

TIMELESS LIVING

...the Rejuvenation Program

A Guide to Spiritual Healing



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TITLE PAGE: The Rainbow Serpent creating the World
Painted by Susanna Ashworth under the guidance of Aboriginal Spirit Elders

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INTRODUCTION

This book offers not only a rejuvenation program but also the possibility of timeless living in a non-aging body. Of course this is impossible in our conventional understanding and experience. But according to psychic investigators such as Edgar Cayce and Rudolf Steiner, and channelled information such as the *Law of One* by Ra, this was possible in the past, and will be a natural condition at our next higher level of consciousness. Also Chinese Tao masters reportedly were able to prevent aging. As it turns out, closer examination shows that the basic operating principles in all of these cases are the same!

Perhaps consciousness is not simply a by-product of matter as science believes but it is the other way around, that matter is a product of consciousness. This means the more we advance in consciousness the more we can use our mind to influence matter, and with this our body. Commonly such advance in consciousness is called 'spiritual growth'. Indeed, the mentioned examples of exceptionally long life were usually associated with a high level of spirituality. This suggests that real rejuvenation to our optimal condition and subsequent non-aging cannot be achieved with healthy living and healing alone, but rather are by-products of a certain stage of our spiritual evolution.

Normally spiritual development is very slow, and not much seems to happen even after long periods of meditation. But there is also a fast track as explained in this book. It is based on working with (non-physical) energies, feelings and emotions. The key word is 'balancing'. Our lower levels of energies and emotions need to be balanced so that the next higher spiritual level based on the heart centre can open up. This will in time also lead to a new society based on compassion and cooperation. To get the full rejuvenation benefit of this program it should be combined with the Health Improvement Program presented in [Towards Radiant Health](#).

I offer this program from my experience and understanding, and I believe that with sufficient effort everyone using it will benefit. However, this is entirely experimental, and you may develop your own individual method or even find a better way.

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Chapter 1

OUR SPIRITUAL JOURNEY

There are several well-known methods of natural healing that can make us look and feel younger, such as fasting and raw-food diets. These work within our normal lifespan with an upper limit of about 120 years. Basically such rejuvenation only reverses pre-mature aging.

But there are strong indications that real long-term rejuvenation is possible with exceptionally long life-spans in non-aging bodies. The evidence for this comes generally from psychic sources and religious or spiritual scriptures, but even in modern times we have the case of Chinese Tao master Li Ching-Yuen who died in 1933 at the reported age of 256 years (http://en.wikipedia.org/wiki/Li_Ching-Yuen). Also some other Tao and yoga masters reputedly had exceptionally long lives.

However, my main interest is in the readings of Edgar Cayce, the writings of Rudolf Steiner, the Gnostic Gospels, Theosophy, and the Ra channelling of the *Law of One*, as I regard these as the most reliable sources. Not only do they reveal a common thread of the spiritual history of human evolution but also the appropriate solution for our present time.

The following is a synthesis of these and other sources as I understand the spiritual history of humanity. I give some references at the end of each chapter.

OUR SPIRITUAL HISTORY

Originally the souls associated with our planet were just spirit entities that assisted in the evolution of plant and animal life, and also experimented with creating new astral forms and densifying them into materialisation. Apparently this is how entirely new species come into being, but once fully materialised they follow largely the rules of Darwinian evolution.

Some souls also wanted to experience how it feels to be an animal, and especially what sexual activity feels like. Eventually increasing numbers of souls became trapped in animal bodies due to strong emotions caused by sexual activity which then generated karma.

Karma, as a law of cause and effect, means that an imbalance caused at a certain level of existence, such as the physical, astral/emotional or mental level, must also be balanced again at that same level. Therefore these souls had to reincarnate again and again in animal bodies, and they became ever deeper trapped in karmic debt. With increasing desires for sensual gratification these trapped souls completely lost their sense of Oneness and connection with spiritual values.

Lemuria or Mu

According to Cayce the start of our spiritual history was about 12 million years ago on a land mass in the Pacific called Lemuria or sometimes shortened to Mu. Groups of highly evolved souls decided to descend closer towards matter as a guiding light to show the "fallen angels" a path to return to heaven. While remaining in the formless realms and acting like guardian angels they projected their minds into whatever forms were available, resulting in half human, half animal or plant bodies, called the first "root race." These intermingled forms existed for about 2 million years but were not fully densified and still rather ethereal.

As this did not work, about 10 million years ago other soul groups formed more sophisticated bodies that had human-like shape but were more comparable to focused fields of energy, light, and thought rather than flesh and bone. This was then the second root race. In time their bodies became more structured and denser. What was originally only a thought-form was now crystallizing into matter, they became "real."

These enlightened soul groups or "Children of One" built temples to purify the planet and remove the animal influences from contaminated bodies, but they were constantly harassed and attacked by the physically stronger "Children of Darkness", presumably still in ape-like bodies. Eventually warlike conditions increasingly led to catastrophic earth changes and the break-up of the continent of Mu into many groups of small islands.

This led to the mass migration of large groups of Lemurian androgynes, for instance becoming the mysterious cliff-dwellers in Arizona and New Mexico, or in Peru becoming the predecessors of the Incas. Others ventured into the Indochina areas and became scattered around the Pacific Islands, or in Mexico and Guatemala probably becoming the forerunners of the Olmecs.

Androgyny

To help the still trapped souls other guardian souls were now creating a more appropriate biological form, and within a relatively short time they transformed a species of ape into a human-like shape. These earliest humans appeared in Lemuria (Eastern Pacific) but apparently were not yet fully densified or materialised.

These ape-men became gradually fully human in the following Atlantean period which started about 200,000 years ago. About 100,000 years ago a Christ or Buddha soul led a large group of highly evolved souls to incarnate in Atlantis in another rescue mission. Like all previous incarnations of highly evolved beings they were androgynes and propagated by creating materialised thought forms which could then be inhabited by souls and used just like sexually produced bodies.

These thought-form bodies were also androgynic. Here I need to explain the meaning of androgyny. In conventional terms the word androgynous is used to describe plants, animals and humans with organs and characteristics of both sexes, such humans are also called hermaphrodites.

Souls and higher spirit entities are sexually balanced or androgynic but when incarnating in a thought-form can choose to manifest either in a normal male or a female body without losing the balance of their sexual energies. Therefore I make a distinction between hermaphrodites as being androgynous, and souls or androgynes who are androgynic.

Many or most of the ancient scriptures portray the early or original and more god-like humans as being androgynic, so the Indian Vedas and Upanishad, the Persian Avesta (a collection of sacred texts of Zoroastrianism), the Mithras cult, Chaldean-Assyrian sources, the Nordic Edda, Germanic legends and sagas, as well as Gnostic writings.

Amilius and Lilith

The Atlantean group of androgynes were highly spiritual and powerful. They were the ruling class of Atlantis and promoted the "*Law of One*", a spiritual doctrine that says we are all one, equal parts of the creator. In contrast to these "Children of the Law of One" was the other group, the sexually divided humans who had evolved from ape-bodies. They were called the "Sons of Belial" or the Belial group, and were the often rebellious lower or working class in Atlantis.

The androgynes had very long lives, extending for hundreds and initially possibly for thousands of years. The leader of the Atlantean androgynes was the Amilius-Lilith twin-soul which eventually split into the separated but still androgynic Amilius and Lilith. According to Cayce this split took 84 years to complete. This was a new and revolutionary development in incarnation which was quickly copied by other souls. It led to individualisation and the new development of companionship, family and home, while before this they lived in groups and community structures.

In some scriptures and also by Edgar Cayce Amilius is regarded as being the first Adam and Lilith as the first Eve. The Amilius-Lilith split is seen as the time of the first Garden of Eden, 108,000 years ago, and as the start of the third root race. According to Cayce the same high

spiritual entity that manifested as Amilius and Lilith also initiated other famous soul splits like that of Adam and Eve, Hermes and Maat, and Jesus and Mary.

Even though souls had incarnated in androgynic bodies, they tended to accentuated one sexual aspect. Feminine was the predominant aspect during the Lemurian period. It was a time of Matriarchy. This now started to change in Atlantis where males gradually became more dominant. Nevertheless, even after the split the androgynes, despite now being in separate male and female bodies, continued for a long time to propagate by creating offspring through joint male-female mind projections rather than by copulating like animals.

In later mythologies Lilith was sometimes regarded as a goddess but more often as a demoness. According to some Hebrew scriptures Lilith was the first wife of Adam. However, she was disobedient, refusing to lie beneath Adam during intercourse as she regarded herself as being his equal. It is characteristic of civilizations where women are treated as chattels that they must adopt the submissive recumbent position during intercourse. After Lilith flew off in a rage Adam complained to God (Yahweh/Jehovah) who was then compelled to create the more cleverly seductive Eve as Adam's next companion.

This wilful disobedience and remaining beyond male control then made Lilith evil in the eyes of Hebrew priests and early Middle Eastern Societies. She was perceived as posing a constant threat to the divinely ordered state of affairs as defined by male priests. Lilith came to represent the deeper hidden fear that men have of female sexuality. This led to the suppression and sever controls of female sexuality in Western patriarchal societies.

Atlantis

But returning to Atlantis, gradually over thousands of years the androgynic upper class became corrupted. Not only did they create thought-forms of humanoids without souls just for work and entertainment or pleasure, but also ever more of the androgynic Sons of God were attracted by the Daughters of Man and seduced to take part in conventional sexual activity. All this caused the androgynes to lose their power of materialising thought forms, and with this also their life-spans began to shorten to that of the Belials, probably similar to our present life-span.

This time is also called the "dividing of the sexes", a time when many or most of the androgynes in their composition of sex hormones became either fully male or female. Instead of the androgynes guiding the Belials to end the karmic need for reincarnation, the Belials dragged most of the androgynes into karmic reincarnation. This means that the Amilius mission had failed.

Another big event at this time was the creation of the Adamic Races or modern humans. This supposedly happened simultaneously in five different places. The white race manifested between southern Europe and Persia, the black race in upper Africa, the brown race in Lemuria and the Andes, the red race in Atlantis, and the yellow race in what is now the Gobi Desert.

In Cayce's timeline Mu/Lemuria began about 12 million years ago, Atlantis about 212,000 years ago, and Amilius/Lilith incarnated 108,000 years ago. There were apparently several Great Floods, possibly associated with the breakup of Mu and Atlantis. One happened about 24,000 years ago. Cayce even gave a reading for a woman who supposedly was at that time on Noah's ark. He mentioned that the next major destruction would not again be by water but rather by fire.

The present Adam-Eve human form or the fourth root race body was created in the second Garden of Eden about 12 to 14,000 years ago and possibly just after another great flood and the final destruction of Atlantis. Apparently a root race body is not so much defined by external appearances but rather by the functioning of our energy bodies and chakra systems.

According to many legends, scriptures and psychic channels powerful spiritual entities, such as the god Yahweh and the extraterrestrial Anunnaki or Annunaki have changed the human makeup through sexual and genetic manipulations. From time to time high spiritual entities,

such as Krishna, Buddha and Jesus, have incarnated to guide humanity towards the next level of spiritual evolution. Predictions are that we are now in the process of developing the fifth root race body.

THE DENSITIES

The term "density" is here used with the meaning of "dimensional level". It refers to the general state of consciousness at a certain level of existence which determines how "solid" objects at that level appear to us. In order to understand the principles of working with energies and where we are in our evolution of consciousness, and where we are heading, I need to give a short explanation of this concept of densities.

Initially consciousness moves in a downward stream of creation from the highest or divine level to the lowest level or that of etheric energies and subatomic particles. Then gradually a stream of evolution emerges and the arrow of time begins with consciousness rising through the various densities back to the highest level.

At the first or lowest level of creation, consciousness has the lowest density but manifested objects, such as rocks, have the highest density. At the seventh or highest level, consciousness has the highest density but manifested objects such as thought-forms or ideas have the lowest density.

In all there are seven major density levels corresponding to the vortexes of the seven main energy centres or chakras in the seven human energy fields. Each of the seven main densities is again divided into seven sub-densities. In addition we have an incoming white light of infinite or divine energy entering at the top of the head. This is split up into different coloured rays, each ray vibrating at a different density and being used by a different energy centre or chakra.

- The lowest, red-ray or first chakra at the base of the spine channels etheric energy. It maintains our etheric body out of which the physical body is precipitated. It relates to the adrenal glands, the kidneys and the spine.
- The second, orange-ray or sexual chakra in the lower abdomen works with vital or life-force energy. It corresponds to our individualised nature, our body feelings and emotions, to the gonads and the reproductive system.
- The third, yellow-ray or solar plexus chakra corresponds to our emotions at a social level, in relationship to others. It relates to the pancreas, liver, gall bladder, stomach and nervous system.
- The fourth, green-ray or heart chakra corresponds to our higher or spiritual feelings and emotions, in particular to compassion and unconditional love. It relates to the thymus, heart, blood and circulatory system.
- The fifth, blue-ray or throat chakra corresponds to open and honest communication, wisdom, the ability to create, and the formation of a light body. It is the first master level. In the body it relates to the thyroid, the vocal cords and lungs.
- The sixth, indigo-ray or brow chakra corresponds to the full integration of unconditional love with wisdom. It is the density level of the High Self. In the body it relates to the pituitary gland.
- The seventh, violet ray or crown chakra corresponds to the pineal gland, to inflowing divine energy and to the density level of preparing to merge with the Divine.
- Each chakra consists of seven chakra vortexes of different densities nested within each other. We commonly see or work only with the chakras in first and second density. The higher levels are sealed and open gradually with sufficient spiritual development.

- The densities are organized into an eight-fold “octave” similar to a musical octave, the electrons around atoms, or the visual light spectrum. There are many octaves in each category.

At each of these levels consciousness works with these energies and builds itself vehicles of varying densities in order to experience its lessons. As consciousness expands, its vehicles become increasingly complex, combining many different densities.

The lowest density is at the level of consciousness of atoms, molecules and electromagnetic phenomena, of rocks, and of energy circulating in acupuncture meridians, generally called Ki, Qi or Chi. We gain Chi from chemical changes such as the oxidation of nutrients. Physical objects such as atoms are compressed or densified etheric energy.

The second density or life-force level provides the consciousness and energy that forms a matrix which organises the chemicals and energies of the first density into living biological entities such as cells and microbes. It is the density of biological growth. Life-force is originally supplied to us by sunlight, and was called Orgone by Wilhelm Reich, and Od by Karl von Reichenbach. The life-force in the air was commonly called Prana. In concentrated form it is our sexual energy and the main energy of healing. The Taoists called it Ching or Jing. Plants, animals, and ape-man or primitive humans operate at this level of consciousness within group souls.

As humans we have become individualised with self-awareness and operate mainly at the third density, that of emotions, forming relationships and building societies. Presently humanity is at a high-point of individualisation with a strong focus on self, selfish motives, and behaviour that stresses relationships and our social fabric. This in turn activates the opposite forces of promoting a new group consciousness at a higher level with cooperative values. Therefore, spiritual humans are now at the verge of moving into the fourth density with the energies and consciousness of the heart chakra.

According to the Ra channelling the normal human life-span in third density is about 900 years. It is supposedly so on some other third density planets in our galaxy, and was so in the beginning for selected human societies on our planet. The precondition for such a long life-span is a spiritual life in a harmonious society. With increasingly disharmonious, ego-centred and war-like conditions, life-spans soon shortened on earth to our present numbers and often even much less.

Many religious and philosophical traditions, such as the Hindu Vedas and Greek mythology have the concept of four different ages - golden, silver, bronze and iron, with increasing severity and shortened lives in the iron age in which we are supposedly living at present. In contrast during the golden age peace and harmony prevail, humans live to a very old age with a youthful appearance, eventually dying peacefully, with souls living on as guardian spirits. After the iron age another golden age is expected to start. Even Christians, based on Revelation 20:4-6, expect a Millennium of peace and prosperity to start soon with the second coming of the Christ.

Presently there is a widespread expectation in spiritual circles that humanity is on the verge of moving to the next higher level of spirituality, from the present iron age to a new golden age. This is expected to involve a tumultuous transition period lasting for about 20 to 100 years with gradually decreasing severity. As humans open their heart centres this will then gradually lead to greatly increased life-spans at the next density level.

All the quoted sources - Edgar Cayce, Rudolf Steiner, Theosophy and the Ra channelling agree that the spiritual part of humanity will ascend to the next higher level of the fourth density. We will regain our soul powers, reunite our sexual qualities into one androgynic body type, and start to move back towards cosmic consciousness. We will be less reliant on producing foods, our nutritional and material needs will be easily met because our new body-structure will not be so needy or vulnerable to physical dangers. We will also regain our soul powers to control and guide the forces of Nature. But as always, there will be challenges to be met to move to the next higher level.

Endnotes

Edgar Cayce www.edgarcayce.org

<http://en.was-this-atlantis.info/cayce.html>

Edgar Cayce on Human Origins: from Spirit to Flesh to Divine Union www.near-death.com/experiences/cayce03.html

Sex in Atlantis at www.mcmillinmedia.com/atlantis-sex

Atlantis & Mu (Lemuria) www.johnvanauken.com/atlantismu.htm

The Rudolf Steiner Archive at www.rsarchive.org

Gnostic Gospels at www.gnosis.org/library.html

Theosophy Library Online <http://theosophy.org/>

The Law of One (Ra Material) at www.lawofone.info

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Chapter 2

BALANCING

The basic idea of this book is that humans who operate at the fourth density can renew their body indefinitely and maintain a youthful appearance. Diseases do no longer exist. However, this does not mean living forever, rather that the soul now decides how long it wants to keep a body and how it wants to leave it, rather than being forced out prematurely as it happens in our present third density.

The key to getting to the next level and operating in the fourth density is "balance". We need to improve and balance the energy flows in our chakras and in the acupuncture meridians, and we need to balance our hormones and emotions.

We may say that the lower densities cause such strong emotional fluctuations that they drown out the more delicate feelings and emotions of the heart centre. We need to quieten down and learn to listen. Here is an overview of what is involved.

Balancing the Etheric Level

The etheric level has the strongest energies affecting our biological body. These need to be in reasonable balance or the body will disintegrate. Most important are the electric forces. Unbalanced polarities will show up as the body becoming too acid or too alkaline. If it is too acid we develop inflammations and become oversensitive to pain, emotions and psychic influences. The opposite happens when we are too alkaline. To work properly at the emotional level it is essential that we keep our body in a reasonable acid-alkaline balance or at an appropriate pH level.

We will not make much progress if we are over-emotional or with greatly fluctuating emotions, or if we are non-feeling, unemotional. The main causes of overacidity at present are Candida overgrowth as commonly caused by antibiotics, and junk food, and especially the combination of both. The main cause of being too alkaline is calcification with advancing age.

Candida and related microbes damage the intestinal wall, causing leaky gut syndrome. This not only causes nutritional deficiencies and low energy, but also allergies, and allows fungal toxins to accumulate in the brain. This is the main underlying cause of mental and emotional diseases and instability, including fragile emotions, the autism-hyperactivity spectrum, depression, bipolar disease, schizophrenia, and can allow negative astral entities to gain control over the individual. Therefore it is obvious that emotions cannot be balanced unless Candida and related microbes are kept under control.

Another important aspect is the energy flow in our acupuncture meridians. This depends largely on the health of the organs or body systems related to the various meridians, and to muscle tensions, scar tissues and other obstructions in the course of meridians. Balancing meridian flows, body acidity and other nutritional aspects as well as keeping microbes under control for successful emotional and chakra work is explained in [Towards Radiant Health](#).

Balancing the Life-force Level

For many this will be the most challenging aspect because it involves working with sexual energy. Next to Candida, sexual energy has the strongest influence on our emotions. While it can generate powerful uplifting feelings, in our society it is also the cause of the greatest misery.

The main reason for the strong emotional influence of orgasmic sexual activity is its effect on dopamine, the hormone of addiction that induces us to seek reward and pleasure. This also affects other hormones and can cause emotional instability for up to two weeks after orgasm. I have written in more detail about this in [Healing with Sex](#).

There is a strong link between high testosterone levels and levels of violence in a society. However, it is not the actual level of testosterone that is the problem, but its balance with estrogen. Androgynes have high levels of both hormones with balanced emotions and apparently very long lives. This means that to keep our emotions balanced we also need to keep our hormones balanced by restricting or avoiding orgasms.

However, this can cause other problems. Sexual contact seems to be essential to keep us happy in a close relationship, and letting our sex hormones go to sleep, especially with advancing age, means that instead of rejuvenating, we will be fast getting old. Therefore a different type of sexual activity is required to keep our emotions balanced and our sex hormones active.

Edgar Cayce cryptically stated in one of his readings that by purifying our sexual forces we can regenerate all of our endocrine glands or our hormonal system, and with this rejuvenate the body. How do we purify our sexual forces? I believe that Jesus of Nazareth has given us the answer. I have written about this in detail in [The Saint and his Virgin - Sacred Sexuality in Early Christianity and the Inner Teachings of Jesus](#). More about this below.

Here some other statements from Cayce readings:

- To understand mankind's current predicament we should look at the reproductive glands, not the pituitary master gland.
- The more we choose self-gratification, the more we have to 'meet' the negative effects of passion on our endocrine system and behaviour, both within ourselves and in successive generations.
- Our system is activated by anger, fear, joy, etc. through glandular secretions, which flow into the whole system. Therefore the endocrine system is the link between our emotions and our physical bodies in a two-way relationship. The endocrine system even links with the soul.
- The endocrine system is the way that spiritual choices or their opposites show up in the body. It is also the means by which our bodies register whether we use or misuse our reproductive force, and is the reason that sexual expression and spiritual growth or regression are linked.

Although the readings often emphasize the need to choose service over selfishness in general, they say that the way we use sex is at the root of our wrong thinking.

Other sources state that as a result of changes in our sexuality we can expect our thymus to re-grow again, and with this greatly strengthen our immune system, lengthen our life-span, and we will no longer overpopulate the planet. The context for this is that our thymus gland tends to shrink as we become sexually active.

The Gnostic Gospels

According to the Gnostic Gospels the main mission of Jesus was to provide an escape route for advanced souls from the grindstone of karmic reincarnation. This is the same reason that caused the Amilius mission, and according to some sources Jesus, Buddha, Krishna and Amilius were all manifestations of the same high spiritual entity.

We saw earlier that the main cause for the karmic entanglement of souls in human bodies was perceived to be sexual activity, and especially the strong and uncontrolled emotions associated with it. The potential dangers caused by strongly aggressive emotions are the likely reason why most societies and religions try to keep sexuality tightly controlled.

According to the Gnostic Gospels Jesus taught five steps or ceremonies for freeing the soul from incarnation so that it could return to the Father in Heaven rather than being caught up in the astral planes after death. These steps are baptism, anointing, Eucharist, redemption, and bridal chamber. These are like five stages of initiation. The highest of these is the ceremony of the bridal chamber, and is most clearly described in the Gospel of Philip.

Instead of getting married to start a family, young couples were instructed to lie together in a holy union while focusing on an image. The women were expected to keep their virginity. After the death of Jesus the apostles kept teaching this method. Valentinus, a prominent Christian leader in the second century, who routinely performed the ceremony of the bridal chamber, claimed to have been personally initiated by a disciple of the apostle Paul who taught him secret wisdom that Paul had taught privately to his inner circle. Paul would have been taught by other apostles as he did not know Jesus personally.

This can even be found in the New Testament. In his first letter to the Corinthians (7:36-38) Paul clearly states that it was accepted and preferred practice for a Christian man to live with his virgin. If she became pregnant, it was not a sin, and it was then fine to marry. However, the preferred way was for them not to marry but just live together as a holy couple.

This practice was so widespread that some "church fathers" and desert ascetics described it as a plague. These holy virgins were called "agapetae". Agape is Greek and defined as spiritual, selfless or universal love. Holy virgins reputedly did not get old like other women but maintained their youthful appearance.

It took many centuries before the Holy Roman Church could get this movement under control and replace it with asceticism and monasticism, except for the clergy who could live with their subintroductae or housekeepers. This was the beginning of the suppression of sexuality in Christian societies, the consequences of which are still with us at present.

Balancing our Emotions

We create our own emotional world by selecting the focus of our interest and attention, and the way how we react to the issues that affect us. We are most strongly affected by close relationships and sexual issues but also by working conditions and business affairs. Our emotions may fluctuate widely between hope, desire, irritation, resentment, despair, anger, hate, or generally between like and dislike. We may hopelessly fall in love with someone, and sometime later fall out of love again.

With these kinds of unstable emotions we will not be able to learn feeling compassion and unconditional love to help us opening the heart centre. Therefore, to get to the next level and experience higher spiritual emotions, we need to get our lower emotions under control. The first and most important step is a desire to do so.

Then we change the focus of our attention. Instead of focusing on what we do not like, such as problems in relationships, at work, in business, we focus on finding solutions that are fair to all. Instead of opting for entertainment we may choose quiet times of being alone in nature, or learning to meditate. Instead of getting angry with someone or something we try to understand and forgive.

Forgiving actually is the greatest healer. Its main purpose and effect is not to let the other one get off for free, but rather to heal our own emotions. As a side-effect for later it also breaks the chain of karma linking us to that other person or event. As an added incentive for paying attention to your feelings and emotions you may also realise that every negative thought, feeling and emotion, such as worry, resentment, etc increases your rate of aging while every positive thought, feeling and emotion, such as joy or heart-felt love has a rejuvenating effect.

Most people will not be interested to change, to leave the relationship dramas and other dramas of their world in exchange for a quiet live focused on harmony, unconditional love and compassion. No problem, I wrote this account only for the few who *are* interested.

Chakra Balancing

Sooner or later interested individuals need to start with meditation and energy work. There are many different kinds, and the definitions vary greatly. I use the term meditation for stilling the mind and perhaps focusing on a single point, such as the forehead or the heart centre, and energy work for using the breath to move breath energy or sexual energy to different parts of the body. More about that later. Here I just want to mention balancing chakras.

Many or most spiritually minded individuals have relatively weak physical bodies. This also means that their lower chakras tend to be somewhat weak. When they mainly focus on the heart or a head chakra, it is energetically like an upside-down pyramid - top-heavy with not sufficient support from the bottom.

This makes it important to work sufficiently with the red and orange energy centres to enable a strong flow of live-force energy to move up the spine and nourish the higher chakras. More about that in the next chapter.

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CULTIVATING THE ENERGIES

For improving our health and vitality, and also for our later rejuvenation work, we need to learn working directly with our life force, cultivating it, as the Chinese masters say. There are two main aspects to this energy cultivation. We need to learn accumulating od or prana and then learn to channel it by directing its flow.

Our Energy Structure

To understand the basic energy structure of our body think of the spine as being at the centre of a double helix of etheric and life-force energy. This is one of the most fundamental energy structures in the universe, and originates from two vortexes spiralling in opposite direction around each other. In our body the earth energies spiral upwards from the base chakra and the heavenly energies spiral down from the top chakra. This forms in their centre an energy column that surrounds our spine from which the chakras branch off at certain nodal points. This structure is, of course, present around our DNA but surprisingly has even been discovered at the centre of our galaxy.

We have seven main chakras with mainly inflowing energies, but with intention we can also send energy out through the chakras. The top and bottom chakras are single vortexes while the other five chakras anchored at the spine are double vortexes at the front and back of the body. The front body vortexes are associated with feeling, the back ones with the function of will, and the three top or head vortexes with mental aspects. The energy collected by the chakras is being channeled around the body through acupuncture meridians and supplied to tissues by acupuncture points.

The central energy channels that we mainly use in our work follow the governing meridian going up from the base of the spine to the head, and the conception meridian in the front where we guide the energy again downwards. Normally the energy flows upwards in both meridians.

As the Chi flowing in the meridians is of a much higher density than the Od or Prana of the sexual or breath energy, I assume that these flows do not interfere with each other but instead move independently. In this we may compare the meridians to rivers and the Chi in it to flowing water, while Od or Prana is like a stream of air, or the wind blowing over the water.

Intake through the Chakra System

Our main bioenergy intake and distribution system is the chakra network, subtle energy centres along the spine from groin to head. The seven main chakras are comparable to central power stations, while the acupuncture meridians can be seen as power transmission lines. Chakras are vortex-like energy centres. Commonly, seven major chakras are mentioned, six of which are rooted along the spine and one at the top of the head, as shown in Figure 1. The chakra vortexes may suck in energy from the universal energy field that is all around us, and they also use the differently coloured rays created by spitting up the universal white light coming in through the top chakra.

Each chakra modifies the vibration rate of this energy and that gives it a certain colour. Further, each chakra energizes a specific region of the body and is related to a major nerve centre and endocrine gland. The energy then flows along a multitude of lines (called nadis) to form the etheric body. Major energy flows are along the acupuncture meridians that, in turn, nourish the internal organs and muscles.

A health problem in a certain area of the body is usually associated with a disturbed function of the chakra governing this region. Normalizing and harmonizing our chakra functions is important for the healing of specific aspects as well as for increasing our available energy in general and for becoming whole and balanced.

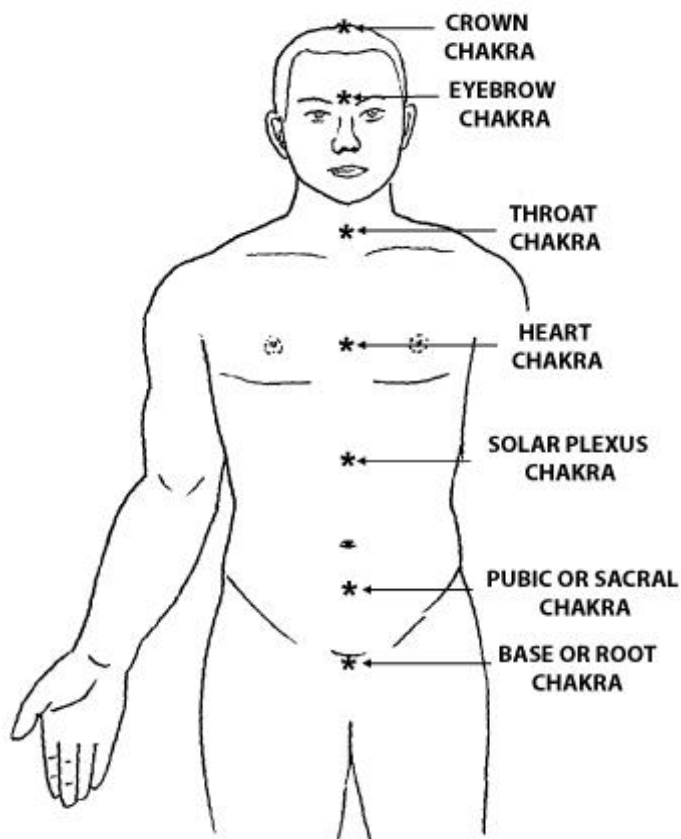


Figure 1: Distribution of Energy Centres or Chakras

The characteristics of the seven main chakras can be seen in Table 1. In addition, there are many more secondary chakras. Those in the palms of the hands are commonly used for energy transfer. Each of the higher or finer energy bodies, such as the emotional, astral, and mental body, has its own chakra system; different energy bodies have different chakra colours. The corresponding chakras in the different bodies are interconnected. The more we spiritually develop, the greater becomes the exchange of energy between the different bodies, with the energy generally flowing from the finer to the denser bodies.

You can experiment with two complementary methods of increasing your energy reservoir. In one, imagine energy entering through the crown chakra; in the other, imagine you retain the Prana inhaled with the air. With some

practice, you can combine both exercises and do them at the same time. The main rule in all of this is that energy flow follows our awareness and intentions.

Chakra Exercises

Sit or lie in a relaxed position and focus on one chakra at each session. Start with the crown chakra. Keep your awareness centred at the top of your head until you feel a light pressure, warmth, tingling, or other sensation developing in that area. Whatever you can feel, intensify it. However, it is preferable to replace any feeling of pressure with a feeling of warmth as soon as that can be done, in order to avoid an uncomfortable pressure from building up.

You can also imagine a stream of white light entering the top of the head or visualize an energy vortex in this position. Let it spin clockwise in the Northern Hemisphere and counter-clockwise in the Southern Hemisphere. Alternatively, imagine feeling it as a pulsating energy field. You can combine all or several of these imaginations and use whatever is most suitable for developing a feeling awareness of this chakra.

Repeat, focusing on the same chakra in subsequent sessions until you can easily feel its presence. Then move to the forehead chakra. In addition to trying to feel a light pressure or warmth, it is helpful to close your eyes and focus them as if looking at the inside of the centre between your brows. You can also imagine the white light flowing into the top of your head becoming violet in the crown centre, then continuing to flow into the forehead centre and illuminating it with an indigo colour.

With the throat chakra, you can use similar imagery but make it a blue colour. Feel the warmth of your outgoing breath first in your nose and then transfer this feeling to the throat. Intensify the warmth and combine it with the blue in a pulsating rhythm.

For the heart chakra, imagine that your breath moves in and out of the chest through the middle of your chest bone. Also try this imaginary breathing through skin and bone with any of the other chakras, but it is easiest to learn at the heart centre.

In this way also learn to sense the lower chakras - the solar plexus, pubic, and base chakras. Imagine the base chakra as an energy vortex that points to the base of the spine. With this, the crown vortex and the base vortex are like an hourglass separated by the length of the spine, while all the other chakra vortices are perpendicular to the spine.

Table 1: The Main Energy Centres or Chakras

Location & Name	Sanskrit Name	Associated Gland	Etheric Colour	Spinal Location	Psychological & Energy Aspect
Root/Base	Muladhara	Adrenals	Red	Sacral 4	Will to live, survival, vitality, grounding, Earth energies
Pubic or Sex	Swadistana	Gonads	Orange	Lumbar 1	Sexual energy, physical creativity, acceptance or distortion of self
Solar Plexus	Manipura	Pancreas	Yellow	Dorsal 8	Emotionally relating to others and society, power distortions, feeling safe, connected and protected
Heart	Anahata	Thymus	Green	Dorsal 1	Spiritual feelings: universal love, compassion
Throat	Vishudda	Thyroid	Blue	Cervical 3	Honest communication, creating with sounds, expressing our truth
Forehead or brow	Ajna	Pituitary	Indigo	Cervical 1	Higher mentality, visualization, intuition, co-creation, joy
Crown	Sahasrara	Pineal	violet	none	Spirituality, connection to Higher Self and Divinity

Storing Prana

To accumulate Prana from the air and store it, imagine that the inhaled breath consists of two parts: physical air molecules and Prana as life force energy. During inhalation, the lungs automatically separate the Prana from the air molecules. You exhale only the “empty” air while the Prana flows to where you lead it with your conscious attention. The body uses the abdomen with its high water and fat content as a storage reservoir of excess vital energy.

To energize the abdomen, feel the breath energy moving directly into the abdomen during inhalation. When exhaling, imagine pressing the energy down so that it becomes compressed at the bottom of the abdomen. With each successive breath, more compressed energy accumulates until the target area feels sufficiently energized. You may feel this as warmth, tingling, pressure, or any other sensation.

If you can visualize colours, see energy being stored as a golden-yellow, orange or blue fluid, whatever comes naturally to you, that gradually fills the whole abdomen. Initially, you may also see it filling the whole abdomen like a gas with a very faint colour that becomes more intense with each breath. However, it is not enough just to visualize it; it is essential also to feel the energy.

Another important consideration is the actual Prana content of the air you breathe. You gain the most energy when the air is high in Prana, such as outdoors in natural surroundings on a

sunny day. However, most of the time, you will be doing this exercise in far less than ideal conditions. Nevertheless, persevere with it while trying to maximize the Prana in your inhaled air by opening windows, exercising on a sunny day, and minimizing negative elements, such as electromagnetic forces and synthetics in your room.

In contrast to accumulating Prana through breathing, there is no such restriction when taking in energy through the top of the head, as this comes from another dimensional level. But as both energies have different frequencies and complement each other, it is beneficial to work with both methods.

Circulating the Energy

A Chinese exercise to increase our energy and wellbeing involves circulating life-force in what is called the “microcosmic orbit.” Start by accumulating energy either through the crown centre or by condensing breath energy and lead it into the abdomen.

When you have a good feeling sensation of the energy in the abdomen, imagine this sensation flowing into the pubic centre. Intensify the sensation until you can feel the pubic chakra, then let the energy flow into the perineum and the base of the spine. Feel the energy there in any way you can; you may envision it having a red colour in this area.

Now imagine a valve opening at the tailbone and, with each inhalation, lift part of the energy to a point in the spine behind the pubic centre. When you can feel it well, be it as pressure, warmth, tingling, or any other sensations, lift the energy with your breath to a point behind the solar plexus centre. If you find that you can lift the energy better during exhalations or by paying no attention to the breath at all, that is fine as well; experiment and use the method that works best for you.

However, if you experience unusual heat or any discomfort while trying to lift the energy up the spine, then stop immediately or imagine that a cool energy flows downwards. The idea is to increase the flow of energies gradually, but not to open the floodgate of the Kundalini energy (concentrated life-force) at the base of the spine. That might be likened to feeding high-voltage power into a system wired for low voltage.

As you continue to lift the energy to the back of the heart centre and then to the back of the neck, imagine that your spine is a straight hollow tube through which the energy flows following your intentions. Next concentrate the energy at the back of the head and finally at the top of the head. Reinforce it with the energy entering the top of the head and then lead it down into the forehead centre. It helps during the whole exercise, but especially at this time, to touch the roof of the mouth with the tip of the tongue. This makes it easier for the energy to flow farther down into the blue throat centre and then into the heart centre.

To complete the exercise, lead the energy farther down into the natural storage area for excess energy behind the navel. Imagine that it flows towards the centre of a spiral where it is condensed and stored as a ball of energy in the abdomen, ready for future use. When needed, this energy can be reactivated with your intention and used for healing yourself or others by directing it with your mind where you want it to go. It can also be used for tasks with high-energy requirements and is the same energy that masters of the martial arts aim to cultivate and use.

In addition to circulating the energy in this “microcosmic orbit,” you can sometimes include the extremities in a “macrocosmic orbit” or “the large heavenly cycle.” After circulating several times in the microcosmic orbit, stop at the perineum and divert the energy down the back of the legs. Pause at the back of the knees and try to feel the two smaller energy vortexes there. Then continue guiding the energy down the back of the calves and around the outer ankles. Feel another set of minor chakras in the centre of the soles of your feet, and finally lead the energy up again along the insides of the legs. Circle around the knees and back to the perineum to continue the microcosmic orbit.

At the top of the back, between the shoulder blades, divide the energy again and lead it under the armpits and down the inside of the arms. Focus for a moment on the inside of the elbows, then go to the middle of the palms and feel another pair of minor chakras there. Let

some of the energy flow out from the tips of the fingers and then move up the outside of the arms to reconnect with the microcosmic orbit where you left it.

When you can readily feel the circulating energy and the various centres on its path, you can sometimes use a short form to energize and centre yourself quickly. Imagine the energy entering the top of the head and rapidly jumping down from one centre to the next to the base of the spine. Then with one inhalation lift the energy to the top of the head and with the next exhalation drop it again down the front to the base.

Continue to circulate it in this way until you feel energized. In a similar way, you can sometimes lead the energy very rapidly around the macrocosmic orbit with one long exhalation down the legs or arms and with the following slow inhalation back up again. In all of this energy work imagine and feel the energy moving below the surface of the skin.

Energizing the Body

In another method, imagine your spine to be a hollow tube. While inhaling, imagine the prana flowing up the tube to the top, and during the subsequent exhalation, let the energy again drop down the spinal tube to the base. Until you are well advanced in energy work, do not do more than ten such breathing cycles at any one time.

With all energy exercises involving the spine, try to keep it straight, either sitting up straight (but relaxed) or lying stretched out on the back. However, you can practice these and other energy exercises anywhere, anytime, such as when driving, waiting somewhere, walking, or doing housework.

Another recommended way of cultivating the inner energies is through slow movements while focusing on the sensations that the awakened energy flows may produce. This is done with exercises such as Tai Chi. However, you may not need to learn the structured Tai Chi sequence and can experiment with your own slow, improvised movements. Widespread, especially in China, is the practice of qigong. You draw energy into the body with a combination of breathing, movements, and guided imagery. This is especially effective if done in an energized outside area, such as standing barefoot on grass, in a park, at the beach, or in the mountains. There are many books and websites giving instructions in qigong.

Finally, you can directly energize a weak or diseased organ or part of the body by feeling or breathing into it. If you keep your attention focused on a particular area of your body, then you can feel it becoming warm and possibly tingling after some time. You can then use imagery to intensify the warmth or tingling. Also, imagine that your breath or the prana from your breath flows into this area and accelerates its healing. Even without a specific problem, you can focus on one organ after another and in this way energize the whole body.

Once you can easily feel the warmth in a chosen target area, you can develop a sequence by energizing first the chakras, starting with the crown chakra, then circulate the energy a few times, and finally energize individual organs or areas of the body. Also, during your daily activities try to remain aware of the energies in various parts of your body. The best and safest way to develop the chakra system is by living appropriately in all life situations with a strong flow of a variety of positive feelings.

Endnotes

NASA Report: Scientists Report an Odd Twist Near Milky Way Center.
www.nasa.gov/vision/universe/starsgalaxies/milkyway_twist.html

Excellent books on energy healing, energy bodies, and the chakra systems are "Hands of Light" and "Light Emerging", by Barbara Ann Brennan. At the time of writing "Hands of Light" is free to download from [www.thesoulcircles.net/library/Barbara Brennan - Hands of Light - Guide to Healing through the Human Energy Field.pdf](http://www.thesoulcircles.net/library/Barbara_Brennan_-_Hands_of_Light_-_Guide_to_Healing_through_the_Human_Energy_Field.pdf)

For detailed instructions on exercises to accumulate prana and use it for healing, see: www.universal-tao.com and also books by Mantak Chia, such as "Awaken Healing Light of the Tao".

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Chapter 4

SACRED SEX

The previous chapter was mainly about working with breath energy, while this one is about working with sexual energy. To state again the goal of this energy work: we want to balance our energies at the three lower density levels so that we can fully operate at the fourth level, that of the heart chakra and with this also gain access to our three higher chakras.

The main disrupting influence on our emotional harmony is commonly related to sexual problems. This in turn also blocks the flow of life-force energy through our body and reduces our overall vitality. To help us rejuvenate as part of our spiritual evolution we need to move towards becoming more androgynic. At the hormonal level that means that our male and female sex hormones are nearly in balance at a high level - when we are getting old they are also in balance but at a low level.

Sacred sex has been used and is still being used in many spiritual and religious traditions, usually with the aim of experiencing "divine bliss". The system that I find most useful for rejuvenation and spiritual growth is a combination of Taoist traditions, the Gospel of Philip, and Karezza.

The main contribution of the Taoists is their expertise in accumulating and channeling the life-force as well as their work with the chakras. Some yoga systems have similar traditions. What struck me when reading about their methods is that they use a tremendous amount of willpower, time and energy to achieve their outstanding results but what I found lacking was the heart. The Taoists commonly had a warrior mentality while Indian gurus expected to be worshipped as gods, nothing like the heart that we see in Francis of Assisi or Mother Teresa.

Of course, to us, all of these are extremes. We cannot be a Francis of Assisi or a Mother Teresa, and neither do we have the time or willpower to sit for years meditating in a cave. But there is no need for it. I see the Sacrament of the Bridal Chamber as described in the Gospel of Philip as a middle path - working with energy gently and with a heart.

In Gnostic writings the Gospel of Philip is considered to be the central part of the inner teachings of Jesus on using sacred sex as a highway to heaven - heaven meaning overcoming the need for reincarnation. First here are some more sayings on the importance of uniting male and female.

Uniting Male and Female

The Gospel of Thomas speaks of the mystery of entering the kingdom of heaven when male and female become one: 22) "When you make the two into one, and when you make the inner like the outer and the outer like the inner, and the upper like the lower, and when you make male and female into a single one, so that the male will not be male nor the female be female, then you will enter (the kingdom)." This theme is also found in the Gospel of Philip and in other Gnostic texts.

Simon Peter said: "Let Mary leave us, for women are not worthy of (eternal) life." Jesus replied: "I myself shall lead her in order to make her male, so that she too may become a living spirit resembling you males. For every woman who will make herself male will enter the kingdom of heaven." This, too, refers to androgyny.

According to Lao Tzu: "For those who aspire to the higher realms of living, there is angelic dual cultivation. Because every portion of the body, mind, and spirit yearns for the integration of yin and yang, angelic intercourse is led by the spirit rather than the sexual organs. Where ordinary intercourse is effortful, angelic cultivation is calm, relaxed, quiet, and natural. Where ordinary intercourse unites sex organs with sex organs, angelic cultivation unites spirit with spirit, mind with mind, and every cell of one body with every cell of the other body; culminating not in dissolution but in integration, it is an opportunity for a man and woman to mutually transform and uplift each other into the realm of bliss and wholeness".

The saying of the Buddha "Enlightenment is in the vagina" (in Sanscrit "Buddhatvam Yosityonisamasritam") points to the necessity of uniting male and female energies for ultimate success. The same approach is used in the higher tantric methods to reunite their Shiva and Shakti natures.

For alchemists, carrying on the tradition of the Gnostics, the 'completed work' has recreated the Divine Androgyne. A 20-picture series of wood carvings from 1550 AD of the alchemical and Rosicrucian tradition has been discovered. It shows an ethereal spirit being emerging from a long and largely motionless male-female union which re-creates the divine androgyne. The last picture shows the risen Christ.

Glorian Publishing promotes the teachings of the late Samael Aun Weor. It has released a 75-minute documentary DVD on the mysteries of sacred sexuality. This shows the symbols and parallels in the traditions of the Kabala, Alchemists, Tantra, Mayan carvings, Tibetan Buddhism, Christian Gospels, and many others (www.gnosticteachings.org). We see that the central aspect of all these teachings is the original male-female split that needs to be reversed in order to return to our ultimate spiritual condition.

Nakedness

Early Christian leaders have written about the symbolism of nakedness as a sign of innocence and perfection. This comes from the central teaching of Jesus that we must become again sexually innocent like little children to recreate the conditions between the sexes as they were between Adam and Eve before the "fall".

In 36) of the Gospel of Thomas Jesus said, "Do not be concerned about what you will wear." And in 37: "When you disrobe without being ashamed and take up your garments and place them under your feet like little children and tread on them, then will you see the son of the living one, and you will not be afraid." The idea behind these sayings of Jesus is obviously that Adam and Eve were not ashamed of their bodies while they were still pure and innocent like little children, and that we need to become so again before we can enter the kingdom. To the pure everything is pure, even their bodies and sexual organs and functions.

For the early Christians nakedness and holy men living together in lust-free purity with their virgins was a recreation of the condition of Adam and Eve in paradise before the "fall". The fall consisted of eating from the tree of knowledge. "Knowledge" referred to procreative sexuality. In biblical terms to know a woman meant to know her sexually. There are countless references to this in the bible. Therefore, the fall means that the descending spirit entities became aware of duality and with this of good and evil when they started to have orgasmic and procreative sex. Accordingly, the aim of Jesus was to reverse duality by encouraging men and women to live together in holy innocence as before the fall. This then created the right condition for ascending back into the kingdom.

Here are some of the sayings in the Gospel of Philip to show this point:

76) "In the days when Eve was within Adam, there had been no death. When she was separated from him, death came to be. If she again enters and he receives her to him, death shall no longer be."

86) "If the woman had not separated from the man, she should not die with the man. His separation became the beginning of death. Because of this, Christ came to repair the separation, which was from the beginning, and again unite the two, and to give life to those who died as a result of the separation, and unite them."

90) "Adam came into being from two virgins— from the Spirit and from the virgin earth. Therefore Christ was begotten from a virgin, so that the fall which occurred in the beginning shall be rectified." This saying also illustrates the importance of symbolism in early religious thoughts.

Accordingly, reuniting the sexes in order to return to immortality was the central task of Jesus, and nakedness was a symbol of innocence and purity of spirit. Following this

understanding of the teachings of Jesus many holy men have been living more or less naked in the desert either alone or with their holy virgins. Accordingly, the agapetae were sometimes derisively called 'unclad virtues' or having 'sun-clad power of chastity'.

The Sacrament of the Bridal Chamber

Because the Church was so vigilant in destroying all dissident views and heretical documents, we can only infer the details of the sacrament of the bridal chamber and its relationship to the phenomenon of the agapetae. Our problem is to piece together the original teachings to come to an understanding of how Jesus may have taught this ritual. In this I regard the Gnostic Gospels as the most persuasive sources, and of these the Gospel of Philip has by far the most detailed information.

The sacrament of the bridal chamber is obviously meant to reverse the male-female split and make us energetically and emotionally whole again. From the Gospel of Philip we can see some important elements in this sacrament. According to Gnostic philosophy it is clear that saying 79 actually means that the bridal chamber is not for sex as performed by animals, meaning reproductive or lustful sex. Instead, saying 89 indicates that it is a restful union, in various translations called a pure embrace or undefiled intercourse.

Associated with it is anointing. Commonly the oil used for anointing is called the chrism. This consists of consecrated olive oil prepared with various fragrances, such as balsam or myrrh. During anointing the oil may be applied to the forehead and other parts of the body. However, in this gospel chrism is equated with "receiving the light".

We see this in saying 101. The chain of anointing from Jesus to the apostles and their disciples is clearly meant as transmitting "the light". Also in 81) it says: "The light is the chrism" (therefore it is not the oil that is used as the chrism). The crucial explanation is in saying 71: "The fire is the Chrism, the light is the fire. I do not speak of this fire that has no form, but rather the other one— whose form is white and which is made of beautiful light and which bestows splendor."

This indicates to me that the beautiful white light is the halo of the saint, or in other words the opened crown chakra which may more easily be seen in dim light. Participants in this sacrament first received the chrism to "light the fire", and then used the sacramental male-female union to keep the crown chakra permanently activated or open, and with this the whole chakra system of the participants.

Emotional imperfections or imbalances show up as colors in our aura while white light indicates perfection. Each chakra has a different rainbow color from red at the base to violet at the top. A clairvoyant may see these different colors. However, when all the chakras are fully opened and vibrating in harmony with each other, then they appear as a unified field of white light. Therefore the sacrament is intended to focus our emotions on our highest ideals and so clothe us in white light.

Saying 72 tells us on which image we need to focus in the bridal chamber to become clothed in white light: "It is certainly necessary to be born again through the image. Which one? Resurrection." We need to focus on the image of the resurrection. What is this image? It is the image of our perfected spirit body clothed in white light. We may imagine this as a sphere of brilliant white light which makes it difficult to discern the features of the figure inside from which this white light originates.

Continued practice of this image was then associated with the development of a higher energy body, an immortal white light body that was able to ascend into the kingdom of heaven without being seen. This is indicated by saying 112. Those who are not able to see and seize him (or his body) are the rulers of the different levels of the astral world through which the ascending soul must pass on its way to the kingdom. The highest level of the astral world is regarded as the Seventh Heaven, and the kingdom is just above that at what in New Age is regarded as the mental density level and the home of the ascended master.

Saying 113 indicates that those who are not completely perfected when leaving their human body will get stuck in the astral world. Several of the Gnostic Gospels give detailed

instructions by Jesus on how to deal with the ascent through the astral world. The simplest way is not to be seen by developing a perfected light body. Jesus obviously regarded the sacrament of the bridal chamber as the fastest way to prepare for ascension.

Central to it is guided imagery leading towards the resurrection or rebirth of an immortal light body (72). Nothing compares with the effectiveness of this holy union (82) which clothes us in the perfect light (85), and it had been recommended for all disciples to rest in this union as a period of guided meditation (89).

Summary of the Inner Teachings

A summary of the inner teachings of Jesus as revealed in the Gnostic Gospels may read as follows:

1. Our ancestral spirits became trapped in matter and duality when they were tempted to experience procreative sex.
2. After physical death they became stuck in the astral world and this prevented them from returning to their heavenly home. Instead they had to reincarnate again and again.
3. Jesus came to show a way for advanced or "solitary" individuals to return to heaven by creating a white light body.
4. This can be done by reuniting males and females in a pure embrace while using specific imagery.
5. The result is a return to the condition of sexual innocence that prevailed before the fall into matter and duality.

Karezza

Karezza is not in itself a method of sacred sex but can easily be adapted for this purpose, and in its higher expressions it is definitely a method of spiritual or sacred sex.

In Karezza the emphasis is on the inner feeling awareness as well as on the feeling of complete union with the partner. Orgasm is avoided, instead caresses and slow controlled movements during intercourse generate a steady stream of sexual energy that can be consciously converted into feelings of sublime joy and love. Typically, this may continue for an hour or more. It is not necessary for the penis to be erect or even inside to enjoy this type of lovemaking.

Initially concentrate awareness on the sensations at the point of contact with the partner, especially in the genital area but also wherever the skin or a caressing hand touches. This generates pleasant sensations, which can now easily be converted into a loving feeling. Open your heart and send this love to your partner. In a more active fashion you can in your imagination lead the energy felt in the genital or pelvic area upwards to the heart. There you feel it as love and radiate it out onto your partner, and also envelop both of you in a cloud of love.

For many sensitive individuals this is more satisfying than just mechanically experimenting with different positions or chasing an elusive orgasm. You may also lie quietly connected, just to relax and feel close, cared for and protected, without attempting to generate any specific effects. It is not only emotionally satisfying, but produces strong bonding and greatly strengthens the relationship. In addition to providing great spiritual, emotional and health benefits, Karezza is also an effective birth-control method. The modern rebirth of Karezza has been pioneered by Marnia Robinson and Gary Wilson who have built a large website at www.reuniting.info with comprehensive documentation of relevant scientific articles and interesting forum contributions.

The following are some extracts from *The Karezza Method* by J. William Lloyd to show the spiritual aspect of Karezza:

"Try to feel yourself a magnetic battery. As you acquire the habit of *giving* your sexual electricity out in blessing to your partner from your sex-organs, hands, lips, skin, eyes and voice, you will acquire the power to satisfy yourself and her without an orgasm. "Soon you

will not even think of self-control, because you will have no desire for the orgasm, nor will she.”

Lloyd also notes the ability of Karezza (controlled intercourse) to *nourish* lovers. He reports a sense of “sweet satisfaction, fullness of realization, peace, often a physical glow and mental glamour that lasts for days, as if some ethereal stimulant, or rather nutriment, had been received.” And, “in successful Karezza the sex-organs become quiet, satisfied, demagnetized, as perfectly as by the orgasm, while the rest of the body of each partner glows with a wonderful vigour and conscious joy...tending to irradiate the whole being with romantic love; and always with an after-feeling of health, purity and wellbeing. We are most happy and good-humoured as after a full meal.”

Taoist Sexual Practices

Taoism (also Daoism) originated in the 4th century BC. It has a tradition of living in harmony with spirit and nature, and asserts that those in harmony with the Tao will live long and fruitful lives. Practices for achieving longevity or immortality are a major component of Taoism. Out of this grew a sophisticated system of sexual practices for increasing vitality to lengthen the lifespan.

The Taoists distinguish between three densities of bioenergy which they call Jing or Ching, Qi or Chi, and Shen, each is stored in a different place called lower, middle and upper Dantian or Tan t'ien. Jing is stored in the lower abdomen, called the Hara by the Japanese. It is the most important energy for the health of the biological body, and appears to be what we call life-force. It is associated with the Kidney Organ System, and it includes the reproductive system with sexual energy, sperm and ova.

The Taoist "bedroom arts", are also known as "Joining Energy" or "The Joining of the Essences". Taoists believe that with these sexual arts one can stay in good health and attain longevity. Those practicing this method believe that it is a key to immortality. Jing can be lost in many ways, but mainly through the loss of body fluids. The fluid believed to contain the most jing is semen. Therefore Taoists avoided ejaculation in order to conserve life essence.

A Taoist saying is: "When the Jing is full the sperm is secure", translated meaning if vitality is high then there is no danger of unwanted ejaculation. The Taoist tried to avoid losing his own jing by not ejaculating but instead capturing and absorbing the jing released by the orgasm of his female partner with his penis and lead it along the spine into the upper dantian in the brain.

Women can lose jing obviously through orgasms, but also through their periods, especially if they are heavy, and most of all through childbirth. Therefore Taoists avoided having sex with women who had given birth. Most treasured for their high jing energy were virgins, and the younger the better.

Initially Taoist sexual practices were more of a joint venture, although always driven by the desire of males to assimilate female sexual energy. It was thought that a woman who was happy with the sexual act would release more jing and he could more easily harvest it. A woman was regarded more powerful in sex because her strength was not reduced by it as was that of the male after ejaculation.

However, over the centuries the position of women in Taoist sexual practice greatly deteriorated, and women were even regarded as "the enemy" because a woman could cause the man to ejaculate and so lose vitality to her instead of gaining it from her as he had intended. Now women were only considered to be a means for Taoists to extend their lives.

More ideally as taught in the pure initial form, the path to mutual immortality for men and women is through combining deep penetration, low arousal, and dantian imaginings with the goal to draw the energy from the lower dantian below the navel up through the heart dantian into the brain dantian. This forms a life-giving elixir, and eventually the "holy foetus" or light body.

In the eight century, a female Buddha, Lady Yeshe Tsogyel, achieved enlightenment through mutual Tantric practice. She explained that women must control their sexual energies just like men need to control their ejaculation if they would cultivate spiritual enlightenment.

“If there is leakage of sexual energy, the Buddha Unchanging Light is slain...Therefore, with the power of retraction, drawing up 'love' with the base energy of life-force, I held it in the pot of my belly, and maintaining the recollection of pleasure uncontaminated by lust, divesting myself of mind-created Samadhi, yet not slipping into an instant of torpor, I experienced the ascent of Awareness.”

This passage explains in beautiful simplicity the process of Taoist internal alchemy: produce a feeling of sexual pleasure, draw this feeling from the sexual organs into the abdomen, continue to increase it with mindfulness. Energy flow then follows the feelings. In the abdomen the heavenly or male energy from the head centers interacts or copulates with the female earth energy of the sexual and base centers.

The ultimate goal of Taoist energy cultivation is the formation of an immortal light body by drawing up the energy from the lower dantian through the middle or heart dantian into the brain or upper dantian. In the same way as in esoteric Buddhist practice this is achieved by combining male and female sexual energies so that the practitioner becomes androgynic. This takes place initially in the area behind the navel where the converted sex energy has been accumulated by practicing the Microcosmic Orbit or an equivalent method.

Our major male-female poles are at the top and the bottom of the spine. This is like an energy axis between two spinning vortices with a secondary male-female split between the male right and female left side of our body. The internal alchemy or inner copulation of these poles then creates the divine child or immortal light body. To be successful we need not only a strong earth or sexual pole but also a strong crown or heavenly pole formed by regular meditation and a spiritual attitude.

Lao Tzu explained the immortal light body thus: It is self-aware yet without ego, capable of inhabiting a biological body yet not attached to it, and guided by wisdom rather than emotion. Whole and virtuous, it can never die. However, Edgar Cayce warned that if you raise the kundalini before you can control your sexual energy it simply inflames your sexual desire and causes more problems on your spiritual path.

Endnotes

Edgar Cayce - Spiritualizing Sex, 9- part series by Marnia Robinson and Gary Wilson

http://www.reuniting.info/wisdom/edgar_cayce_on_sex_and_the_tree_of_life

The Gospel of Philip at www.gnosis.org/naghamm/gop.html is not numbered. For the numbered sayings see [The Saint and his Virgin](#) - *Sacred Sexuality in Early Christianity and the Inner Teachings of Jesus*.

For the Gospel of Thomas and other Gnostic Gospels see www.gnosis.org/library.html

[Healing with Sex](#) 6-part series by Walter Last

Karezza main website www.reuniting.info

Sexuality and the Sacred in Gnostic Literature University of Cambridge, dissertation (2001)
<http://reuniting.info/download/pdf/SharpeDissertation.pdf>

The alchemical sixteenth century Rosarium Philosophorum with 20 woodcuts of the Mystical Union at www.alchemywebsite.com/virtual_museum/rosarium_philosophorum_room.htm

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http://en.wikipedia.org/wiki/Taoist_Sexual_Practices

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Chapter 5

SEXUAL ENERGY WORK

Learning to work with energies is the key to any real rejuvenation. Chapter 2 explains some basics of working with breath energy. This chapter is about using breath and imagination to work with sexual energy. Sexual energy is much more concentrated in our body than breath energy, therefore the effect can be much stronger if we learn to properly use and channel it.

There are three objectives:

- we need to have or develop strong sexual energy
- we want to balance our sexual energy
- we learn to channel it to other parts of the body

Our sexual energy is part of our life-force or vitality. Obviously this is much stronger in young and healthy individuals than in older or unhealthy ones. If our vitality is low then there is not much energy to channel, and while the following methods are beneficial for everyone, to achieve a real rejuvenating effect other methods need to be used in addition to increase vitality in general.

Most individuals will require the Health Improvement Program to eliminate any obvious health problems or diseases. In addition most will also benefit from the special exercises in the next chapter to increase vitality. A common problem is that young individuals high in energy are not interested in energy work to remain young, while for older individuals the main work consists of getting back some of the vitality that they wasted in earlier life.

Sexual excitement is caused by release of dopamine, the hormone of addiction, reward and pleasure. This is what throws our emotions out of balance. Instead we need to focus on activities that releases oxytocin, the hormone of bonding, the "cuddle hormone" which makes us feel safe, accepted, protected and emotionally satisfied.

I believe it is important to approach this with the right attitude, and regard it as a spiritual project rather than a sexual activity. Those who are serious in advancing on this road also need to be consistent and not alternate common orgasmic sex with sexual rejuvenation work. Sexual rejuvenation work can be done with a suitable partner, also called dual cultivation, or solo. The easier way is with a partner. Therefore I will write about this first. The following is my present perception of the most suitable methods, but this may change with more experience, and you may experiment to find your own preferred method.

Energy Work for Couples

The following method is recommended for all couples except those who practice Karezza or a similar method without ejaculation. But even for individuals who have experience with Karezza, this is also recommended when starting to practice with a new partner.

This method is based on my understanding of the Sacrament of the Bridal Chamber as portrait in the Gospel of Philip. The basic idea is that by exchanging male-female sexual energy we can balance our sexual energy and at the same time generate surplus life-force for rejuvenation. This is similar to generating energy and performing physical work by suitably connecting the two poles of an electric battery.

According to the Gnostic Gospels and other early Christian writings it is clear to me that this sacrament was intended to be non-penetrative. Furthermore, there seems to be an emphasis on working with the chakras. Therefore I believe the most suitable position is lying side-by-side in a frontal embrace with legs stretched out. The penis would lie flat between the parted labia (lips) with the glans (head of the penis) at the opening of the vagina, but it cannot normally be inserted in this position. If there is no natural lubrication at this time then use of some aloe vera gel is preferable to improve energy conductivity between penis and vulva.

The initial focus is on this connection point where penis and vulva meet. Try to feel an energy flow at this point, and if you cannot feel it, then imagine feeling it as a stream of warmth or tingling or bubbling, and lead this real or imaginary sensation towards the tailbone. To increase the release and awareness of sexual energy you may also harmonize your breath with that of your partner, and at times rhythmically contract and relax the perineum and the anus or the muscles around the tailbone.

Then use the breath to draw the sexual energy up the spine and into the brain to activate the crown chakra and then the forehead chakra. After this you may activate the other chakras one by one or just circulate the energy with each breath around the microcosmic orbit as described in Chapter 2. Finally you may for a longer time breathe into the heart chakra and during exhalation send out a loving feeling to envelop both of you.



Figure 2: Sitting Position

The active energy exchange between couples tends to last about half an hour, but you can continue much longer, and especially remain bathed in an afterglow.

Experienced Karezza couples may use their usual penetrative position, or try a sitting position as shown in Fig 2 or a similar position, such as the male sitting on his heels with the female on his lap and her legs around his hips. However, I believe that it is preferable, at least initially, to refrain from moving, and fully focus only on the energy exchange between the sexual organs, and then on moving this energy with the breath as explained before. Other couples may in time cautiously start experimenting with a penetrative non-moving position if that is what they prefer. Eventually also slow movements may be used to enhance energy flow.

Commonly used in Karezza for a comfortable and relaxed position that also allows freedom of movement for both partners is the scissor position as shown in Figure 3.

When both feel ready they place themselves in such a position that the woman lies on her back with knees drawn to the chest, while the male lies on his left side crosswise to her, so that his penis touches the entrance of the vagina. She now drops her legs and he places his right leg between her legs. With this, her left leg is between his legs while her right calf rests on his torso. Sides may be reversed.

Initially and also if there is a problem with erection or natural lubrication or premature ejaculation, both partners may remain more or less motionless in this position for about half an hour. During this time the tip of the penis, whether soft or hard, remains outside, just touching the inner entrance of the vagina.



Figure 3: Scissor Position

Both focus their attention on the contact areas between them but especially on the sensation in their sexual organs, the exchange of subtle energies between them, and drawing the energy upwards.

Solo Cultivation

Energy work for singles is more difficult than for couples because they need first to generate the sexual energy that automatically flows between couples, and they need to balance their own sexual polarity with that of the opposite sex. For couples as well as for solo cultivation it is best to avoid all sexual phantasies and focus only on internal feelings. For males that makes it more difficult to get an erection but erections are not needed to get feelings, and it is feelings that are the key, feeling sexual energy but without sexual excitement.

Initially there is usually some light direct stimulation of the sexual organs required with the initial aim to activate the whole of the pelvic area. This is best done by combining breathing into the pelvis with rhythmical contraction and relaxation of the pelvic floor, the anus and the muscles around the tailbone. Whatever you feel, try to intensify it with your imagination.

When you can feel your sexual energy in a pleasant way you can start working with it as described for couples, lead it up the spine and into different chakras and organs, or practice the microcosmic orbit. You may need to continue with light stimulation and rhythmical squeezing for some time to keep the energy flowing.

Further, to get the feeling of being cared for, safe, protected and connected you may hug a pillow or other suitable prop, and also place a pillow at the back. In addition it helps to put light pressure or some warmth against an area into which you want to lead the energy. This may initially be the base of the spine, and later the abdomen or the chest. You may just place a hand over this area or a cushion, or a hot water bottle, whatever provides some pressure and warmth to help focus the attention. As with dual cultivation, after the end of the actual energy distribution work try to be and remain for some longer time focused on the crown, brow and heart centres with an uplifting spaced-out feeling.

Overcoming Problems

Here I like to discuss some of the problems that may be encountered. The most common one is low vitality but that will be covered in the next chapter.

Another question is how often to do this energy work. Again, that depends on the vitality of the participants. It can be done daily or once or twice a week. The idea is to develop your intuition to tell you details such as frequency, best time, and where to direct the energy.

Furthermore, if you sleep in close contact or have a long cuddle before energy work much of the sexual energy will already be exchanged and not much left to move around. It is similar with solo work. There may not be much energy left after a day's work, and the best time may be on weekend mornings. However, you can still work with breath energy at other times.

A common problem affecting almost everyone are tight or permanently contracted muscles between the knees and the lower back. These block the flow of energies in the long meridians up and down the body, and they also prevent sexual energy flowing from the sexual organs to the base of the spine and then upwards to the top.

In addition to general methods such as massage, relaxing remedies such as DMSO and magnesium chloride, and exercises as described in the next chapter, you may stretch, move joints to the limit of their range, and contract and relax tender muscles while leading breath and sexual energy into this area. This is more conveniently done during solo work, even if you are a couple, but your partner may help by pressing into tender spots of tight muscles, using reflexology, or by channeling additional energy with the hands.

For males it can also be helpful to adopt the method of Tao masters and tightly wrap a wide ribbon around the base of the scrotum where it joins the body. This slows the outflow of blood from the penis and helps to focus attention on this area, making it easier to feel the sexual energy. Tao masters used a wide silk ribbon.

Another question is about unintended ejaculation during penetrative practise or even during solo work. If there is no concern about conception then just ignore it. Continue pulling the energy up with the breath and circulate it or putting it into chakras, or alternatively hold the breath and focus on the crown or heart chakra. A bit of fluid loss does not matter, the main thing is where the energy goes, and that is determined by where you focus your attention.

There is also a custom of intentionally ejaculating, catching and ingesting the ejaculate in some drink to increase male potency. Again that would need to be done while leading the energy upwards. For some information on this topic see <http://sacredsemen.com/>.

However, if there is a possibility of conception then you obviously need to withdraw immediately, clean up, and if it may have leaked, douche immediately with diluted vinegar or lemon juice. Acidity kills the sperm. If you are not sufficiently experienced with Karezza then keep a prepared douche handy. Afterwards continue with non-penetrative energy work.

Menopausal women who experience hot flushes have it easy, they feel already the energy that they want to work with. They just need to get into a meditative state and direct the hot flush energy into a suitable chakra or organ. As an exercise to strengthen the capacity of their sexual organs to hold more energy they may practice leading the energy up the spine, and then dropping it down the front back into the second chakra and the sexual organs. If there is a hot flush at the time they can imagine that the circulating breath energy mops up all the escaped flush energy and delivers it back into their sex chakra.

Men with prostate problems can deliver energy to their prostate. In both cases, for men and women, and also for breast problems, it is important that this energy is produced and delivered with bonding and soothing feelings associated with the release of oxytocin - I believe the dominance of dopamine and the lack of oxytocin is a major cause of the problem in the first place.

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Chapter 6

INCREASING VITALITY

Low vitality will be the limiting factor for many who are interested in rejuvenation work. It will still be beneficial to work with breath and sexual energy as described before, but to get real results there must also be real energy to work with. In this chapter I want to share some methods of increasing vitality.

Our main tools are desire or intention, focus or concentration, feeling and visualisation. The sources of energy are mainly the life-force in the breath, in sexual energy, in the environment, trees and in spiritual light or sunlight. Other sources are crystals, magnets and fresh raw food and juices.

I pointed out before that it is essential to work through the Health Improvement Program (HIP) to get the basics right because anyone with remaining Candida and other microbial problems, or unsuitable nutrition, will remain low in energy in spite of all vitality exercises. This basically applies to anyone with a so-called chronic disease. Use fresh raw juices of grass and leaf vegetables. Try the Alternative Oxygen Supply described in Chapter 3 of the HIP book or in the article [Increase Your Energy](#).

For older individuals or with weak energy in general it will help to use some herbal remedies, especially ginseng and maca powder (e.g. 2 teaspoons per day). I would also use about 6 to 10 mg of boron or about 100 mg of borax. Iodine is of major importance to the endocrine glands, I prefer several drops of Lugol's solution daily. All of these help to increase and balance sex hormones.

Read again Chapters 7 and 8 of the HIP, especially the parts on Healthy Living and Charging with Life-Force. There are a great number of different methods to increase vitality. I know and can describe only a few of them, you may know or find additional ones that you may want to try.

Exercises

Due to decades of sexual tensions most of us have permanently tense and weak muscles between the top of the pelvis and the knees. This is like an old battery that cannot hold much charge. Use massage, vibrating, shaking, relaxation exercise and guided imagery to soften their contracted core.

Also do pelvic floor exercises. In addition to rhythmically contracting and relaxing the whole pelvic floor, selectively push forward to contract only the front part. In men this gives an impulse to the penis, woman may also rhythmically contract the vaginal opening. This forward pressure is used to prevent loss of energy when near orgasm, while selective contraction around the anus and tailbone helps to lead the energy up the spine.

In addition to circling the hips try also to circle just the tailbone in each direction, stretch and move the lower back as far as possible. Strength exercises such as push-ups release growth hormones that help with tissue regeneration. Whenever possible exercise in nature, barefoot on grass or at the beach or in a park. This is especially helpful with energy accumulation exercises such as Tai Chi and Qigong.

Energy Accumulation

Energy Accumulation exercises work by the same general principles as Tai Chi and Qigong. Typically these practices involves rhythmic breathing coordinated with slow stylized repetition of fluid movement, a calm mindful state, and visualization of guiding chi or qi through the body. All exercises are more effective if performed barefoot on grass or at the beach on a sunny day.

Feeling the Energy: A relatively easy way of learning to feel bio-energy is to shake the body and especially the arms and hands rapidly for about a minute. At the same time breathe deep and fast and then suddenly stop. Remain completely still with the arms slightly raised in front of your abdomen or chest as if holding a large beach ball. Concentrate on the sensation in your hands and arms. Then start slowly moving your arms and your body. Try to intensify whatever energy sensation you feel. When you can feel the energy strongly, you may mentally lead it to an area of the body where you have a particular health problem. Alternatively you may radiate the energy out of the palms of your hands to where you want to energize yourself. It is good to do this as a regular daily exercise.

Tree hugging is an easy way to gain energy. Best are tall trees but sometimes even smaller trees can have exceptionally strong energy. There is a field of vital energy around a tree. In addition to giving the tree a frontal hug it is also good to meditate leaning with the back against the stem or, if possible, while leaning against the stem also reaching up to touch a lower branch. While this is good in itself, much more vitality can be gained by imagining that you absorb energy from the tree and store it in the lower abdomen.

Reaching up is like being part of the constant energy exchange between heaven and earth. Preferably stand barefoot on grass and stretch both arms up with the palms pointing towards the sky. Imagine that the earth energy moves or spirals upwards through your body and the heavenly energies spiral downwards. Feel your palms getting warm and tingling.

Energy raking is used to rake in energy by moving your arms in wide, slow circles. Feel your palms becoming warm and tingling. After each circle hold the palms some distance from your abdomen, like holding a large beach ball, and imagine transferring the energy from the hands into the abdomen. At the same time coordinate the circling with your breathing, and while radiating energy from the palms also accumulate prana from the breath in the abdomen.

Circling both hands in opposite directions in front of the abdomen creates two energy vortexes that you imagine absorbing into the abdomen.

Flowing Movements similar to Tai Chi also let you easily feel the energy in your hands. You do not need to learn specific movements for this, just move with slowly undulating arms and imaging the energy from your warm hands flowing through the arms into your body and filling it up.

Cleansing the aura is done by moving the energised hands from the top of the head a short distance from the body slowly downwards as far as the arms reach below the hips. Then start again at the top. Do that from the front and sides and the back of the head. One may flick the hands at the end of a downward move to shake off any bad or stale energy.

Rites of Rejuvenation

The following exercises were made famous through the booklet "The Five Rites of Rejuvenation" by P. Kelder. They are good to strengthen glandular activities, and are perceived to rejuvenate the body to a worthwhile extent - if practised faithfully every day.

Deep breathing during and between exercises is important. Inhale and exhale during the slow movements between the two end-positions as shown in Fig. 4. Hold the breath in each end-position and tense all muscles with maximum effort. In one position press the chin to the chest and pull the abdomen inwards and up; in the other position drop the head back as far as possible.

The stomach is pulled in, with the breath exhaled, in the lying position (Fig. 4a), in the forward bending position (Fig. 4b), while sitting (Fig. 4c) and with the pelvis raised (Fig. 4d). Start with a few exercises daily and gradually increase to 21 of each. Do not strain yourself.

A fifth rejuvenation exercise is spinning or whirling 21 times with horizontally outstretched arms. In the northern hemisphere the instructions are to spin clockwise. I believe that in the southern hemisphere anticlockwise spinning is preferable (the top chakra appears to spin in

opposite directions in both hemispheres). However, you may choose to spin in whatever direction makes you feel better, or use muscle testing to see what is best for you.

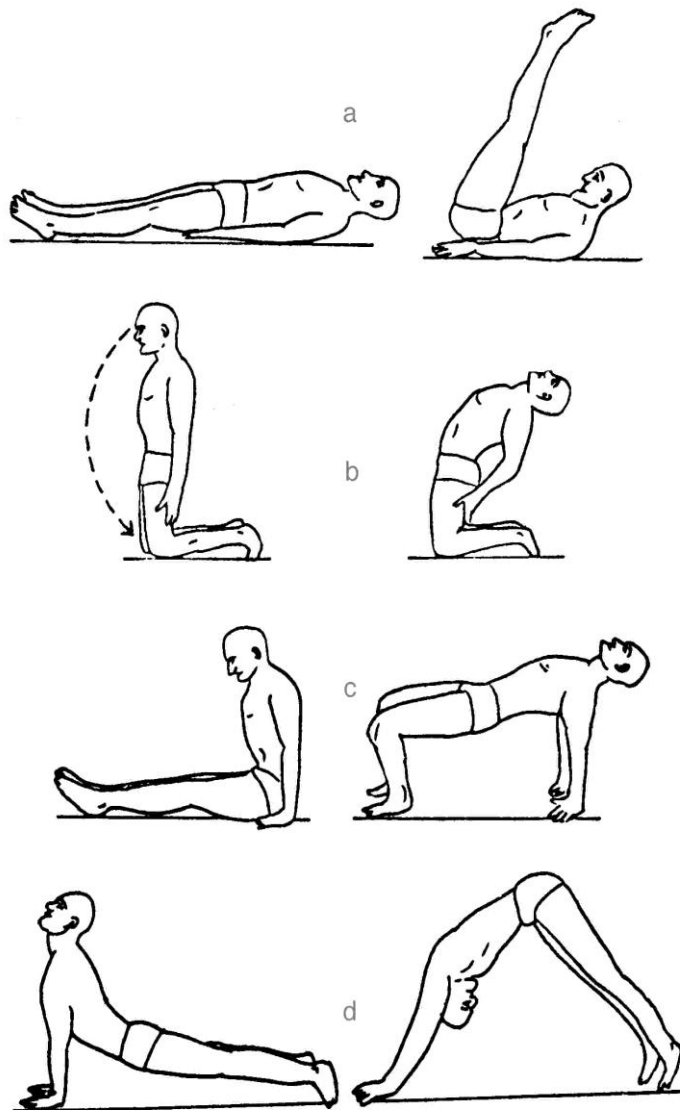


Fig.4: Rites of Rejuvenation

Kelder specifically recommended these exercises to rekindle the sexual potency of older men. They were then expected to practice the key exercise of this series which is only practiced when sexually excited, I assume he meant when the men experienced an (induced) erection.

One is to stand and bend over with the hands on the knees and push all the air out of the lungs. Then straighten up and with the hands on the hips push up the shoulders. Pull the stomach in and up and hold this position for as long as possible. Then forcefully inhale through the nose and exhale immediately through the mouth. The arms may now hang to the sides while you take further deep breaths through the nose or the mouth. If one is still sexually excited, the same procedure may be repeated as often as necessary.

It is also possible for women to perform the essential sixth rite after some light stimulation to feel the sexual energy. Without drawing the energy upwards the five rites are just normal physical exercises, the rejuvenation benefit comes from raising the sexual energy. The main

benefit of the Kelder method is its simplicity, that anyone can do it without needing to feel and channel breath or sexual energy or to know about chakras.

However, for someone who is serious about rejuvenation and spiritual growth it is also essential and ultimately more effective to learn energy work as shown in the previous chapters. Some additional advice that Kelder regarded as being important was to eat daily a raw egg yolk; to watch out that one is sitting, standing and walking straight - push the hips forward and the shoulders back, and especially for men to lower their voice and make special intonations with a low voice.

The low voice is important because the throat chakra has a special energy connection with the sex chakra, and both are strengthened by low sounds. For women he recommended sound exercises that bring the voice into the normal range of a female voice, make low sounds with a high-pitched voice and higher sounds with a very low voice. Apparently these exercises have a strong effect on regulating the balance of our sex hormones.

Breath Energy

Here I want to give a more detailed description of working with the breath. We use the breath on the one hand to extract energy or prana from the air around us, and on the other hand to channel energy within the body and store it at specific locations. To learn breath work you need to use your imagination.

If you have not worked with the breath before and do not know how to feel it start by focusing your attention on the feeling in your nose as the breath moves gently in and out. Try to feel how it is slightly cooler during inhalation than during exhalation. Then focus your attention on your throat, feel the alternating warmth and coolness. Finally pay attention to the abdomen. Feel how it gently moves up and down.

To accumulate energy focus on a specific location, such as the abdomen. During a long and slow inhalation through the nose imagine that the breath together with its energy flow into the area that you focus on. Imagine feeling a slight pressure in that area as it fills up with breath energy. You may also slightly tense the muscles in that area to create that feeling. After a second or two you exhale again very slowly. Now you imagine that you exhale only "empty" air without energy.

If you want to accumulate energy in the abdomen imagine that your abdomen has been filled with diluted energy, and now you condense it or pack it down into a small volume to make space for more energy from the next breath. During exhalation you feel some warmth in the throat but mentally you transfer this warmth to the abdomen so that in addition to your throat you also feel your abdomen getting warm. In addition you may also imagine that instead of pressing the energy in the abdomen straight down, you condense it as an energy vortex in a spiral movement.

For circulating the energy you may inhale or breathe into the base of the spine. Instead of accumulating energy here, you imagine that during the long and slow exhalation it moves up the spine. Again transfer the warmth from the throat and feel the energy moving upwards as a warm stream, or after some experience you may feel it as tingling or like tiny popping bubbles. When starting the exhalation you may for a moment contract the muscles around your tailbone as if to press the energy upwards.

You may move the energy in small sections along the spine from chakra to chakra, or you may move it in one long sweep from the tailbone to the pineal gland in the middle of your brain. Normally you do not store energy in the brain, that could cause a headache. Instead you may imagine that the energy flows out of the top of your head to open or widen the channel through which universal energy flows into the top chakra.

Alternatively you may imagine that you radiate the energy to all sides out of your head as a white light or a feeling of bliss, or you may lead the energy down into the abdomen or back to the tailbone. Initially it is good to experiment with all these different possibilities to activate these different channels and get a feeling for working with energy.

When you get more experienced with this work, you can add a further feature: with closed eyes look towards the middle of your forehead and try to feel there a slight pressure. In this way you can always remain connected to your guiding brow chakra while you focus your attention on other activities or other parts of the body.

Another, more optional, procedure is to keep the tip of the tongue touching the roof of the mouth while circulating the breath up the back and down the front. This can help the energy to flow downwards more easily and possibly prevent headaches.

Whenever you do not need to think about a special problem, e.g. when going for a walk, waiting for something, doing housework or gardening, you may just focus on lifting the breath up the spine and then exhale by storing its prana in the abdomen.

Chakra Breathing: These same principles can now also be used to breathe into all of the main chakras for their further development. Again, there are several possibilities. We may start at the tailbone lifting the energy up the spine to the location of the selected chakra, and then feeling it expanding and becoming warm during a slow exhalation.

Another way is to imagine the energy flowing directly into the chakra from the back, being drawn into it like into a deepening vortex or cyclone, and then exhaling towards the front through a vortex that expands like a high-pressure system.

You may also lift the energy up the spine to the pineal gland during inhalation, and then drop it directly into the expanding chakra, or you may directly move the energy during inhalation from the throat into the chakra, and finally you may imagine the breath moving in and out from the front, like the breath flowing through the chest directly in and out of the heart chakra. During any of such breathing exercises try to feel a coolness during inhalation and a warmth in the chakra during exhalation. In addition try to imagine the characteristic feeling associated with each chakra that you work on.

Mantras can be used to strengthen the effect of breath energy. You may use a double name that represents your goal or spiritual ideal. For instance during inhalation you may mentally intonate "Jesus" and during exhalation "Christ" or "Christus". Alternatively you may inhale with "Hare" and exhale with "Krishna", or inhale "OM", and exhale "AUM".

Extreme Breathing: After you have distributed breath or sexual energy for a while with slow breathing, breath even slower. This is especially good for accumulating energy in the abdomen. After you have fully exhaled wait a few seconds and then force out even more air while strongly contracting the abdomen. Do the same with your subsequent inhalation - inhale fully into the expanding abdomen, wait a moment and then inhale some more. Do several of these extreme breath cycles, each in and out cycle lasting for about one minute. You may feel it getting very warm in your abdomen.

Alternate Nostril Breathing: This is helpful for balancing body polarities. The nostrils act like magnetic poles and charge the incoming air with sedating female polarity through the left nostril, and stimulating male polarity at the right nostril. Close the right nostril with a finger and inhale through the left nostril, then close the left nostril and exhale through the right nostril. Inhale through the right nostril, and exhale through the left one, and so on. Several rounds of this are good at the start of meditation.

Endnotes

"The Five Rites of Rejuvenation" or "The Eye of Revelation" by P. Kelder.

http://en.wikipedia.org/wiki/Five_Tibetan_Rites

[www.lib.ru/URIKOVA/KELDER/Ancient Secret of the Fountain of Youth-Peter Kelder.pdf](http://www.lib.ru/URIKOVA/KELDER/Ancient_Secret_of_the_Fountain_of_Youth-Peter_Kelder.pdf)

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Chapter 7

EMOTIONAL AND SPIRITUAL WORK

Keep in mind that the main aim of our existence is evolution of consciousness. Rejuvenation is just a side-effect of our spiritual growth leading to the development of our higher energy bodies and activation of the heart centre. In support of this goal we also need to develop a suitable mental attitude as well as emotions and feelings that are appropriate for operating at this next higher level of consciousness.

A good attitude to start with is to see humanity as one big family, like one super-soul that has split up into billions of different parts and is now on its way to grow together again into a spiritual unit at a higher level of experience. We can support this process by helping each other to recognize this process and encourage each other taking part in it. But being at very different levels of consciousness, we need to give each other space to gain the necessary understanding through experience. Paramount is the free will of everyone to make our own decisions in this regard, being given useful information when asked but not pressured into doing things better or being more spiritual.

A main problem for us is how to feel about those who oppose or actively persecute us. We can come to a proper spiritual attitude only by understanding that we are all one big family but that on each level everything needs to be fully balanced. If someone is exceptionally "good", then there must be someone else who is exceptionally "bad". It is no one's fault, that is just how it works.

When eventually the opposing forces become balanced on a specific level then that level can close and another conflict will open up at the next higher level of consciousness. That is how we evolve. Each one of us was probably rather "bad" at some stages of our past lives. Therefore, without feeling superior, it may be best to regard someone who misbehaves towards us as a younger brother or sister who will eventually grow out of it.

Usually there is no point in arguing with an opposing person or group, especially if they are more powerful. The only effective weapon that we have is to send them unconditional love. That will do more to defuse the situation and lead to an equitable solution than anything else. In addition, if we do feel wronged, we can formally and unconditionally forgive, and this will stop any karmic ties from developing. Finally, we can also ask our spiritual guidance to find the best solution for everyone with the problems that we encounter.

The Personality versus the Soul

Our personality evolves from the time of conception and is unique for each life. A personality lives only once, it operates the biological body with the mind as channeled through the brain. In contrast the soul is hidden from the consciousness of our mind but influences us subconsciously. It is the soul that reincarnates as different personalities.

In younger years and at lower stages of development personality and soul usually try to move us in opposite directions. The soul provides the conditions for the personality to be able to gain the necessary experiences for growth of consciousness and spiritual progress. If the personality makes the right decisions life will advance rather rapidly but will not necessarily be easy as much old stuff from former incarnations will be processed. As unjust as it may sound, a personality is being used by the soul to correct the mistakes of another previous personality of that same soul. But if soul and personality cooperate then it can be done with a minimum of inconvenience for the personality.

However, if the personality does not cooperate, then the soul puts increasingly more severe obstacles in the path of the personality, such as accidents or diseases, or on a chosen path it may run into a brick wall and has to change course. Basically the personality just wants an interesting, pleasant and comfortable life, if things go well it does not want any change. The

soul, on the other hand, wants to press on with getting the old stuff cleared out and work on the expansion of consciousness to get to the next level. In the end it will be best for the personality to follow the guidance of the soul even if that means sacrificing some comfort. This is called "going with the flow".

The Examined Life

The phrase "The unexamined life is not worth living" is attributed to the Greek philosopher Socrates. Present philosophers cannot understand the true meaning of this statement because they have different belief systems than Socrates. It only makes sense if we have a surviving soul *and* if it is important for the soul to examine its life while still in the body rather than after death.

The reason for this is that only while we are in a biological body can we learn a lesson *and* take corrective action so that we do not need to have to repeat it all again in the next life. Think of the soul as an actor who can advance to the next level only if he gets the performance right on stage. While he is on stage he may notice a mistake and improvise a correction, but if he notices the mistake only afterwards, he may practice off-stage as much as he wants but eventually has to return to the stage to do it right this time.

For us this means all the mistakes that we notice now we can correct, even by asking someone who has already died for forgiveness for some wrong that we did to that person. But if we do not notice then there remain karmic ties for which we may need another incarnation at this level instead of being able to incarnate at a higher level.

Therefore, it is important for our spiritual progress to clear the deck by examining our life and correct what we can correct, learn from our mistakes and failures, apologize to those who we wronged, and forgive those who we believe wronged us. Then we are free to go to the next level when we are ready.

Meditation

This self-examination may be done as a part of our meditation practice, going into the stillness within ourselves. However we do it or want to call it, frequent or regular periods of meditation or contemplation become increasingly important with increasing age to make sense of all that we have experienced, to extract the spiritual value from our life as long as we are still in the body.

Meditation has, of course, many additional values for us. One of these is to develop a closer relationship with our spiritual guidance. If we mentally ask, our guides can easily hear us but our problem is to hear their answer. Often we are being helped by coming across just the right article, book or person to get the answer to our question. A quicker way would be to develop our intuition to hear the answer in our mind, either immediately, or when we wake up during the night or the next morning. We can develop our intuition by asking a question and then being still and listening inside without thinking.

Healing and Love Meditation

Learning to feel unconditional love in your heart centre can cancel out an emotional shock, or persistent fear, or bitterness that may still linger in your body. When you are able to do this then you can direct this feeling and attached healing energies with your mind, breath or hands to all diseased parts of your body.

Try the following Love Meditation: Start with a relaxation exercise. Then imagine that the inhaled breath enters at your back and fills your heart centre in the middle of your chest. During a slow exhalation you feel your heart centre expanding and becoming warm as the prana flows out from the front of your chest. Also imagine that your heart centre pulsates: during inhalation it becomes smaller by forming a deep vortex that draws prana inwards, and during exhalation the energy vortex becomes shallower and expands.

Then mentally say: "I now resonate with unconditional love". At the same time try to feel it and, together with the warmth of your exhalation, radiate it out onto another part of your body, or your partner, or fill the room and surroundings with love.

Feel how your body gradually becomes immersed in a cozy warmth - you may imagine being in a warm bath. Now imagine that you radiate these feelings, like being a sun, just radiating love and compassion instead of light and warmth.

If you are unable to produce the right feeling, focus an inner smile on your heart, or imagine how it felt when you were in love. You may imagine a partner or just a beautiful object, or look at something beautiful, such as a flower, a tree, a cloud or a painting. When you can feel it, forget the object and just focus on love in an abstract way. Finally, practice an inner smile while feeling or radiating love during daily activities.

Realize that you are not the originator of this powerful energy flow, but just a channel through which it emerges from higher dimensions and being transformed by you to the human qualities of love and compassion. At other times you may radiate joy and happiness instead. Hold on to the impression of being immersed in an ocean of beneficial healing energy and feel an afterglow of the love and compassion experienced for the rest of the day. If an unpleasant condition develops during the day, try to recall mentally the ocean of warm contentment enjoyed during meditation. You may also see: www.health-science-spirit.com/lovecure.html.

Ask for Help

If sometimes problems seem to mount and you feel pulled down by it all, relax and ask your Guidance for help. State your situation. Admit that you do not know what to do or that there is apparently nothing that you can do. If appropriate, acknowledge that you made a mistake and got yourself into trouble because of a thoughtless or selfish action. Finally, ask your Guidance to take over your problems and provide a solution that is fair to all concerned. Then, whenever you notice your mind straying towards a worrying thought, affirm silently that now your Guidance has taken over and is providing an equitable solution.

We also need to learn to protect ourselves. In the same way as there are humans who could harm us if we are not careful, so there are astral beings who may lead us astray. This is the greatest problem for individuals with brain problems due to Candida toxins leading to schizophrenia, depression and other mental conditions. But also individuals with impure thoughts or selfish desires are at risk, especially if they experiment with occult methods.

This may be the reason why most present-day prophecies are wrong. The spirits who deliver these prophecies are not of a sufficiently high or pure level and they are attracted to people who are also not sufficiently pure or who do not protect themselves by radiating unconditional love or white light. However, even presumably pure channels cannot be trusted with the timing of a prophesied event. Time is something different in the non-manifested world than we know it in our world. It is easier to accurately predict that a certain event will happen after another event has happened rather than to give a specific date.

Jesus supposedly said of spirits: "By their fruits will you know them." Therefore develop a close relationship with your spiritual guides so that you come to know them in the way that they help and respond to your requests, and observe the kind of fruits that they give you.

If you are confronted with an unknown spirit, challenge it by saying something like: "In the name of Christ, leave now if you do not come as a messenger of Christ consciousness."

Ra and the Law of One

Ra, a spiritual entity at the sixth density, has given us extensive channeled information about the nature of the universe and spiritual reality which, except for timing, I regard as reliable and trustworthy.

For us the most important aspect of the Ra channeling is the concept of our third density as providing a choice for our future evolution. We can either choose service to others or service to self. Service to others is the path of the heart, and is the easier and more commonly chosen path. It is the path promoted in this book - opening the heart chakra and building a cooperative and compassionate society. The service to self path requires great discipline which only few are able to master.

Once chosen both groups will incarnate on different fourth density planets and only unite again in sixth density. The great majority of present humanity will continue to incarnate in third density until they have chosen a path forward. However, our planet will become the fourth density home for those who have chosen service to others, and those who have not yet chosen will in future incarnate on another planet.

According to Ra our third-density evolution happens in three cycles of approximately 25 to 26,000 years each, the same as the precession of the rotational axis of our planet. The length of these cycles is apparently determined by the revolution of our solar system around the centre of our galaxy, and we are now close to the end of the last of these cycles.

This means that we have only little time left to choose if we want to move to the next higher level or repeat it all again in third density. Most have already made their choice even without being consciously aware of it. But there are also a great number of individuals who are close to getting to the next level and just need some extra push or effort, and it is these who I like to encourage with my writing. It is not the purpose of this book to go into details about this process. For those who are sufficiently interested I strongly recommend to go to the Law of One website and study the Ra channeling.

Endnotes

The Law of One (Ra Material) at www.lawofone.info was channelled between 1981 and 1984 in 106 sessions. These can be explored sorted into categories or you may download the 5 free books.

You find more information on working at the spiritual level at [Mind Tools](#).

For a technical outline of a spiritual philosophy of life and existence see my article [The Science of Spirituality](#).

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LOVE ONE THOUSANDFOLD

I heard a distant sound - faint at first
like music - crystal clear in tone and note
rather like the sound of tinkling bells.
It floated and swirled around
then rippled up and down.
A myriad of tones wove in and out.
Intricate, complex and delicate
not ordered or restricted as ordinary music.
This was more alive and bright
like moving changing colours on bubbles
as gentle breezes bear them dancing skyward.

As this far off sound came louder and close at hand
I saw shafts of light in colours of white and gold and blue
and many other hues and shades of greatest beauty.
These with music intertwined and slowly spinning
in such a way the tongue finds hard to describe !
It descended from some far off source
God on high I could only think.
This origin seemed strangely familiar - as if known to me
and yet at the same time – I knew it was *not* fully knowable.

I looked up and tried to see the beginning or the ending
of this amazing cloud-like column. Impossible !
It went on for ever, towering like some giant tree;
It rose and rose – without an end.
As I watched some parts came more clearly into focus
and I saw a multitude of wings, wispy things, transparent.
White flowing, wafting, moving gently and gracefully to and fro
like air that moves and stirs with breathing.
They moved in time to this utterly perfect sound
of magical chiming bells.
Then as this mighty cloud-like column
gently revolved and turned
within its changing light-shafts of colours
descending to me and reaching for me
came many tiny hands – translucent,
on long and slender fragile arms.

They caressed and gently stroked me
with such love and gentleness.
In those moments I knew –
with the deepest of knowing
that I have needed this for all of my life.
This *greatest* of all love.

*Robina Adamson Oct 2004 robinaadamson@gmail.com
("I experienced this a few days after my mother passed away")*

ABOUT THE AUTHOR



Walter Last combines the training and work experience of Research Chemist, Biochemist and Toxicologist with that of Practicing Nutritionist and Natural Therapist. He was born and grew up in Germany and held positions in medical institutions at the Universities of Greifswald, Cologne and Munich, working in research, toxicological investigations and air pollution.

He worked as Forensic Scientist at Cologne, Greifswald and Berlin, and later also at Bio-Science Laboratories in Los Angeles. In 1970 he settled in New Zealand and, dissatisfied with drug-based medicine, practiced as a Natural Therapist.

Since 1981 he lives in Queensland and has investigated and experimented with a wide range of natural therapies to improve the effectiveness of natural medicine in treating serious and medically incurable diseases.

Walter Last is the author of “Heal Yourself”, “Healing Foods” and “The Natural Way to Heal - 65 Ways to Create Superior Health”, and the Heal Yourself Series of 7 Booklets. His articles appear regularly in Nexus magazine in several languages.

THE HEAL YOURSELF SERIES

Towards Radiant Health is a condensed guide for the Health Improvement Program. This is designed to remove the factors that cause most of our modern diseases, and replace them with health-promoting natural methods. By following this program many diseases can be expected to simply disappear while others will greatly improve. This will then make it easier to find and apply specific therapies for complete healing. In addition, this program is also a recipe to regenerate and rejuvenate a disabled or aging body. I highly recommend adopting this program before starting specific treatments for any chronic disease.

Towards Radiant Health is the first book in the Heal Yourself Series. Also available are **Overcoming Diabetes**, **Overcoming Asthma**, **Overcoming Candida**, **Overcoming Weight Problems**, **Overcoming Arthritis** and **Overcoming Cancer**.

Towards Radiant Health is intended to be used together with each book for a specific disease as it contains essential information that is not repeated in these other books.

For ordering, updates and further information about the Heal Yourself Series see: www.the-heal-yourself-series.com & www.health-science-spirit.com.