

THE JUNGLE TIMES PODCAST **THE 5 SACRED ART [PART 1]**

MARCH 28TH 2021



Musical Intro

The 5 Sacred Arts [Part 1]

Welcome to The Jungle Times Podcast. I'm Lawrence Poole and this is Episode #9. I call it - The 5 Sacred Arts (Part 1). In this 2-part series, I'm going to expand on the 5 roles I presented in Episode 4 – How Nature favours Creative Leaders - ...so you might listen to that podcast first.

The 5 roles are part of the leadership training of the Jaguar-kings, those great tribal chiefs from pre-Colombian America. I mentioned how the roles are embodied in the ideogram of Quetzalcoatl – 2 totem words: *Quetzal*, a bird of the Trogon family, and *Coatl*, a water serpent.

The ideogram is called “the feathered serpent”. In the myth, a warrior is taught how to master his own nervous system, i.e. his brain and spinal network - to embody 5 ways of being: *A Stalker of information, a Dreamer of possibilities, a Seer of opportunity, a Leader in action and a persuasive Communicator.*

This time I'll explain how Nature suggests we play these roles as a strategic exercise and I'll look into some of the science that surrounds how to experience the state of grace that makes life worth living.

I should mention the difference between art and science. Science describes objective facts. It pursues those facts from a general understanding of the natural world, in a systematic way based on evidence. Art, on the other hand, describes activities that are pursued with the purpose of expressing an idea, an emotion or a worldview. Art is a subjective expression and, as such, those 5 activities are a form of that art.

As you'll have to explore the art for yourself, in this [Part 1] of the podcast, I'll relate science that suggests Stalking is best accomplished

with your cold-blooded reptilian brainstem; and that Dreaming is more the properly the domain of your right-brain's *Limbic system*.

In [Part 2], I'll tell you why *Seeing opportunities* requires the Left-brain's tribal logic, why leadership means mastering the brain's neo-cortex to acquire its overview and, of course, why communicating with persuasion means developing a creative Intent.

I've been practicing the arts of Stalking and Dreaming for over 40 years now ... consciously. But I also trained in the finer understandings of the science behind the arts. As soon as I got serious about it, I started to raise my game. I was introduced to the concept as an art form during my 4th death experience.

I mentioned a few times how living in a state of grace comes from a mindset wherein you feel like the luckiest person in the world. When you feel that lucky, you attract what you need from life with relative ease.

In that sense, I was blessed to have discovered how to play these 5 roles when I needed it most. Mind you, you should know that being totally paralyzed and wheeling around to fill your needs is whole other challenge.

After leaving the hospital, I was unemployed, financially destitute and living in a city that was built to avoid snow and ice, not to accommodate wheelchairs. As strange as this might sound, at one point I actually felt lucky to have had the accident that paralyzed me.

Of course, for you to get it, I have to explain my 4th death experience – and that of course means briefly telling you about each of these my other deaths... and a few other strange things that happened to me in that time. I don't want to write a book on the subject... but I have to

mention these highlights to give explain the motivation behind my next 40+ years.

I've mentioned that you should take what I'm saying as *springboard stories*. Springboard stories don't have to be believed or disbelieved. They are meant to be *vehicles for information*. The information contained in my stories will allow you to springboard *or to jump* from one level of realization to another.

In this story you'll learn the practical aspects of what I introduced as *the 5 roles of a strategic leader*. I had 4 death experiences in the trauma that followed a bad car accident. Each of them filled me with hundreds of questions about what the hell was going on – and all of my questions were answered in subsequent experiences.

In my 1st death experience, I was transported DOA – Dead on Arrival - to a suburban hospital, and then left in the hallway for several hours. By the time my wife had been phoned and she and my brother had gotten there, I had been moved out of the Emergency Room. Because I was 29 years of age and, at 6'4" tall and 200 pounds of tip top shape, they insisted on seeing me right away. A doctor led them to where I was lying on a gurney in front of the morgue. He opened my left eye and offered his diagnosis.

I was in a total darkness; I felt a thick black like a dense velvet was inside and outside of me. I thought and instantly saw a pinpoint of light at a far distance. Wanting to approach the light, I was propelled at awesome speeds and, as I neared it, I thought the light was coming from a window just ahead of me ...but next I realized that it was coming from my own eye, which I was seeing from the inside.

Instantly I was aware and awake and with incredible pain. A hand was holding my eye open, and an eye looked in, a voice said: "*As you can see, his eye is glassy. He is dead!*"

The hand closed my eye, and I was alone in the darkness again. I heard the people shuffle away. I reached up with my left arm – and felt it explode into agonizing pain. I continued, forcing my intent, to reach up and pull my contact lens off of my eye. I croaked: “*Is it still glassy?*”

Chaos ensued and I was quickly transferred to the Neurological Institute in downtown Montreal. My second death happened there; the next day.

In the meantime, I realized that - because I was in and out of consciousness - death made no sense to me. When the doctors and nurses thought me dead, I was not. I was aware... even if somewhere in the dark... “I” was not dead. I continued. Death does not exist in the sense of an absolute end. There is continuity, there is energy... and it’s organized.

Very badly broken, I was institutionalized for 11 months and for the first 6 weeks of that time, I was on a respirator in the ICU. When I was finally released from the Neurological Institute, I was given a prognosis of 5-7 years life expectancy because of the inner damages.

In the meantime, during the accident, my ribs were broken, and a shard of bone punctured my lung which was slowly filling with blood. The doctors told me they never had a full diagnosis of all that ailed me and could only deal with emergencies as they emerged. I was so fragile... I was dying.

My lungs slowly filled with blood and so, on Day 2, I drowned right there on my hospital bed. I needed an emergency tracheotomy. They cut my throat, syphoned 1.5 litres of blood out of my lung, hooked me to a respirator via a trachea-machine and assigned me to a team of Respiratory Therapists.

Step 1 – Just breathe.

I was told that I'd died again but I have no recollection of it. I wondered but was too busy learning to breathe again. I had to do it exactly like the machine dictated, not how I wanted. That was the most difficult task I ever learned. *Do or die!*

My 3rd death experience happened on Day 3 when, tired of the fight, my heart just stopped. I remember lying flat on my back, connected to all kinds of apparatus, totally paralyzed but without any pain because of a morphine drip into my hand. I was alone, looking at the ceiling, listening to my respirator, hearing the other machines and seeing people move invisibly all around me. I was learning to breathe with the machine... a little every second, 60 long seconds in a minute, 60 excruciating minutes in every eternal hour, 24 times a day... do not ever quit.

The body hooked up to machines that just flatlined was suddenly jarred. I heard the beepers go crazy and was suddenly above the wall of curtain surrounding my bed. My body was still flat on its back but now "I" – the spirit-me - was near the ceiling, looking down at myself.

I saw that I was a very sorry mess... with so many cuts, scrapes and bruises. Tubes in my nose, my mouth, my throat, my left hand, my right arm. I saw a fellow about my age wearing a white lab-coat jump up from a large, yellow-vinyl armchair and rush to me.

He glanced at the machines as he approached my bed and then raised his fist to strike down on my chest... but instead, suddenly yelled: *"Come back for Natalie Ann's sake!"*

At the sound of my daughter's name, I felt a huge rush of love and I instantly grew lighter - as if I was a filled balloon.

I rose up through the ceiling and felt joy and filled with wonder. I rose faster through the several floors, and was outside of the hospital, heading into cosmos.

I saw the Mount-Royal, Montreal's downtown Central Park, shrink beneath me. I continued to expand like a balloon. Deep within, I realized why I wasn't dead – even if I was no longer physically alive. My realization filled me with joy, and even more love... and more expansion. I realized that me loving my daughter was allowing me to transcend death... *that love is all.*

Then my balloon grew so fast it finally exploded into a hundred billion bits of light, of joy, of intelligence... of love... and I was instantly back in my body, alive and aware. My 4th death experience came 18 months after that.

But - in the interim, I learned so many things that I'd formed a new understanding of myself and my potential. It started when I traded stories with that young doctor who had saved my life. A neurology intern from a University in Florida, he told me that - at the last second - he realized that my sternum, my clavicles and my ribs were broken, so he would be hitting Jell-O. He'd kill me, not kick-start my heart which had been his intention.

He said that he did not know that I had a daughter, and even less did he know her name was Natalie Ann. He said he just blurted out the words... and then he got caught up in the energy I was giving off. And then I was okay, I was alive.

When I asked him what about the “energy I was giving off” as he referred to it, and he said: *“The moment was like a joyful burst... like I just knew you'd be back... that you were fine... better than fine... you were Divine.”*

In the months I was at the Neuro, after leaving the ICU and now in my own room, I enjoyed hours of conversation with him and other Interns – from Western Canada, Mexico and Peru. They called me: *“The man who would not die!”*

In quiet times, usually late at night, 2 or 3 young neuroscientists gathered around my bed to chat. They amazed me with their explanations of the latest discoveries on the brain and spinal cord. They were passionate when explaining the 100 billion neurons of code they were unravelling. I apparently amazed them too with explanations of how I experienced myself as *“a relative point of consciousness”* ... or as the energy that links that code into functional behaviour.

When I finally left the hospital, I took an apartment on my own and started a focused discipline so as to know myself. With solitary wanderings in Quebec Parks and wilderness areas, I contemplated Nature, and with meditation and a self-defined *disability yoga*, I acquired spiritual discipline.

I was back in hospital 18 months later for a major operation and, highly infected, I was back in the ICU.

In the interim, I'd spent hundreds of hours contemplating what happened to me. I experienced a wide variety of mystic events – like sudden shifts of awareness and chance encounters. Now, I was suddenly at the foot of my bed, looking down at my body which was again attached to tubes, bottles and bags. I heard familiar machines noises as they went into that frenzied flatline warning.

A nurse ran over to my bedside and – just as suddenly – I was back in my body, reassuring her. Except – *it wasn't me that was doing the reassuring*. My mouth was speaking but “I” – me the animator of this podcast – was only listening to what was being said.

My mouth and voice were explaining to the nurse that my body had to reset so it could eliminate the poisons which were infecting it. To stop the infection, I had to stop *Time* - but that did not necessarily mean dying. I would not die as I would only move *somewhere else in Time*.

I was stunned to hear myself explain it, but I was very attentive. I was trying to understand what was going on. After a couple of minutes, the nurse reset the machine, took my pulse against her wristwatch, and then walked away.

I was instantly at the foot of the bed again and then more or less the same scenario repeated itself. "I-not-I" was explaining how body-I would enter a voluntary coma. My *out-of-body experience* to the foot of the bed happened 4 times and between the 3rd and 4th, the nurse was sufficiently assured that she decided to turn the monitors off, sit next to my bed and watch over me.

Now back at the foot of the bed for a 4th time, seeing my body laying still and having witnessed all that happened, I still felt a presence behind me. When I turned to see who was there, I felt something grab the middle of my back and then I was caught in a vortex that sucked me inward.

As I was aspirated in, I no longer saw the world out there, in the ICU, as a cohesive whole. Instead of the solid worldview I took for granted, I saw the room separated into bubbles of energy - a large bubble over there had a doctor and two nurses animating it, another bubble held two nursing assistants and a smaller bubble was for me, and the nurse sitting next to my body.

I continued to shrink away, drawn within. In a nano-second I was ... inside in a sequence where I perceived complete blackness/Pure Light/black...

And everything was suddenly lush, green, vibrant, warm, beautiful. I saw blue skies, smelled wondrous perfumed air and felt an incredible vitality of energy. I was standing in a clearing about 30 feet around me; beyond, to my left a little farther away, I saw a vertical wall hundreds of feet high ...but covered with a thick carpet of forest, around me everywhere were trees, bushes and hedges, plants and flowers.

This felt more real than *“reality itself had ever felt”* ...and I wondered: *“Am I dead... Is this paradise?”*

And the answers came to me as clear as a bell: *“No. This is Costa Rica. But to be fair, I should more properly say that this is a long time ago, and that you are almost dead!”*

I’ll stop my story here just long enough to tell you this – I am going to recall an experience I had when I thought I was dead. I’ll tell it from my own belief structure and use the language I know to describe what I think happened. You’ll have to translate what I say to fit your paradigms.

In my way of understanding it, I was in a telepathic contact with my Holy Guardian Angel. It felt like a higher energy “me” – a more intelligent, wiser, kinder, funnier, GOD as my friend... “me”.

My HGA is a higher presence guiding me in an incredible connection to power and magic. I never really questioned the process. It was happening and I was happy for it so I participated as well as I could.

This kind of information may not be part of your usual thinking but, by becoming aware of it, you can springboard into a life that serves you better. The view I’ll describe will demystify the interdimensional link between Creator, creation and our perception. It’ll explain *how* God and man are linked... and how that connection is indivisibly.

This is not something that has to be believed. My story is based on a logic that sees the world as a unified field of energy, as explained in Theophysics – the science that explains Classical Physics, Quantum Physics and Subjective Metaphysics. To that synthesis I'll weave in facts about ancient "Jaguar-kings" of Mexico and Middle America, and how they accessed both sides of Infinity.

My revelations about the *Jaguar-kings* (and queens) will share a secret about our human spiritual journey. It tells of the universe created of Light contained by 4 fundamental forces – Gravity, Electromagnetism, Strong Force, Weak Force - within a Hyperspace. That gives us an alternate way of leaving this Planet: We can die off, or we can dream our way into a next dimension.

As I understand it, millennia ago, self-empowered leaders learned to use the forces of universe to create an awesome society that honoured "Teo" – God – as the quantum Spirit. In my death experiences, I saw Light - the limitless oscillations of vibrational energy or the *l.o.v.e. of God as pure Consciousness, as pure Intelligence!

I experienced the creative Intent that is causing the world and everything that therein is. And, inadvertently, I pulled off a magical coup: *While gazing into the Light, awed, in adoration, I asked: "Please God! Let me never forget."*

And, in a magic moment, God gave me a formula of pure logic so I could never lose my way again. And unconditional love being what it is, ever since then, I've had counsel from my HGA who explained what he called the *Theophysics Papers* over a period of months after our first encounter. I'll put a URL link to those Papers I have online with the description to this Episode of the podcast.

Since then, when I stop to wonder or to question, or when I close my eyes and quiet my thinking, my HGA is ready to help me. Truly – I’ve said this thousands of times – God is my friend.

When I was alive again, after the experience I’ll describe, I was motivated by the single task of trying to understand that formula. I maintained the connection to my HGA that I made during that 4th death experience and have been receiving wondrous information on Nature’s management secrets for over 42 years now.

In a dream about Costa Rica some 1500 years BCE, I got answers to questions I’d been asking. Those answers fit me perfectly. A first question had to do with my overall state of health. I was comforted when told that I’d be fine. I should think as if my body was in an induced coma. If it’s perfectly relaxed, it can sort out its own defenses to the infection.

In the meantime, I was told that we were *indreaming*, that my brainwaves were resonating in and about 2-3 hertz of the Delta brainwave state as measured on an EEG, even if my vital signs are barely detectable on the monitors.

He and I were sharing *a lucid dream*. He was resonating to a slightly higher frequency than me. I questioned him on lucid dreams, and he told me that we were *indreaming*... or in a lucid dream together.

He said everyone has 2 minds – one for dealing with the waking world – out there – and the other to manage being indream. If we learn to consciously cross over from one side – from the physical world to the metaphysical, we’ll experience reality as a continuum of God’s dream.

And by connecting with that energy, we become lucky.

My HGA and I were sharing the same coordinates in the Space/Time-Consciousness continuum. We were both awake in a dream about Costa Rica's South Pacific area, 1500 years before the Christian Era. *I was there to learn 5 sacred arts* as understood by the Jaguar-kings of pre-Colombian America and he was going to guide me.

I was told that initiates to the cult of Quetzalcoatl – *the feathered serpent* – learned the art of dreaming near this place. To graduate as master-dreamers they held a ceremonial ritual nearby.

My HGA told me: *“There is a 900-foot waterfall down the face of that vertical ridge. Near the top of the waterfall, behind it, there is a large cave. Initiates sit in that cave and face the wall of water which hides the entryway to the cave. They will consciously enter the dream states. When they reach their dreaming body, they will stand, run to the wall of water and dive through it. Their task is to awaken in a place they have pre-selected. If they do, they graduate. If they don't, they'll be smashed to pieces some 900-feet below.”*

Friends, in this episode of the podcast, I'm sharing highlights of what I learned in that encounter caused by my 4th death. In [Part 2], I'll tell you what that nurse - who is still sitting next to my coma-induced body, back there in the ICU - told me after I came back to life.

First though – I'll continue my communication with my HGA... I thought – *What about these 5 sacred arts of magic?*

And I was told – *“Planetary Angels learn the Art of Stalking, the Art of Dreaming, the Art of Seeing, the Art of Leading and the Art of Persuading.”*

I thought: *That's a heavy agenda...* but I was immediately told that I'd already mastered two of those arts. Incredulous, I asked *which*

two? And I was told: “You are a master Stalker and just consider where you found yourself in dream ... This is quite amazing.”

I had to admit I was having an amazing dream - but instead I protested I had no idea what he meant with the contention that I was a ‘master stalker’.

He told me to gaze at a bush next to where I was standing. I approached it and he told me look into the bush, to peer through it.

I stared and then distinguished a form on the other side. I focused and saw a scene from several years before. I was explaining to my sales manager why I ordered two sets of business cards and other stationary.

I told him something about the 2 solitudes that exist between the French and English-speaking communities in Quebec – and, because I was perfectly bilingual, I wanted to avoid any divide. I ordered one set of business documents with my French name *Laurent* and the Company’s coordinates and such in that language, and had another set made using my English name - *Lawrence* - with English coordinates.

He thought it cost the company too much and I thought he was a moron but said nothing. The scene shifted to another experience about six months later. I was in a phone call from a customer, a French-Canadian engineer at a huge refinery. He said that his colleague – an English engineer – was on the speaker phone. They were chatting and discovered they both knew me. After having discussed it, they wanted to know: *“Are you French or English?”*

My HGA interrupted my vision by stating: *“Do you see? That is the very essence of stalking. Stalking is in fact adjusting your subjective behaviour to meet objective needs. You acted French for one man*

and English for the other and it got you exactly what you wanted from each.”

He told me that the prime requirement for mastering *the art of stalking* is to be totally free of attachment so as to focus on what you are in fact pursuing. Watch a noble jaguar stalk its lunch on a YouTube video. That big cat is a master of the art of stalking. It surveys its entire 100 square-mile jungle territory as if eyeing a buffet table. The cat knows its environment so well it can become invisible within those perimeters. His colouration will blend perfectly with the jungle's lights and shadows. The jaguar marches boldly, creeps slowly, it zigs, it zags, it stops short or moves in sudden bursts, it advances with stealth, halts, steps ever so lightly and rushes on, always fixed on the “*attention*” of its prey. It is prepared for what prey might do.

The jaguar strategically waits for its prey's attention to go elsewhere. And as soon as the prey forgets its predator for a milli-second... the cat will burst into play, use that cubic centimeter of opportunity masterfully to act... most often successfully. That noble cat slays his prey with a single bite through the skull into its brain.

From the jaguar we learn that we can master the art of stalking *ANYTHING* by developing the will and skill needed ...and that means practicing.

According to anthropologist Carlos Castaneda's teacher Don Juan Matus, stalkers should practice the art of deception. They should pretend to be worthy recipients of whatever it is that they desire. They should pretend so well that no one can tell their act from the real thing.

The idea is *fake it until you make it*. To a stalker, faking does not mean being engaged in an outright lie but rather, it's a sophisticated

and artistic way of detaching yourself from the world, while remaining an integral part of what is happening.

Castaneda tells us that stalking can be mastered by anyone with enough energy and sufficient cohesion or intensity to practice it. His teacher told him that people who are too scattered don't have the mental discipline needed to see things through to a successful conclusion.

He also said that most people have to be convinced to practice. Of course, because understanding *FOLLOWS experience*, stalkers must commit to certain doings ...and so practitioners of the art do not have to be convinced to practice. They should practice the art willfully and incessantly until they can stalk any result they desire. What looks like *faking it* to the beginner, becomes second nature to the master who develop his intensity.

This cohesion is an aspect of the motivating force and a quality of *subjective will*. It is somewhat like *inner fire or passion*. It is the driving force, and it can be seen in the sparkle of light in a person's eye. Attaining that intensity of light allows you to draw the maximum from any situation because the universe itself will respond to the light you release. One of 4 fundamental forces, the attractive force is linked to the Strong Nuclear force, the non-electric binding force that gives structure to universe.

The key to mastering the art of stalking is *controlled folly* which is an artistic aspect of stalking. Folly refers to the human habit of relying on our inner dialogue to explain the outer world.

Stopping the inner dialogue is what allows magic to occur. Controlled folly is *willed deception*. The deception aspect allows us to *put the spin we want* on circumstances and events. Controlled folly requires that we link up to *Creator's INTENT* which then provides the mood

to contain the required intensity of energy. I can't tell you the number of times I've had to do exactly that in order to achieve my will. I just act... and let God sort it out.

Try to imagine being a totally paralyzed, wheelchair bound, jobless and economically devastated, Anglophone in a non-physically accessible environment, in a majority French community. I faced an uphill political battle for the right to physical access and so I connected and reconnected with Creator's INTENT as equal rights for all, and I fought the good fight. Government policies were changed.

Because magic is defined as the art of causing change to occur in conjunction with our will, Castaneda explains that Creator's INTENT is a predetermination that governs the art of stalking. When linked to a *creating Intent*, stalkers can detect an exquisite perfume, the recognition of which adds joy and humor to their own intensity.

Castaneda's 3 precepts to the art of stalking:

- a) Everything that surrounds us is an unfathomable mystery.
- b) We have a duty to unravel this mystery, knowing we never will.
- c) Reconciling themselves to unravel this potential, stalkers take their place in the unfathomable and consider themselves a mystery as well. Stalkers are then part of the whole, noble and equal to everything, and worthy of all. They are then able to connect to anything, anywhere, anytime.

Castaneda's 7 principles that govern the art of stalking:

1. Stalkers choose their battleground. There is so much to be done and you can't do it all at the same time.

2. Stalkers must disregard everything that is unnecessary.
3. Stalkers are ready to make their last stand " here and now", not inanely but rather aligned with a creating intent.
4. Stalkers remain detached, calm and unafraid - to leave room for the Infinite.
5. When faced with odds they can't deal with, Stalkers retreat within themselves for a moment to re-assess. They adjust but don't drift away from the link to their creative "INTENT".
6. Stalkers compress time; they don't waste an instant.
7. Stalkers never push themselves to the front; they don't act like they're in charge... they just act.

Everyone is constantly filling various levels of need. Attaining sufficient "intensity" allows you to consciously be a stalker and to magically add quality to your life. Personal power and practice are the only factors that will determine your potential.

Castaneda described 3 kinds of stalkers; others will say 3 basic personality types, and I mentioned the UCLA study on behaviour that determined human beings are generally - Good people who act with altruistic self-interest; Bad people who act with egocentric motives - even if it's to the detriment of others; and Stupid people who act to the detriment of others - even if it to their own detriment as well.

As stalkers, **Good people** are most often very fluid personalities. They are serviceable, concerned, domestic, humane, sweet but not nurturing. They need direction because they can't function alone. They make perfect assistants, secretaries, companions, aides, etc. They can stalk anything because they have the aura of being likable.

As stalkers, **Bad people** are self-centered personalities. They are petty, mean, vindictive, envious and jealous. They are concerned exclusively about their own needs, talk themselves up and demean others. They expect people and situations to conform to them. They are petty tyrants who would kill to be real leaders. They stalk from a position crafted behind the cowl of being victimized by others and therefore they are defenders of rights.

As stalkers, **Stupid people** are neither nice nor nasty. They serve no one and yet they don't impose themselves on others either. They have exalted opinions of themselves derived from their ability to dream, plan and hope. They have a facility for creating the illusion that great things are about to happen to them. They waste their potential by *hoping* things happen or by waiting to be discovered by others!! They stalk behind the veil of smoke and mirrors.

Having said all of this, I can add that we are seeing more and more magical people in the world. Magical people are stalkers from the 3 groups who have mastered the art and can easily fill their own needs, so now they help others develop the ability. Of course, any person who has developed real magic power will be free from selfish compulsions.

My HGA told me the ancient Jaguar-kings participated in a reality that included both the material world and the metaphysical one. Those ancient shamans were master-stalkers who could latch onto anything - ideas, people, resources - with fibers of their "*will*".

In the quantum view, everything is energy - including our conscious thoughts - and so because we are connected on an energy level with everything; we can connect across Space-Time simply by focusing our thinking on someone, or on something ...or on someplace.

Carlos Castaneda elaborated on this idea in 10 books that introduce his initiation to shamanism and Amerindian sorcery. He says *stalking is like holding on to an idea until it manifests as real*. All that requires is focused concentration. The art of stalking then, is a lot like *metaphysical fishing*: If you imagine your brain/mind and spinal cord as the rod and reel and your Cauda Equina as the fishing line, you cast those fibers of fine thread-like monofilament line into the Time-Space continuum.

Once touched by these fibres of your *will*, whatever you think becomes an extension of you until it is attained or released.

Like metaphysical fishing, you need just "...*reel it in!*" – while remembering the wisdom of the ages: "*Line too tight... line break; line too loose... fish get away.*"

We can stalk anything we want. Think about that... I'll be right back.

INTERLUDE

In my 4th death experience, while I was in a sort of induced coma, my HGA showed me that I was an expert dreamer in the same way he introduced me to my skill as a Stalker.

He made a few categorical statements that I questioned and then he had me gaze into the nearby foliage until I remembered various dreams I'd had when much younger, when a juvenile, when a young adult, and after I was newly married.

I remembered being fearless in my dreams when I was very young. Then I had several terrible nightmares, and they forced me to be more cautious. At another bush, I remembered receiving a large silver ring as a Christmas gift from an Aunt who lived in Colombia, South America, when I was 8 years old. It had a shamanic mask carved on the face of it and my aunt led me to believe it had magic power.

From that moment on, I used the ring to focus my attention on the world of Spirit. I remembered times where it completely changed my mood by allowing me to become conscious of my link to magic. My HGA told me that I learned to consciously enter the 2nd attention. Our 1st attention manages the world out there, and our 2nd attention manages the world *indream*.

My HGA told me to notice how my moods... my feelings... my emotional charge... propelled me in dreaming. He said that mood attracts corresponding energy from the universe at large. This is known as resonance - when one object vibrating at the same natural frequency as a second object forces that second object into an identical vibrational motion. The word resonance comes from Latin and means to *resound* or to come together in an amplified sound.

If we emote love, we attract whatever resonates to love from the universe at large. If we emote aggression, we should know that there are energies more aggressive than us waiting to respond. Younger, when I fell sleep agitated or frustrated, I attracted nightmares – or, better to say, I attracted agitated and frustrated energies that resonated to my mood, amplifying it into nightmares.

After I got married, while playing softball with a company team, I batted the ball hard, and the force of it broke my ring off of my hand. I put it away in a drawer... and then forgot about it. Now I saw that my life started to fall apart after that, until the accident that paralyzed me. I had lost the focus to my dreams.

In our exchange, I came to realize that learning to shift my moods was mastering the skills needed to become a master-dreamer. I no longer had a fear of nightmares for example. I now thought of dreaming like taking a ride on a bus. When you ride a bus, you don't control its speed nor when or where it stops, but you can decide where to sit. And if you don't like what you're seeing out there, you can just change window. Sit somewhere else. In dream, just change moods.

All I'd learned about dreaming came flooding back to me and I saw how it contributed to my having survived an incredible ordeal. My HGA told me that I'd discovered the greatest truth – I know as a fact that I am more than just a physical body. I know that I am a *Spirit* with a body.

I am more than meat or matter. I am also energy... Light. More than just a physical body, I am also metaphysical Spirit.

He said that – in the Time/Space/Consciousness continuum, at the level of my own perception, how my *Spirit* is interacting with my brain determines how my mind is made. Measured on an EEG – an electroencephalograph – he said that when we are awake and aware,

we're in the Beta brainwave state. Beta resonates from 40 to 14 hertz - or frequencies - per second and we've noted correspondences for High, Medium and Low Beta States.

When we're aggressive, highly excited or drugged with methamphetamines or other speed-type potions, we'll reach the GAMMA waves as measured from 40-60 hertz. At those higher speeds, our mind is racing so fast that we'll be delusional and even hallucinating. The expression *SPEED KILLS!* is a good one. There is no good reason for accelerating the speed with which we think. Deep thinking, creativity and personal power come from the slower brainwave states.

If our brain relaxes with good-humoured laughter, we can be measured at about 22 hertz in the Beta range. Cannabis smokers who get the giggles have been chill enough to understand what I mean. If we slow our thinking from 14 to 8 hertz, we are in the ALPHA states. This is where we feel meditative or contemplative when awake, or deeply relaxed and creatively visualizing. Then, in the Theta and Delta brain wave states, we dream.

In the Theta brainwave states we experience dream as if *I am a camera observing my dreams*. In Delta states we are in lucid dream or consciously aware that we are dreaming. In the lucid dream state, we can consciously move about the dreams, or change it, or encounter situations or characters that we can interact with. These kinds of having dream are remembered as been more vivid, more coloured, more real than reality itself.

I asked my HGA about the necessity of sleep, and he told me that when we sleep, we slow our consciousness so as to enter the different brainwave states and, in consequence, we experience periods of meditative reverie until we enter deep sleep. That reverie allows to revisit our short-term memory for a triage, to sort our recent past.

In the 1st stages of sleep, we sort through our daily activities to learn from them, to figure out solutions, options and alternate ways of doing so we can grow. These are interesting states in that we experience them throughout the day without being asleep. We get meditative or take time to think things through. Some people have more of these relaxed brainwave waking states than others, depending on the amount of stress or drama have in their life and their daily practices. The more we process events as they occur, the faster we reach the deeper brainwave states.

The average person takes about 7-10 minutes to fall asleep. You may fall asleep faster, or you can take longer. People who learn to meditate give themselves a valuable gift in that they more easily resolve inner conflicts and can more easily reach the creative brainwaves that are available during deep sleep. By practicing creative visualization, we experience more restful and yet more profitable sleep states.

During this stage of sleep, it's not unusual to experience vivid sensations - like falling or flying. The sensations can be accompanied by muscle twitches and contractions and are called hypnagogic hallucinations. We may feel like we can hear someone call our name, or we'll hear a telephone ring. We might feel anxious – as if there is something that we must do or someplace we have to go - but then we realize we're dreaming and, relaxing, we enter deep sleep.

Hypnagogic hallucinations offer vivid visuals, auditory, tactile, or even kinetic perceptions that, like sleep paralysis, occur during the transitions between wakefulness and REM sleep. Examples include a sensation of impending threat or loss, feelings of suffocation and paralysis, and sensations of floating, spinning, flying or falling.

When we enter the Theta states there is a strange period when we feel like we are somewhere between being awake and asleep. This

mood can last for 5-15 minutes and then we enter a 2nd level of sleep that lasts about 20 minutes. Now the brain begins to produce very short periods of rapid, rhythmic brain wave activity known as Sleep Spindles.

The body drops its temperature, and the heart rate slows down. This gets us ready to enter the 3rd stage sleep. In that stage, deep, slow Delta waves emerge. There is a transitional period between light sleep and deep sleep wherein the body/mind repairs itself as well it can. The deep relaxation is a reset for many of our bodily systems.

In that 4th stage called *lucid Dreaming*, we recognize that we are no longer *having a dream* as if imagining the dream's components, but rather we are in a world that is already dreamed. In the Delta state, we become aware that we are not having a dream per se, that we are *indreaming*. The world as a dream state exists; it is this world as perceived in the subatomic state... as waves of energy. Awake we perceive the world as solid, as particles. In dream, we perceive the world as a field of energy. In dream, the world is limitless.

Lucid dreaming or astral travel occurs during cycles known as REM sleep. REM sleep is characterized by rapid eye movement, increased respiration rate and increased brain activity. REM sleep is also called *paradoxical sleep* because - while the brain and other body systems are more active – our muscles become so relaxed we'll feel paralyzed.

Rapid eye movement, or REM sleep, is when we typically dream creative breakthroughs. We may see images and bits of information float by in earlier stages of sleep, particularly when we are engaged in Alpha and Theta brainwaves, but our actual lucid dreams occur in REM cycles. Feeling paralyzed is a protective measure that keep us safe from harming ourselves. By feeling paralyzed, we don't leap out of bed or jump out windows.

Did you ever feel like you couldn't escape from a dream? Well, the truth is, you can't physically move but you can engage or disengage from the dream.

Sleep does not necessarily go through all these stages in a logical sequence, however. It begins in Stage 1 and progresses to Stages 2, 3, and 4. Then, after Stage 4, we might slip back into Stage 3, or 2, and the cycle can be repeated before we fall into deep sleep again.

After a REM cycle though, we return to Stage 2 sleep. A night's sleep works its way through all the stages 4 or 5 times, and we almost never reach the Omega point. The Omega point occurs when ~~0-hertz~~ is measured on the EEG, and consciousness is no longer interacting with our brain. Then we'll perceive the world'll directly. We'll see that all is energy, pure Light, God.

If you don't die, you'll come back to talk about it.

We typically enter REM approximately 90 minutes after falling asleep. The first cycle of REM often lasts only a short amount of time, but each cycle becomes longer. This is why we need long periods of sleep at night. If we only have short periods of sleep, we can't really get through the stages needed to deal, heal and get healthy. REM sleep can last up to an hour as dreams progress.

In case you are wondering, if you feel like a particular dream is taking a long time, it because it is. Contrary to what we once believed, dreams take as long as they seem to. It is easy enough to imagine if you recognize that, to dream, we attract awareness from the mainstream of consciousness, from the universal "I am". Awareness is out there, as a component of the world. We are aware but we can be aware of awareness. We are conscious but we can become superconscious.

We need to master 7 Conditions in the Art of Dreaming

The world of the Jaguar-kings and queens is this world - but when perceived as Energy. Our system of cognition does not deal with seeing energy. The Jaguar-kings of America practiced dream magic which allowed them to assemble their perception elsewhere in Time-Space-M.I.N.D.* (*Move in new dimensions - *Consciousness* not brain)

For the sorcerers of Mexico and Central America, Dreaming was a very powerful and sophisticated Art that involved manipulating “assemblage point of awareness”. The ancient sorcerers saw that every individual is in fact a “sphere of awareness” and, as such, each was connected to all from the centre of their sphere.

We become aware of 3 aspects of our existence – our knowledge of the world, our experience in the world and our desire from the world. For example - I had never heard of anthropology as a career choice when I was young, so I could not choose that profession – even if I am convinced that I would have embraced it with passion. The choice was not in my sphere of awareness.

The sorcerers suggested we live in an infinite continuum of Time-Space-Awareness. Individuals are like drops of awareness in a sea of awareness.

To them, Dreaming involves a quantum reality where you displace your usual perception in this world, to access a whole new realm, a new world. In terms of energy and frequency states, there are infinite possibilities. Every movement from the habitual position in one’s sphere of awareness to another enhances and enlarges the previous scope of possibility.

Today’s Neurosciences confirm the sorcerers’ view. Measured on an EEG - an Electroencephalogram - we can “see ourselves think”. Our

“brainwave” measures have names and correspondences in subjective behaviour.

The GAMMA brainwaves for example, result from people who are stressed, agitated, even focused and driven, often hallucinating or imaging at great speeds. Certain drugs like meth and cocaine provoke those high-speed states - but the physical body/mind pays a hell of a price: The increase vibration wears out the bio-system faster... heart-attacks, strokes and psychosis can happen. Besides, those faster speeds deal with reality from the “me-first” illusion. “Me-against-the-world” is not nearly as empowering as “me + others”.

Our “normal” waking brainwaves are the BETA waves where we normally assemble our M.I.N.D.* (*Move in new dimensions. Again - Consciousness not brain).

Also, M.I.N.D.* slowed down into more fluid states to 14 hertz, experiences heightened creativity. Then, in the ALPHA brainwaves we perceive the fluid dreamscape within. This is where we are *meditative*. Medi means halfway and we’ll often experience it as *light sleep* or *dozing*. Here, if awake, we can see ourselves think.

We’ll see the imagery clearly inside the THETA brainwave states at 8 hertz. There is a dreamworld, a *morphic reality*. If we are awake, this is experienced as creative visualization. Most people experience this state as deep sleep.

Inside the DELTA brainwave state, the perceiver is “awake in the dream”. This is often called *lucid dreaming*. It is in fact perceiving reality at its subatomic frequencies... where the solid is fluid... as particle/wave ($e = hf$). Being-in-dreaming is being in possession of one’s soul or one’s ethereal or angelic body.

When we reach the OMEGA point, our consciousness is disconnected from a brain and reality is then experienced at the speed of “Light”. Seeing the world at the energy-state is an awakening – which is, at once, a comforting recognition and a huge imposition. We become “aware of awareness” and call that infinity God.

Adopting a discipline to master dream and travel to other realities will result in the expansion your M.I.N.D.* in itself. We can dream and awaken in other realities, we can be dream-travelers and transcend dying off of this world, by dreaming our way to another dimension. 3000 years ago, the sorcerer-scientists of America were experts at “M.I.N.D.* expansion” and they detailed in stone how the individual mind can overlap the Master-M.I.N.D. to become a Jaguar-king.

This attainment is equivalent to Christ having stated: “*My Father and I are ONE!*” As did the Jaguar-kings and queens - we can dream our way into Heaven on Earth. The interpretation of those Sorcerer-scientists is based on seven (7) conditions that allow us to see the energy-flow of the universe beyond the human inner dialogue, as it is being assembled.

There is a hierarchy of Intelligence beyond our inner dialogue... After moving beyond the limited awareness into an assemblage of the Ømega point, the Jaguar-kings “dreamed together” and created a *TEOcratic* kingdom. Law was based on *altruistic self-interest* as accepting the Creator’s INTENT.

It was predetermined that we humans assemble a logical view of the world, from minds composed of conscious and subconscious realms of awareness. The morphic density of M.I.N.D.* deals with energy of a secondary resonance - *memory*.

Principles of self-organization included self-correction. Whether you see it that way or not – you are a sphere of awareness but a full part of a larger field of energy - a collective unconscious mind - and that realm is within a much larger field of potential - a creating INTENT. Think that you are a drop in the ocean when God is the whole ocean. You are just as wet, just as salty, but you are not the ocean.

At the Superconscious level, the energy of universe - the limitless oscillations of vibrating energy or the (l.o.v.e.) of God - is perceptually available at the Ømega point where it is manifest as Light, *Consciousness*.

You are self-aware but you can be “aware of awareness” too. There is *discarnate intelligence*, and we can consciously attract it. An awareness exists that is beyond our physical perception. The world is more than the *solid* or *material* view that we take for granted. Our world is also part of a Time-Space-Consciousness continuum that is quite different from what most people expect - even if they experience altered states of reality. The continuum includes *morphic densities* or dream states. The world of dream reacts to us, to our moods.

There are 7 principles that explain how Dream overlaps with our personal sphere of awareness. They spell out the science that suggests we can expand our mind. The science is a little dry for animation on this podcast, but I’ll list the principles in the Transcript of this Episode. You’ll find the URL to DOWNLOAD a free copy of it with the description to Episode #9. Look for the highlights on pages 23-24.

The 7 principles of the Art of Dreaming

1. « *I am* » is a relative point of awareness managing a sphere of creative energy. Only energy that passes through one’s

- subjective sphere of awareness can be assembled into a coherent perception by a central nervous system (CNS).*
- 2. The CNS can assemble 8 great bands of energy and access an infinite number of variations within each of those great bands. All of these infinite variations are frequencies in the field of universal potential that is manifest as an expansion - from an absolute physical density to an exquisite and morphic subtlety.*
 - 3. If one's assemblage point is displaced to another position in the subjective sphere of awareness, no matter how small the displacement, different and unaccustomed energy filaments will migrate into the perceptual field. Those unaccustomed filaments need to be assembled into a coherent perception.*
 - 4. In the course of dreaming, one assemblage point is displaced. It can then be easily moved to other positions on the surface, or deeper within, the subjective sphere of awareness. The assemblage point is the relative mood with which "I am" is willing his or her perception of the world.*
 - 5. The assemblage point, if fluid, can be made to move outside of the subjective sphere and into the morphic fields of universe, and so « I am » can experience other potential from the collective consciousness and Creator's superconscious INTENT. I am can make the unknown become known.*
 - 6. Through self-discipline, it is possible for any person to systematically displace his or her assemblage point and to thereby move through the Time-Space-Consciousness continuum by simply changing his or her M.I.N.D.* (*Move In New Dimensions).*
 - 7. A perceiver can then assemble both the world as a physical density, and the world of dream as a morphic subtlety in an evolutionary journey - from apes to angels.*

The principles tell us than instead of dust to dust, our spiritual destiny is Light to Light. So... Welcome to the Kingdom.

Friends - let me know if I can answer questions you may have on those first two magical arts - *Stalking and Dreaming*. The mastery of *Stalking* can get you anything you want in this world. And, by mastering the Dream world, you'll gain an alternative to dying your way off of the Planet. You can dream yourself elsewhere.

If you change your dream, you can co-create God's paradise here on Earth. But to do that you'll have to master "Seeing" – which means having the ability to extract the very best from any situation; the art of being a leader – so that you position yourself at the forefront of circumstances and events; and if you master the art of persuasion, you can communicate your intent with maximum efficiency.

Thanks for listening.

I'll see next time with Episode #10, ***The 5 Sacred Arts, [Part 2]*** when I'll discuss the arts of *Seeing, Leading & Persuading*. Make sure you tune-in to that.

Folks - if you enjoyed this episode of *The Jungle Times Podcast*, please give it a positive review, tell your friends about it and subscribe to this channel. If you didn't like it, kindly write and tell me why not.

If you'd like a transcript of the podcast, visit my website. Listeners have remarked that they get a lot of benefit from listening to a podcast again with its Transcript in hand. Download it from www.TheJungleTimes.com

I'll speak to you again soon. Adios.