

## Preface

This booklet provides sound advice for early in the Kundalini process. It is intended as a printable hand copy that can be reviewed away from the screen. If you find it to be useful, feel free to print extra copies for friends, or share the file so long as it is free. This information is intended for a mature audience. Adults only, please. Use at own risk.

For further information on other work by Mystress please refer the 'Further Reading and Exploration' section at the end of this booklet.

## Introduction

Kundalini represents the embodied Divine power within us all. Unlike chi based forms of spiritual growth, Kundalini is not directed by will. Do not seek to awaken Kundalini unless you are truly willing and prepared to turn your life over to the will of your soul, no matter where it may lead you. Resisting the transformation process once it has started may be hazardous to the mind and the body.

***The big question is whether you are going to be able to say a hearty "yes" to your adventure.***

-Joseph Campbell



## Who is MAS?

Mystress has been spiritually awakening people since 1985, and teaching Kundalini and Tantra since 1994. She likes to help people become independent of the need for a Guru by teaching discernment, how to hear the inner voice, and surrender to the inspiration of Divine Will.

## About her and her work...

I have been having spiritual experiences since I was a small child. Growing up, I thought my experiences and awareness were "normal". I presumed that everyone had an inner voice that told them truth, and a light on in their head when they went to sleep, but that it was not good manners to talk about that stuff. Don't say things that contradict what the priest says about the holy book.

I was inspired to the mystic path at age 12 by Richard Bach, and a book on self hypnosis that explained to me about my inner wisdom and infinite power. My psychic abilities exploded at puberty, and teenagers want to fit in. After high school graduation I chose to shut down the magic, so I could learn to live in the "real world." Those few years in the dark gave me a lot of compassion for people who have lost touch with their own inner guidance.

It is my talent, to put esoteric spiritual concepts into plain and simple, sometimes pop-culture language that anyone can understand. Demystifying mysticism. I am practical. I teach only what is important, what works, and universal, that everyone can learn. The potential for transformation is within you, and there are steps you can take to wake it up.

Faith, is not required. I do not want or need you to have faith in me. I want to validate your faith, in yourself. The learning of mysticism, is experiential. Following the instructions will give you the experiences that provide real understanding of things that cannot be expressed, in words. It may be you have encountered some of the ideas presented before and think you know. Experiential means you cannot learn to ride a bicycle by reading a book about it. Intellectual knowledge is illusion, with mysticism.

the masculine cultural associations from the unconscious into focus, so that they can be acknowledged and surrendered.

Moving from one gender concept to the other, eventually leads to the middle path; the genderless, formless, Self, that is Realized through the spiritual evolutionary process.

Kundalini awakening is referred to in some way in most religions. Kundalini is the Sanskrit term. The Sanskrit terms and descriptions of the phenomena are clearest, and adaptable to most religious or spiritual paths. The Christian version would be the fiery descent of the Holy Spirit. The early Christians called the Holy Spirit, "God the Mother."

Traditionally, in Hindu texts, the Kundalini Shakti is referred to as a Goddess; Goddess Shakti. Goddess is within you, the smarter part of your own mind, which guides and directs the Kundalini process. In most Kundalini oriented writings, you will find this convention: Kundalini is the Goddess.

From an historical, evolutionary viewpoint, Matriarchy long predates Patriarchy. The oldest idols are feminine, the most ancient tombs are womb shaped. Birth and death, a cycle. Birth, and the mysteries of menstruation are the oldest miracles. In nature, creation springs from the feminine... as the Wiccan chant goes,

"We all come from the Goddess,  
and to Her we shall return,  
like a drop of rain,  
flowing to the ocean."

Returning to the Goddess, and merging with that Infinite Self is the final result of the Kundalini process. Surrender is letting go of the small self, and turning your life path over to the love and wisdom of the part of you that is Infinite.

When Kundalini is awakened, your "lease on life" is up, time to move aside and hand the keys to your life back to the Owner. Surrender the mind and the body, to the true path of your own Soul.

I know the Divine is genderless, infinite, nameless and formless... but how do we talk about what is nameless? We need words, terms and labels. "Goddess", is a good fit. It just feels right, to me. For the Kundalini tradition, to my Celtic roots.

While reading these pages you can substitute "Goddess" in your mind, for whatever term you prefer to use to refer to the Divine. Whatever you can put faith in.

The questions disconnect the entity from the present moment, so they remember they did not always take the form they have now. Originally, they were made of light, came from light, ("We are the transmitters of thought, not it's originators"-Itzak Bentov) and they happily go back there once they have been reminded that they have the option. They transmute when given permission by your free will.

Sometimes I tell them there is a fabulous welcome party there waiting just for them, or the light is where to find whatever it is they are seeking. I don't reject them, <demon, ouut!! > Resistance is useless. Instead I persuade them that someplace else will be more fun. It is no good to simply toss them from yourself; they will just wander off to go bug someone else. Transmute them.

Usually it will have a collection of supporting thoughts and considerations around it/connected to it, and since these are all now leaderless, give them all permission to transmute, as well. **"All connected or supporting entities, thought forms and considerations now have consent to transmute into light. Transmute into light now. Archangels back up my intention. Thank you."** This will clear it from every cell. I like to do an extra cleanup, by clearing it throughout the hologram. Ask Spirit for the stuff to be transmuted totally in all dimensions, realities, levels, reflections, etc. throughout the entire multidimensional universe of All that Is, in top-down fashion from point of origin. This causes stuff to vanish/transmute from its origin in the past, and its non-existence as an influence ripples forward through time like dominos falling, to cease existing in the Now. It is fun.



The more you get in touch with your unconscious mind and surrender to it, the more information you start getting about what is "All That Is". For both men and women, - as an aspect of this mysticism, we are learning to surrender to the better half, the Divine Beloved, the unconscious twin soul.

Find that better half, that smarter part of your mind, and surrender to it. Because as long as your ego free will is running the show, the monkey is flying the space shuttle; you are not using the smartest part of yourself to make your decisions.

Your unconscious mind, which is unified with spirit, can actually take a form inside of your imagination, yet manifest so completely that it may wake you in the night to make love to you, seeking unity... and so long as you keep your eyes closed you will not know it is not a physical lover.

In this way, Goddess takes a form that we can love, to relate to us on a personal basis, one on one. In the East when they refer to the Divine Beloved within, that is who they're talking about. Your soul mate does not exist outside of you. He , or she does exist inside of you, where they can never leave you, and they'll never go away. Your twin soul loves you infinitely and unconditionally, and it avidly seeks unity with you: physically, sexually and spiritually.

Take a few minutes, and think about the man or woman you always thought you'd marry. Just think about your dreams and your childhood visions of who you expected to marry, someday. After a while, you're going to get a sense of that person in your mind, an image of them like you are facing them, and then you can actually start to have a conversation with them.

It's important that you focus on listening, by staying well grounded. Think about your dreams, and I promise you: Goddess takes a form that you can love to have a personal, intimate relationship with you. It might be a peek-a-boo game at first, a courtship, but the relationship grows in time.

Your unconscious filters your perceptions, and so it can arrange for you to feel its touch, and hear its voice, and feel it as real, inside of you, or outside of you. I have sat on the couch beside mine, and had a conversation with Him. If it wants to manifest like that, it can. It can control your perceptions, to give you that experience, BUT, only if you allow it by surrendering the ego power of free will to the unconscious Divine Beloved. Your unconditionally loving, infinitely wise Beloved has been your silent slave your whole life: it is time to turn the tables.

presences, sharp and aware, and usually not cold. Sometimes they have transmuted their body back into pure light by raising their vibration, ( $E=mc^2$ , again) and take most of it with them when they die.

They can move in and out of the light at will, and their energy bodies are solid enough to affect the physical plane... but they are enlightened enough to not usually with the affairs of humans unless invited to, and their love is for all people, not just the loved ones they left behind.

## **Entities: thought forms, memes, astral junk.**

Spirits and entities have free will just as you do, although it is not as strong because they are not embodied. While sometimes you can simply overpower them and unceremoniously stuff them into a white light hole, it is usually easier to persuade them to go into the light of their own will.

You can tell the difference between a blockage and an entity because an entity will react to your attention. It will wiggle, move, squirm, feel, complain or growl. A blockage will just sit there like a brick.

However, anything that you give enough energy of attention to, can "wake up" and become self-aware. Remember how your toys as a child seemed to become real beings? Children get so upset if a favourite doll or teddy bear is mistreated, and sailors know ships are always female. Ritual objects become sentient often, so be aware and cleanse them if the sentience they develop is not in alignment with your intentions.

Thoughts in the body do seem to take on a life of their own, eh? What you focus on, will grow and an obsessive thought can become a thought form entity.

Once awake, like all sentient beings a thought form entity it will act with self preservation and attempt to propagate. Some fearful thoughts, like Fascism, material trends, or conspiracy theories can really spread quickly and widely. Acting with self preservation might be: sabotaging your energy with worries or obsessive thoughts. As your process continues, your body vibration will increase so you are no longer a comfortable place for entities to live, and they will leave your body like rats from a sinking ship. In the meantime, apply the technique below, to dislodge them.

On a higher level, thoughts are **things**, and all **things** have consciousness, it is All Goddess whether it knows it or not. It is possible to clear everything from illnesses to possession by ghosts, by speaking to the

...But! If your body gets too plugged up with stress and karma, it becomes no longer a temple of the soul, and your soul may leave the body. Then we do what is called a "Soul retrieval" to bring it back. There is an expression, we sometimes say someone has no soul... they have one, but it may have fled! They are not able to feel it anymore, so it no longer is guiding their actions and choices. They have gone too far off their Dharma, their path.

For what shall it profit a man, if he shall gain the whole world, and lose his own soul?

Mark 8:36

Sometimes under severe trauma, like a car accident people experience altered perceptions... time seems to slow, small details get magnified, sometimes they are not aware of sound, or notice that the sound they hear, is themselves screaming... or they may see themselves as if from above, or outside.

This is called clinical detachment... It is a Divine mercy, that the soul often gets removed from the body before death or accidents. Sometimes people die of shock... when the soul is out of the body for too long, sometimes the body thinks it's work is done, and starts to shut itself down, to return to dust.

This is a spiritual perspective, medical explanations may differ.

Children are sometimes much more aware of their souls, than adults are.

They may experience the soul leaving the body when it is stressed. Sometimes I have gone looking for the soul in someone, doing a soul retrieval, and found what looks like a steel ping pong ball! The soul, is inside. As a child, not understanding that their soul cannot be harmed, they armoured it... like locking their greatest treasure in a bank vault. It is perfectly safe, in the ball or out of it, but the effect of the ball was that they could no longer feel their soul or feel its guidance, or its love and joy. Symbolically, the soul sometimes appears as their tiny baby selves. Innocent, pure, loving and joyous.

The soul meditation is good for people who are too detached, and have a hard time staying in their body and connecting with it. Do it as often as you please. The more you do it, the more you will become aware of your own soul as a guiding principle in your life. Your soul knows why you chose to incarnate, and what you truly are... Usually it will not speak in words, except via the Heart Voice, but it communicates!

better by them going into the light. That they cannot understand the meaning of their life's purpose until they go into the light. They have no power or wisdom until they go into the light. When dealing with a dead parent who wants to watch over their living children, tell them they can come back and do it better if they go into the light first and get the after death orientation. No time will pass while they are gone. Whatever motive they have for whatever they are doing, tell them that whatever they want or need is in the light. Tell them that there is a wonderful welcome home party waiting for them in the light. People who love them are waiting for them in the light. Repeat as needed. Accept no other solutions, suggestions or excuses and answer all of their complaints with a suggestion to go into the light. Then ask your angels to escort them into the light, and thank your angels for doing so.

## Types of Ghosts and Spirits.

Basically, you can divide human spirits into a few types. The most common are those who do not know they are dead, and they are trapped in a kind of purgatory, lost a dream world of their own memories. The really old ones are like a faint recording on replay. They are not much aware of themselves or their surroundings or the passage of time, they just keep going through the motions of whatever was familiar to them in life, or replaying the trauma of their death. Sometimes you have to give them love so they can wake up enough to have a conversation with, so you can persuade them to move on.

Another type is those who do know that they are dead, but for some reason... some road to hell of "good intentions" ~ or bad ones, have chosen not to go into the light. The parents who do not want to leave their children, or lovers who cannot bear to be parted usually fall into this category, but it can be any connection, and the connection often comes partly from the living not wanting to let go.

This is a type of ghost I often encounter in large numbers, when doing work with natives. A side effect of ancestor worship is that the dead think that their role is to remain as support and counsellor, or enforcer of traditions, to the living. They hang around to make sure that their descendents keep to the old ways. These ghosts are **part** of the reason for

Repeating an activity eight times a day for forty-five days is the way to ingrain a new habit. With practice, grounding can happen with a thought, a word, in a single breath. Anytime you notice you are not grounded, get grounded again. When you are really grounded, you are getting a taste of what enlightenment is. The peace, the vitality, and the connection to a vast inner wisdom.

Not everyone is good at visualization, but you can still become grounded. Some people focus on the feeling of it, or just imagine grounding is happening as I describe, even if they cannot get clear pictures in their mind. Any way you can imagine it, or hold the intention that grounding is happening will work.

Getting grounded means getting more vital life energy, and renewing your connection to Source. You must get grounded each time you do any of the other spiritual work in this booklet.

If you follow these instructions carefully, you will have an amazing experience that will change your life. I have seen many people totally transform their lives, from the springboard of this one little visualization, repeated faithfully. It is ancient and powerful.



every time you see a spider it gets worse. This phrase asks Goddess to go back to before the first event occurred, and clear the whole pattern from the beginning. When the first event is cleared, all other events that came after disappear like dominos falling, right into the now. The event is gone as if it never existed. It no longer exists.

Time and space are illusion, the universe is being created and uncreated in every moment, as quarks wink in and out of existence. The past only truly exists, in your memories. Your body memories, your past life and ancestral memories. The point of power is in the now, and using this phrase you can change the past using the power of surrender in the now.

“Goddess, please take this, *and everything connected to it, in top down fashion from point of origin.* It is a gift for You. All Yours. Thank you very much.” (Breathe sigh of release and think about something else.)

Catch-all... clears everything and everything connected, all the way back into the past. Nature abhors a vacuum, so it is important to fill the “holes” with light or else a clearing session can leave you feeling kind of “empty”, and seeking new attachments to fill the void. Surrender the karmic stuff, then also surrender the hole where it used to be... like a bugs bunny cartoon, portable holes, hand them over!

“Goddess please take the hole/space/place where that stuff I surrendered to You, used to be and fill them with Your Grace and Light. Thank you very much.” (Breathe in light, through your feet.)

Additional universal phrases of surrender:

"Thy Will be done" "It will be as Goddess Wills" "Goddess has it handled" "Yea though I walk through the valley of death I will fear no evil, for I AM". "It is in the hands of Fate" Fat Buddha: "Shrug, laugh. Don't care." (Releases attachments) "It is the Will of Allah".

"Responsibility belongs to God"

Think of your favourite: write it here.

down  
like a laser beam drilling  
down  
Waaaay down  
All the way down  
to the very center of the Earth.  
which looks like a brilliant, fiery crystal. Gaia's heart, Her Kundalini.  
When the beam hits the center,  
it seems to spark some kind of explosion down there  
it sparks a volcano of light from the fiery crystal  
A volcano that comes rushing  
up  
up  
Up  
Up through the earth  
Roaring back up  
like "Old Faithful",  
back into your feet  
(feel them start to tingle?)  
exploding the reservoir of light in your center  
into star bright radiance, glowing, growing  
Brighter, larger  
into an oval bigger than you.  
shooting out the top of your head  
like an umbrella shaped fountain,  
sun drops rolling down to describe the oval  
that is the perimeter of your aura, two feet above your head  
and three feet below your feet  
making it an eggshell defining your personal boundary.  
Some of the light keeps going up  
keeps going back up  
waaaay up  
up to where it came from  
up there.  
The Light above responds with more light, like soft warm rain on your  
shoulders.  
Your center, fed and charged  
by the light flowing through you down and up  
up and down  
increases in brilliance

## How to remove karma blockages.

1) Faith method. Faith, surrender and gratitude, do the magic. Give it up to Goddess, or whatever Deity or force you honour. Memorize this phrase. Just say

**“Goddess, please take this from me, it is a gift for You. It is Yours. Thank you very much.”**

Then distract yourself from what you have just handed over, by totally focusing on taking a deep breath or two. A sigh of release. Your attention to something is an attachment to it, so you need to let go by distracting yourself so Goddess can take it when you are not looking. Shifting your attention to taking a deep breath afterwards, detaches attention from it, and also shows that you believe it is handled, Spirit will take care of it, and you are not going to worry about it anymore. That aspect of surrender is very important. Worry shows lack of faith.

Feel it flowing out your head. (Usually... but sometimes out your feet, and sometimes burning up in heart chakra alchemy or simply disappearing.) Sometimes release will be accompanied with muscle twitches and a desire to stretch. Muscles tighten against the old memories of pain, and relax when the memory is cleared. One of the most dramatic cases of this, one of my slaves grew 5 inches taller in a single night, as all of the crap that held him in a slouched posture, curled protectively around his belly, fell away.

***Essentially, the action and the prayer take several parts, which I will identify and explain so you will know that every word of it has purpose and value.***

First, there must be recognition of stuff, somehow through visualization or feeling, getting a grasp on what is to be released. To define the intention of what “this” refers to... but as simply as possible, not trying to find out too much about it because your focus of curiosity will make it grow.

“This” might be, this pain in my body, this feeling of doubt, this funny grey bit of resistance I am seeing/feeling, this annoyance with so and so... any way you can point to it, as what the **gift** is, will work. Some people do not like this idea of giving karmic crap to Goddess as a gift. They say, “That’s like putting a piece of shit on an altar.”

The reason you offer it as a **gift**, is that Goddess does not judge it, and your negative opinion of wanting it gone, is also an attachment. Everything in life, including life itself is a gift of Spirit, whether we judge it gift or garbage

Take your time; focus on your breathing in the light.  
Go ahead! It is very worth doing. You are worth it!  
Think of how good that feels... love is supposed to feel good, right?  
Think of how good it feels to be in love,  
and imagine what it is like to feel that good all of the time, but  
without needing to be fixated on another person as the source of the feeling?  
Enlightenment is constantly feeling madly in love with everything and  
everyone in All of Creation.



Grounding online: Shakti charged page

<http://www.kundalini-teacher.com/meditations/grounding.html>

Grounding animation, visual aid:

[http://www.kundalini-teacher.com/meditations/gr\\_anim.html](http://www.kundalini-teacher.com/meditations/gr_anim.html)

Grounding realplayer video:

[http://www.kundalini-teacher.com/meditations/gr\\_real.html](http://www.kundalini-teacher.com/meditations/gr_real.html)

Downloadable mp3 of Mystress' Grounding :

[http://www.kundalini-teacher.com/mp3/mas\\_ground.mp3](http://www.kundalini-teacher.com/mp3/mas_ground.mp3)

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All of our opinions and beliefs (including mine) do not define the infinite, and by surrendering them we make room for something better. That is why Zen Koans are so confusing, like “What is the sound of one hand clapping?” You need to confuse the old ideas to make way for the insights into Divine truth, and those usually cannot really be communicated, in words.

We know from stories of near death experiences, that after you die only one question will be asked of you. “How well did you love?” Even if you are severely mentally disabled and incapable of learning anything, you are still able to love, and your life will still have value.

Judging Karma bad or good is illusory... both are attachments. Often, we get the most growth and insights from the challenging experiences. “Maybe good luck, maybe bad luck, time will tell”.

What we call good karma is usually the bright memories, but those take you out of the now as surely as the bad ones. Think of Alzheimer patients who have retreated into their happy childhoods, and abandoned the Now... or the compulsive gambler trying to recreate that one “lucky” win.

However, it is the stuff we judge as bad karma that most likely we are most in a hurry to be rid of.

## **Finding karma:**

You can work through your karma the slow way, by living it, or you can go looking for it. It is by the emotional content of Karma, and by the sensations of tension in the body, that we discover it. I find I watch people as I speak with them, and I notice the movements of their energy body as they re-act. Most often I see what look like grey cloudy abstract shapes that approximately correspond to muscle groups and acupuncture meridians. What Wilhelm Reich calls “body armouring”. Muscles tightened around old painful memories held in the body. Every nerve and cell in the body is capable of retaining memory, not just the brain. If I am doing it by remote I will tend to feel it in my body, as mild physical discomfort that draws my attention to what areas need clearing. For example, if I am dealing with someone who has a lot of power chakra issues, I might feel a tightness around the bottom of my ribs like I cannot take a deep full breath, or a knot in my stomach, or an ache in my back... I observe the sensation with detachment, not resistance... it just is. I use feelings and psychic vision to get an idea of the size and shape of it. Get a handle on it, so to speak, so I can give it away.

the inward sight, imagine your forehead has a projector lens that projects holograms onto the back of your head. To look at your own energy, imagine you are standing behind yourself and look at yourself from the back.

You may dismiss it as “only imagination.” Yet, imagination is power. Einstein said, “Imagination is more important than knowledge.” He ought to know, he imagined being a photon flying through space and came up with the theory of relativity.

Sometimes in a light trance or in dim light the physical and inner visions overlap, and you may see spirits or auras with your physical eyes. That is why ghosts are most often seen at twilight. The third eye is also more active in the peripheral vision, and that is why you may see things out of the corner of your eye, that vanish when you turn to look directly at them. To see these things, keep your head and eyes still and turn your inner eye to focus on the anomaly.

Kung Fu Masters and speed readers both make use of a type of "soft focus" that expands the abilities of the peripheral vision. To try it, focus on a single object very intently, then without moving your eyeballs, let your focus soften so you can see the other objects around the thing you are focusing on with equal clarity. Keep your eyes forward and contemplate what you can see in your peripheral vision.

The heart voice is limitless infinite wisdom and love. You can ask the heart voice about anything and you will get an answer. It may not tell you everything: Usually it won't predict the future, simply because it knows that predictions would distract your focus from the Here and Now. Goddess likes surprise parties. We're not really meant to know too much of what happens, because then we adjust our behaviour to get different reactions, and end up going down a different path. The future is not so fixed.

When you're grounded, you're in the moment. You're in the here and now, and it's in the here and now that you have the point of power to change the past or future if it's meant to be changed, or if it's going to be changed. So don't worry too much about asking the heart voice about predictions. You can ask It about yourself. You can ask It about the people you love. You can ask It about anything. It may not always give you an answer. It may tell you you're not ready to hear some mysteries yet, but It will always tell the truth. If it's the genuine "still small voice within", Its knowledge is infinite. It is here to guide you.

The heart voice is the inner Guru. Awakening it and getting to hear It is very important. If you're feeling it instead of hearing It, that's perfectly alright. It may also give you feelings, visions, or mental pictures to illustrate It's comments.

Sometimes people get no voice or response because their heart is too blocked, or because there are too many entities in the heart and it is better to hear nothing than to get bullshit and think it is guidance. Do the entity clearing a dozen times, then try again.

understand this, is to be aware that all of the information picked up by our senses is filtered through our unconscious, which colours it according to our unique opinions, beliefs and past experiences before it comes into our awareness

This is the same for any perception, smell, taste, touch, etc. For example, when you look at any object, your eyes only see patterns of light. It is your unconscious that sorts the patterns, identifies what the object is, and how you feel about it. If you see a colour you do not like, it is your mind that identifies the colour and adds the emotion of dislike to it. Someone else may like the colour, and have a different reaction to it. Someone who is colour-blind may see a different colour entirely. Even men and women do not see colours the same. How you see the world, is all about you.

To engage empathy deliberately, simply identify with the person, like "walking a mile in their moccasins." Focus on the unity of all things, and on them being a part of you, and you will establish unity with them, and begin to feel their feelings. To avoid this, stay focused on the Divine within yourself, give your love to Goddess within your own heart.. Do not broadcast love and light at other people, because judging them as being in need of it, is a negative projection. Everyone has their own definition of what love is, so projecting your own definitions gets you into an energy-argument, and everything is already made of light, anyhow.  $E=MC^2$  If you see something that you think is not light, that is your ego opinion.

## The Heart voice.

Ghandi said, "*the still small voice within is the only tyrant I will accept*". That becomes true for most Kundalini awakened people. We cannot be controlled because we only will obey that one Master. The opening of the heart chakra is important for learning to get in touch with the still small voice that is the voice of Divine guidance within you.

The chakras are actually in the spine, but it's easier to imagine it as just being inside of your chest next your heart. Some people imagine this ball of light as being white; more often they see it as being green or pink. It doesn't really matter what color you imagine it. White is good to begin with because that's the light we've been working with so far.

If you are very grounded and well-balanced, I want you turn your attention to this light, and I want you to say hello to it. "Hello ball of light in my chest!" And after you've said hello, I want you to distract yourself from making up an answer. Now the way that you do that is to focus on your breathing, and focus on your tingling feet. We cannot stop ourselves from thinking about something. If you try not to think about zebras, then you'll just have zebras dancing in your head all over the place, so you won't be able to not think of zebras. If you want to not think of something, what you really have to do, is think of something else, to substitute another thought.

The heart voice is a very subtle effect. It's a voice that's neither male nor female, neither loud nor soft. It's a gentle voice. It's a compassionate voice, but you have to focus to hear it. You have to focus, and you have to detach. Breathe, focus on your feet. Focusing on your feet checks your grounding. Make sure they're still tingling.

If you're not grounded, do not even try to talk to the heart voice, because you'll get bullshit noise from your ego instead, and you don't want your life to be guided by that. It is absolutely important that you only try to speak to the heart voice when you are grounded and free from fear.

Focus on the ball of light, and ask it if its love is unconditional. Breathe, feel your feet. You may get an answer in words that you hear coming up from the back of your mind, or you might actually hear it

may say, "**There, but for the Grace of God, go I**" and think itself compassionate, but it is really expressing a negative judgment about the other person, and congratulating itself on its superiority. Ego creates a separation out of fear, and is pleased to not be too close to another. Ego seeks to measure itself against other people and create hierarchies and beliefs of superiority and inferiority.

Spirit knows that ?, and that there is only one of us and it is All of us, with no part really being superior or inferior to any other part... Spirit knows that when you die and head for the Light, the only question that will be asked of you is "How well did you love?"

The process of Kundalini awakening and unfolding takes the ego barrier down again, brick by brick... It brings up a lot of old painful memories, so they can be forgiven, and it challenges every assumption you have ever made about who you are and what you are, and what you can do.

The useful stuff remains, like toilet training and language, talents and skills... but anything that is a barrier to you becoming a vessel of your own infinite soul, must be surrendered... All fears, all attachments and limiting beliefs.

Ego is very hard to see, when you are in it... "You cannot see the forest for the trees"... However, by observing yourself and staying grounded it gets easier to discern what thoughts and impulses come from ego, and what comes from Spirit... That is called discernment... Next is learning to be grateful for the thoughts and impulses come from Spirit, and to surrender the stuff of ego.

Discernment is a lifelong process... Even when you become self realized, you still must practice mindfulness, because if you attach to something then you can grow a new ego around it without noticing, and fall from grace.

In a way, discernment is simple: ego fears, and Spirit loves... Spirit looks for unity, commonality, and Ego looks for differences, separation.

So to identify ego, look to see the fear that is expressed in thoughts, words, and beliefs.

Sometimes this can be tricky, as ego is a stealthy bugger! Fear can hide in even the most selfless of ideals. "The road to hell is paved with good intentions. " For example, hope is also fear of the future and a desire to control outcomes. Protection is fear of harm. Thinking someone needs help, can be a negative ego belief of their helplessness, not seeing them as able to take care of themselves. Like the parent who still sees their grown children

as little and helpless... Ego sees illusion, creates illusion. Ego must step aside to make way for the bigger truth of Infinite Spirit.

## Discernment

Your body has a built in lie detector, an onboard navigation system for this lifetime. This system is connected to the unconscious body-mind, listening to the promptings of the soul. Everyone has it, whether awakened or not. It is a universal system, but the signals of it may be unique to you. It works best, if you are grounded. If you are not grounded, you can mis-translate the signals and go down the wrong road.

This system is not unknown to you, we have clichés and catch phrases about it, all through culture. When we feel love, happiness or a beautiful truth, we say it makes the heart open.

When we have a bad feeling in our stomach about a current or future event, we call it a "gut instinct."

This instinct for truth, is called Discernment. I want you to learn it right away so you can use it as you read the rest of this book. I want you to know, in your heart, your gut and your body, whether what I say is true, and if it is right for you, your individual path. I am not a Guru to expect or demand your unconditional trust. I would not dis-empower you in that way, trying to be God for you. I want to empower you by showing you how to find Goddess within yourself.

The essence of discernment is really listening to your body, and especially to your ?. With practice, discernment will open the Heart Voice, also called the Inner Guru, or the voice of the soul. The voice of the Divine.

Most people who do not get to hear the heart voice, at least get the basic signals: warmth, joy, a sense of opening in the middle of the chest at the heart, is an affirmative response, a "yes."

A sinking, hollow, aching or tight feeling of tension in the triangle under the front of the ribs says "No": it is a negative answer.

Goosebumps and shivers is a positive answer.

This guidance from your body comes through most clearly, if you are grounded. If you are not grounded you may mistake simple fear or nervousness for a "no," or get caught up in mind chatter and think it is the soul speaking.