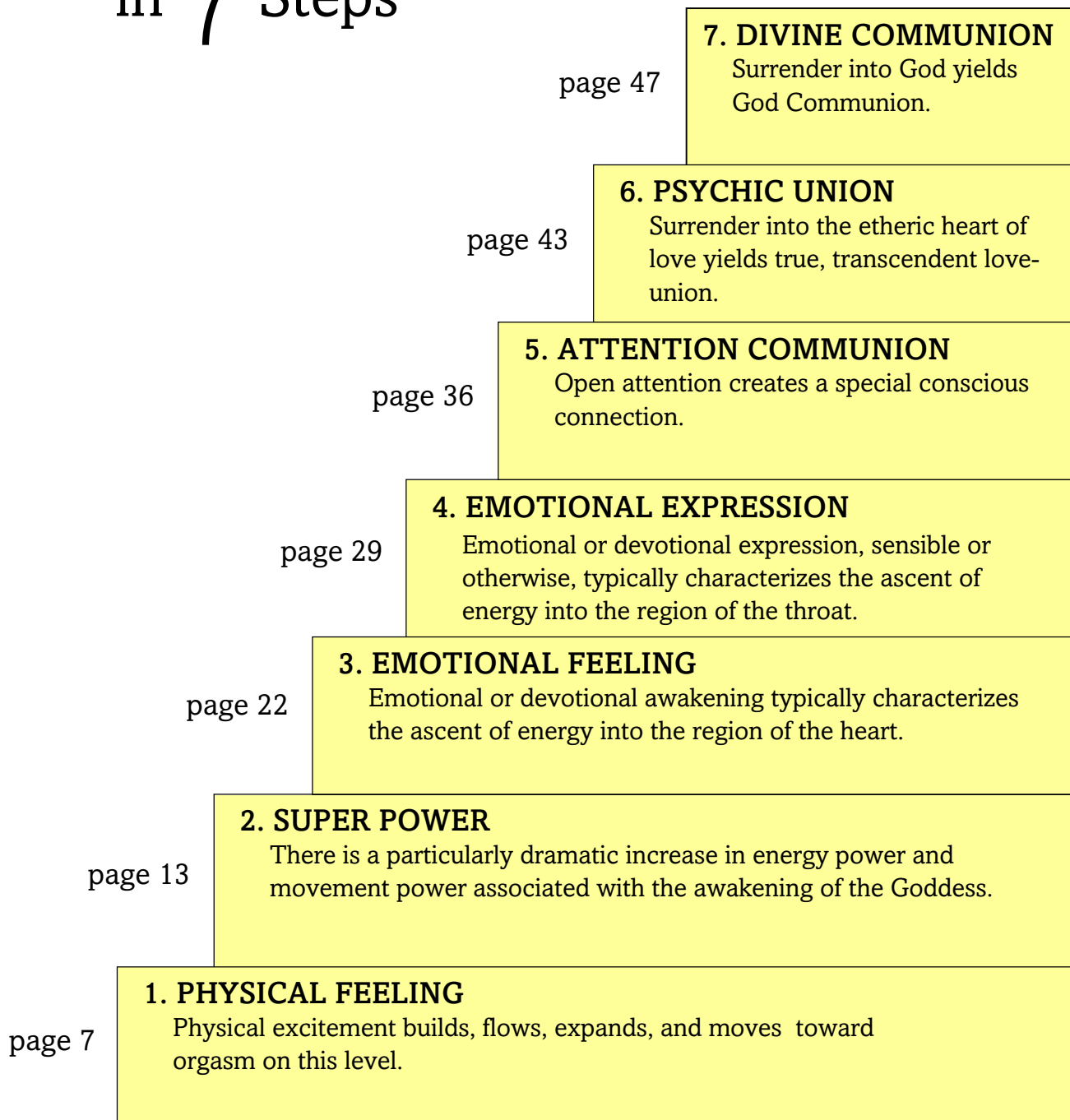


# The Enlightenment of the Body-Mind in 7 Steps



## Up the Ladder of Being

*Room to grow in, flow in, be in, and glow in.*

The ascent up the seven steps of the ladder of Being represents a progressive expansion of energy. The filling of one level activates the next. Once a level is filled, satisfied, or saturated, the surplus energy from that level spills over (or expands) and activates the next level. Thus, in the course of successive fillings and expansions, progressively higher functions are activated, one by one, by the upward expansion of force from the previous level.

### **The active range of energy**

Each new level adds more space into which energy can flow. At any given point of the upward progression of active levels, the total or combined active area (the area into which the energy has moved) constitutes what we call the boiler room. An energy empire!

There are two distinct ranges of the boiler room which merit consideration:

1. The space *within* the body. (This space is composed of steps 1, 2, 3, and, as a transitional step, step 4.)
2. The space *beyond* the body. (This space is composed of step 4 as a transitional step, and the further steps 5, 6 and 7).

### **Human size and energy size**

Human and spiritual functionality are determined by the space the being can functionally occupy. The being is, in essence, energy. And in that sense, the “size” that we have described as the boiler room is the space which the essential human being *occupies*.

The potential size or expansion of the human being includes, for starters, the entire physical body. And what makes that statement significant is the fact that, in practice, many people rarely occupy the entire space of their own body. That is, they are not generally functioning on all levels in the context of their own physical-emotional being. Therefore, the expansion into the full scope of the functioning body is, for most people, an wondrously enlightening expansion.

But that’s not all. The energy of a human being can *also* fill the space *beyond* the body: it can fill the room—and quite possibly, the country, the planet, and

the universe. In steps 5, 6, and 7, the human energy begins to occupy those larger areas.

So you see, the size of boiler space—and the size of being itself—may be much smaller than the whole body, or much larger. The *potential* size is unlimited, but the *effective* size is the area in which the being's energy can freely flow. That, in turn, is determined by:

1. The amount (or intensity) of energy we have.
2. The way we hold (allow or restrict) that energy.

The experience known as “being blocked” reflects the fact that, consciously or otherwise, a person does not want the energy to move into certain areas. With regard to that, point 2 above suggests that energy will fill each area to which we open up. It says that within the body, energy can freely flow into any area that isn't walled off by knots (or *will not*). Beyond the body, the territory into which the energy can flow is walled off by *will not*.

But also—and this is a function of point 1 above—it may be observed that when the intensity of energy is sufficient, energy is prone to flow through—perhaps even undo—any knot that exists. Energy that is sufficiently intense may force its way right through the walls.

### **Letting energy expand within your own body**

Sometimes, the energy wants to expand in the body, and is ready to expand, but we won't let it. There the will—or we should say, the *will not*—comes into play. Possibly, we do not want the energy to expand because we fear that if we let it expand, it will either:

- a. activate the next level of functioning, so that we have to *feel* the effect there. For example, maybe we do not want to have/feel emotions.
- b. express itself at the next level of functioning. (And, in that case, what if we don't *want* to express ourselves at that level? For example, we do not want to express emotions? We may have social inhibitions there.)

The wise do well to consider the implicit interpersonal politics of energy expansion. It comes down to this: Because of certain undesirable social implications of internal energy management, we may lock ourselves out of significant parts of our own body. It's like the fellow who would rather to live in a dump himself than to clean up the place, and by so doing, benefit his wife.

## **The territory beyond the body**

Communication is the key to expansion beyond the body. Communication moves our being, our energy, and our consciousness beyond the physical. Communication represents the willing and deliberate expansion of self into the territory generally known as “other.” With communication, some important walls come down.

## **The interdependence of the levels**

Each level is dependent for its existence and power on the prior levels. Each new step depends upon the prior step for the energy that activates it. For example, step 4 depends for its activation upon fullness at step 3. And just so, step 3 still depends for its continued activation on step 2, and step 2 on step 1.

Thus:

- The arising of Goddess<sup>1</sup> Force depends on both the creation and maintenance of a certain level of ordinary physical energy and excitement. And similarly,
- the emotionality associated with high energy states depends upon both the creation and maintenance of the heightened energy out of which it arises; and
- emotional expression depends upon the creation and maintenance of the emotions out of which the expression arises;
- and so on.

Each generation spawns the next generation: The parent is “caused” by the grandparent, and the parent in turn “causes” the child. Likewise, one function activates the next. While each level of energy manifestation is a *result* relative to its prior or parent level, and therefore dependent on the prior level, it is also, at the same time, a *cause* relative to the succeeding level. Each level is both *caused* and *causal*, *dependent* and *generative*, *consequent* and *consequential*.

Also, due to the domino-style chain of sequential dependencies, it can also be observed that:

*Each level is dependent not just on the immediate predecessor, but upon ALL of the prior levels.*

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<sup>1</sup> The female aspect of Divinity which manifests as force, wildness, and healing -- and which is polarized and responsive to the male aspect of Divinity, Consciousness.

### **(Bottom up, or Ascending) Tantra Yoga<sup>2</sup> in operation**

The causal relationships between energy levels hold the key to the Tantra Yoga practice, and indeed to all mystic paths. In practice, those relationships give rise to these experiential results:

- 1. The spontaneous awakening (activation) of each successive level depends upon the existence of *surplus* intensity at the prior level.**
- 2. Any attempt to skip levels will tend to result in an insubstantial (and possibly false) replica of the condition the person is trying to create.** In general, it is quite impossible, as a mere act of will, to genuinely manifest those special qualities that, under the right conditions, naturally arise upon the activation of the associated level of the being.
- 3. The reduction or elimination of energy at any previous and underlying level is likely to result in the collapse of all the levels above it.**

### **Dealing with causes instead of effects**

It is human nature to be so results-oriented as to forget to *cause* the desired results. For example, a fellow may be so keen to be rich that he forgets to earn the money! Similarly, a woman may be so concerned about being loved that she forgets to be loveable—or even livable! This human tendency violates the fundamental operating principle that says, “Once one level is filled, the overflow or surplus naturally and spontaneously activates the next level.”

Here, then, are three common mistakes in the practice of Tantra. As you will see, each of them, in one way or another, disturbs the dependent relations between the levels.

1. To activate a new level, but having done so, to immediately cease supporting the predecessor level—the level that has activated the new level, and which must still feed and support it.
2. To ignore any prior level, thus allowing the whole house of cards to fall.

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<sup>2</sup> A moral/spiritual system of spiritual refinement which sometimes draws upon Goddess power and gender polarity as aids to enlightenment.

3. To introduce energy prematurely into a larger space, before it expands there naturally. That dilutes the energy, and will often cause its fire to burn out.

The effect of all these missteps, needless to say, is the same: the collapse of the expanding energy.

The secret of Tantric success is to remember this one principle, and act in accordance with it:

*The progressive ascent to higher levels is strictly additive; each new step SUPPLEMENTS or EXTENDS the step below, but does not REPLACE it.*

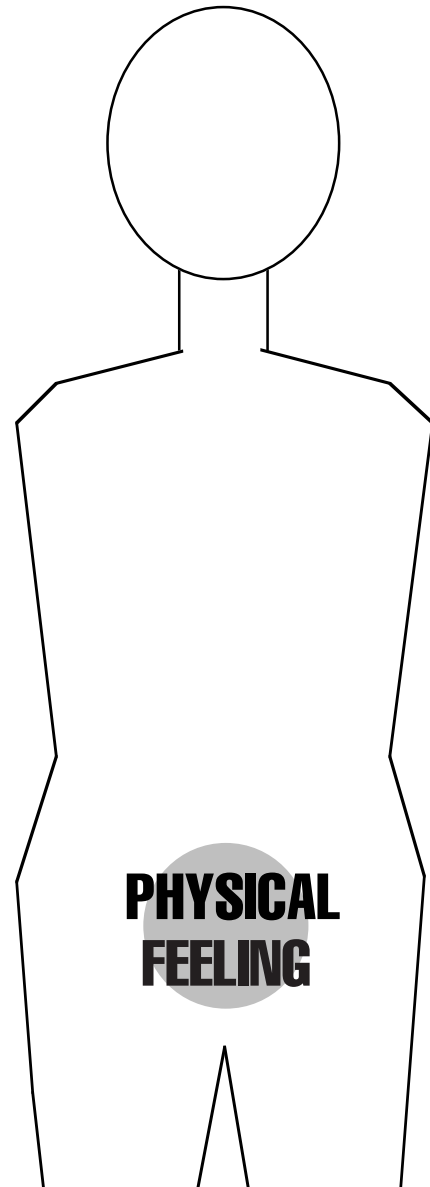
To say that the various levels are successive is undeniably true; but it is more useful to say that, in general, they are simultaneous as well as successive. They are, in fact, simultaneous. The realization of step 4 actually depends upon the prior AND present activation of steps 1, 2, and 3.

This principle does not *always* hold true; we may on occasion find the exception that proves the rule. For one thing, Tantric practice is a special case in which the mechanisms of the body are very consciously manipulated in accord with their natural relation to one another. Some people have unique proclivities in life which may contradict the order that might otherwise be natural.

But at least in the conscious practice of Tantra, these principles of inter-dependent relations almost always hold true—up to step 6. Steps 6 and 7, unlike the prior steps, may exist and remain activated in and of themselves. They do not continue to depend upon the simultaneous activation of any or all of the previous steps.

# Physical Feeling

*Physical Feeling* is a condition in which the energy is, shall we say, purely physical. But lest we look down upon physical energy as “merely” physical, let us remember: the physical is *generative*; it can provide the fuel for all that follows, and it can activate what is higher. Therefore, we should maintain a right attitude toward the physical: the attitude of a spiritual user. With the proper approach, the physical can be both enjoyed and employed to great spiritual advantage.



## Values of Physical Feelings

Needless to say, many people have a love-hate relationship with physical intensity, physical feeling, physical pleasure, and so on. However, neither in body nor mind should we resist or avoid physical feelings, or strong physical energy. Here's why:

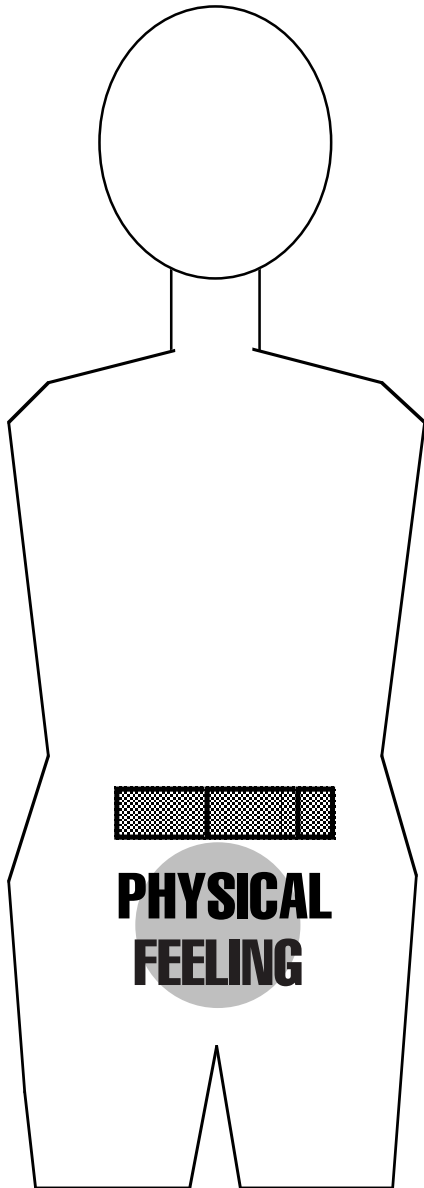
*Physical feelings, if carefully cultivated, create high energy. That energy provides raw power that is helpful for igniting higher and higher levels of functioning.*

Therefore, with respect to the higher possibilities of energy, it may be best to embrace physical feelings, and even to intensify them to the maximal degree.

Also, remember: Great physical intensity *can* be gracefully handled by almost anyone. All you have to do is be *unwilling* to buy into irrational fear or into unconscious hedonistic self-indulgence. (And by the way—people simply do not tend to die of pleasure.)



## Potential obstructions to the full development of Physical Feeling . . .



1. **Moral misgivings.**
2. **Excess of chilling thoughts** (negative thinking of any kind, including but not limited to: insecurity, performance anxiety, aversion to feeling or to one's partner.)
3. **Insufficiency or lack of sincerely positive thoughts.**
4. **Insufficient or excessive stimulation.**
5. **Bad habits of internal clenching** (or other non-helpful internal patterns of supposed energy-helping and manipulation).
6. **Fear of becoming overly forceful, physically—and overwhelming and frightening one's partner.**
7. **Fear of becoming overly forceful, physically— and personally exploding on that account, or otherwise being overwhelmed.**
8. **Fear of possible emotionality.**

## Potential obstructions to the full development of Physical Feeling

1. **Moral misgivings.** Some of the common misgivings around physical pleasure involve moral concerns. But, as far as moral sensitivity is concerned, there is nothing wrong with pleasure in and of itself. And further, as far as the element of social responsibility is concerned, a person can enjoy themselves without selfishly and unconsciously abandoning their partner in the process.

*Solution: Commit to a MORAL use of the powers and pleasures of Tantra.*

2. **Excess of chilling thoughts** (negative thinking of any kind, including but not limited to: insecurity, performance anxiety, aversion to feeling or to one's partner). The mind rules energy levels with an iron fist. It may be said that the body has a mind of its own, but in general, the body is but a slave, a mere robot in relation to the mind. Almost all problems with the creation and maintenance of energy are directly or indirectly attributable to chilling mental activity, presumption, and belief. And in that sense, it could rightly be said that the challenge of Tantra is primarily a mental challenge: to control the mind so that the body can function properly.

*Solution: Discipline the negative mind. Evaluate thoughts for both negativity and rationality.*

3. **Insufficiency or lack of sincerely positive thoughts.** A crucial challenge of living and loving is the challenge of bringing love to life. The headwaters of living love is a loving mind, or a mind which is willing to *think*, in the thought world, the love that the heart holds. When the ego holds sway over the mind, it will not permit the mind to dwell sincerely or often in thoughts of love—or, for that matter, in thoughts that are practically positive and constructive in any respect.

*Solution: Embrace and commit to positive thoughts.*

4. **Insufficient or excessive stimulation.** The forms of stimulation that can be applied to the being are many. Physical stimulation is only one of them. Posture, roles assumed, communication, emotional risk—all of these can be highly stimulating. We mention these other areas because virtually any exciting upliftment tends to awaken and enliven the physical being.

It is important to recognize the fact that the being requires stimulation of some kind—probably of many kinds—to waken, and remain awake. But it is mostly on the physical level that *excessive* stimulation tends to be a problem. In the other areas of life, *understimulation* is more common.

It is unreasonable to expect grand aliveness without creative and ongoing stimulation of the body-mind. Many more relationships die of boredom and disuse than of excessive excitement.

***Solution:** Be sensitive, on a dynamic and ongoing basis, to the degree of stimulation required to create and maintain a high-energy state. Commit to maintaining that level as you go along.*

**5. Bad habits of internal clenching<sup>3</sup>** (or other non-helpful internal patterns of supposed energy-helping and manipulation). The progress of energy flow throughout the body can be impeded by mishandling at the physical level. The constrictions created by physical clenching will tend to block energy, and also squeeze down the space in which the energy is operating, often to the point of snuffing the energy out.

***Solution:** Relax excessive tension wherever it is found in the body.*

**6. Fear of becoming overly forceful, physically—and overwhelming and frightening one’s partner.** This fear is rarely rational, but it sometimes is valid—especially in the case of a woman who exerts too little self control, or with a partner who is unaccustomed to womanly passion.

***Solution:** Keep a reasonable control over the physical body and the propensity to attack.*

**7. Fear of becoming overly forceful, physically—and personally exploding on that account, or otherwise being overwhelmed.**

***Solution:** Be rational. These fears are rarely rational on the physical level. For example, few women have died of orgasm, though many have feared they might. Passion also has an excellent survival rate! The important thing, then, is not so much to avoid the feared problem, but rather to avoid the process of fearing itself. The fearing is chilling, while the feared problems are, at least at this level, unlikely.*

**8. Fear of possible emotionality.** Any type of intimate exchange may tend to bring up a measure of emotionality, and there is no question that physical intensity may further increase emotionality.

***Solution:** Remember, emotionality is healthy enough, or it certainly can be. People go to altogether too much trouble to suppress emotions, when emotional sharing can have tremendous value in creating real closeness in relationships.*

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<sup>3</sup> The tensing of muscles, in a (usually) subconscious attempt to confine or control the movement or expansion of energy in the body

## How to move from normal Physical Feeling to super-powered physical feeling (Super Power)

Ultimately, moving to the next level depends on what the person is willing for. In every case, the rule is:

Level X only gives rise to level Y when the intensity of level X overflows.

And:

Level Y only remains active as long as the intensity of level X remains full to the point of overspill.

### 1. **Open the door** (fill to overspill). Fill *Physical Feeling* to overspill.

Continue to fan and intensify physical feelings by every technique that helps. A combination of emotional and physical “stimulation” will almost surely be needed. Once the level of Physical Feeling FEELS full, keep on filling it. That’s how you create overspill. It is possible that if you do a good enough job with this, you will awaken the Goddess, and the Super Power of the Goddess Force will arise. The hyper-intensification of physical force and desire is what invokes the Goddess, and by so doing, forces open the door to the level of Super Power. In layman’s terms, the more intensity you feel, the more likely it becomes that the intensity of your feelings will awaken the Super Power of the Goddess, and you will be, at least in some respect, off the hook. That is, you no longer have to rely on creature power when you have Goddess Power going.

**2. Hold the door.** Maintain a positive and embracing attitude toward Super Power. When intensity rises to the point where passion or power seems out of control, apprehension will arise. However, even what seems out of control can be controlled. All that is required is an artful combination of appropriate stimulation and inner muscle control. The knack may take time to develop, but with practice, it can definitely be done.

Do not allow yourself to indulge in fearful fantasies about being terribly out of control, being terribly insensitive and frightening, and all the rest. If you do, even though you are being pressed from within to allow the force of Goddess Power, you will tend to keep on veering off and running away—collapsing back to the safety of physical intensity below the range of Goddess Power.

*From natural push to supernatural shove: There is a particularly dramatic increase in energy power and movement power associated with the awakening of the Goddess.*

# Super Power

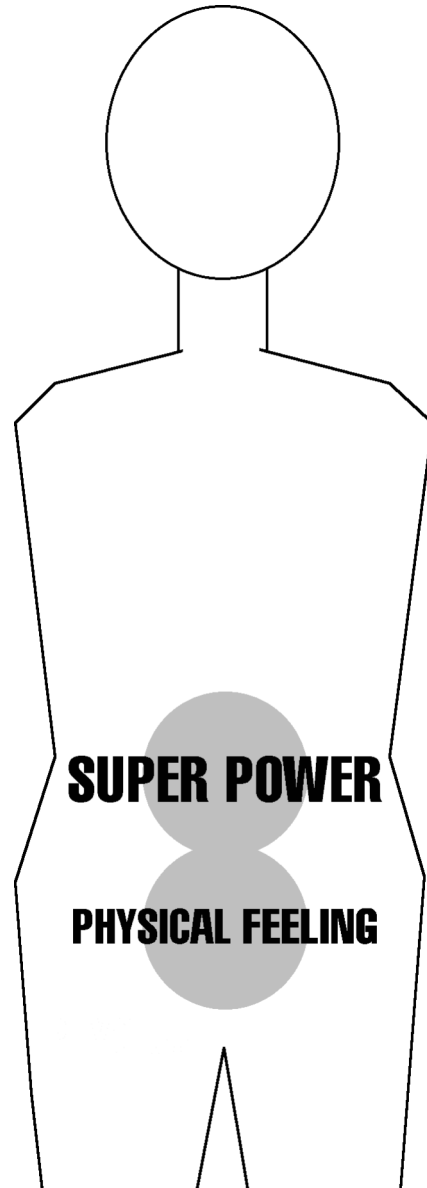


## Physical Feeling

*Super Power* is a condition in which the physical energy from below awakens, on the natural-physical level, the greater power of the solar plexus region—and on the supernatural/metaphysical level, the Goddess Power. The usual consequences are:

1. strong physical desire and strong “towards” energy
2. physical movement with a life of its own (a manifestation of the Goddess).

Subjectively, a woman experiencing Super Power will feel a strong drive from within to move toward and into her partner. And at the same time, her physical movement will also become unusually forceful. It all feels as if she is being compelled from within. That subjective impression of compulsion is exactly true: the Goddess Force IS creating these movements. That Super Power is in fact Hers. It is not to be suppressed, yet it must be controlled.



## Values of Super Power

Should you be fortunate or skillful enough to experience it, the energy of the Goddess—in the form of supercharged physical excitement and power—can provide many a grand blessing. The benefits enjoyed are:

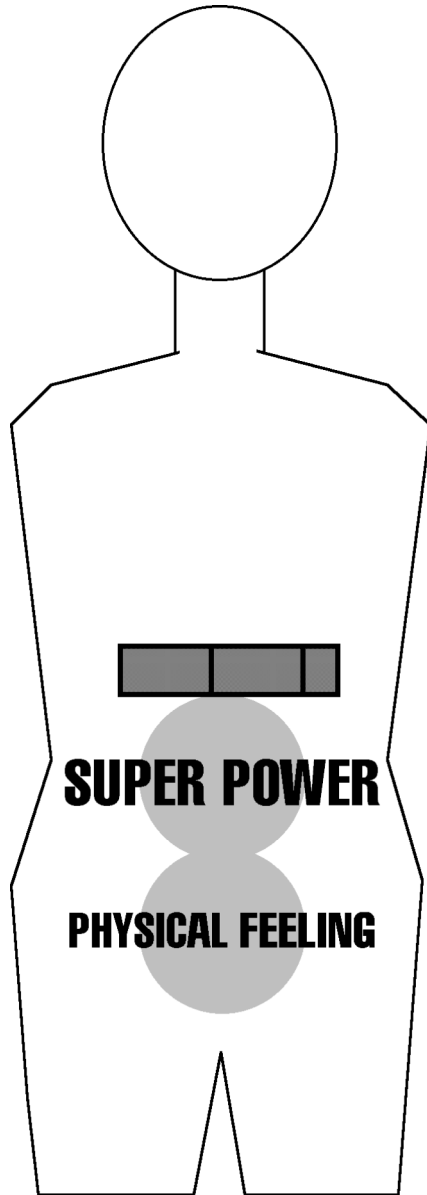
1. The purification of the physical body, and clearing out obstructions in the energy channels.
2. The purification of the mind, clearing out the mind altogether, and leaving a sense of pure peace.
3. The upliftment of the spirit of both parties involved.
4. The deepening of the affinity, closeness, connection, and soul recognition between the partners. The strengthening of the psychic relationship between them.

Therefore, see if you can invoke the Goddess, summon her power, and bring her into action. But whether you rely on the natural physical force of passion, or the Super Power of the Goddess, it is best to embrace and intensify energy to the maximal degree—while at the same time keeping it under reasonable control. Energy can and should be fanned as long as the stretch involved fits within the tolerances of all concerned.

**When *not* to fan the Goddess Force.** The only exception is when the force becomes, for the time being, intolerably strong, and therefore evokes a counter-response of strong resistance or clenching. In those instances, it may be better to back off, until a more embracing attitude can be generated at that level—perhaps next time around.

**The harvest of the peaks.** With respect to the well-being of both partners, it is important that the attitude of tolerance for the experience of Higher Powers allow, at minimum, for a good healthy stretch. Remember, 90% of the uplifting benefit of Tantra Yoga is achieved in ten percent of the time—particularly, the ten percent of the time that coincides with the highest peaks of energy.

## Potential obstructions to the full development of Super Power . . .



1. **Moral misgivings.**
2. **Excess of chilling thoughts** (negative thinking of any kind, including but not limited to: insecurity, performance anxiety, aversion to feeling or to one's partner.)
3. **Insufficiency or lack of sincerely positive thoughts.**
4. **Insufficient or excessive stimulation.**
5. **Habits of internal clenching** (or other non-helpful internal patterns of supposed energy-helping and manipulation).
6. **Fear of becoming overly forceful, physically, and overwhelming or frightening one's partner.**
7. **Fear of becoming overly forceful, physically— and exploding personally on that account, or otherwise being overwhelmed.**
8. **Fear of possible emotionality.**

## Potential obstructions to the full development of Super Power

The following obstructions to physical feelings were listed in the previous section, but because they apply here as well, they are briefly summarized here. Actually, most of these items apply *doubly* when it comes to the allowing of Super Power. Additional comments that are particularly pertinent at this level are written in italics.

1. **Moral misgivings.** Some of the common misgivings around physical pleasure involve moral concerns. But, as far as moral sensitivity is concerned, there is nothing wrong with pleasure in and of itself. And further, as far as the element of social responsibility is concerned, a person can enjoy themselves without selfishly and unconsciously abandoning their partner in the process.

*When the Goddess Force is activated, the intensity of pleasure increases dramatically. In those who have ethical concerns around pleasure and energy, it is natural that those concerns should suddenly become particularly severe. There may be a huge fear that with the tide of feeling running so high, we are bound to indulge in pleasure, and become, on that account, reprehensibly hedonistic, unconsciously self-indulgent, and socially irresponsible. But actually, great physical intensity can be gracefully handled by almost anyone. All you have to do is be unwilling to buy into irrational fear surrounding the loss of social and moral sensitivity.*

2. **Excess of chilling thoughts** (negative thinking of any kind, including but not limited to: insecurity, performance anxiety, aversion to feeling—or to one's partner!).

*When the Goddess is awake in her, it is not unusual for a woman to respond with a level of fear bordering on terror. This terror may manifest in many forms, including more or less random but intensely chilling concerns of all kinds.*

3. **Insufficiency or lack of sincerely positive thoughts.** A crucial challenge of living and loving is the challenge of bringing love to life.

*And, for some reason, the love of true passion—and love of the Goddess Power in particular—seems particularly hard to manifest. And yet, the Goddess Power can add appreciably to the unfolding of human consciousness, and therefore deserves our love.*

4. **Insufficient or excessive stimulation.** The forms of stimulation that can be applied to the being are many. Physical stimulation is only one



of them. Posture, roles assumed, communication, emotional risk—all of these can be highly stimulating. It is important to recognize the fact that the being requires stimulation of some kind—probably of many kinds—to waken, and remain awake.

*This is particularly true with Goddess Power. Goddess Power awakens at an exact level of intensity. Anything less, and Goddess Power will NOT awaken. And likewise, Goddess Power evaporates the moment the intensity drops below that specific level. Actually though, it is extremely easy to keep Goddess Power alive once it is awake. The ease is due to the wonderful sensitivity that Goddess Power imparts.*

- 5. Bad habits of internal clenching** (or other non-helpful internal patterns of supposed energy-helping and manipulation). The progress of energy throughout the body can be impeded by mishandling at the physical level. The constrictions created by physical clenching will tend to block energy, and also squeeze down the space in which the energy is operating, often to the point of snuffing the energy out.

*The tendency to clench in the face of the Goddess' Super Power is naturally high. It is a controlling response similar to a dog who refuses to respond to his master and pulls mightily against his leash. But at the same time, unfortunately, the habit of clenching against very high energy is particularly problematic. Just as a dog can hurt his neck fighting too strongly against his master's pull on his leash, just so, a person who clenches mightily against mighty force can:*

- a. Exhaust the body from the force of the tension and struggle.*
- b. Create terrible knots and cramps in the body by channeling huge energy into huge resistance—and thereby making Goddess energy fight against itself.*
- c. Unconsciously put the body into taxing, awkward, and physically unsustainable positions—positions that are actually due, primarily, to intense and over-enthusiastic tensing of certain muscle groups.*

- 6. Fear of becoming overly forceful, physically, and overwhelming or frightening one's partner.** This fear is rarely rational, but it sometimes is valid—in the case of a partner who is unaccustomed to womanly passion.

*Note that we said, "These fears are RARELY rational . . ." Well, when the Goddess Force is awake, they become, shall we say, appreciably MORE rational.*

*Without a doubt, it can be intimidating to be “the victim” of “attack” by strong towards<sup>4</sup> energy. On the other hand, it is important to note that passion is generally considered highly desirable as long as it comes with sensitivity. And again, Super Power does not imply or cause unconsciousness, insensitivity, or lack of control. And, the simple fact is that one’s partner can get used to the Goddess Force, and even keep it under a certain careful control—with practice. Practice makes perfect.*

- 7. Fear of becoming overly forceful, physically—and exploding personally on that account, or otherwise being overwhelmed.** These fears are rarely rational on the physical level. For example, few women have died of orgasm, though many have feared they might. Passion also has an excellent survival rate! The important thing, then, is not so much to avoid the feared problem, but rather to avoid the process of fearing itself. The fearing is chilling, while the problems are, at least at this level, unlikely.

*Note that we said, “These fears are RARELY rational . . .” Well, when the Goddess Force is awake, they become, shall we say, appreciably MORE rational. The threat of Goddess Force, on the low end, is the threat of powerful orgasm—which is really no threat at all. On the high end, the “threat” of Goddess Force is higher consciousness.*

- 8. Fear of possible emotionality.** Any type of intimate exchange may tend to bring up a measure of emotionality, and there is no question that physical intensity may further increase emotionality. However, the emotionality is healthy enough, or it certainly can be. People go to altogether too much trouble to suppress emotions, when emotional sharing can have tremendous value in creating real closeness in relationships.

*Goddess Force amplifies emotionality as it amplifies physical force. And, the greater amplitude and mysterious random nature of those emotions can certainly be unsettling to the faint-hearted. Therefore, the above consideration about emotionality applies especially much when the Goddess shows up.*

*Interestingly, however, the emotionality associated with the Goddess, though it may be powerful at times, is not personal. It has a peculiar quality of abstraction and mystery about it, which supports a feeling of detachment.*

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<sup>4</sup> An expanding/outreaching quality of energy, consciousness and attention into the larger sphere of relationship and Being.

*The emotionality of the Goddess is certainly not the least bit negative; it is cosmic. It is not harmful, it is healing. In fact, Goddess emotion flows freely through the space as a special supernatural benediction upon everyone involved. Let it Be!*

## **The relationship between Super Power and Emotional Feeling**

**PRE-Emotional.** The last item on the list of objections to Super Power—fear of emotional feeling—is, for many people, particularly relevant. As the solar plexus immediately precedes the heart, so is Super Power the immediate predecessor to the next higher level, Emotional Feeling. It is possible that the condition of “merely” physical intensity could be called PRE-Emotional (meaning, the energy has not yet risen to the point where it activates the heart). But ultimately, it is practically impossible to separate physical intensity from emotional feeling. At a certain energy level, surplus physical intensity will spill over into the level of feelings, and will almost certainly activate emotionality.

**ANTI-Emotional.** The problem is, many men and women are afraid of feeling emotional or devotional. Many are opposed to emotional feeling, and suppress it. Many people resist showing emotion, and resist expressing emotion. Now, those attitudes are not just PRE-Emotional, they are clearly ANTI-Emotional.

Because the fullness of physical energy almost inevitably activates the heart and the emotions, for the Tantric process to fully unfold, it must be okay to feel emotional or devotional feelings. Fear of the emotions that tend to arise from high physical energy leads to suppression, not only of the emotions, but also of the very force that gives rise to them. That, in turn, limits not only physical satisfaction, but also pre-empts the many higher enjoyments that may be awakened by super-powered physical energy. Therefore, the person will not effectively intensify the physical, and allow the awakening of the Goddess Force, until they are okay with emotional feelings. Ask yourself:

*Is it okay with me that I have emotional feelings when it comes to high energy?*

You must be *willing* for emotionality to happen. Otherwise, the resistance to emotional feeling may block the path that leads to the higher levels. [*See the list of obstructions to physical intensity. Pay particularly close attention to areas of possible mental concern, etc.*]

## **How to fill the Super Power level (or, for that matter, the Physical Feeling level) so as to activate the Emotional Feeling level**

At this juncture, we must first of all plainly state that the activation of the Emotional Feeling level does not depend on the fullness of the Super Power level. In reality, it is possible, in this instance, to skip from the Physical Feeling level to the Emotional Feeling level—without ever activating the Super Power Level. This amounts to something of an exception to the general rule that every level depends upon the previous level.

On the other hand, it is true that activation of the Goddess can and does help the activation of the Emotional Feeling level. And, there is a difference between the emotions that are activated by the normal level of Physical Feeling and the emotions that are activated by the Super Power experience. The kind of emotions that are activated by the Goddess energy are more likely to be cosmic emotions, the emotions of the Goddess.

Fortunately, whether through normal physical power or Super Power, strong and full physical energy generates emotional feeling spontaneously.

Therefore, the instructions here are uniform and simple:

### **1. Support the floor. Don't DO anything—meaning, don't freak out.**

**Stay the course; do not change anything.** As the process they are doing begins to spiral upward into higher energies, people often make reflexive or unconscious adjustments that are cooling. *Both* a positive basic orientation and continued appropriate stimulation are required to support the physical level below.

Do not change things in such a way that the physical response is diminished. Physical feeling is probably the main source and cause of the emotional feelings that are being expressed.

*Maintain* and perhaps even *intensify* the physical, not worrying about the emotional. If the physical is ignored when emotional feelings appear, the emotions themselves will probably fade. If the physical is kept full, the emotions will continue on their own.

*Do not* chill the emotional level by creating or indulging in chilling thoughts.

In summary, don't make energy-chilling adjustments of any kind, mental or physical. Bring those unconscious processes into consciousness and under control—and stay the course!

2. **Fill what's more. Whatever energy you are running on, whether ordinary or super-powered, intensify it maximally.** Fill, fulfill. Do not run from the rising passion, desire, force, or intensity: all of that will thrill you, and none of it will kill you.
3. **Hold the door (be open to the next level).** Emotional feeling is the door to the area beyond the body. So, "Hold the door."
  - a. **Release any blockage that resists the ascent of the energy into the heart (emotional) area.** True emotion results naturally from filling the body, and satisfying its energy requirements. Thereafter, any additional energy will expand up into the heart area, and activate the emotions. When that happens, emotion will arise spontaneously. If you have reservations about that, then to prevent that, you may feel a physical *knot* guarding the door of your heart. Try to relax and release such obstructions when you encounter them.
  - b. **Feel the emotion (or devotion) that spontaneously arises.** You may feel a mental "*why not*" (philosophical objection) guarding the door of your heart. Try to relax and release such objections and concerns when you encounter them. Read the material in the coming section on *Values of Emotional Feeling*.

*Here the energy is both physical and emotional, and the flow of energy becomes much more consciously TOWARDS.*

# Emotional Feeling



Super Power



Physical Feeling

As anticipated, emotional feeling is often awakened as a direct “result” of strong Physical Feeling or Super Power.\* The result may be waves of emotion—some having a specific feeling and therefore at least to some degree understandable—and others so abstract and inexplicable as to defy comprehension. When it comes to those more mysterious and spontaneous forms of emotionality, they may be simply unconscious events that are triggered by unconscious associations; but then again, they may be the direct expressions of the awakened Goddess.

\*Not everyone experiences Super Power. However, emotions may arise *with or without* the Awakening of the Goddess, and the activation of Her Super Power.



## Values of Emotional Feeling

1. Emotion represents the Awakening of the Soul or Spirit within the body.
2. Emotional feeling is the door that leads beyond the physical into the higher mental and etheric<sup>5</sup> realms.
3. Emotion gives depth to experience and to relationships.

In a way, giving instructions on “how to feel emotions” is ridiculous. When it comes right down to it, there is absolutely nothing to feeling emotions. However, we could say that when it does *not* come right down to it, “feeling” emotions is fake, because they are not there to feel.

Most strategies around emotions are suppressive. Often, attempts are made to either prevent the arising of emotions altogether, or to suppress emotions when they arise – and replace them with well-controlled *copies* of emotions.

The pattern of avoidance of emotions is usually based on a desire to be cool rather than emotional – the opposite of cool. Often, the experience of spontaneous emotion or devotion won’t feel very “together” or “cool.” If the quality of personal emotion and devotion is *truly* experienced, then *true* feeling cannot and will not possibly be cool. But, *that is fine*. So, be okay with being “untogether” or “uncool.” Far better to be genuinely uncool than really cool, but in fact weak or fake.

On the other hand, interestingly, when Goddess energy is at work, the woman expressing the Goddess emotion is often completely detached. And this is a perfectly healthy detachment, the kind that comes when you have no idea what is going on! The woman may say, “I am experiencing this emotion, but I have no idea what it is, or where it is coming from.” Such instances are common.

In any case, emotions can be healthy and healing if one just lets them be. The expression of the Goddess may feel at times like emotional release, and perhaps on a cosmic scale it is a release—but it, too, is also healing. It is a form of benediction. Note that letting emotions be is a non-action. There is, in fact, no participation or technique involved in letting an emotion be. However, there are many things that can be done—and often are done— to suppress or prevent emotions. Therefore, not surprisingly, our list of instructions about how to let emotions be are almost all “Don’ts,” not “Do’s.”

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<sup>5</sup> Relating to the spiritual/emotional/mental/psychic dimension of experience, as opposed to the material/physical dimension

## How to allow Emotional Feeling

**1. DO NOT invest any energy in self-concern or self-consciousness when it comes to feeling your real emotional feelings.**

**2. DO NOT try to suppress the emotion, or to handle the emotion in a cool fashion.** There IS no such fashion—the emotion just IS what it IS. Do not try to become cool (put on a cool and steady face) when experiencing emotion or devotion. If you do that, you will unconsciously but inevitably chill things. In that case, the force will no longer be with you—and neither will the sincerity and purity of the emotion.

**3. Feel the emotion (or devotion) spontaneously as it arises.** The emotions themselves, as they start to arise, need to be allowed and welcomed, not suppressed. Do not try to interpret them. Do not judge them. JUST feel them.

**4. DO NOT try to add to the emotion, or hype it in any way.** Note, however, that “feeling emotion” is different than “trying to create or help emotion.” Human nature is always trying to help and meddle, to create outcomes that are desired—often in ways that are forced, and unnatural—not to mention *chilling*. DON'T DO IT! Don't try to hype or fan emotion. Never try to serve any emotion before its time. Don't rush it or force it. Just work with the Goddess Force and the physical intensity, and let the emotion take care of itself. If you do that effectively, you can rest assured that you *will* experience emotions naturally and spontaneously on your own steam.

IN SHORT: *Just let the emotion BE what it IS!*



## Potential obstruction to the full development of Emotional Feeling . . .



In earlier considerations about the suppression of physical energy, we saw that the suppression of physical intensity is often *preventive*—that is, physical energy may be suppressed out of fear that the NEXT level of Emotional Feeling would otherwise activate, and that if emotion did arise, that might cause some sort of problem. So, it is often to prevent emotional awakening that the physical is suppressed.

Similar logic is used in the suppression of emotional feeling. Emotional *feeling* may be suppressed out of fear that the next level—Emotional *Expression*—might otherwise awaken, to bad effect. For example, there may be some concern that expressing emotions would intimidate someone. Or perhaps expression would amount to unacceptable vulnerability, loss of face, etc. Anyhow, to prevent emotional *expression*, emotional *feeling* is often suppressed.

## Potential obstructions to the full development of Emotional Feeling

### 1. Reluctance or inability to fully feel or intensify physical energy.

We have said that emotions arise out of fullness of the physical levels—or, more precisely, that emotion is activated by the overflow of physical energy. Unless the physical energy is raised to the point of overflow, certain kinds of spontaneous emotion—such as those that characterize the Goddess—will probably not arise. Accordingly, a subconscious tendency on the part of individuals who fear emotional feeling is to keep physical feelings below the point of fullness and overflow.

*Solution: When it comes to physical energy, fill, fulfill, and overflow!*

2. **Reluctance to fully feel emotional feelings.** People often suppress emotions by quickly tuning in on other frequencies when the emotions arrive.

*Solution: Emotional feelings are the door to all that leads beyond: Emotional Expression, Psychic Union, and God Communion. So, “hold the door”—by allowing genuine emotional feelings to live.*

3. **“Helping” the emotions.** “Feeling emotion” is different than “trying to create or help emotion.” Human nature is always trying to help and meddle, to create outcomes that are desired—often in ways that are forced and unnatural, not to mention *chilling*. (Faked emotions are far less “vulnerable.”) For all practical purposes, helping emotions is just another way to suppress them, because it *ruins* them. Suffice it to say, helping emotions quickly turns them from real to fake.

*Solution: DO NOT try to add to the emotion in any way. As we said before: DON'T DO IT! Don't try to hype or fan emotion. Never try to serve any emotion before its time. Don't rush it or force it. Just work with the Goddess Force and the physical intensity, and let the emotion take care of itself.*

4. **Concern or inhibition about the possible quality of the emotional expression that might result from filling the level of Emotional Feeling, and thereby activating the expression of emotional feelings.**

## The relationship between Emotional Feeling and Emotional Expression

*“For every perfect shoe in heaven, there is a shoe repair person on earth who will gladly remove its soul.”*

**PRE-Emotional Expression.** Here, the level of Emotional Feeling could be called PRE-Emotional Expression—meaning, the energy has not yet risen to the point where it is spontaneously and truly expressed. If there is no real objection to the next step because the person is *willing* to express emotion, AND there is a willingness to fill and fulfill this step, emotion will be expressed.

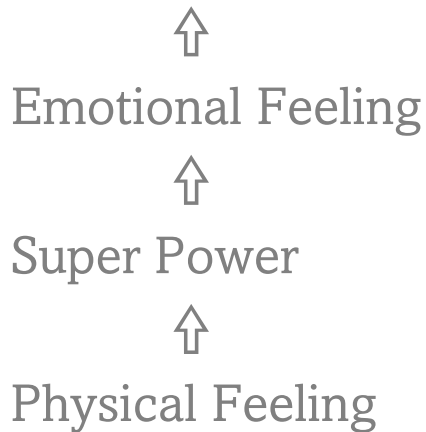
**ANTI-Emotional Expression.** A lot of people are afraid of emotional expression. They are afraid they will sound silly, or crazy, or “uncool.” Such fears often create a conscious or unconscious pattern in which the person tends to suppress emotion so as not to “have to” express it. And this, in turn, often creates a pattern of physical suppression. The physical is suppressed so that the feelings will be less, and therefore the urge for expression will be less.

## How to move from Emotional Feeling to Emotional Expression

The way to move from the emotional up to the verbal is:

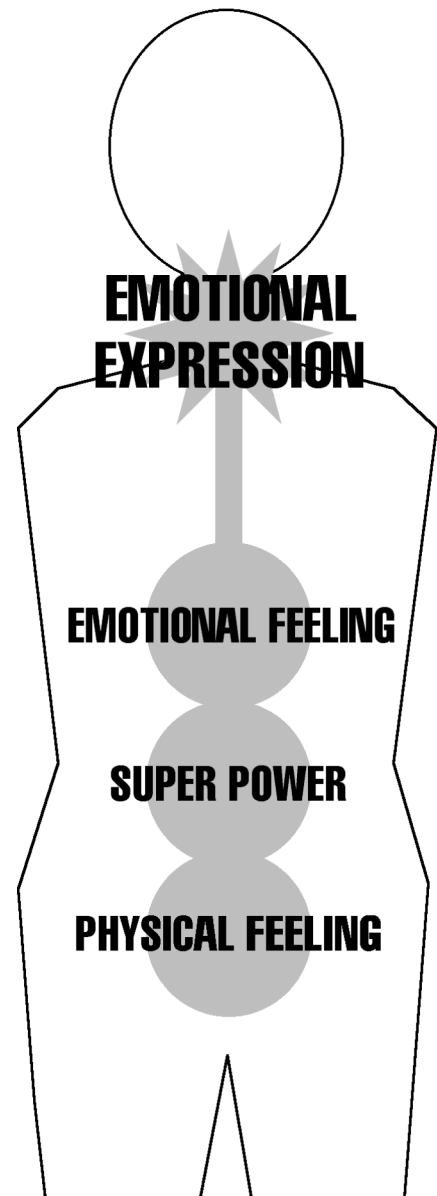
- 1. Open the door** (fill to overflow). Fill *Emotional Feeling* to overflow. Fill and fulfill the level of the emotions, and once that level is full, keep on filling it, creating overflow. The overflow will awaken the next level—*Emotional Expression*. It forces the door. To put that in layman's terms, the more intensely you feel, the more the intensity of your feelings will make you want to express your feelings.
- 2. Hold the door** (be open to the next level). Maintain a positive and embracing attitude toward emotional expression. Otherwise, even though you are being pressed from within to express yourself, you will tend to keep on veering off and running away—collapsing back to the safety of feeling *without* expressing.

# Emotional Expression



On this level, energy manifests simultaneously as Physical Feeling, Emotional Feeling, AND Emotional Expression.

The great significance of Emotional Expression is that it represents a much more conscious vote for closeness and intimacy. Granted, every form of energy, being expansive, is inherently *towards*. That fundamental push moves toward union. But at this particular stage, the conscious extension of towards energy through the medium of expression heralds a giant step in a larger flow toward union.

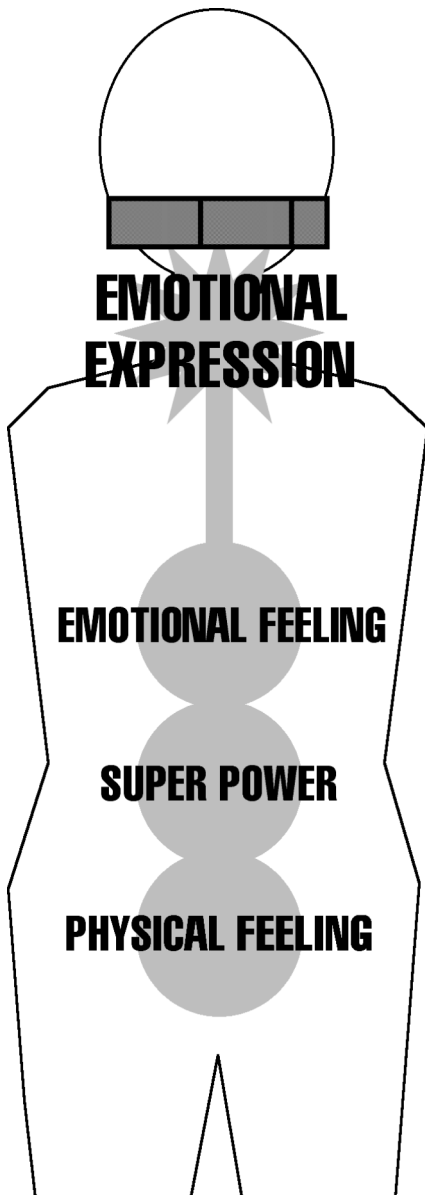


## Values of Emotional Expression (of feelings and/or devotion)

Verbal expression of feelings is the first step in moving beyond the body. It is a way of opening into the larger sphere of relationship and higher consciousness. Therefore, needless to say, verbal expression is a very important step.

Furthermore, *sound* is a way to *share* your feelings. Not just energy, but a great deal of feeling content is carried effectively on sound waves. (Note that the sounds can be abstract—they do not have to make any sense!) Furthermore, the emotional expression of the Goddess may sound or feel a times like some kind of emotional release. Perhaps on some cosmic scale it is, but it is not personal. It's a cosmic healing—a form of benediction.

## Potential obstructions to the full development of Emotional Expression . . .



1. Reluctance or inability to fully feel or intensify physical energy. And/or:
2. Reluctance to fully feel emotional feelings. And/or:
3. Concern or inhibition about the quality of the emotional expression that might result from the intensification and expression of emotional feelings.

## How to allow Emotional Expression

1. **Support the floor.** Maximize the physical intensity that invokes the feelings. Even as you experience the feelings, continue to maintain (fan) the intensity at the physical level.
2. **Fan what's more.**
  - a. **Feel/allow emotional feelings “in real time.”** Believing that expression of feelings makes them vulnerable, people often seek to *suppress* expression at the exact moments when expression would otherwise naturally occur. Or, people will cut a corner by expressing feelings *instead* of feeling them—that is, without quite feeling the fullness of those feelings at the same time. (the experience is, “I can either say I love you, or mean it.” And similarly, “I can either have emotional feelings or express them.”) But obviously, the emotional feelings are the immediate source and content of emotional expression. So, it should be obvious that if the emotional feelings themselves are ignored when they are expressed, the resulting expression will be empty or insincere.

Your sharing will be *effective* to the extent that in sharing the emotion, you share the emotion *at the time* when the feelings are happening in full force.
  - b. **Be okay with SOUNDING “untogether” or “uncool.”** As we said in the section on the level of Emotional Feeling, the experience of spontaneous emotion or devotion will not tend to seem very “together” or “cool.” Therefore, if the quality of emotion and devotion is *truly* expressed, you can be sure that the *true* expression cannot and will not possibly *sound* cool. Again, that is *fine*. Far better to be genuinely uncool than really cool—but in fact weak or fake.
  - c. **DO NOT invest any energy in self-concern or self-consciousness when it comes to expressing your real feelings.**
  - d. **DO NOT judge or edit the sounds or words that come out of your mouth. Just let them be what they are.**
  - e. **DO NOT try to suppress or modify the emotion as you give voice to it.** When expressing warm or hot feelings, *do not* try to handle or moderate the emotion in a cool fashion as you give voice to it. Do not try to become cool (put on a cool and steady face or speak with a cool-sounding voice) when expressing emotion or devotion. If you do that, you will unconsciously but inevitably chill things. In that case, the force



will no longer be with you—and neither will the sincerity and purity of the emotion.

**In short:** *Just let the emotion SOUND the way it FEELS!*

- 3. Hold the door.** Release any fear of the next level; that is, be open to the possibility of Attention Communion.

## **The relationship between Emotional Expression and Attention Communion**

**PRE-Open Attention.** The level of Emotional Expression could be called PRE-Attention Communion—meaning, the energy has not yet risen to the point where it is spontaneously and freely shared through Open-Attention, but it soon will be, because

- a. the level of emotional expression is about to be filled and fulfilled.
- b. the person is *willing* to open up and share attention on the next level.

**ANTI-Open Attention.** If the person is actually opposed to sharing Attention Communion, and resistive to that level of sharing, that condition could rightly be called ANTI-Attention Communion. Perhaps, in that case, the problem is that the person is resistant to *seeing and being seen* in higher states of being. It probably represents a certain reluctance to join or blend with one's partner at this higher level. Shame, blame, distrust of higher levels of communion—any of these could be factors.

It could be helpful to read the description of the Attention Communion level that follows, and consider the values there. This may help eliminate or reduce any fear or concern that may exist about that level.

## How to move from Emotional Expression to Attention Communion

**1. Open the door.** (Fill to overflow.) Fill *Emotional Expression* to overflow. Fill and fulfill the level of Emotional Expression by doing a lot of real expressing. And don't forget to support the floor—the previous level of Emotional Feeling and the level before that, Physical Feeling. Once the Emotional Expression level is full, keep on filling it, creating overflow. The overflow will awaken the next level—*Attention Communion*. It forces the door. To put that in layman's terms, the more feeling and emotion you confess/express, the more profoundly you will be moved to create the kind of stability and grounding that comes from shared attention.

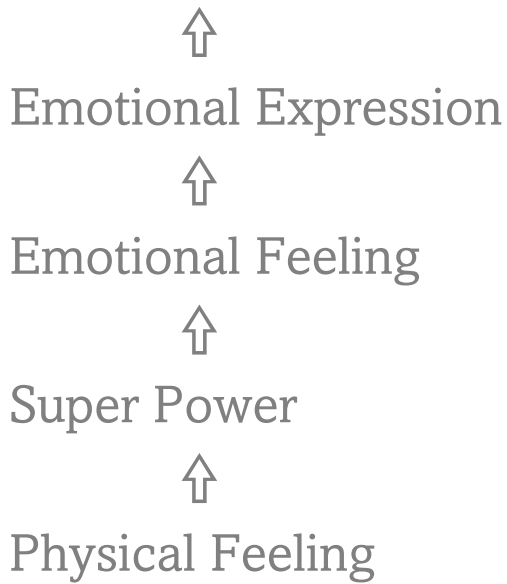
**2. Hold the door.** Maintain a positive and embracing attitude toward Attention Communion. Look forward to the prospect of seeing and being seen *while* (in the midst of) feeling and expressing feeling. Otherwise, even though you are being pressed from within to join your partner in Attention Communion, you will tend to keep on veering off and running away—and collapsing back to the safety of expressing feeling *without* at the same time seeing and being seen in the bubble<sup>6</sup> of Attention Communion.

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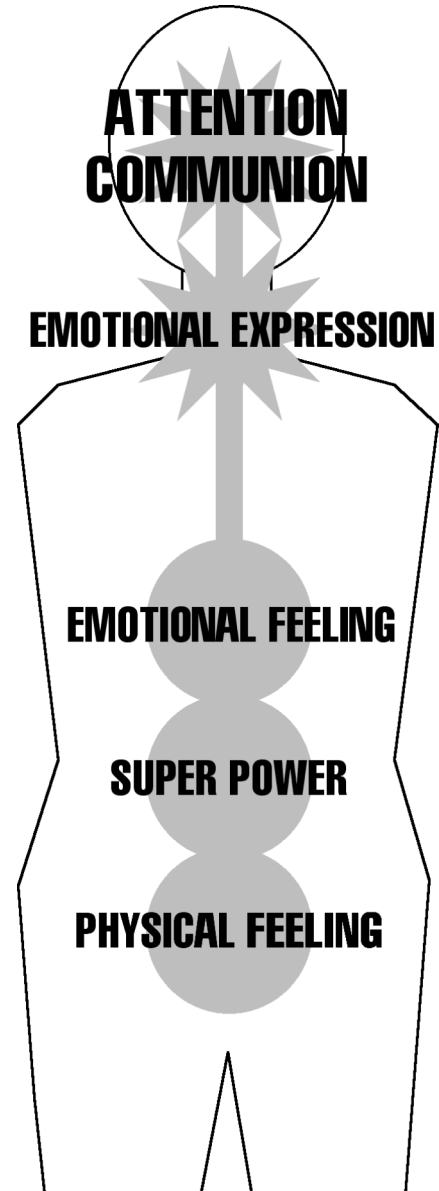
<sup>6</sup> A subtle but tangible energy sphere that arises between two people who are willingly and intentionally connected in mutual awareness and in consciousness.

*A MUCH larger boiler room can be enjoyed when the person opens up beyond the body into the sphere of conductivity.*

# Attention Communion



*On this level, energy manifests simultaneously as Physical Feeling, Emotional Feeling, Emotional Expression, and Attention Communion.*



## Values of Attention Communion

**1. Attention is indeed soul food.**

**2. Deeper communication and deeper (soul) recognition.** Awareness—conscious attention—is a great way to share feelings, energy, and Being with your partner. Attention Communion continues the process of expanding that begins with Emotional Expression. In the process of Attention Communion it becomes subtly but palpably obvious that the progress in expansion is, in fact, progress toward true soul union.

**3. The “feast” of Attention Communion whets the appetite for the “peace” of Psychic Union.** The desire to share mutual attention is deep in all beings, and may arise in many states. In the condition of strong emotionality and emotional expression, the fundamental impulse interpersonal union is powerfully magnified. The desire to “lock on” with direct attention is a significant expression of that.

**4. Attention Communion is the door into the psychic world—the world in which the dependence on the physical becomes obsolete.** The conversion of energy to attention represents an important step beyond the physical, beyond even the emotional level. In the context of Attention Communion it is discovered that, on the etheric level, higher energy can be powerfully shared or resonated. From that point on, the dependence upon the physical (including specifically physical energy) can be systematically reduced, and eventually eliminated.

Potential obstructions to the full development of  
Attention Communion . . .



*“For every person we are with,  
or could be with, there may be a  
certain reluctance to be with them.”*

## How to enter into Attention Communion

For real and full Attention Communion, the trick is to share what we have without cutting any corners off it. Needless to say, sharing will be more *effective* to the extent that we are in conscious communion *when* feelings are happening in full force.

Conversely, if you are not willing to share what is *more* while in the circle of mutual awareness, then what you will be *sharing*—and being—will be *less*.

To enter into conscious communion with the beloved by means of Open Attention:

1. **Support the floor** (that is, previous levels that are adding fuel to Open Attention—meaning, ALL the previous levels.)
  - a. **The Physical Feeling level adds fuel to all the levels above it.** With that in mind, *while* you are sharing Open Attention, continue to *maintain* (fan) the intensity at the Physical Feeling level. This will keep the fire high, and will improve the quality of Attention Communion.
  - b. **The level of Emotional Feelings is one of the energizing functions that have already been awakened.** The abandonment or suppression of emotional feelings is liable to reduce the power of all the functions above. With that in mind, *while* you are sharing Open Attention, continue to allow (feel) the emotional feelings. As we said, our sharing of Attention Communion will be most *effective* when feelings are happening in full force. This will keep the fire high, and will improve the quality of Attention Communion.
  - c. **The Emotional Expression level immediately precedes and supports the level of Attention Communion.** With that mind, don't let the preceding level recede too far. Instead, should the impulse to emotional-verbal expression happen to arise *while* you are sharing Open Attention, continue to freely express, verbally, the feelings at the emotional level. This will keep the fire high, and will improve the quality of Attention Communion. (*Once again, note that verbal expression can take the form of abstract sounds; it does not have to be words or ideas only*).
2. **Fan what's more. Openly give and receive consciousness-energy in the sphere of Attention Communion.** We have pointed out that neither the experience of spontaneous emotion/devotion nor its expression is

likely to seem very “together” or “cool.” Therefore, obviously, be okay with *seeing and being seen* —even if or when you feel “untogether” or “uncool.” Otherwise, what you will be *sharing*—and being—will be quite a bit *less*. Happily, if the quality of emotion and devotion is *truly* shared, you can be sure that the *true* sharing will be something out of this world. What *fun* it is to share experiences that are out of this world!

- 3. Hold the door.** Release any fear of the upcoming level (that is, be open to Psychic Union.) A person who fears hitting a tree soon puts on the brakes well in advance. And likewise, a person who fears the real depths or imagined dangers of Psychic Union will tend to diminish or limit forces at the level of Attention Communion. Therefore, the fullness of Attention Communion more or less depends on a positive relationship to the impending possibility of Psychic Union.



## **The relationship between Attention Communion and Psychic Union**

**PRE-Psychic Union.** The level called Attention Communion takes time to fill, fulfill, and overflow. Unless there is a specific aversion to Psychic Union, the experience of Attention Communion could rightly be called PRE-Psychic Union—meaning, the energy has not yet risen to the point where the person has opened the door (opened the spiritual eye) to the level in which real soul union can occur—on the upcoming psychic level. Once the fullness of emotional expression is achieved, if there is willingness to continue to fill to overflow, Psychic Union will soon take place.

**ANTI-Psychic Union.** If the person is actually opposed to the entering into Psychic Union, and resistive to that level of joining, the level of Attention Communion will have a quality that could rightly be called ANTI-Psychic Union. Probably, in that case, the problem is that the person is resistant to the kind of surrender upon which personality merger depends. To address this problem, if it exists, carefully study the material in the coming section on *Values of Psychic Union*.

## **How to move from Attention Communion to Psychic Union**

1. **Open the door** (meaning, overflow the level of Attention Communion to create overflow and force open the door to Psychic Union). The practice called “fill to overflow” is a way of opening the door—forcibly, as it were—to the next level. Super-charging Attention Communion will automatically activate the level of Psychic Union. At this level, the deep experience in the bubble of Attention Communion naturally creates:

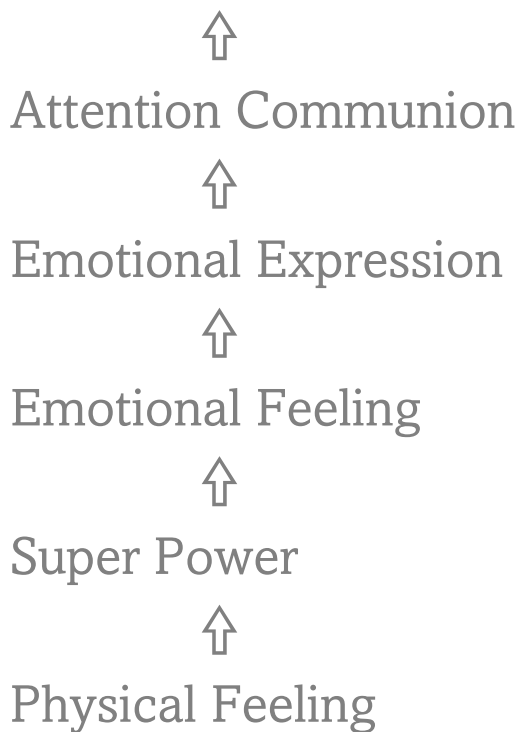
- a. a spiritual-emotional recognition of the value of certain differences, and, at the same time,
- b. a deeper awareness of sameness.

That recognition, in turn, makes it natural to fulfill of the second requirement; hold the door.

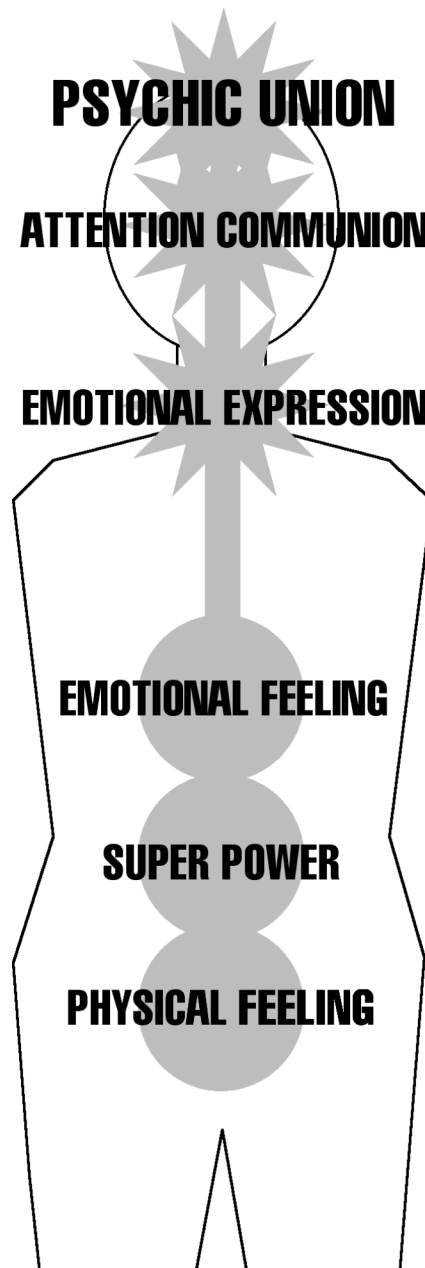
2. **Hold the door** (be open to the upcoming level). The values of Psychic Union are tremendous. Reading the material on that subject in the next section should help considerably to create positive motivation there.

*In Psychic Union, a more immediate and complete union can be realized in the ether.*

## Psychic Union



*On this level, energy is manifest simultaneously as Physical Feeling, Emotional Feeling, Emotional Expression, Attention Communion and Psychic Union.*



## Values of Psychic Union

**1. The fulfillment (or realization) of relationship.** It is rightly said that fundamentally, relationship is a psychic level phenomenon, and not a physical level reality phenomenon. Which makes sense of the fact that...

a. People can be at a huge *emotional* distance even when they're *physically* in the same bed.

And...

b. People can enjoy great and real *closeness* even when they are physically *distant* from one another.

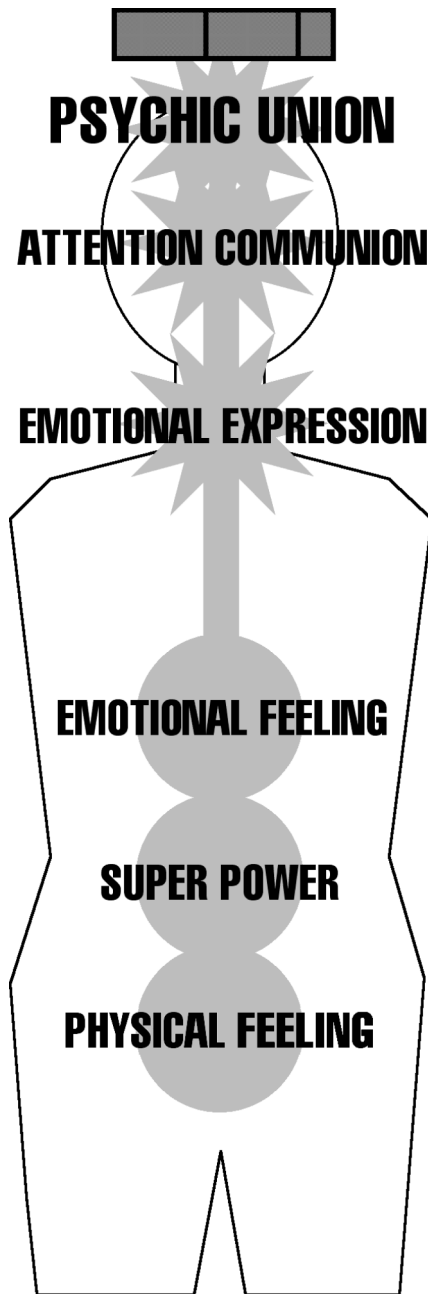
Thus, Psychic Union satisfies the immediate and eternal social drive toward soul merger.

**2. The bedrock of lasting and secure connection.** By so doing, Psychic Union dissolves deep-rooted, long-standing fears—of irresolvable difference, distance, loneliness, and the like—that are inherent in the ordinary experience of egoic survival-orientation, and all lonely lives of psychic DISconnection.

**3. The cosmic advantage of the sharing/blending of complementary values of individual personality.** A cosmic benefit of true relationship is achieved by the exchange of complementary values and virtues—of the opposite sex, of soul mates, and so on—between partners in Psychic Union. Each individual is cosmically benefited to the extent that the complementary qualities of their partner are internalized.

**4. Awareness of the Divine presence, allowing the establishment of a trusting relationship with Divinity can be established.** The medium in and through which Psychic Union occurs is God. Which is no big deal, but at this stage, God's presence becomes obvious—and it changes everything. Thus, a true relationship with the living Divine presence, based upon the recognition of that presence, is established.

## Potential obstructions to the full development of Psychic Union . . .



1. Reluctance to move fully into the unitive bond of relationship/intimacy.
2. Fear of God.
3. Resistance to surrender.

It is not that by entering into Psychic Union, one passes a magical point of no return. It is perfectly possible to walk out after walking in. The real issue is quite different: once having walked into the expansive condition of Psychic Union, it is unlikely that one would WANT to walk out. The experience of true love union is, in a word, beautiful.

The ego resists surrender to love and surrender to God, who is love. The egoic tendency to maintain separateness, and to confuse the psychology of separation with the reality of personality uniqueness is what creates the reluctance to enter fully into the sphere of Psychic Union.

## How to abide in Psychic Union

Psychic Union is qualitatively different from the levels that precede it. Its maintenance is not entirely dependent upon simultaneous maintenance of the previous levels. Therefore, the practice deviates from the established pattern.

### 1. Soar ABOVE the floor (meaning, soar freely above the previous levels).

**a. Maintain—or do not maintain, as is found useful or desirable—the intensity at the physical level.** Because Psychic Union has a life of its own, and involves a self-sustaining circle of high energy, we have now reached the stage where it is no longer true that “the present floor of the skyscraper depends on the previous floors.”

And, at the same time:

**b. Continue to go with (feel allow) the level of Emotional Feelings—or never mind that level.** In Psychic Union, the “emotion” of ecstasy is liable to be the predominant feeling. There may not be another discernible feeling present. But who cares!

**c. Continue to go with (express) emotional feelings—or don’t.** There is communication on this level that may range from the mundane to the sublime, but the thing is, ALL is sublime that goes on in the sublimely radiant bubble of expanded consciousness.

### 2. Exist in and as what’s more (the new level, the PRESENT level).

Communicate. Persist. See and Be in the bubble of Psychic Union. This is *good*. And, it is *sufficient*.

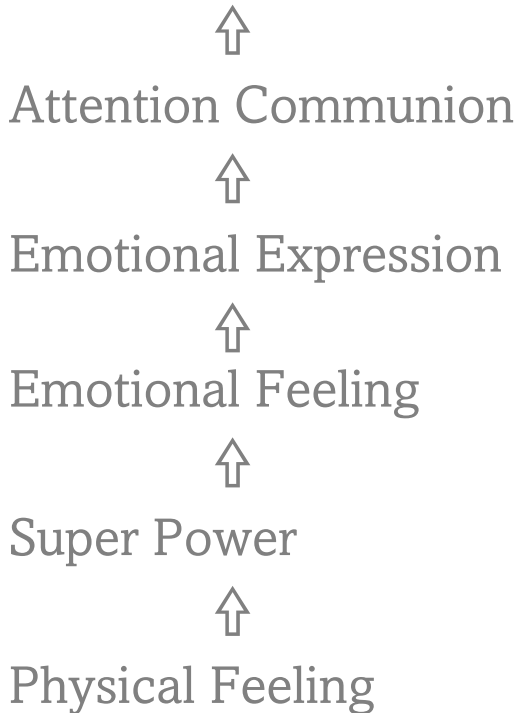
*[Regarding “Open the Door”: Although at previous levels, it was found necessary to create a additional instruction called “open the door (fill to overspill),” the very process of Being in Psychic Communion easily and naturally evolves into God Communion. The simple act of abiding in Psychic Union is, in and of itself, sufficient to automatically open the door to God Communion.]*

### 3. Hold the door (be open to the upcoming level).

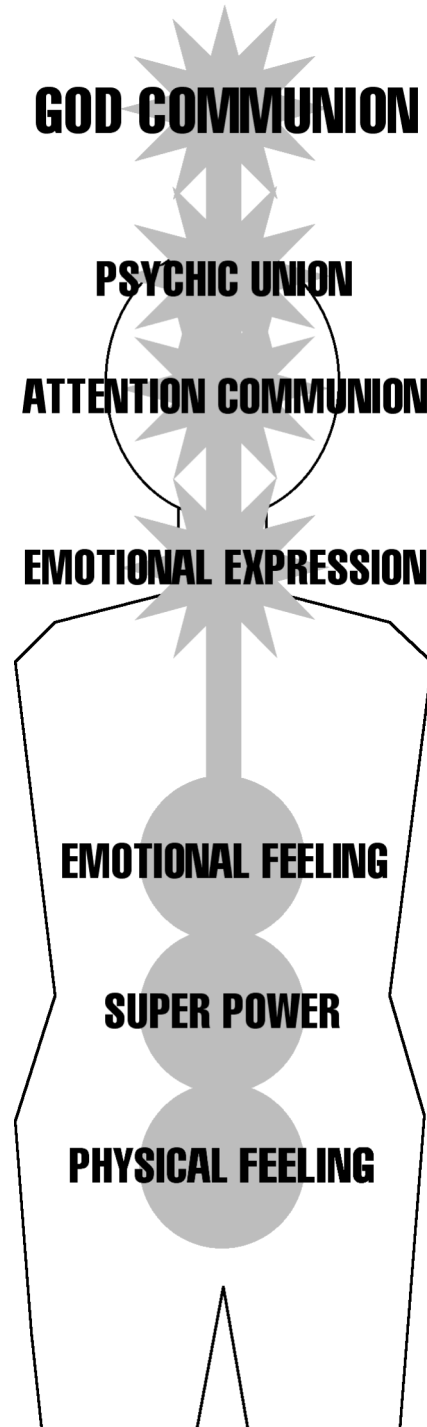
Fear of God won’t do. Be thrilled at the prospect of God Communion.

*An INFINITE boiler room opens up when a person enters into God Communion. At this point, nothing matters at all.*

# God Communion



*On this level, energy manifests simultaneously as Physical Feeling, Emotional Feeling, Emotional Expression, Open Attention and Psychic Communion, and God Communion.*



## Values of God Communion

**1. The fulfillment (or realization) of Self.** In the previous section, we made the following statement:

*The medium in and through which Psychic Union occurs is God. Which is no big deal, but at this stage, that becomes obvious—and it changes everything. Thus, a true relationship with the living Divine presence, based upon the recognition of that presence, is established.*

Now, to that we should add this: It is a cosmic value or evolutionary achievement to awaken and become established at the level of consciousness in which God-connection—the awareness of the Divine Presence or the connection to Divine agencies—is always already the case. Awareness of the Divine presence creates a deep personal security and unshakeable Self-confidence upon which a trusting relationship with Divinity can be established.

**2. The bedrock of lasting and secure connection makes it possible to always be in touch with Divine guidance—and to feel perfect trust in the guidance of the still small voice<sup>7</sup>.** This provides a reliable road map in present and into the future, and it provides road-side service in the Universe. It makes it possible to do God's will day by day, hour by hour.

**3. The COSMIC value of cooperative alignment between humanity and Divinity.** A cosmic benefit of true spiritual Sonship—the functional Divine Parent-human child relationship—is achieved by the human being's surrendered cooperation with the still small voice for the outworking of the Divine Will. Such cooperation represents holding one's rightful place in the Kingdom within the Family of God.

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<sup>7</sup> The voice of God or other heavenly agents offering human beings suggestions for understanding and for action.