds them into defined boundaries relaxes. Both procedures involve deep relaxation, because defining of creations involves the use of will to place boundaries on energy and try to hold it in a pattern. If you want any reality to continue, you must keep reasserting its definition as a creation. That is why you have to maintain your house, car, and physical body in various ways.

The fundamental condition of energy is to exist as undefined potential. For example, to shoot an arrow, you pull it back on a bow. By bending the bow we increase its potential energy defined in a specific direction. Relaxation allows the arrow and bow to return to their relaxed conditions. As part of the process, the arrow flies through the air with what we call kinetic energy. This is nothing more than the relaxation of the energy we put into pulling the arrow back as we bent the bow. Once the arrow stops moving, it no longer has any defined direction and has lost the potential energy we gave it by pulling it back on the taut bow.

Here is another example. Pick up a small rock from the ground and hold it aloft. This defines the rock's gravitational potential energy in a specific direction toward the earth's center. If you release the rock, it falls back to the ground, and we see the relaxation as the kinetic energy of the rock moving through the air. Once the rock comes to rest on the ground in equilibrium, it no longer has any specific directedness. Its energy becomes undefined potential. The time it takes for the relaxation to release potential energy kinetically depends on the structure of the defined system and the amount of energy that you define for it. The definition is all relative to the viewpoint of a defined viewer and a defined object, and these two are mutually conditioned. However, such a definition is of no consequence from the viewpoint of undefined potential, because this undefined potential of awareness simply exists independent of space, time, and other systems that we may use for storing defined energy as "creations".

In general heat (activity) causes a system to expand, but expansion cools the system. Cooling relaxes the system and allows it to contract. Such a contraction relaxation we often call gravity. It is not really an attraction as many believe, but merely a tendency of a system to return to its state of unity. However, as long as the contraction does not lead to integration, the conservation of momentum causes the contracted system, with the same kinetic energy in a smaller, denser space, to appear to become hotter. -- more kinetically active. That leads to another expansion process as the unintegrated material mutually resists and begins to expand again. This process continues endlessly until the system integrates on the level of awareness. Then a holistic mode of operation sets in that goes beyond the pulsations that seem unintegrated. There remains a cyclical flow from higher density to lower density and then back to higher density -- but it remains relaxed and embedded in an undefined awareness that embraces all possible such cyclical flows.

### **The Technique**

With this abstract introduction we may now discuss the specific details of The Wizard's Dream technique. Whereas the meditation introduced in Project #1 involved managing the flow of thoughts, the Wizard Dream technique involves managing the flow of physical energy through the body. Physical matter flows through a person's body primarily in the form of breath, food, and drink. Food and drink usually enter at the mouth and their waste products exit through the various excretory organs. Breath enters through the nose or mouth and its waste products exit also mostly through the nose or mouth. A deeper inspection of the process reveals that food, drink, and even breath, enter the world of an individual first as thoughts that an individual conceives in his brain.

They then attract physical perceptions. Certain physical objects are then drawn through the body, selectively used as energy resources, and then excreted out from the body as waste products while certain components are temporarily retained in the body as structural material.

During the practice of the Wizard Dream technique, we change the flow of energy, but not of gross physical matter. We allow an existing energy in the body and in the environment to flow from the lower part of the body upward and out through the top of the head. The life energy initially starts flowing from the prostate and sexual organs where it has activated during the deep rest of sleep. As the energy moves upward, it creates a vacuum that draws energy in from below. Eventually the energy flows in primarily from the soles of the feet, and secondarily from the perineum region, palms of the hands, and pores of the skin, moves upward through the body and then exits out through the top of the head. Once you know how to do the process, you may let it become a habitual process so that it continues in an almost completely effortless and quite enjoyable manner at all times.

### **Steps of the Procedure as a Practice**

- \* The Osirian Wizard Dream breathing technique (known by the Chinese Daoists as Bellows Breathing or Sole Breathing) preferably is done as a practice while lying on a bed, a lounge chair, or on a clean, comfortable mat after a period of deep rest. Usually this means at the end of a night's sleep, but it could be after a very restful nap or a period of deep and restful meditation.
- \* The body is deeply rested but not yet stirring into activity. The mind begins to emerge from the deep sleep or meditative state into some dreamy thoughts that drift toward wakefulness.
- \* You become aware that you are emerging from restfulness but have not yet begun to move the body. You may be drifting in a semi-lucid or lucid dream state.
- \* The body usually is either lying on the back or on either side. Lying on the back is best. The hands can be by your sides or placed on the chest or belly, fingers gently curled, not balled into a fist. Lying on the left side is next best after lying on the back. If you are lying on your side, you may shift your body to lie on your back as long as such a motion does not disturb the semi-wakeful relaxed state. Otherwise stay the way you find yourself, although the effect generally will not be as pronounced if you are in a fetal position. Experiment with the slight turning and see if it disturbs the state and pulls you too far into wakefulness. Reduce the movements involved as much as possible. The key point is for the body to remain in a deep state of restful relaxation while the mind begins to become more wakeful. This condition is an initial stage of lucid dreaming. If you have just finished meditation, lie down and relax, lying on your back.
- \* For a man, the best time for this exercise is when experiencing a spontaneous partial or full erection after a period of deep rest, because this signals that the yang energy is stirring in the body. In women, this arousal may not be as pronounced, but is still there as



a subtle energy. Some women may find they can drift into this state at other times than after a deep sleep. The key point is that the body is deeply relaxed, but there is an arousal energy that may seem centered in the genital region. This is a very pleasurable sensation. Sometimes you may feel a desire to stretch. That is fine. If the feeling is there, do it briefly once or twice while lying down and then relax. That stretch energizes the whole body. Relaxing again immediately after the stretch allows that energetic state to settle in as a relaxed rested wakefulness.

\* When the above conditions occur, you may begin the breathing practice. The first conscious step is to inhale with belly breathing. Distend the lower abdomen as you breath in slowly through the nose. This will draw energy up into the abdomen from the soles of the feet and in through the anus and perineum. Then, as you begin the exhale, tighten the muscles of the anus and perineum very gently. This stops the downward flow of energy that tends to happen as you exhale. The flow reverses to the upward direction. You will begin to be aware of the energy flowing upward through the body (that is, from the feet, up through the trunk, to the head).

\* The key organ involved in the process is the prostate. The prostate wraps around the urethra as it passes near the sphincter. In men, it is just in front of the anus. In women, the prostate is in front of the vagina next to the G-spot. Women slightly contract the vagina and the smooth muscles of the urethra along with the anal sphincter. The goal in both men and women is to gently activate the prostate gland to assist in flowing the sexual life energy upward in the body with the breath during the exhale.

\* You will notice that the "upward" flow of energy is in the same direction whether the breath is inhale or exhale. The energy always moves upward from the soles of the feet and out through the crown of the head.

\* When the energy reaches the brain, be sure not to hold it there. Allow it to flow right on through and out the top of the head (specifically the "crown" chakra, although "top of the head" will do). This flow creates a vacuum in the body. The vacuum will tend to draw more "earth" energy in from below. This energy from the physical world will pass through the activated genital region (known in some yoga circles as the first and second chakra) and become energized by the life force energy that is lively there. It will carry that enlivened quality up through the higher energy centers and beyond the body to circulate through the universe.

\* The inflow of energy is particularly noticeable on the soles of the feet at the "Gushing Spring" (湧泉) acupoint. This is the first acupoint in the kidney meridian system. It leads directly to the urogenital system and integrates with the Life Energy that is already vibrating there.



(Go back to the picture of Narayana and notice how Lakshmi, goddess of the flow of good fortune, massages this acupoint on the sole of Purusha Narayana Vishnu's foot. "Purusha" is glossed as "before the dawn" in Sanskrit.)

\* The process follows the breath. On the inhale energy enters the sole of the foot and moves up into the lower abdomen. You may feel this as a tingling in the sole of the foot and even in the legs and lower body. On the exhale, lightly tense the sphincter (and vagina for women). The energy then moves from the lower abdomen up and out the crown of the skull. Belly breathing is recommended for best results. On the inhale let the abdomen swell upward so as to draw down the diaphragm creating a vacuum in the lungs that will suck in air and draw earth energy (qi 氣) up through the soles of the feet and in through the perineum. On the exhale the air flows out through the nose, but closing the sphincter sends the qi energy up and out through the crown chakra. Do not try to hold the energy in the head. Just let it flow through the body and out the top of the head as if you are a bellows gently pumping air to give it a specific direction of flow.

\* The flow of energy will taper off after a few minutes. The erection and arousal of sexual energy (if they occur) gradually will fade away, and you will become more wakeful and ready to get out of bed and begin the day's activities. Generally the process will last from two or three minutes up to about ten minutes. Occasionally the process may last longer. Do not try to keep track of time during the process or to prolong it when it fades. You will often notice an increase in thoughts as the process fades. This indicates that your body is shifting gears into wakeful activity. Then you know it is time to get up. The idea is to enjoy lying in bed for a few minutes before getting up to engage in a busy day of activity. Use that semi-wakeful relaxation time to purify the body and the environment in which it is embedded. You can have a faint intention that you are relaxing for a few minutes and helping the whole planet and the cosmos to purify itself effortlessly while lying comfortably in bed.

### **Results of the Practice**

\* The Wizard's Dream activates a natural energy circuit in which your body acts like an electrical transformer. Usually during the day life energy flows from the head down and out the perineum and feet as your input to the earth, tending from subtle thought vibrations to gross physical matter and activity. During the Wizard's Dream the process

reverses. Life energy of the planet will flow in through the root chakra (perineum) and the soles of the feet. Then it will course upward through the meridians (subtle energy channels of the body), and out through the crown chakra. The relaxed body will allow the energy to flow evenly through all channels, and you do not have to put attention on any channels in particular. You are not trying to catch the energy. You simply act as a passive conduit to let the energy flow through you. As the energy flows by the genital region, it will be enlivened by the life force energy that is vibrant there. It spontaneously will flow upward through the higher energy centers and be purified by your body's cellular structure, its chakras, and meridians at increasingly subtle levels. Then it will move out through the crown into the higher and subtler levels of super-consciousness that are not localized in the body. All of this happens automatically when you allow the energy to flow in this manner. This mode of breathing gradually may become permanent and automatic in your daily activity.

\* The few minutes that you do this practice in the morning will benefit your mental and physical health as well as clean house for the whole environment. It will develop a habit for your body to stay more relaxed and subtle while engaged in activity. When you enjoy the Wizard's Dream you are cultivating the first stages of lucid dreaming. Why be dull and forgetful of your night's dreaming activity? You can enjoy your dreams and take charge of them rather than be dragged around in weird dream scenes that you will later forget for the most part. Success in life is about imagining deliberate dreams for yourself and then allowing them to unfold into wonderful realities.

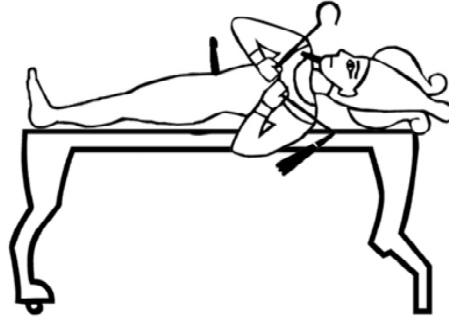
\* The Wizard's Dream Bellows Breathing is a gateway to the ancient Egyptian technology of consciously traveling in astral realms of space, time, and many other dimensions. Also, on a mundane level, the Wizard's Dream provides a few minutes of deep pleasure to start your morning. You release forever the guilt you may have had around sexual energy or lying in bed. All this takes no more than a few minutes from your schedule of daily activity.

\* You may find that at times you have a very full bladder as you emerge from sleep. This may disturb the Wizard's Dreaming process and shift attention toward stirring from bed to go relieve the bladder. That is a natural situation. Do not try to hold onto pleasant relaxation if your bladder wants to be relieved. Let the process end and go relieve the bladder. You will have many other opportunities to enjoy the process. You may find that drinking less fluids close to bedtime will help reduce morning bladder pressure. Also, if you get up during the night to urinate, the bladder may not be so distended by morning.

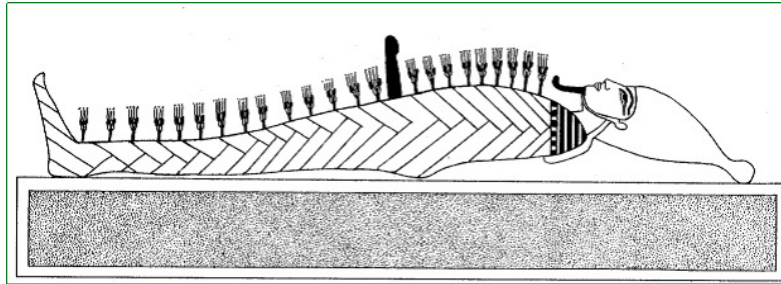
\* If you find that you still feel stress about lying in bed because you have important engagements in the morning, you can adjust your evening schedule so that you go to bed ten or fifteen minutes earlier. Once you adjust to that new schedule you will be able to emerge from the Wizard's Dream at the usual time you prefer for moving into activity without a sense of stress.

\* Here is an Egyptian-style illustration of the exercise. Osiris the Wizard lies on a bier or bed as if he has become a mummy. His stiff phallus sprouts like a plant growing

from the ground.

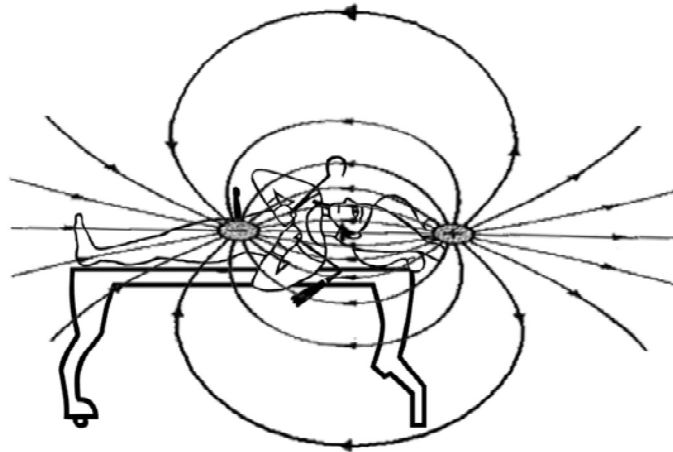


Some Egyptian drawings show many stalks of grain sprouting up from the corpse of Osiris. This depiction symbolically represents the cycle of crops that each year die and become fertilizer to awaken and nourish the next year's crops. They also show that the life energy flows through all the pores.



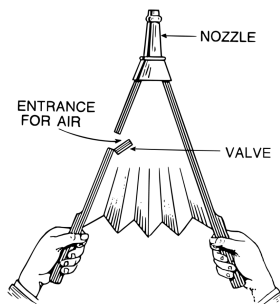
This picture is also you lying in bed half asleep with an early morning erection. You do not have to hold amulets like Osiris often does. You can prop your blanket up like a tent with your lively tent pole. When the tent comes down, it is time to get up. Each morning that you do this you are like Osiris magically resurrecting from the dead.

In this next drawing I have added some lines with arrows to indicate the flow of energy during the Wizard Dream practice. The energy pattern resembles the field lines of a magnet.



Regular practice of this form of breathing gradually recovers the natural evolutionary flow of energy from the lower material to the higher spiritual energy levels. Consciousness purifies itself at all levels.

In ancient China Lao-zi called this form of breathing "Bellows Breathing" and described it briefly as follows in Section 5 of his **Dao De Jing**. "The space between heaven and earth is like a bellows. When empty, it does not collapse; and when it moves, more comes out." Zhuang-zi tells us in Chapter 6 of his collection of Daoist anecdotes how the True Men of old breathed. "The True men of old did not dream when they slept, had no anxiety when they awoke, and did not care that their food should be pleasant. Their breathing came deep and silently. The breathing of the true man comes from the bottoms of his feet, while men generally breathe from their throats." Zhuang-zi suggests that "Sole Breathing" is the natural mode of breathing for a healthy and enlightened person living in tune with nature.





The bellows has a valve that opens to let air in when the bellows expands. The valve closes when the bellows contracts to channel the air out through the nozzle. In the analogy the valve is controlled by the perineum and sphincter muscles, and the nozzle is the crown chakra on top of the head.

### **Some Benefits to be Derived from Practicing Spiritual Sex and Holistic Relationships**

- Profound personal joy,
- Ability to share joy,
- Improved sex life,
- Deeper intimacy,
- Improved family life,
- Better mental and physical health,
- Reduction of STD's in society,
- Integration of physical and spiritual life,
- Balanced perspective,
- Relief from the stress of suppressed emotions and energies,
- Happier relationships,
- Reduction in physical, mental, and sexual abuse,
- Reduction in crime,
- Reduction in violence,
- Reduction in dependency on alcohol, tobacco, and drugs,
- Ability to live in complete harmony with others and with the environment.

### Epilogue to Project #3: An Ancient Myth

Beings evolved into two groups, the devotees (deva = de-wa = givers of meditation and appreciation) and the pretenders (asu Ra = [ego] replacements for the solar Higher Self). Both groups wanted to avoid death (me[r]t ) , so they churned the ocean of milk (sperm – also me[r]t ) . Vishnu incarnated as a tortoise (glans) on which was placed a mountain (mons veneris) and a great venom spewing serpent (kundalini) was wrapped around it and the two groups formed two teams to tug the serpent, vibrate the mountain on the back of the tortoise, and thereby churn the ocean.

The churning brought up many creations, including Lakshmi (good fortune = Rekh She Mu = Knowing the Ocean of Awareness), beautiful daughter of the king of the milky ocean and Vishnu's own consort. Immortality was the last creation to appear. When it appeared, Vishnu turned into a “beautiful maiden” to distract the pretenders (who were really just lusting after sexual gratification) and gave immortality to the devoted meditators. This Indian myth goes back to earlier Egyptian myths referenced in the Pyramid Texts that describe how to achieve immortality through the practice of Tantric sex combined with deep meditation (the Boat of Ra). The key is to arouse the life energy to its highest pitch, but, through the mental stability attained in samadhi, not get distracted by the pleasure sensation.



Churning the Ocean of Milk (Image from Wikipedia Commons)

**Purusha** is a Sanskrit word for “man”. The word actually means “purah” (before, facing East); and “ushah” (dawn). In ancient Egyptian “Per” is a “house”, “mansion”, or “temple”; and “Washa” is the Ocean Awareness Meditation. “Wesha” also means night, the period before dawn. “Pa Wereshe” means “this watcher” (referring to the meditator) or the place of watching (referring with word play to the practice of meditating just before dawn).

**Narayana** means the human (nara) “vehicle” (yana). In ancient Egyptian “ner 'an” means a beautiful and mighty person, a winner.

**Vishnu** in Egyptian originally was an epithet, Washa New, The Primordial Cosmic Urge to Meditate.

### Conclusion

The techniques are merely suggestions. The purpose of Holistic Relationships is for creative, cooperative interpersonal relationships to become a living reality on our planet.