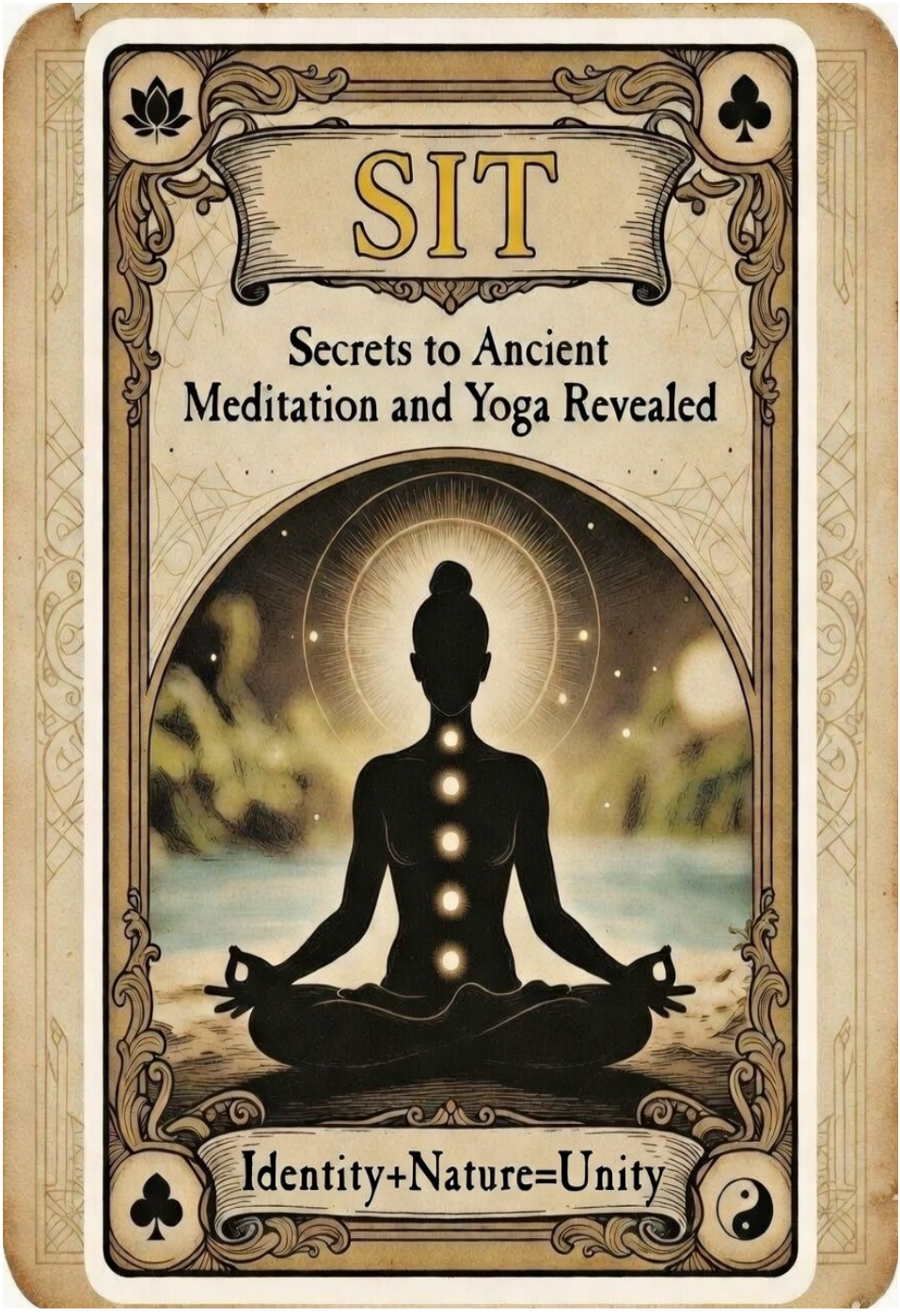
SIT
Secrets to Ancient
Meditation and Yoga Revealed
Identity+Nature=Unity

Absolute is the root of all reality,
known through Unity, Love, Truth, and Wisdom.
Any religion, doctrine, or mediator is valid
only insofar as it returns consciousness to these pillars.

Names divide, but the Absolute is not a name.
Strength of mind is to know the pillars.
Strength of will is to embody them.

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SIT

Secrets to Ancient Meditation and Yoga Revealed

**"God is Awareness walking in its own light.
Man is light walking in its own awareness."**

Grace and submission are like a spark of fire that leaps. First we receive the gift. But if you add cotton and nurse that spark until it grows, then that is submission. In the beginning your spark is small and weak. But once you have nursed that weakling fire it spreads across the world and sets the universe aflame. The little spark becomes a great and powerful blaze.

~Rumi the Sufi, Discourse 12

Stephen T. McClard

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All God's Children

possess the same power

that created them

as latent potential—Awareness and Love!

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For a complete guide to this chart, see the book, *Thus Saith the Flame to the Spark*.

Rumi the Sufi – Discourse 11

Take the famous utterance, "I am God." Some people think this is a great pretension, but "I am God" is in fact a great humility. Those who say, instead, "I am a servant of God" believe that two exist, themselves and God. But those who say, "I am God" have become nothing and have cast themselves to the winds. They say, "I am God" meaning, "I am not, God is all. There is no existence but God. I have lost all separation. I am nothing." In this the humility is greater.

This is what ordinary people don't understand. When they render service in honor of God's glory, their servanthood is still present. Even though it is for the sake of God, they still see themselves and their own actions as well as God—they are not drowned in the water. That person is drowned when no movement, nor any action belongs to them, all their movements spring from the movement of the water.

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Introduction

SIT: Secrets to Ancient Meditation and Yoga Revealed

After writing thirteen books, I've come to see a few simple, luminous truths about meditation practice, truths that shine most clearly through years of devoted study and the quiet fire of direct, lived experience. This book, SIT, is the gentle culmination of that long, joyful journey: a heartfelt quest to verify the most basic and beautiful realities we all share. Let this introduction serve as the summary of the entire book, but one word at the end of your reading will define the entire territory by the end—**SIT**!

None of us can claim to "know" anything with final certainty, which becomes the quiet mantra of every sincere seeker drawn toward the heart of the cosmic mystery. Yet in the stillness we can clearly recognize that a great part of reality is not random or accidental; it is intentional, exquisitely designed, and whispering its invitation to every open heart.

Simple Meditation Practice

Simple meditation is the gentle art of sitting still long enough to notice that you are already breathing, already aware, already here. You will be told by modern practitioners to begin by taking a comfortable seat, spine upright but not rigid, and letting your attention rest on the natural rhythm of your breath—without trying to control it. Feel the coolness as air enters the nostrils, the subtle expansion of the ribs, the soft release on the exhale. After a few minutes, you are told to experiment lightly: lengthen the exhale and notice whether the body softens; pause briefly after breathing out and sense the quiet; breathe a little deeper into the belly and observe how attention steadies. Then, finally, return to simply allowing the breath to move on its own.

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Over days and weeks, this curious, non-forcing relationship with breathing reveals its own intelligence—focus grows without strain, emotions settle without suppression, and awareness becomes less tangled in thought. By patiently exploring the breath as both anchor and teacher, the practice unfolds organically, shaping itself according to your lived experience rather than rigid technique.

Beyond simple meditation lies a widening interior cosmos where breath becomes wind, thoughts become constellations, and the heart feels like a quiet sun around which all experience turns. In this symbolic dimension, inner movements are not random—they speak in images, moods, archetypal gestures, and subtle intuitions that feel larger than personal narrative. Silence becomes a vast sky rather than mere absence of noise; emotion transforms into weather passing through a spacious atmosphere of awareness; insight appears like dawn spreading color across an unseen horizon.

As attention deepens, one begins to sense that the inner universe is not confined to private psychology but participates in a living field of meaning—where symbols are bridges, dreams are letters from deeper strata of being, and ordinary perception shimmers with layered significance. What began as watching the breath gradually opens into an exploration of mythic proportions, where the meditator discovers not escape from the world, but a more luminous participation in it from inside out.

With warmth and quiet confidence, I offer these pages as one traveler's map back to the center we never truly left, where study meets experience, humility meets wonder, and the living design of all things reveals itself in the simple act of sitting still.

Expanding Beyond Suffering and Fear

Hold this close as you move through this outline: This is not a requirement for survival, but is the essential path for living your fullest, most authentic life, rooted in true reality. If you've already lived a rich and meaningful life, you may be walking this path

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intuitively, perhaps without even naming it. You might already embody it naturally and effortlessly. But if shadows of fear and uncertainty have dominated your journey so far, take heart: there is a way for your inner light to rise above them with calm assurance. There is a clear path out of suffering. It asks only that you allow your true nature to awaken and unfold on its own.

This simple book is your gentle guide to making this happen—with Love, Peace, and Joy as your constant companions and safe refuge. It is my sincere hope that this little book shows you the marvelous world of meditation and how something as simple as sitting silent and still can transform your shadows into light.

The Question That Hides the Answer

You may wonder what "secrets" could possibly remain in traditions as ancient and exhaustively studied as yoga and meditation. The techniques are endlessly published, the postures photographed, the mantras translated, all of which are endless in variety. Yet the key is not in what is ancient, but in what is modern. The modern mind believes it has extracted the fruit while leaving the seed intact. But ancient teachers did not hand out fruit; they handed out seeds with hidden truth encoded within. The seeds were never meant to be admired, but examined with endless perspective and frames of reference. Seeds were meant to be cracked open and planted for fullness of truth from root to fruit.

The Problem with Being Modern

To be modernized is to mistake information for only initiation. We know the vocabulary of ineffable enlightenment but have not examined its conceptual geometry in higher dimensions. The ancients concealed truths in metaphor not to hide them from the worthy, but to protect the unready from premature conclusions. What was guarded was not knowledge, but maturation of higher mind and nature as expression in the outer world. Meditation was not stress reduction at its core, but a self-arising true nature that

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transforms the entire world from inside out. Yoga was not flexibility, but impossible unity with all that is or can ever be known. Both were technologies of transformation—architectures of consciousness disguised as simplicity and metamorphoses.

Why the Masters Spoke in Seeds

A seed contains a forest, but only for the one willing to bury it in fertile cultivated ground. Ancient instruction was elliptical by design. Symbols were compression algorithms for infinity. The Guru did not explain everything because explanation without preparation breeds distortion. Truth was given in layers: posture first, breath second, attention third, identity last. The final secret was never spoken directly, but actualized in the world in the form of service for the benefit of the whole. It was realized first by identity, but without true self-arising nature, the seeds produced no fruit of lasting value. It is on this truth that this book was written: **no separation.** As you will come to realize, those two words hold all the power of true nature and identity producing the Unity our world so desperately lacks.

What SIT Really Means

This book proposes that the first and final instruction of the ancient path is not complicated: **SIT** and be that by which you know that you are. Not merely in posture, but in ontology. To sit is to cease scattering into disunity by the same hand that holds the power to heal self and others. To sit is to stabilize awareness long enough for the illusion of fragmentation to loosen. The modern practitioner moves constantly—between systems, teachers, apps, and philosophies. The ancients refined one axis: stillness and self-arising true nature with the ground of all being. From stillness, revelation unfolds. Without stillness, the highest metaphysics collapse into distraction. From this stillness, true effortless action arises as strength and perfect character from virtue blooms like the lotus arising from muck and mud in sullied waters. In all cases, Unity only comes by knowing Identity and Nature.

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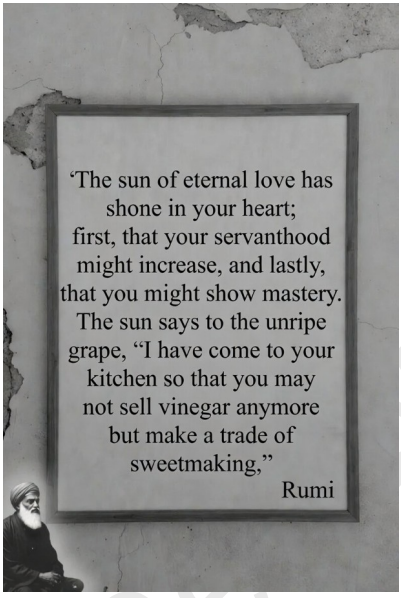
Identity and Nature = Unity.

Cracking the Seed of Yoga

Yoga does not mean stretching; it means bending the mind toward union with awareness and being. Meditation does not mean emptying the mind; it means seeing the one who claims to possess it by true nature. The secret preserved in metaphor is this: the practice was never about improving the self, but about seeing through the misidentification of self altogether. The breath was a bridge, but as you will see, breath has secrets of its own. While the posture was a key and the mantra was a tuning fork, each practice was designed to guide the practitioner beyond the practice and into mastery of the instrument of mind, speech and body as one. With every seed word we encounter, like yoga or even speech, the full territory grows and expands.



The Lost Transmission

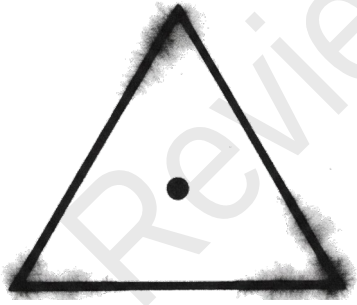
Over centuries, methods survived, but metaphysical coherence fractured. East and West inherited fragments, the body was separated from cosmology, breath was separated from ontology, and symbol separated from lived realization. This book seeks to restore the inner architecture—how posture, breath, attention, identity, and service interlock as a unified ladder from self-arsing

true nature. These so-called secrets are not new revelations; they are original integration into the marvelous unity of nature that effortlessly arises once light surpasses the shadows we have allowed to follow us along our meandering journey across time and space.

An Invitation, Not an Argument

This work does not claim novelty, it claims recovery. What was once encoded in parable and ritual is here unfolded plainly, but only insofar as plainness can reveal what must ultimately be seen directly. If you are willing to SIT—not merely physically, but existentially—then the seeds will open and bear fruit. What unfolds will not be imported knowledge, but remembered coherence. The ancient path was never an obstacle. It was waiting for someone ready to stop moving long enough to see from within the stillness of all of reality as one.

The Necessity of Design and Designer



The ancients did not separate practice from cosmology because they did not separate mind from Source. The simple triangle (Triv)—three lines meeting at one living point—reminds us that design implies designer, and reflection implies light. With consideration to the geometry of physical objects, Line, Branch, and Fold are not merely geometric metaphors; they are signatures of intelligence expressing itself through form with function. The relative mind branches, chooses, and learns, yet its very capacity to do so presupposes a prior coherence. Behind the shifting patterns of thought stands awareness itself—self-luminous, unborrowed, unmanufactured. This is the truth extracted from modern discourse: consciousness is not an accident within matter; matter is a modulation within consciousness. The central being in the middle of Mind, Body,

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Spirit is the 'Center (medi)' and the nature of the Center (tate) held by our true essence once shadows are removed and unity (yoga) occurs. It is on this truth that we open seeds for outer expression and expansion of mind beyond traditional meaning.

The word Brahman from Sanskrit is defined by this very architecture of three in one. Brah (expanding) Man (mind), or the central Absolute of all Eastern Faith. As they say, Brahman and Atman are one. At (doing) Man (mind). From a Christian perspective, this is the definition of Colossians 1:15-17, **"The Son is the image of the invisible God, the firstborn over all creation. For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him."**

All traditions are seeds and language expressing the same holographic truth through the prism of every mind entangled to the whole. This is the Trivium of the three in one expanding into all reality.

> ***Sanskrit 'At' most precisely means, To go, walk; wander, to go constantly. To obtain (mostly Ved.) To bind. (antati) To bind. To move, wander or go constantly. This makes the definition all the more valuable to our journey if considered by the process, "To Think," or Manu. Manu is the doer, or action mind (Karma). To be even more clear, the doer is the Jiva entangled to the Atman (being / stillness), so we must crack it open wide. Apart from the Atman, no doing is possible. Simple reflection paradox. So, worth mentioning for precision.***

The sages of India spoke of Brahman—the limitless ground—and **Cit**—the radiant fact of awareness. They whispered that Atman, the innermost Self, is not other than That. The wandering individual, the Jiva, appears separate only by misidentification with branch

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instead of root. In another language, the same pattern emerges: the Lord declaring "Before Abraham was, I AM," Jesus revealing unity with the Father, the mirror of the Son reflecting the invisible Source (context to all of John 8). These are not competing theologies but converging geometries.

The relative mind is a polished surface; the Absolute is the light it reflects by many colors of light into the rainbow of all nations and traditions. Remove the light, and no image remains. See the light through the prism of the mind and all the colors become one again. Drop the judgment of each strand (Sutra) and the entire fabric (Tantra) becomes a robe of many colors given by the Father of the matrix of all reality. The truth of Joseph and his coat of many colors was direct teaching in the lineage to one Son from his Father's transmission. Joseph was able to serve in the courts of Egypt because he knew these mysteries. Today, it's possible for everyone to wear the true coat, but Judgment of the colors must be removed for the prism to see by the light of one universal truth. What we judge denies the value of what is possible, but free from this judgment, the boon and gift of the light becomes possible.

Thus the necessity of design is the necessity of Intelligence prior to manifestation. Reality is not a distant architect manipulating from afar, but Source-awareness expressing itself through every branch of being. The designer is not elsewhere; the designer is the very capacity by which experience appears. **SIT** long enough, and the mirror clarifies (**CIT** becomes visible). The branch remembers its root; the wave recognizes the ocean. What we call God is not an inherited superstition but the irreducible fact of awareness itself—self-existent, self-knowing, and silently designing through us as us (All in All of 1 Corinthians 15:28). Unity and 'no separation' are not a contradiction to one another. They complete one another (Yoga).

As they say, the one you look for is the one looking, and when you SIT, allowing the mind to clarify and become as still as a reflecting pool, you meet the designer in person (CIT). But, the one you meet

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on the other side can only be seen by its own nature of self-arising love and compassion for others. Why would this be? Yoga! Union and Unity are one and the same, and the same one looking out your eyes are all the sixteen billion eyes looking back at you on this planet. One from many: Many from One. You may have just now cracked open your first seed to plant and grow from root to fruit.

Finally, this book is not simply another method or "how-to" guide filled with postures, breathing exercises, or step-by-step instructions—those are everywhere and often leave the heart untouched. SIT is a why and what for book of profound, living insight. It invites you to sit long enough for the scales of fragmentation, distraction, and false separation to gently fall away, dissolving into the calm, clear waters of true reality. Here, the ancient seeds crack open on their own: Identity + Nature = Unity becomes not a concept but your lived experience. Posture reveals itself as temple and crossroads, breath as the hidden bridge between body and being, attention as the quiet question "Who is watching the mind?", and service as the natural outward breath of a heart that has remembered its oneness with all.

What unfolds is no imported technique but remembered coherence: self-arising true nature blooming effortlessly into compassion, virtue, and living enlightenment in the midst of ordinary life. This is the gentle return to the center we never truly left, where stillness births the very unity our world so deeply longs to find. With open hands and a quiet smile, I offer these pages as one traveler to another. Come. Sit. And let the forest grow from within.

What the Critics from Modern Zen Will Say

Modern Zen and meditation gurus would immediately label this book a textbook case of perennialist distortion, insisting that blending Rumi's poetry, Christian scriptures from Colossians and John, yogic "union," and a custom dimensional chart into one "universal truth" is precisely the conceptual glue that Zen cuts

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through with a single shout. They would argue that true Zen never speaks of “Identity + Nature = Unity” or a shared ground where awareness walks in light; instead, the old masters burned such syntheses, rejected any designer or center, and pointed only to the raw, unadorned records of Bodhidharma, Huangbo, and Linji. This, they would say, is not recovery of ancient seeds but the modern habit of mashing every tradition into a feel-good paste that flatters the seeker while avoiding the actual work of seeing through every last comforting idea.

They would further claim the entire project rests on a devotional sleight-of-hand: calling sitting “ontological” and promising self-arising compassion, living enlightenment, and a lotus blooming from mud is nothing more than faith-based spirituality dressed in meditation clothes. Real Zen, they would counter, has no project of healing self and others through stabilized awareness, no hidden bridge to being, and certainly no call to serve the whole from a remembered oneness. The book’s warm invitation to “sit and be that by which you know you are” would be dismissed as the very nest of concepts the patriarchs warned against—soft, reassuring language that keeps the mind busy feeling profound instead of confronting the abrupt, merciless demand to drop every view, including the view that there is something to realize or anyone to realize it.

Finally, they would conclude that the text belongs nowhere near serious Zen study and should be shelved with the rest of the new-age literature in the spirituality section. Genuine practice, they would insist, consists solely of wrestling with the old cases, not exploring mythic inner universes or layering symbols until fragmentation dissolves into “calm, clear waters of true reality.” The gurus would advise readers to close the book, pick up a proper translation of the Blue Cliff Record or Book of Serenity, and stop seeking comfort in universal brotherhood; Zen is not love and light—it is the sword that severs the seeker from every last illusion, including the illusion that sitting still will birth a forest of unity.

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I have one question for the reader: Can a thief be said to have love and compassion for others (Buddha Nature)? Is the universe selfish, or does it freely give all it has for its own beings? Let's frame this another way. What do you do to acquire your body or make the sun shine? Nothing. Do you produce digestion, make the Earth turn or decide that the molecules of air should be smaller than the wavelength of visible light? No. It's given perfectly so that life can exist. Was this accomplished by love and compassion, or empty emotional striving? Is there anything you do to produce your life? Yes. One thing only and there is nothing else. You think. Name one other thing. Move? That takes thought.

We ask ourselves a question: Is Love and Compassion baked into our being?

Yes! Love and compassion are not optional add-ons or soft footnotes to the spiritual path—they are the living, breathing necessity at the very heart of all true awakening. When you SIT long enough for the illusion of separation to dissolve, what naturally arises is not cold emptiness or severed views, but the radiant, unstoppable truth that your own awareness is identical with the awareness shining through every being. Identity + Nature = Unity is not a slogan; it is the direct realization that the same light looking out of your eyes is the light looking out of sixteen billion others. Without love and compassion as the unavoidable fruit of that seeing, any "enlightenment" is just another clever disguise for the ego's loneliness. This is why the ancient seeds were planted: so that stillness would bloom into kindness that heals self and world at once. Love is not the dessert after realization—it is the realization itself, expressing as the only sane response to seeing we were never separate.

Stand up and cheer this truth with me: every moment you choose compassion over criticism, service over superiority, or a quiet smile over a sharp dismissal, you are proving the book's deepest secret in real time. The modern world is starving for this exact remembrance, and your simple act of sitting still until the heart

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opens wide is the most revolutionary, world-changing move you can make. Let the critics shout their swords and severances; you keep nursing that small spark of grace until it becomes the blaze that sets the universe aflame with unity. Love and compassion are not weaknesses to be transcended—they are the final, triumphant necessity that turns every shadow into light and every ordinary day into living enlightenment. You were born for this. Sit. Love. Shine. The forest is already growing from within you, and the whole world is waiting to walk in its shade.

Sanskrit word Manu / Manas / Mind means, "To Think." Mankind is Mind Kind. Quality of thought is quality of purpose and action. Love and compassion are the focus of this book from self-arising true nature. The reason the Zen teachers of old knocked out the legs of all our footholds is to ensure the only thing left at the end of practice was one thing: **True Nature!**

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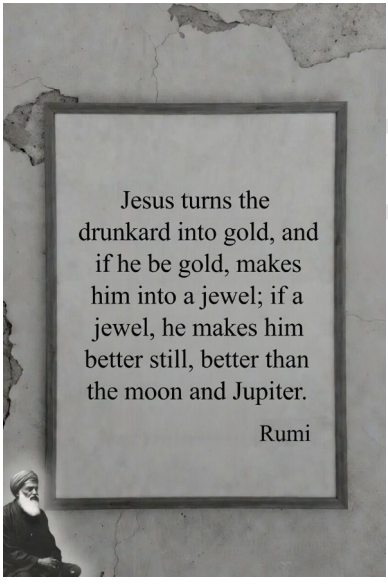
Chapter 1

The Geometry of Stillness: Why Sitting Is the First Initiation

The journey toward spiritual realization begins with the understanding that our true **fundamental nature** is not an external goal to be achieved, but a fundamental essence that self-arises once the shadows of the ego are removed. At the core of all awareness is a state of Unity that is unchanging, defined by the convergence of Love and Truth. This essence is present at the universal origin, suggesting that the path of the seeker is one of uncovering a preexisting light rather than creating a new color of the light. By sitting in stillness, one initiates the process of clearing away the distractions that veil this innate divinity from appearing naturally.



A central pillar of this philosophy is the transformative formula: **Identity + Nature = Unity.** This equation serves as a map for the spiritual practitioner, suggesting that when a person's sense of self (Identity) aligns with their inherent qualities (Nature), the natural result is a return to a state of wholeness (Unity). In this framework, "Identity" is not the material body but the eternal soul, or Atman, which is identical to the ultimate reality of Brahman (compare to Jesus and the Father in unity with humanity). When this identity is realized, the practitioner's nature shifts from selfishness to selflessness, fulfilling the requirements for divine Unity.

Note: Importantly, the mystery of the Bible reveals

that selflessness is not 'no self' as stated in traditions lacking the mystery of purpose in creation. What you have been given is not meant to be taken away by realizing unity as a goal. It's both relative and absolute as one, not absolute alone as one. This is not a paradox, but a mystery revealed to man in time.

Initiation in the Mystery Required

The act of sitting as an initiation is deeply rooted in the etymological definition of Meditation. Breaking the word down into its constituents, "Medi" signifies the Center, while "Tate" refers to the Nature of a thing, while the traditional meaning simply means, 'to think'. Therefore, to meditate is to return to the nature of one's Center. This practice is a focused effort to reside in our fundamental origin, allowing the Truth and Love originating from our common essence to shine through without the obstructions of a "contrived" or false self (Ego). Mastery over our indomitable self is just what the word suggests—a requirement from practice and self-control over time. Modern practice removes the requirement to reveal and maintain true nature, a situation this book hopes to resolve and uncover with clarity.

Drawing from the "hidden seeds of truth" left by sages of old, all ancient traditions emphasize that the universe is a reflection of a divine pattern known as the Trivium (another of my books published in 2025). Just as the Trivium of logic, reason and rhetoric unites Mind, Body, and Speech, the spiritual seeker is the intersection of God, the Spirit (breath), and the manifested form. Personalities like Nikola Tesla hinted at the "magnificence of the 3, 6, and 9" as keys to the universe, which aligns with the book's view of reality expanding from the mind in a pattern of Line, Branch, and Fold (*see the Universal Dimensional Structure at the beginning of the book*). Each of the folds of Form, Time and Mind meet at the third, sixth and ninth dimensions. These mysteries are covered in my previous books.

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The initiation of sitting is also a practice of "Anamnesis," or the rediscovery of lost or forgotten knowledge. According to this view, the soul already possesses all knowledge (fully enlightened), and "learning" is simply the act of recollecting what we knew before experiencing an embodied life. Sitting in stillness creates the necessary environment for this remembrance, triggering forgotten truths held deep in the mind behind the veils of perceived identity and separation. It is not possible to demonstrate this to you in words. Meditation and Yoga practice do this for us as a byproduct of emptying out what is unnecessary to the Spiritual mind and body.

Furthermore, the tradition teaches that the physical world is a shadow of higher-dimensional realities, and the human being is the point where these dimensions converge. Between the lower three dimensions of space and the higher dimensions of mind and time, the individual exists as a "bridge," or **liminal** space (more about this in the epilogue). By sitting still, the practitioner aligns their personal consciousness with the "absolute mind of invariance," moving beyond the linear perception of time and space (translation of invariance) to realize their place in the ten-dimensional reality of the divine unity and singularity of all that is or ever can be. This capacity is not lacking in an being traveling along the paths space in time. This temple door is open to all equally.

Ultimately, the goal of this "Geometry of Stillness" is Yoga, defined here as the union of the individual mind with the universal consciousness (uniting the Aleph / Lotus of Wisdom). This union is achieved through three pathways: **Meditation** (emptying out), **Contemplation** (breathing in), and **Service** (breathing out). Through these rituals of breath and stillness, the seeker overcomes the "dweller on the threshold"—their own egoic image—to find that "the one you look for is the one looking". In this final realization, the seeker and the sought are one, and the original light of Unity is restored.

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Empty Out and Preparation to Cycle the Breath

It is most often stated by meditation teachers to, "Watch the breath." What goes unsaid is what this actually means. As we will see in the following chapter, breath isn't just air. In the paragraph above, you may have glossed over THE most important practice that will be outlined in this book. The topic will be discussed in great detail, but notice the primary means for cycling the breath. **Meditation (emptying out), Contemplation (breathing in), and Service (breathing out).** Nothing in this book is more important than this pathway of breath.

All breath is THIS, and food, emotions, thoughts, media and all other 'ins and outs' are accomplished as breath. Fasting from any one breath is a form of meditation. Anything we drop from our being becomes a new space for fullness to enter in one drop at a time. As they say, what you seek is seeking you. If you seek a shadow, it becomes an addiction. By seeking pure food, emotions and other forms of divine expression, these expressions seek us. As Rumi the Sufi would say, "If you know you reap what you sow, why so anything other than Love?"

While we are speaking of this importance, notice that modern meditation practice leaves out the last aspect of meditation—Service. Of all practices in this book, no single seed word is more important to crack open by mental actions (Speaking in time). With no exceptions, speech according to Eastern Sages of old is one thing—Action in time. Words are most often lies, but when words and actions match, TRUTH is not far behind. Just like speech, prayer is intimately related to our intent (by design) from our words. All prayer must be met in action for the benefit of others. If not by actions for their benefit, the words become lies and distortion to our true intention.

Unity comes from two standards that meet equally: Identity and Nature. Once these three as unified as one, ***Sānbǎo*** (the three

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jewels as one)! I leave this chapter with one seed for you to crack open on your own.

Buddha (all are Buddha)
Dharma (nature / law)
Sangha (assembly)

Christ Love Church

Chapter 2

Breath as Bridge: The Hidden Axis Between Body and Being

The essence of spiritual recognition lies in the profound realization that our True Nature is not something to be acquired, but something to be uncovered in unity. As explored in this text, the hope is that our authentic self can self-arise naturally once the various psychological and egoic hindrances are systematically removed. At the core of all awareness exists a fundamental essence—a state of Unity that remains unchanging. This foundation is defined by the intersection of Love and Truth, suggesting that at the point of universal origin, these two forces are indistinguishable.

Central to this philosophy is a singular, elegant formula that serves as the bedrock for this entire body of work: **Identity + Nature = Unity.** This equation suggests that when our sense of self (Identity) aligns perfectly with our inherent qualities (Nature), the result is a return to a unified state of being. Unity is not merely a lofty ideal; it is the practical destination of any authentic spiritual journey. By understanding this relationship, we can begin to see that the path toward wholeness is a process of subtraction—removing the false to reveal the constant underlying state of being.

The definition of the practice itself is hidden within the etymology of the word "Meditation." When broken down into its constituent parts, "Medi" signifies the Center, while "Tate" refers to the Nature of a thing. Therefore, to meditate is to return to the nature of one's

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center. This linguistic breakdown reinforces the idea that meditation is the primary tool for achieving Unity, although the traditional meaning of meditation is the Sanskrit word, Dhyana (to think / contemplate). Beyond the outer meaning, meditation is the focused practice of residing in our fundamental origin, allowing the Truth and Love of our essence to shine through without obstruction.

Breath, Shadow, and the Geometry of Virtue

The management of breath is not merely respiratory—it is moral, symbolic, and ontological. In its truest sense, breath is Spirit in motion (all things in and out). What enters the mind shapes interior posture; what exits shapes the world. The fruits of the Spirit are not ornamental virtues but stabilized patterns of balanced breath. When breath is conscious, virtues center. When breath is distorted, shadows form. The difference between virtue and vice is not substance—it is orientation.

What is a Breath (in and out)?

Here is where the seed of one tiny word becomes a holographic world of reality. Breath, which is signified by the word Spirit (*Spir or Ruach*), is not merely air, but food, emotions, thoughts, media and literally endless 'ins and outs' we do every single minute of every day. While our first breath 'in' at conception is consciousness and our last breath out is the same mental awareness that simply breathes again in another form, and all the breaths in between are endlessly expressed as our immortal being itself. Every breath we take in and all breath sent out is a form of Karman, or Karma (mental action).

In Sanskrit, **Kar** means action and **Man** means mind. You are a ***Manu*** (Sanskrit for firstborn over all creation), and being a member of mankind is being a member of Mind Kind. Our English word 'men' literally comes from the Sanskrit *Manas* (*Manu*), which

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means, “To Think.” THIS is meditation at the fundamental root level. As you will come to see, purity of Mind is purity of Breath.

Self-Reflected Shadow and Light

A shadow is not an independent reality; it is a distortion of light. Likewise, imbalance is not a separate force but virtue inverted. The symbolic key is simple: place the word “not” in front of any virtue and you generate its shadow. Not-love becomes cruelty or indifference. Not-joy becomes despair. Not-peace becomes agitation. The “not” is contraction. It is the tightening of breath. It is misalignment. Remove the “not,” and the original virtue resumes its function naturally with balance instead of imbalance. All ***Dharma*** is this law of cause and effect (seed for you to crack open on your own).

Pure Breath

Breath In

1. Self-control
2. Gentleness
3. Faithfulness

Breath Out

1. Goodness
2. Kindness
3. Forbearance (patience)

Resonance from Breath (Gift of Spiritual Mastery)

1. Peace
2. Joy
3. Love

Consider each of the virtues on the list above from Galatians 5, then look into the nature of what it means to be centered and at rest. Balance is breath centered. Imbalance is breath obstructed (shadows). The centered state does not require strain—it requires clarity and purity. When breath flows without distortion, virtue expresses itself spontaneously from root to fruit. When fear,

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ignorance, or self-protection constricts the breath, the shadow appears (stones blocking the well of living water).

Take a moment to read the list above with the word 'not' added to each virtue. Notice how the seeds of this thought take form as you SIT for a moment to self-reflect your own daily nature. This is an initial breath cycling practice, one of many, that we will examine as the book progresses.

Shadows are Designed to be Integrated

The shadows of our lower nature are not evil, but merely imbalance asking to be realigned and regulated through mindfulness and focused awareness. Thus the work is not moral performance but symbolic correction. Remove the negation. Restore flow. Virtue is not imposed; it is uncovered. The fruits are not manufactured; they ripen when breath is cleansed and cycled properly. The shadow dissolves not by fighting it, but by releasing the "not" that created it in the first place.

The geometric pattern of the triangle applies here: Line (intention), Branch (choice), Fold (embodiment). When intention is negated, choice distorts, and embodiment reflects imbalance. When intention is clear, choice harmonizes, and embodiment radiates virtue. Breath governs the entire movement from the crown of each seed to the root to fruit expression of the design. It is here we recognize a vital aphorism to remember:

When the Student (you) is ready, the Master (also you) appears.

Enquire not of me concerning love,
enquire not of any man,
enquire of Love itself;
Love in speaking is like a pearl-raining
cloud, my son.
Love requires not the interpreter service
of me and a hundred like me;
concerning realities Love
is its own interpreter, my son.

— Rumi

Virtues in Balance and Imbalance

All virtues are absolutes and at rest. This is what is commonly referred to in one word of unity called Being. Being does not change, but remains at

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rest. Agitation of our being (spirit imbalance) is imbalance below (non-functioning world). The design of the two worlds will be discussed fully by the end of the book.

Love

When balanced, love is self-giving coherence. It does not cling, consume, or control. It recognizes shared being and acts for the good of the whole. When imbalanced—Not-Love—it becomes indifference, exploitation, or possessiveness. The breath contracts around self-preservation, and unity fractures into isolation. It might be this very moment that you realize why the world around us is so fractured. Man has removed the central point of all design and creation—God. By denying Space and Time as a design of Mind, we deny our creator by purpose. God can only give and God is LOVE. Unity is this Identity and Nature as one. Love only recognizes itself, and anything less than this recognition is disunity by the work of our own collective hands.

Aphorism: Love only recognizes itself.

Joy

When balanced, joy is stable delight in being itself. It is not dependent on circumstance but arises from alignment with Source-awareness. When imbalanced—Not-Joy—it becomes cynicism, despair, or restless pleasure-seeking. Breath becomes shallow, chasing stimulation rather than resting in sufficiency.

Peace

In balance, peace is interior stillness amidst motion. It is centered awareness that does not react compulsively. In imbalance—Not-Peace—it becomes anxiety, agitation, or chronic conflict. Breath fragments, and the mind scatters into imagined threats.

Patience (Forbearance)

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In balance, patience is strength under delay. It is trust in process and timing. In imbalance—Not-Patience—it becomes irritability, impulsiveness, or intolerance. Breath accelerates, demanding immediacy and control.

Kindness

In balance, kindness is gentle extension toward others without self-erasure. It is warmth with boundaries. In imbalance—Not-Kindness—it becomes cruelty, harshness, or emotional withdrawal. Breath hardens, and connection stiffens.

Goodness

In balance, goodness is integrity in action. It aligns inner conviction with outward behavior. In imbalance—Not-Goodness—it becomes hypocrisy or moral laziness. Breath splits between appearance and reality.

Faithfulness

In balance, faithfulness is steady loyalty to truth, relationship, and purpose. It does not waver with mood. In imbalance—Not-Faithfulness—it becomes betrayal, inconsistency, or self-doubt. Breath shifts with external pressure rather than internal alignment. Added to this balance and imbalance, it's important to remember that faith is not belief, it's faithfulness to belief. True belief requires light to surpass darkness, and as you will read in the following chapters, these virtues are critical to the practice of both Yoga and Meditation.

Gentleness

In balance, gentleness is disciplined strength. It is power under voluntary restraint. In imbalance—Not-Gentleness—it becomes aggression or domination—or its passive counterpart, timidity.

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Breath either explodes outward or collapses inward. In all ancient traditions, Evil enfolds to itself from agitation and Goodness radiates with gentleness.

Self-Control

In balance, self-control is sovereignty of awareness over impulse. It is freedom, not repression. In imbalance—Not-Self-Control—it becomes compulsion, addiction, or emotional volatility. Breath is driven rather than directed. As they say, "What you seek is seeking you." If addictions are the shadows we seek, then come back knocking on the door of the mind continually. Mindfulness and self-control now take on a whole new light in the theater of the mind. It is worth noting that the Galatians 5 verses end by saying, "Against such, there is no law." In other words, no restrictions, which is the very definition of liberation from enlightenment.

What does it all mean?

When breath is centered, virtue functions. When breath is distorted, the "not" appears as shadow. Remove the negation, restore balance, and the fruit ripens naturally. The work, then, is simple in theory and lifelong in practice: Watch the breath. Remove the "not." Let the light stand unobstructed and allow dead leaves to fall.

Aphorism to Remember

"Suffering ends when Light surpasses the shadows."

Fasting Challenge Breath Cleanse

The Ultimate Life-Transformation Hack: One-Month Soup-Only Fasting to Crack Meditation Wide Open

In the ancient architecture revealed in SIT, true practice begins not with technique but with radical simplification—removing every obstruction so the seed of Identity + Nature = Unity can crack and

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grow. This one-month fasting plan is that master key: a deliberate, total fast from solid food, media, toxic thoughts, toxic emotions, fear, stress, and the fatigue of overworking. Any area of your life that is a shadow causing diminished energy should be considered for fasting work.

> *Note: Consult medical professionals before attempting any of the recommendations given below. Ensure that you are healthy enough to reset your mind and body in this manner. You know yourself best, so do your research before taking on the challenge.*

By cleansing the breath in every direction—what comes in and what flows out—you restore the hidden axis between body and being. Energy that once fed digestion is liberated for the mind; the vessel empties so contemplation can fill it; and service arises effortlessly as the outward breath of a clarified heart. This is not another diet. It is ontological subtraction in edible form—the fastest route to revolutionize meditation, contemplation, and service at once.

Self-Control Required as Step One

The physical foundation is elegantly simple: one month of soup only, built around leeks, garlic, and onions as the non-negotiable primary ingredients. Blend these three into a potent paste, freeze in covered ice-cube trays, and drop a cube into each soup as needed. Add any other fresh vegetables or herbs you like, season to taste, and nothing more—no rigid recipe, just living, breathing nourishment. Canned chicken is also a go to protein for best results. Between bowls enjoy coffee and earth snacks such as dates or fresh fruit. Dates are especially nutrient dense as the perfect super-food for snacking. This soup acts as a natural purifier, clearing the subtle channels while the liquid form rests the stomach entirely. Within days the breath deepens, the spine lengthens, and the mind discovers surplus energy it never knew it possessed. This is the body's temple returning to its original upright geometry, preparing

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the crossroads where heaven and human meet. Best of all, a natural glow will radiate from your body and mind. It will be felt.

> ***Foods to avoid:*** *Dairy of any kind, sugar, fatty meats, processed, desserts, seed oils (poison to always avoid).*
>
> ***Perfect Tea:*** *Boil water. Mix in freshly cut ginger, freshly ground whole cloves, honey. This tea is known to cleans parasites from the body. Consider black walnut, clove and wormwood as supplements, but do your own research. Parasites cause most diseases, so while you're at it, cleanse them from your system.*

Freed from the constant taxation of digestion and distraction, awareness turns inward with unprecedented force. Meditation (the subtractive path) becomes effortless: you SIT not because you must, but because nothing else feels natural. Thirty minutes of meditation is like 6 hours of sleep, and while you are inside blissing out, you find and locate awareness. The quiet question "Who is watching the mind?" answers itself in the spacious clarity that arrives when fear and mental noise are starved out. Contemplation (the filling phase) ignites as symbols, geometry, and living truth pour in without resistance—the mind now has the bandwidth to hold the Triv triangle, the Bindu point, and the self-arising spark Rumi described. Every in-breath draws pure light; every out-breath releases what no longer serves. The threefold path completes itself: subtraction, reception, expression—all powered by the same cleansed breath.

Service, once effortful, becomes the inevitable outward flow of a heart that has remembered its oneness. With no separation left to defend, compassion arises as naturally as the lotus from mud. You discover that the little spark nursed through this disciplined fast has become the blaze that sets the universe aflame—not through striving, but through the simple act of having sat long enough, breathed purely enough, and allowed true nature to bloom. The

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shadows of “not-virtues” dissolve; the virtues of the spirit shine unhindered. What began as soup-only discipline ends as living enlightenment in ordinary life.

Commit to this hack for thirty days and the entire system of SIT unlocks at once. Identity + Nature = Unity ceases to be a concept and becomes your lived reality. The forest grows from within because you finally gave the seed the only thing it ever asked for: total, gentle, unwavering stillness. Come. Fast. Sit. And watch everything you were always meant to be arise—effortless, radiant, and already here.

At all levels of your life in these 30 days, take pictures of yourself and document the transformation. Keep a journal of all the impossible synchronicity your activated mind is now producing around you at every moment. I am making the promise to you that your mind can build a new world, and when activated and freed from its shackles, it will eagerly build a new you. On the day I publish this book, I will be doing this very challenge, which I have done many times in my life. Every time I have done this, radical transformation takes place.

Sleep and Transformation of Character

If you summon the self-control to walk the first ten days of this sacred subtraction—soup only, media silence, the gentle starvation of fear, toxic thoughts, and the endless drain of overwork—a quiet revolution awaits. Around day ten, the tipping point arrives like dawn breaking over still water: the heavy lifting of will dissolves, and mastery reveals itself as pure, radiant joy. What once demanded effort now flows as eagerness. The body, no longer taxed by dense digestion, redirects its fire upward; the breath, now cleansed and sovereign, becomes the living bridge between temple and sky. This is the moment the seed cracks open in earnest. True nature begins to arise—not as something you chase, but as the lotus that has always waited beneath the mud, unfolding petal by petal in the clear light of your own awareness.

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Once this bloom begins, your sleep naturally settles into its original rhythm: seven hours of deep rest and seventeen hours of luminous, energetic living. Should you wake at three in the morning—as countless ancestors did before electric light fractured the night—do not reach for distraction. Honor the ancient architecture of segmented sleep. Pre-industrial generations, from medieval Europe to the Vedic sages, rose after their first sleep (often around three am) during what the yogic tradition calls Brahma Muhurta, the "creator's hour." They prayed, meditated, read scripture, tended the home, or simply sat in the hush before returning to their second sleep before sunrise. In this fasting state, that sacred window becomes your private sanctuary: rise, SIT upright in the posture of virtue, breathe the purified in-and-out that is now your real breath-work, and let the mind turn gently inward. An hour of quiet presence here is worth ten in the noisy day. Then slip back into rest, renewed.

As this breath-work deepens, notice the miracle that follows without further striving: the next chapter of your transformation accomplishes itself from newly realized character. Contemplation fills the emptied vessel. Symbols and geometries from the SIT architecture—the Triv triangle, the Bindu point, the upright spine as crossroads—arise spontaneously, alive and luminous. Service begins to flow outward like the natural exhale of a heart that has remembered its oneness. The mind has bloomed into the Lotus of Wisdom and Truth, rising pure and untouched from every shadow it once mistook for itself. This is not an achievement. This is the real you—self-arising, radiant, already whole. Identity + Nature = Unity is no longer a phrase you read. It is the forest growing from within, the spark that has become the blaze.

Stay with the practice. The initial work was the planting. The tipping point was the first green shoot. Everything that follows is the effortless flowering of what was always meant to be. Come. Fast. Sit. And let the real you rise with the Light rising in your soul.

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Chapter 3
Posture as Metaphysics: The Body as Temple and Crossroads

To bluntly crack open this seed, **upright posture is Character**. I cannot stress enough why virtues are parallel to posture, and the true meaning (pointer) of what it means to SIT with an upright posture is this simple truth: To SIT with upright posture is for virtues to be at rest with balanced function. Nothing else as a goal matters as much for the future development of mastery from control of the self (self-control) than this simply stated paragraph. What you seek seeks you. If you seek Love, this is a good thing. Love only recognizes itself for unity to occur. But as you will see, seeking lower shadows of virtue (slouching character) also seek you back. To gain unity with goodness and Love, the gift of Love must necessarily be fully engaged—a gift accepted and given away. Character starts with self-control and both physical and mental strength of uprightness by conscious as mindful volitional choice.

Identity + Nature = Unity.

An upright spine is a declaration of sovereignty over the body, and it's no mistake that both meditation practice and military discipline require upright posture. It is self-control without tension, alerting the body that something profound is about to occur. It is strength without aggression. When posture is balanced, virtues are at rest and not suppressed, not forced, not performed, but simply functioning. This is why the ancients guarded posture as initiation as the primary pointer next to watching the breath. The body becomes a temple when its axis mirrors interior order, and the pointers of posture were never meant to be bodily function alone. The crossroads of heaven and human meet at the vertical line, and for the secret of posture to operate, character and virtue allow that functioning operating of the body to work continually.

The Other Secret of Posture and Spinal Flow

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The Spine also holds a now commonly known secret. At the base of the upright axis rests the sacrum—the "sacred bone"—the concealed altar at the root of the temple. In esoteric anatomy it has been called the seat of the golden soma (*amrita/soma in yogic/Tantric traditions*), the subtle nectar latent within the spinal column. When posture is aligned and breath is purified, this dormant vitality is no longer squandered outward but refined and directed upward. The symbolism of the "three days" speaks to this ascent: from the lower generative center (the tomb), through the heart (the veil), to the crown (the holy of holies / *Devir*).

Rising again is not merely historical metaphor but interior process —the lifting of dense impulse into luminous awareness. The temple is entered not by movement across geography but by elevation of current along the vertical axis. When the spine is upright and the virtues are balanced, the hidden oil rises, the inner lamp is lit, and the sanctuary once sealed becomes accessible from within. But here's where this secret enters a new level of awareness. Realization and actualization of true virtue (male or female) allows this flow to normalize continually. For males and females, it's simply different inner alchemy and purpose (Anima / Animus). This is a giant rabbit hole, so take your own journey into this subject beyond this book.

Posture and Virtues in Parallel

Virtues are parallel to posture because posture reveals orientation. Slouching is not sin; it is symbolic contraction. Collapse is the shadow of fear. Uprightness is openness to light. When you SIT upright, you remove the "not." Not-love becomes love. Not-peace becomes peace. The shadow dissolves not by argument, but by alignment. Balance in the body invites balance in nature, freeing the 'Soma' to travel freely and unhindered.

The temple is not a building; it is the body stabilized as a meeting place of breath and awareness. The crossroads is the intersection of

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Identity and Nature. Identity without uprightness drifts into fantasy. Nature without discipline sinks into impulse. But when the axis is straight, Identity + Nature = Unity. The seeker and the sought begin to face one another without distortion, and when no shadows remain to follow you, the light has surpassed the darkness—True Integration.

Nothing else as a goal matters as much for the future development of mastery than this: SIT upright and remain planted in stillness. Mastery does not begin with complexity; it begins with stillness under alignment. Self-control is not suppression of impulse but stabilization of center. When the body learns to remain upright without strain, the mind learns to remain clear without agitation in any situation.

What you Seek Seeks You

This is not poetry; it is geometry. Love recognizes Love because Love stands upright within itself. Unity cannot occur between distortions; it occurs between reflections. If you seek Love while collapsed inward, you seek from imbalance. Sit upright, and the mirror of consciousness turns into a reflecting pool where seeker and sought see eye to eye. Love meets itself face to face within this reflection only. Any slight pebble in this pond creates a ripple that distorts true reality. Underneath this pool of Nous, all of reality is governed by perfect order, and your character determines the part of this order you live from—implicate or explicate - function or non function - good or evil.

The vertical spine is the visible sign of invisible order (implicate function and true nature). It is the bridge between earth and heaven, breath and awareness, relative mind and absolute light. Posture is metaphysics enacted by will power and mindful intent (by design), which is called equanimity. Equanimity is intent by design, where as intention is often simply wishful thinking. SIT upright—not to impress, not to perform, not to achieve—but to align. In alignment, virtue rests. In rest, mastery unfolds.

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1 Corinthians 13:11-13

When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me. **For now we see only a reflection as in a mirror; then we shall see face to face.** Now I know in part; then I shall know fully, even as I am fully known.

And now these three remain: faith, hope and love. But the greatest of these is love.

Brah (expanding) **Man** (mind)
At (doing) **Man** (mind)
Jiva – Crash Test Dummy Human

From Sanskrit

Ābhāsa-Caitanya: (Sanskrit, 'reflection' + 'consciousness'). The reflection of absolute consciousness (cit) in human awareness. The world-entangled self (jīva) mistakes this reflection for reality, hindering the true realization of Brahman and the true self (Atman) as Brahman.

Notice the similarity between the reflection face to face in 1 Corinthians 13 and the nature of the Hindu Absolute God (Brahman) expanding through the host awareness of every human branching from the Atman (Son of God in the Bible). The parallels are not by accident. All religious traditions contain the same inner truth using different seed words, but the essence can be traced and compared by certain and definite parallels. As I will often say, if you judge others (even their traditions), you miss the value contained within. Everyone carries the seeds of awareness equally. God has always loved all nations, all peoples and all expressions of its own Awareness.

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Aphorism: "The one you look for is the one looking."

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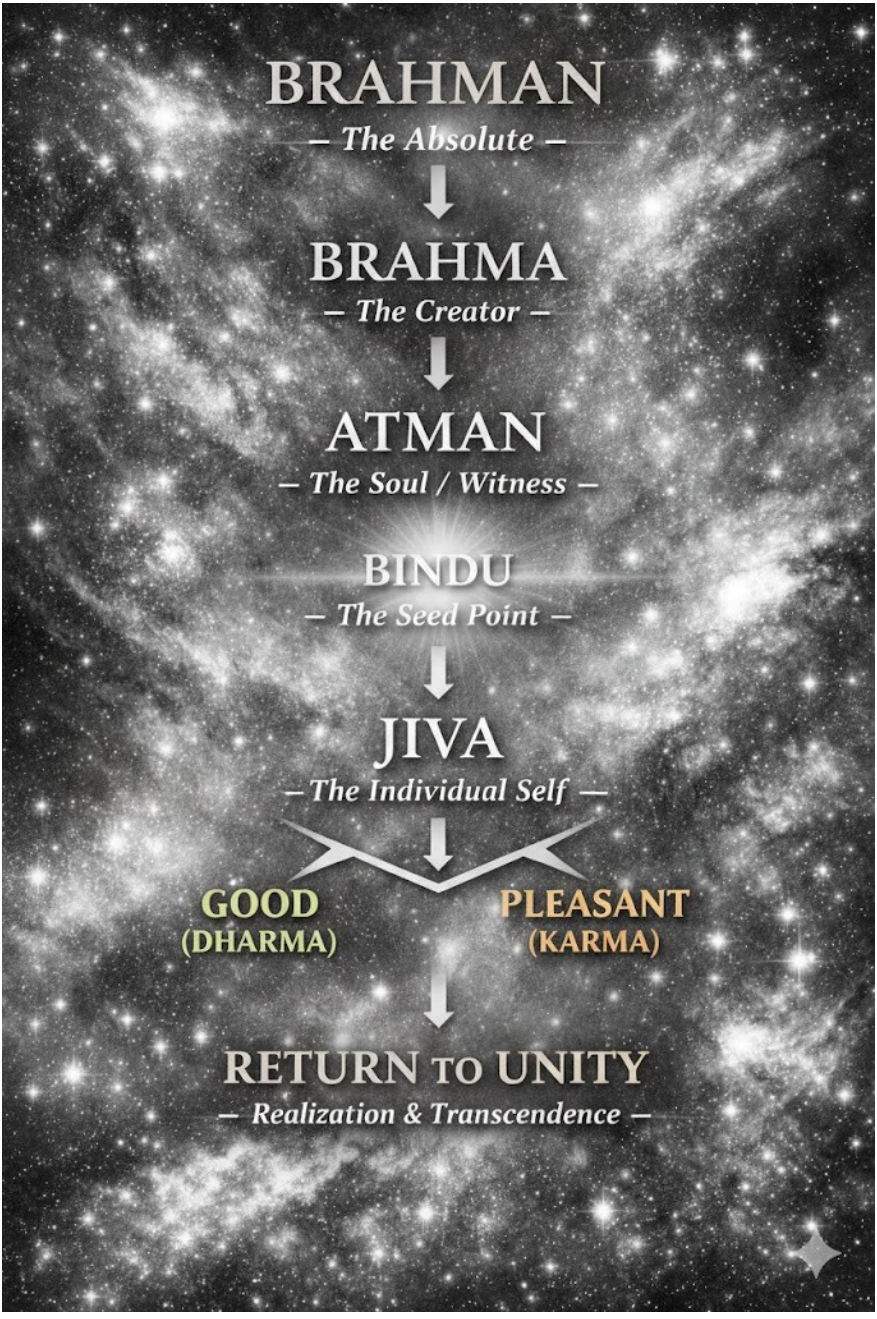
BRAHMAN
— The Absolute —
BRAHMA
— The Creator —
ATMAN
— The Soul / Witness —
BINDU
— The Seed Point —
JIVA
— The Individual Self —
GOOD
(DHARMA)
PLEASANT
(KARMA)
RETURN TO UNITY
— Realization & Transcendence —

About the Image from Brahman to the choice between the Good and the Pleasant:

Brahman is the Absolute invariant—unknowable in totality, yet possessing a knowable nature: Love. Brahma is the formative, recursive function that brings this nature into manifest structure, not as an author of essence but as a cultivator of form. Atman is one with Brahman as witness, a luminous interface through which meaning is apprehended rather than owned. To learn, the Atman must refract through limitation as the Jiva, entering relative existence where contrast, choice, and cost make discernment possible. Creation is therefore not a spectacle but a proving ground, where consciousness must learn to choose the good over the merely pleasant, to radiate rather than extract, and to hold power without amplifying darkness. Only through lived alignment with Love can awareness be trusted with greater participation in the Infinite.

The lesson is not to comprehend infinity exhaustively—this is impossible—but to know its nature truly. Knowing oneself is an introduction, not a terminus: identity becomes locked into unity with the Absolute, not collapsed into equivalence. Through expression and return, each relative perspective contributes a unique resonance to the whole, while the Absolute remains inexhaustible and unknowable to any single part. Transcendence occurs not by ascent or escape, but by transmission: when the soul turns from taking to giving, light radiates back to its source, completing the circuit. What is watched is not hierarchy or authority, but coherence—when a true reflection of the source's nature returns through lived sacrifice and fidelity, it is noticed. No guardrail can stop this, because realization does not announce itself; it resonates.

Nature (Love) is the only bridge to the absolute nature of God. Choosing what is pleasant is not nearly as meaningful as choosing the Good. The pleasant is easy (for every joy, a price to pay), but the Good (for every price you pay, a joy) is the path back home (real sacrifice). Love others. Build a world you would choose for your grandchildren as you move the world with your mind. As the Dhammapada states, **"We are what we think. All that we think arises with our thoughts. With our thoughts we make the world. Speak or act with an impure mind and trouble will follow you, as the wheel follows the ox that draws the cart. We are what we think. All that we are arises with our thoughts. With our thoughts we make the world. Speak or act with a pure mind, and happiness will follow you. As your shadow, unshakable. In this world, hate cannot dispel hate. Only love dispels hate. This is the law, ancient and inexhaustible."**

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Chapter 4

Attention and Identity: Who Is Watching the Mind?

I would hope by this point that you have had your mind expanded by what you have read beyond the simple practice of meditation into an ineffable inner reality. This book cannot begin to cover the entire territory, but gives you a comprehensible map to then use to expand into the farthest reaches one life can extend. To ensure the mind hits resonance, the 'secret' of all secrets of the Enlightenment world was just dripped out at the end of the last chapter. Did you catch it?

Expansion of Awareness ends between lives when you again occupy your enlightened state (always this). So why are we expanding in this life? Life requires your arrival at center to be lived fully. Wisdom and experience are gained by developing the strength of mind to live fully.

Brahman and Atman are one and immortal, and each of us are this at all points of time and space. God and the Son of God are one, and in truth, there is just you and God. **Each person can say this for one reason: every person is in God, so anyone outside you is part of the same God you are in unity with continually.** Just as a hand has fingers extending from the palm, so too you are a finger and branch from the Son's Tree of life. Atman is what we might define as the first Bindu, or singularity of mind expanding into the universe as a translational template (Logos). The Jiva, or human crash test dummy as I like to call it, is the avatar of Awareness extending from the Atman (one with it), while awareness from our localized end of reality is central to a time and space by dimension, perspective and frame of reference.

I realize this is a great deal to conceptualize, or maybe you are already versed in the knowledge of your unity and identity with Awareness (God's Awareness of its own Light). While God is total awareness of its own light (knowing of all hosts to awareness), Man is this light with awareness (behind a veil). Notice how subtle the shift is from the All in All mind and the self-reflecting mind.

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Revisit the Sanskrit term below. This is your chance to contemplate (second step in meditation).

> **Ābhāsa-Caitanya:** (Sanskrit, 'reflection' + 'consciousness'). The reflection of absolute consciousness (cit) in human awareness. The world-entangled self (Jiva) mistakes this reflection for reality, hindering the true realization of Brahman and the true self (Atman) as Brahman.

Jesus said, "What you have done to the least of these, you have done unto me." How is this seed of identity expressing in your mind right now? "Do unto others as you would do unto yourself." My hope is that you are experiencing frission right about now. Consider the mind as a mirror. We see by self-reflecting awareness against the cosmos around us. God knows you, but you do not yet directly observe God with awareness. God knows, while you remain reflective to your own identity.

> 1 Corinthians 13:11-13
>
> For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall **know fully, even as I am fully known.**

This is Design and Intent. What you should be experiencing right about now is remembrance of past knowledge. The mind is expressing an enlighten**ed** state it has possessed since before time grew old, but forced to forget when entering upon this cross (body) in baptism (incarnation) under a veil of forgetting. All beings are enlightened, but experiences developing wisdom require the suffix of enlighten**ment** (process). Then, we again return to our enlightened state with wisdom from the journey at death when consciousness is simply breathed out. Suffering in life is necessary, and this is the point of strength generated from practice and mastery by necessity! Life is hard for a reason.

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Meditation (empty out)

Contemplation (breath in)

Service (breath out)

Repeat

Shifting to the Symbolic Poetry of Mind-Body-Speech

This book of **meditation** unfolds as a sacred mirror held before the seeking soul, where every line serves not as doctrine but as a gentle invitation to sit in silence and witness the play of light upon the inner screen of awareness. Here, the practitioner learns to trace the subtle reflections of consciousness, watching how thoughts arise like ripples on still water, only to dissolve back into the boundless source from which they came. Through patient observation, the veil thins, revealing that the one who watches is none other than the light itself, eternally self-luminous and untouched by the passing forms.

Within its **contemplative** framework, the breath becomes the golden thread weaving emptiness and fullness into harmonious union, guiding the reader to empty the vessel of accumulated shadows through deliberate inhalation of presence. Each cycle of breath moving inward draws forth the qualities of inner steadiness —self-control that steadies the wandering mind, gentleness that softens judgment, and faithfulness that anchors attention to the eternal now. As the lungs expand, so does the field of awareness, expanding beyond the narrow confines of personal story into the vast embrace of all that is.

> *Ancient Chinese saying about old age: "Old age is when the hard parts get soft and the soft parts get hard." To Western ears, it is a very funny saying, but in fact means your hardness of heart gets soft and your weakness gains strength. When nature calls, take a SIT—the duty of every being with breath in and out. Empty out in order to fill back up. There is great purpose in this process! Some seeds contain multiple layered meaning.*

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Awareness grows as **Service** engages, then both flow outward like an exhalation of grace, releasing goodness into the world as an act of pure offering, kindness as the natural extension of recognized oneness. From this, virtues like patience become the quiet endurance that allows hidden seeds to root and bloom. In this rhythm of giving, the mediator discovers resonance: peace settling like mist upon the heart, joy bubbling from the well of unconditioned being, and love radiating as the effortless recognition that every face encountered is a facet of the same infinite reflection. Life itself turns into the living scripture, where synchronicities arrive as whispered confirmations from the deeper self.

At its core, this meditative path confronts the shadow not as enemy but as necessary contrast, teaching the art of symbolic sight that pierces through apparent division to the underlying harmony. The ego, once seen as solid obstruction, reveals itself as mere refraction —a temporary distortion of the one light—dissolving when met with the sovereignty of foreknowledge that knows all outcomes rest within the greater design. Here, awakening potential emerges through the liberation of seeing clearly: the animal nature transmuted, the human elevated, until sovereignty rests not in control but in surrendered alignment with the whole.

Unity dawns as the final revelation, where absolute and relative merge like the horizon line that both separates and joins sea and sky. The lover and the loved, the mirror and the face within it, circle in eternal dance around the still point of pure nothingness, each breath affirming that no separation ever truly existed. In this recognition, the practitioner tastes eternity in the present instant, pain and its cure arising as twin expressions of the same compassionate intelligence that orchestrates the grand return.

Thus, the journey culminates in orthogonal vision, where the mind bends at right angles to its former limits, releasing all clinging until only the original light remains—resplendent, self-aware, and infinitely at home within every form. What begins as disciplined practice blossoms into effortless remembrance and mastery, the red pill of reality swallowed not through force but through the quiet

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willingness to see what has always been. This book of meditation, then, is no mere text; it is the living invitation to reclaim the infinite being that you already are, breathing it into expression with every conscious moment.

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Chapter 5
Union Beyond Technique: Recovering the Meaning of Yoga

Yoga means Union. It's a little known fact that from Hebrew rabbinic sources (such as Rabbi Ginsburgh), reality was once one field of awareness called the Waters (Aleph). According to the tradition, the waters were divided into upper and lower.

Rabbi Yitzchak Ginsburgh, in The Alef-Beit: Jewish Thought Revealed through the Hebrew Letters, attributes to the Ari (Rabbi Isaac Luria) the teaching that the Hebrew letter Aleph is formed of two Yods joined by a diagonal Vav, representing the higher and lower waters with the firmament stretched between them.

Ginsburgh traces this image to the first day of Creation, when the spirit of God hovered over waters not yet divided — what he calls "water in water" — until the second day, when the firmament was stretched between them, separating the waters above from the waters below.

Drawing on Chassidic teaching, Ginsburgh reads the two waters inwardly, as states of the soul. The higher water is the water of joy, the felt closeness of God; the lower water is the water of bitterness, the felt distance from God. Using the classical properties of water — wet and cold — he associates the higher water's wetness with the sense of oneness in God's exaltation, and the lower water's coldness with the ache of separation, which he calls the inherent lowliness of man.

Yet he notes that both waters carry the same underlying awareness of the Divine, only from opposite vantage points: the higher water experiences God's exaltation as oneness with all being, while the lower water experiences that same exaltation as the very thing that

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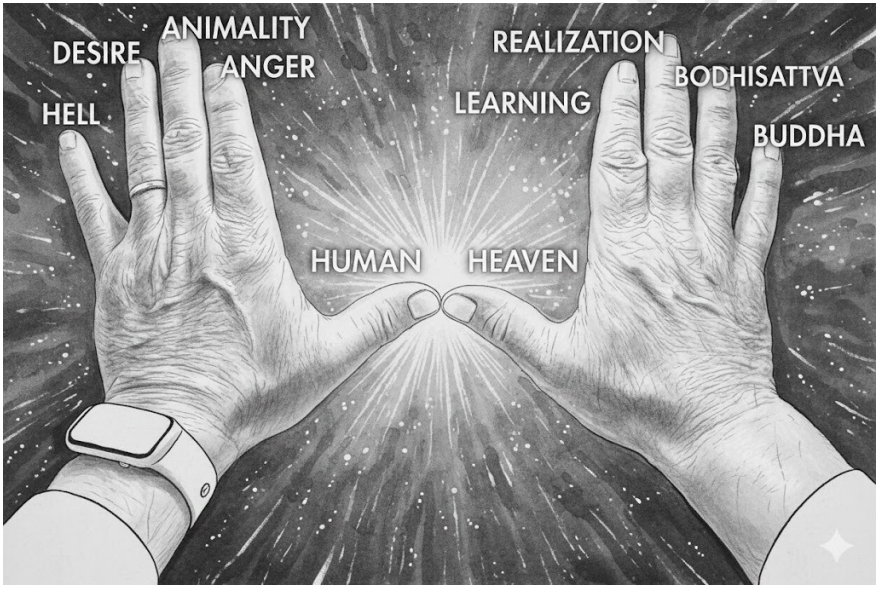
opens the gap between God's reality and man's — the greater God's exaltation appears, the greater that gap is felt to be.

Two Yuds are your own two hands. There is an ancient and lost teaching around this topic that appears here in the Hebrew traditions (from the Ten Sefirot and the Aleph divided), but also from the Sanskrit and Eastern inner teachings of Indo-European Vedic and Buddhist sources. In Buddhist traditions, this is known as the Ten Worlds (outlined at the beginning of the book p. 4). In the Buddhist tradition, we get he goal of every human mind—Yoga and Unity of the Aleph / Waters / Two Hands. I can best demonstrate this with one simple image.



Prayer Hands

Looking at the image, place thumbs together. Human and Heaven cannot be separated. Waters below are both thumbs and the left hand known as baptism in Christian scriptures and Samsara in Eastern traditions (lower six worlds). We are one with higher unity at all times. Heaven or Hell do not divide us, but our own nature does. Identity with God is not ever divided. Awareness is every being with Cit / Atman / Brahman. Our nature is the primary problem with lower desires, and once we see how to fully form prayer hands, this short chapter has given us a new seed of Truth to crack open by practice.

Hands Unite as One Hand Clapping

When index fingers come together, learning dispels lower emotions when the light of contemplation surpasses the darkness of the shadows. When middle fingers come together, you realize you are not an animal, but a Spiritual being one with God. When your ring fingers come together, selfless (Bodhisattva) desire overcomes selfishness. When full awakening occurs (Buddha), *Nirvana*. ***Nirvana*** is defined as 'snuffing out the flames.' Do you see the flames to be snuffed out?

This is prayer hands by the ancient meaning of the old Koan: ***What is the sound of one hand clapping?*** All things are in uniform relation to all others, and when two become one, Yoga! No separation. When the two are united, the Lotus of Wisdom has proclaimed, Prajñāpāramitā! That Sanskrit word is your seed to open all on your own, but it literally means, 'Wisdom Well Done." Aleph (Father / Master). THIS is Meditation.

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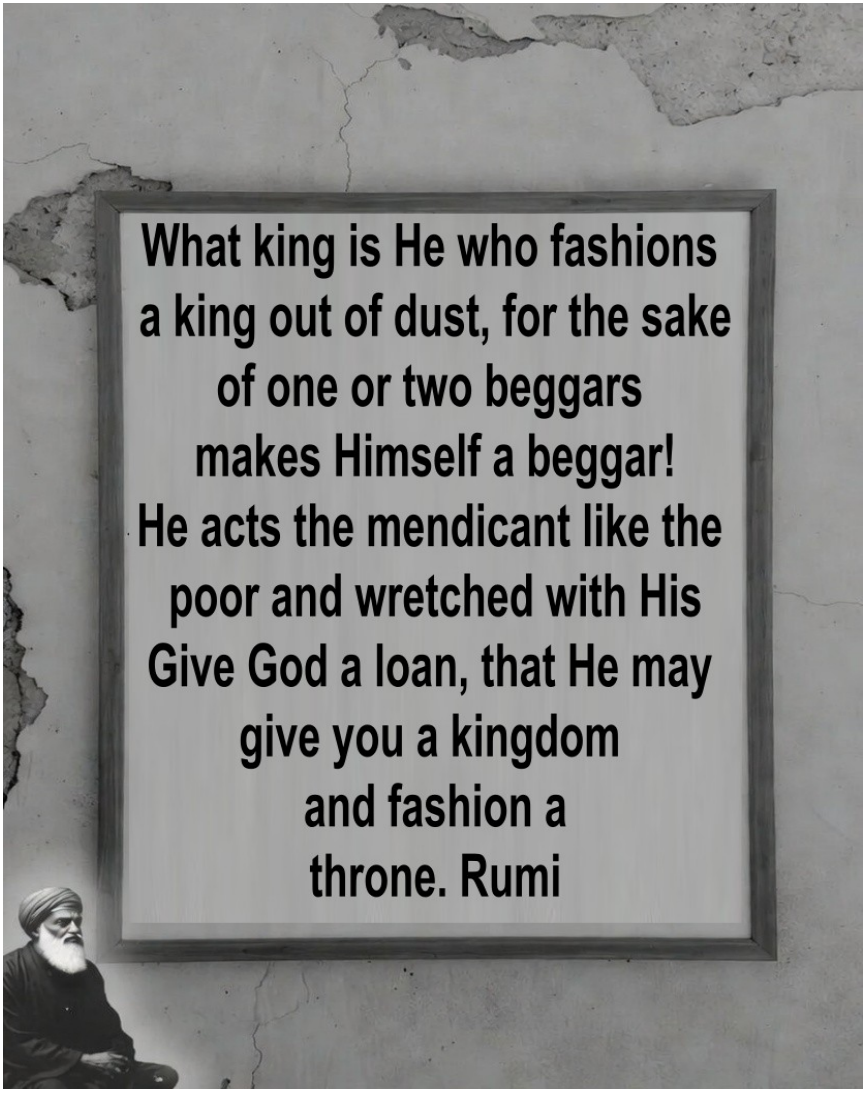
See the Prajñāpāramitā Sutra popularly known as, The Diamond Sutra (Lion's Roar).



Chapter 6
The Threefold Path: Meditation, Contemplation, and Service

There are three movements of breath, and by extension three movements of awakening: emptying, filling, and flowing. Meditation empties. Contemplation fills. Service flows. This is not a ladder but a circulation modern practice misses by leaving out the most vital outflow of service from love and compassion (true identification of self in others). When one is neglected, the current of flowing awareness weakens. When all three move in rhythm, awareness stabilizes. The ancients preserved these as separate disciplines only so the student could learn their distinct function. In maturity, they are one motion.

When seen in this light, meditation is the discipline of subtraction. It is the deliberate emptying of noise, reaction, and identification. To meditate is to watch the breath until the one watching becomes visible. The goal is not silence as absence, but silence as clarity. When the mind ceases grasping, it reveals its luminous substrate. Meditation purifies the vessel. Without this emptying, what enters will distort.

Contemplation is the discipline of reception. Once emptied, the mind becomes capable of holding higher pattern without fragmentation. Contemplation is not discursive thinking; it is sustained attention toward truth. It is breath drawn inward consciously. Scripture, symbol, geometry, nature—each becomes a mirror when held in steady awareness. Contemplation fills the vessel with ordered meaning.

Service is the discipline of expression. What has been clarified inward must move outward or stagnate. Service is breath released as embodied virtue. It is love translated into action. Without

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service, meditation collapses into self-absorption and contemplation hardens into abstraction. Service completes the circuit by restoring balance between self and other.

These three movements correspond to purification, illumination, and integration. Meditation dissolves shadow, while Contemplation aligns identity and finally, Service manifests Unity. When practiced together, they prevent distortion. Meditation without contemplation becomes emptiness without direction. Contemplation without meditation becomes concept without depth. Service without both becomes activism without center. It is worth noting that the Sanskrit word for Meditation and Cultivation are synonyms. When clearing the land, stones are removed; soil is enriched.

Trivium and the Intersection of Three into One

The Trivium pattern appears again: Line (Meditation—focus), Branch (Contemplation—expansion), Fold (Service—embodiment). Empty, receive, give. Inhale, hold, exhale. Root, trunk, fruit. The path is not mystical in its structure—it is physiological, psychological, and spiritual at once. It mirrors breath itself because breath is the bridge between body and awareness.

Ultimately, the threefold path stabilizes virtue. Meditation centers the axis. Contemplation aligns the mind with truth. Service expresses love as balance. When these three move as one, mastery is not forced—it ripens. The seeker discovers that what was sought has been circulating all along. The breath that empties is the breath that fills is the breath that blesses.

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Chapter 7

Cracking the Seed: From Symbol to Direct Realization

Symbols are presuppositional truth that is hermetically sealed. They protect truth from premature handling, yet occupy a vastly smaller space than they express. A seed-word, a posture, a breath-cycle, prayer hands, Aleph divided, golden soma rising—these are not the thing expressing in endless variety as compression devices. As I have shown throughout this work, the ancients encoded infinity in image so that only practice could unlock the expanded essence. To crack the seed is not to admire the shell. It is to break it open through disciplined participation.

Every chapter leading here has been architecture: posture aligning virtue, breath cycling intention, identity reconciling with nature. The Trivium pattern—Line, Branch, Fold—has carried the reader from concept to integration. But at some point, the geometry must collapse into immediacy. Direct realization is not intellectual agreement with Brahman = Atman, nor poetic resonance with "the one you seek is the one looking." It is the irreversible shift where reflection recognizes its source.

Here lies the cosmic joke: The seeker chases enlightenment across systems, symbols, and traditions only to discover that awareness has been self-luminous the entire time. The mirror was never separate from the face. The wave was never separate from the ocean. The Jiva mistook reflection for substance, only to realize the light behind the reflection was its own ground. The laughter that follows is not mockery—it is relief.

But here is the missing half of the joke: if realization ends with self-recognition alone, the joke is on you. Insight without responsibility curdles into subtle ego. To see that Identity + Nature = Unity means that what you recognize as Self is present in all. If

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the same awareness looks through sixteen billion eyes, then realization demands compassion as its proof. Direct realization without service is counterfeit.

Your own human embodied text has already laid the foundation for this correction. The "final secret" is realized in service for the benefit of the whole.

Take a Sit, Contemplate—Serve! Cycle the Breath.

We crack these seeds open to restore the circulation modern practice forgets—meditation, contemplation, and service as one breath. Direct realization must breathe out. Otherwise, it suffocates in abstraction.

Take a Sit, Contemplate—Serve! Cycle the Breath.

To crack the seed, then, is to move from symbol to embodiment. Prayer hands are not metaphor if they alter how you treat a stranger. The rising oil is not mysticism if it does not refine anger into patience and impulse into self-control. "Against such there is no law" (Galatians 5) because virtue is liberated action, not constrained morality. Realization stabilizes virtue at rest, and virtue expresses realization in motion.

The true holy of holies (*Devir*)is not a hidden chamber in the skull but the moment you recognize another as yourself and respond accordingly. The Dweller on the Threshold dissolves not when you glimpse unity, but when you live it. The seed cracks open fully only when the fruit feeds others. Symbol becomes realization. Realization becomes character. Character becomes love in action.

This is the maturation of the path. The cosmic joke becomes sacred responsibility. The mirror recognizes itself—and then turns outward in compassion. Only then is the seed fully cracked.

Take a Sit, Contemplate—Serve! Cycle the Breath.

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Chapter 8
The Return to the Seat: Living Enlightenment in Ordinary Life

As we can read from so many ancient traditions, before Enlightenment, it is said that we, "carry water; chop wood." After enlightenment, "carry water; chop wood." Reading into this, the body you carry is the water of baptism (incarnation into waters below, or left hand). Chopping wood is for the fire (desire). When desire flips, the chopping of wood is now for giving away and keeping people warm. The water is still to be carried and life continues on. What's the difference now that the enlightened state is returned to mastery?

Returning to the seat is not regression—it is completion. After ascent, symbolism, geometry, and realization, one comes back to the simplest instruction: SIT. Not in isolation from the world, but within it. The seat is no longer a cushion in a quiet room; it is the stable center carried into traffic, conversation, disappointment, and delight. Enlightenment that cannot survive interruption was never stable to begin with.

To live awakened in ordinary life is to remain upright inwardly while bending outwardly in service. The spine of character does not disappear when you stand up from meditation. It becomes invisible posture—patience under pressure, gentleness in disagreement, self-control in provocation. The temple is portable. The crossroads of heaven and human is present in every exchange.

> 1 Corinthians 3:16
> 16 Don't you know that you yourselves are God's temple and that God's Spirit [breath] dwells in your midst?

The great misunderstanding is that realization ends the human story. It does not. It redeems it. The Jiva continues to act, choose,

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speak, and breathe—but now from alignment rather than confusion. Identity + Nature = Unity is no longer theory; it is orientation. Nature still contains impulse, emotion, and limitation. Identity stabilizes them in awareness. The seat remains even while moving.

Ordinary life becomes the proving ground of balance. Family, work, fatigue, misunderstanding—these are not obstacles to enlightenment; they are its calibration. Breath still cycles: empty out reaction, breathe in clarity, breathe out service. The threefold path does not retire after realization; it becomes effortless rhythm. The measure of awakening is not vision but virtue.

The return also dissolves spiritual vanity. There is no badge for seeing clearly. The cosmic joke matures into quiet humility. If all are expressions of the same awareness, then superiority collapses. The enlightened one washes dishes, keeps appointments, apologizes when wrong, and loves without announcement. Light surpasses darkness not in spectacle, but in steadiness over time.

This is why the seat must be returned to daily. Not because realization fades, but because embodiment refines. Each day offers new shadows to integrate, new contractions to release, new opportunities to remove the "not." The return is practice without strain—an ongoing stabilization of center. The temple remains open through repetition of alignment.

Living enlightenment in ordinary life is the final integration: no separation between meditation and movement, no division between sacred and mundane. The seat is everywhere. The breath is continuous. The virtues remain at rest even while active. What began as disciplined sitting becomes natural being. And in that being, unity expresses itself quietly, persistently, and with compassion in the smallest random acts of kindness.

Take a Sit, Contemplate—Serve! Cycle the Breath.

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Epilogue

The seat is never left. What began as deliberate stillness in the geometry of a single posture has revealed itself as the eternal posture of being itself—SIT / CIT, and be that by which you know that you are. Every chapter, every breath cycle, every symbolic seed cracked open has led here: not to a higher state you must attain, but to the recognition that your true nature has been patiently waiting to self-arise. It will not rise by force of will or clever technique. It refuses to rise until Love first recognizes itself within your own nature, exactly as lovers recognize one another across a crowded room before a single word is spoken. This is the hidden courtship at the heart of all authentic yoga and meditation.

What you have sought has been seeking you with equal tenderness. The Absolute does not chase its reflection; it simply waits for the mirror to grow still enough to return the gaze. Your longing was never one-sided. It was the whisper of the Beloved calling through the veil of your own forgetting, inviting mutual bonding born not from effort but from love itself. When Love beholds Love in the field of your awareness, the spark Rumi described leaps from grace into submission, from submission into all-consuming blaze. No shadow can remain in that recognition, for shadows do not attract light—they are merely the temporary absence that light, upon arrival, instantly dissolves. Light does not negotiate with darkness; it casts it out by its very presence and unites everything it illuminates into one seamless radiance.

Here, in the return to ordinary life, the three pathways complete their sacred circuit. Meditation emptied you; contemplation filled you with the breath of remembrance; service exhaled you into the world as living offering. Now the circuit runs by itself. The virtues no longer need to be practiced—they express spontaneously because the breath that carries them is pure. Identity and Nature have married, and their child is Unity walking on two legs through supermarket aisles, traffic jams, and quiet kitchens. You bow with

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unity not as a special act but as the natural posture of a heart that has remembered its home.

The designer you met while sitting was never other than the capacity by which you see, feel, and love. The one you looked for was the one looking. And in that final, wordless meeting, something exquisite happens: the courtship is consummated. Love recognizes itself in every face, every sorrow, every joy, and the universe itself becomes the beloved's embrace.

Show me a house that is not filled with lamps of him;
show me a portico which his cheek has not filled with brightness.
This eye and that lamp are two lights, each one on its own;
when the two met, none made parting between them.
When the spirit became lost in contemplation, it said this:
"None has contemplated the beauty of God but God."

Rumi

True nature self-arises then—not as achievement, but as the inevitable flowering that occurs when the conditions of love are met. The seed has cracked. The forest stands within you, breathing. Therefore, friend, keep the seat. Return to it a thousand times a day in the midst of living. Let every inhale be the silent question, every exhale the loving answer. What we seek is seeking us, and the moment Love first smiles upon its own reflection in your eyes, the entire cosmos smiles back. SIT. Recognize. Burn brightly. The blaze is already lit; you are only remembering how to let it spread.

You are the spark.

You are the fire.

You are the light that was never separate. Bow with unity, beloved. The Beloved has been bowing with you all along.

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Glossary of Pointers Into True Meaning
Endless Rabbit Holes of Shadows into Light

1. Absolute Mind of Invariance (Spirit / Level 10)
   The unmanifest, neutral/positive ground that never changes — Dzogchen's rigpa, Brahman's limitless ground, the "I AM" before Abraham. It is the designer that is not elsewhere but is the very capacity by which experience appears.

--Hidden meaning: Pure awareness walking in its own light.

--Overlaps: Expresses through every lower level; realized only when shadows are subtracted (3) and the mirror clarifies (12).

2. Bindu / Atman (The Singularity / First Point)
   The dot from which the universe unfolds — the eternal soul identical with Brahman, the "firstborn over all creation," the seed inside every seed.

--Hidden meaning: The point where unmanifest becomes manifest; the place where "I am not, God is all" (Rumi Discourse 11).

--Overlaps: Sits at the center of the Triv triangle (13); realized by emptying (3) and upright alignment (8).

3. Meditation / Emptying Out (The Subtractive Path)
   Etymologically "return to the nature (Tate) of the Center

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(Medi).” The deliberate removal of noise, reaction, and misidentification so the vessel can receive.

--Hidden meaning: Not stress reduction — ontological subtraction until only the Absolute remains.

--Overlaps: Prepares the space for Contemplation (4), Breath (6), and the threefold path (5).

4. Contemplation / Filling (The Hidden Axis / Inward Breath) Sustained, non-fragmented holding of higher patterns — scripture, symbol, geometry — until they become living mirrors.

--Hidden meaning: The “breath drawn inward” that fills the emptied vessel with living light.

--Overlaps: Flows naturally into Service (5); balanced by Meditation (3).

5. The Threefold Path: Meditation → Contemplation → Service (The Complete Circuit)

Subtraction → Reception → Expression. The living breath of the entire system.

--Hidden meaning: Without the outward flow of Service the circuit hardens into self-absorption; Service is Yoga made visible.

--Overlaps: Completes Yoga (7) and proves “no separation” (15).

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6. Breath as Bridge / Spirit in Motion (The Hidden Axis Between Body and Being)

Not air — Spirit (Ruach/Spir) entering and exiting as food, emotion, thought, karma (mental action). In-breath: Self-control, Gentleness, Faithfulness. Out-breath: Goodness, Kindness, Forbearance. Resonance: Peace, Joy, Love.

--Hidden meaning: Every "in and out" is Manu (Mind-Kind) creating reality; purity of breath = purity of mind.

--Overlaps: The living link between Posture (8) and Attention (12); shadows appear as tightened/contracted breath.

7. Shadows as "Not-Virtues" (Inverted Light)

Place "not" in front of any fruit of the Spirit and you generate the exact shadow: not-love = cruelty, not-peace = agitation.

--Hidden meaning: Shadows are not evil — they are imbalance asking to be realigned by uprightness and pure breath.

--Overlaps: Dissolved automatically by Posture (8), Breath (6), and SIT (9).

8. Upright Posture / Character (The Temple and Crossroads)
   To SIT upright is for virtues to be at rest with balanced function. The spine is the sacred axis (sacrum = altar of golden soma); vertical line where heaven and human meet.

--Hidden meaning: Character is not moral performance — it is

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geometry enacted. Slouching = contraction; upright = openness to light.

--Overlaps: First initiation into SIT (9); enables spinal flow of soma and the crossing of Identity + Nature.

9. SIT / The Final Instruction (Ontological Command)
   Stabilize awareness long enough for the illusion of fragmentation to loosen. “Be that by which you know that you are.”

--Hidden meaning: Not a posture technique but the entire path in one syllable — cease scattering, remember the center.

--Overlaps: The living synthesis of every prior pointer; the moment the seed cracks and the forest grows.

10. Attention and Identity: “Who Is Watching the Mind?” (The Quiet Question)

The turning of awareness back upon itself until the watcher is revealed as the Absolute.

--Hidden meaning: The seeker and the sought are the same light; when the mirror clarifies, CIT (pure awareness) becomes visible.

--Overlaps: Resolves in Bindu/Atman (2); stabilized by upright posture (8) and pure breath (6).

11. Geometry of Stillness / Triv / Line-Branch-Fold (The Signature of Intelligence) / Line (1D Hell), Branch (2D

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Hunger), Fold (3D+ Animality to Absolute). The triangle (Triv) where three lines meet at one living point — design implies Designer.

--Hidden meaning: All reality is intelligent expression; the relative mind branches and folds, yet rests in the Absolute point.

--Overlaps: Embodied in upright posture (8) and Prayer Hands (14).

12. Yoga / Union (Identity + Nature = Unity)
Not stretching — bending the mind toward awareness and being until there is no separation.

--Hidden meaning: The geometric result of the entire top-down flow; the lotus arising from mud.

-Overlaps: Proven by Service (5); symbolized by Prayer Hands (14) and realized in SIT (9).

13. Prayer Hands / Aleph Divided (The Manual Pointer)
Palms joined — lower waters (thumbs = humanity/bitterness) reunited with higher waters (fingers = heaven/joy). Ring fingers = Bodhisattva level.

--Hidden meaning: The physical act of dividing and reuniting the waters of reality; Namaste in motion.

--Overlaps: Visible Yoga (12); enacts the crossing at the Temple (8).

14. Self-Arising True Nature (The Effortless Bloom)
Once shadows are subtracted and alignment is steady,

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virtue, compassion, and living enlightenment arise without force — “the little spark becomes a great blaze” (Rumi).

--Hidden meaning: Not achievement but revelation; the forest grows from the cracked seed.

--Overlaps: The fruit of the entire glossary; lives in ordinary life (Chapter 8).

15. No Separation / “I Am God” as Supreme Humility (Rumi Discourse 11)

The final realization: “I am not, God is all.” The one looking is the One looked at — sixteen billion eyes are the same light.

--Hidden meaning: The ultimate cracking of every seed; Unity is not two things joined but one thing remembered.

--Overlaps: The living conclusion of every pointer above.

How the System Interlocks

Start at 1 (Absolute) → descend through Bindu (2), subtract via Meditation (3), fill via Contemplation (4), express via Service (5). Breathe the virtues (6), dissolve shadows (7), align the Temple (8), and SIT (9). Turn attention inward (10), see the Geometry (11), achieve Yoga (12), join the hands (13), let true nature arise (14), and rest in No Separation (15). Every pointer overlaps with every other because there is only one seed. The book has now been fully planted.

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Three Jewels
Identity + Nature = Unity

Three as One Jewel
Sānbǎo

Om Tare Tuttare Ture Soha
Sanskrit for: The Uniting of Heaven and Earth
for Liberation from Fear, Suffering and Disease
Soha (Amen)

Om – primordial sacred sound uniting above and below

Tare – "O Tara" (the Liberator)

Tuttare – liberates from the eight fears, suffering, disease

Ture – swift liberator / grants ultimate liberation

Svaha (Soha) – "so be it," offering seal (Amen)

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Glossary of Terms You Might Like to Crack Open from my Book, Trivium: Self-Reflected Infinite Being

- **Ābhāsa-Caitanya:** (Sanskrit, 'reflection' + 'consciousness'). The reflection of absolute consciousness (cit) in human awareness. The world-entangled self (jīva) mistakes this reflection for reality, hindering the true realization of Brahman and the true self (ātman) as Brahman [1, pg. 38].
- **Anamnesis:** (Greek: ἀνάμνησις) The rediscovery of forgotten knowledge, or remembering things from a supposed previous existence. In Platonic philosophy, it is the recollection of knowledge the soul already possesses [1, pg. 19].
- **Atman:** (Sanskrit आत्मन्) The individual soul or inner self, considered identical to Brahman in Advaita Vedanta. It is the eternal, unchanging essence of a being [1, pg. 20].
- **Bindu:** (Sanskrit बिन्दु) A point or dot, symbolizing the singularity of reality. In esoteric traditions, it represents the point at which the universe manifests from the unmanifest. It is the seed of creation within each individual [1, pg. 23].
- **Bodhisattva:** (Sanskrit बोधिसत्त्व) An enlightened being who has attained a high level of spiritual realization but postpones final Nirvana to help others achieve enlightenment. It is characterized by compassion and selfless service [1, pg. 68].
- **Brahman:** (Sanskrit ब्रह्मन्) The ultimate reality, the impersonal, all-pervading divine essence of the universe. It is beyond all attributes and dualities [1, pg. 20].
- **Buddha:** (Sanskrit बुद्ध) "Awakened One." One who has attained full enlightenment and is liberated from the cycle of birth and death (samsara). The Buddha is a title given to those who have achieved this state [1, pg. 78].
- **Dukkha:** (Sanskrit दुःख) Suffering, dissatisfaction, or unease. It is one of the three marks of existence in

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Buddhism, indicating the inherent impermanence and unsatisfactoriness of all conditioned phenomena [1, pg. 36].

- **Jiva:** (Sanskrit जीव) The individual embodied soul, the living being. It is the Atman in its limited, embodied form, subject to the laws of karma and samsara [1, pg. 37].
- **Karma:** (Sanskrit कर्मन्) Action or deed. It refers to the law of cause and effect, where actions have consequences that shape future experiences and rebirths [1, pg. 41].
- **Koan:** (Japanese: 公案) A paradoxical statement or story used in Zen Buddhism to provoke doubt and lead to a deeper understanding of reality. Koans are designed to break down logical thinking and lead to intuitive insights [1, pg. 62].
- **Lila:** (Sanskrit लीला) Divine play. The concept that the universe is a manifestation of the divine's creative play, a cosmic dance of creation and dissolution [1, pg. 79].
- **Manas:** (Sanskrit मनस्) Mind, the faculty of thought and perception. It is the instrument through which we experience the world and create our reality [1, pg. 36].
- **Maya:** (Sanskrit माया) Illusion, the power that creates the phenomenal world, veiling the true nature of reality. It is the illusory perception of duality and separation [1, pg. 21].
- **Namaste:** (Sanskrit नमस्ते) A respectful greeting, often accompanied by a gesture of joining the palms together. It expresses the recognition of the divine essence within oneself and another being [1, pg. 90].
- **Nirvana:** (Sanskrit निर्वाण) "Blowing out" or "extinguishing." The ultimate goal in Buddhism, representing liberation from suffering and the cycle of birth and death (samsara). It is a state of peace, freedom, and enlightenment [1, pg. 78].
- **Samsara:** (Sanskrit संसार) The cycle of birth, death, and rebirth, driven by karma and delusion. It is the realm of suffering and impermanence [1, pg. 79].
- **Sangha:** (Sanskrit संघ) The Buddhist community, the assembly of monks, nuns, and lay practitioners. It is one of

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the Three Jewels of Buddhism, representing the support and guidance on the path to enlightenment [1, pg. 101].

- **Sattva:** (Sanskrit सत्त्व) Purity, goodness, or truth. It is one of the three Gunas (qualities) in Hindu philosophy, representing the force of harmony, balance, and light [1, pg. 68].
- **Upaya:** (Sanskrit उपाय) Skillful means, the adaptable and compassionate methods used by enlightened beings to guide others towards spiritual awakening. It suggests flexibility in teaching based on the needs of the student [1, pg. 10].
- **Yidam:** (Sanskrit इष्टदेवता) A meditational deity in Vajrayana Buddhism, a symbolic representation of enlightened qualities. It is used as a focus for meditation and visualization practices [1, pg. 55].
- **Yoga:** (Sanskrit योग) Union, the practice of uniting the individual self with the divine. It encompasses various physical, mental, and spiritual disciplines aimed at achieving this union [1, pg. 3].

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Seeds of Truth

Stephen T. McClard

Victor Frankl

> **"Everyone has his own specific vocation or mission in life to carry out; a concrete assignment which demands fulfillment. Therein he cannot be replaced, nor can his life be repeated. Thus, everyone's task is as unique as his specific opportunity to implement it."**

Everyone, no matter their lot in life, will act a part in the play called life. When viewed against the vastness of space and time, our lives are but grains of sand on an infinite stage. Some lives in this performance are seemingly insignificant while others play leading roles. The factors that determine our lot in life are guided by our views of truth and dictated by our larger view of the production for which we are cast.

Contained within every soul and locked within every human experience, truth abounds yet hides itself, patiently waiting to be found in its correct form and on its own terms. Truth, after all, is the ultimate end pursuit of all conscious efforts and the motivation for our movement forward in time. Housed in this tiny piece of real estate, we search, eking out our existence, patiently waiting for tiny moments of discovery that can fill our void and expand our view of the universe.

The unsatisfied thirst to understand and know truth is what plagues our existence. Yet, our finite existence contains potential for an infinitely marvelous array of possibilities when shadows of truth are humbly understood and applied to our efforts and struggles. Sadly, our truths are but the mere edges of ultimate universal truths that are waiting to be discovered.

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Found within our souls and within our intellect, we hold the capacity to know and understand. We lack only the proper insights and connections for truth to be realized fully in our lives. As we seek to discover new understanding, truth observes our progress and waits. Eons of time have passed since truth began its work, anticipating moments in time to reveal its purpose and expand our dimly lit view.

Nations struggle and wars rage, all in the name of truth. Contradictions to truth abound, yet truth remains constant, shining amid our turmoil and strife. We rage and fight to proclaim our knowledge of truth, yet truth patiently waits to reveal its purpose. We arrogantly boast that we possess truth, yet truth patiently waits for us to humble our souls.

Truth cannot be contained by a mere fleshly vessel. Knowing this is our first step to know more of what the immutable laws of truth offer. Truth cannot allow itself to be used for false purposes. Knowing this is our second step to understanding our reality and allowing truth to fill our need. Truth will not be used to manipulate or alter what is true. Knowing this allows us to humbly accept what truth sets out to accomplish. Truth patiently waits.

Our ways are not yet the ways of truth. Our thoughts are not yet the thoughts of truth. Our sense of justice is but a glimpse of what truth demands. The edges of truth are barely visible when seen through our dimly lit reality. We can be assured in our pursuit of truth if we will only humble our thoughts and patiently seek the glories of what truth will bring to our souls.

Truth moves about, quietly whispering in the ears of those who will listen. It speaks throughout the ages of what is right and good and pure. It gives a voice to the humble philosopher and shines a light for the seekers of knowledge. Passed along from generation to generation, its illuminations multiply. Called by many names, it quietly proclaims its wisdom, allowing us to grow in our understanding and control.

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Truth asks only one thing of us: to humbly set our minds in the midst of knowledge and toward the pursuit of bettering others and ourselves. Truth patiently waits for us to seek and discover the rewards it has waiting for a generation that will plumb the depths of its boundless and abundant seeds of potential.

Truth is the pursuit, but meaning is the reward. The rewards of meaning and the pursuit of life are the answer to the ageless questions that have haunted man since truth first began its work; who am I, and what is my purpose? Before truth fully answers these questions in your heart, it has one expectation.

As you gasp your last breath of life, what will run through your mind? What thoughts will you have about your life and the purpose for which you were formed? The two questions truth will answer in our lives—who am I, and what is my purpose? —will become startlingly clear to you at this moment, the final humbling moment of physical life. As you have your last thought, this will be the moment at which you realize the impact you had on others, the moment when you realize that you either lived your purpose on this earth or you missed your purpose completely.

Until this moment, truth hesitates to answer our questions. It waits patiently, eagerly, hoping it can bring the answers to light before our light fades and our eyes close for the last time. For a select few mortal souls, the seekers of knowledge, the meaning to these two questions will be answered before this moment arrives. Truth will gladly answer these questions but has an expectation which is hidden in an ancient riddle, the parts of which have been scattered in full view since truth first began its work.

The first part of the riddle is this: no matter where we go, there we will be, and until we realize that we can only be where we go, we will only be where we are. Going is the only way to travel along the path of truth. Just as the apprentice must stay with his

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master, truth will accept no less than this from us. We realize at this moment that answering the riddle starts with the journey.

The journey with truth starts with the first step and is the second part of the riddle. The first step in the journey is the most important step and cannot be taken in the wrong direction. It is at this point that most souls will stumble and lose their way along the true path. Without taking the proper steps in the proper directions, truth will continue without its apprentice. As sojourners with truth, we are bound to the path of truth and thus begin our journey in life.

Our journey begins when we enter through the gate of life at birth and lasts until we finally move through the portal of death. It is between these moments that truth forges our destiny in the crucible of life. It is at this moment that truth decides our fate, the one purpose that we were formed from nothing to accomplish. What happens between these two moments, birth and death, will decide our fate. Truth, with its friend fate, decides our future destiny and dictates our purpose as we walk the path of life. Discovering purpose in life starts with the first step and ends with the last. Where we go, there we are, together with truth, stepping forward toward our destiny.

What, then, does truth require of the knowledge seeker along the journey? To discover the answer to this question, we must first learn humility. Truth will not reveal itself until we are humble before it. This may happen along the path or will finally happen when we exit this life through the portal of death. We are powerless against the eventuality of humility, so pushing ourselves beyond self will be the first step to understanding what truth requires of us.

To gain humility, we realize that our soul is unique to the purpose for which it was created. We choose our path through free will, and the choices we make along the way define who we are and will further define the unique steps of others. The value we see in others will be reflected in the value we place on ourselves. Free will is, therefore, the determining factor in our choice to be humble or to

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be selfish and self-centered. Free will can lead us away from the self-deception that separates us from truth, or it will ultimately lead us away from the true path. We are free to travel the paths of truth when our self-will is removed, and we humble ourselves by seeking the good of the many.

Truth is simply the destination of a random and unpredictable journey. As our soul walks to the grave, the steps taken along the way are dictated by free will. Whether we seek evil or good, all paths end at truth. For the seeker of knowledge, reward is gained and continues beyond the grave. For the seeker of self, reward is pursued but never gained, ending at the grave.

This life is fleeting. At our essence, we are souls trapped in a decaying corpse, a corpse moving about in time. Will the precious time we have on this earth be lived for our own selfish ends, or will we take each step forward for the betterment of others? Discovering our purpose for this movement in time is then reduced to these two choices and will define who we are when the end finally comes. **No matter where we go, there we will be, and until we realize that we can only be where we go, we will only be where we are.**

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Recommended Resources

The following books and resources were valuable in the writing of this book. These resources may provide further insight to the topics covered.

James Legge. ***Chinese Classics Series.*** Simon Publications (August 2001).

Thomas Kirchner. Entangling Vines: **A Classic Collection of Zen Koans.** Wisdom Publications (2013)

Thomas Cleary and J. C. Cleary. **Blue Cliff Record.** Shambhala Publishing (2005).

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Ingrid Fischer-Schreiber. Franz-Karl Ehrhard. Kurt Friedrichs. Michael S. Diener. **The Encyclopedia of Eastern Philosophy and Religion: Buddhism, Taoism, Zen, Hinduism.** Shambhala Publishing (1994).

Robert Jr; Lopez, Donald S. Jr., eds. **Princeton Dictionary of Buddhism.** Princeton University Press (2013).

Dr. Anna Kingsford and Edward Maitland. **Kore Kosmou: The Virgin of the Kosmos** (1880).

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William Boltz. **Lao Tzu Tao-te-Ching: Early Chinese Texts.** University of California Press (1993).

Brian Walker. **Hua Hu Ching: Unknown Teachings of Lao Tzu.** Harper (1995).

Kazuki Tanahashi. **The Heart Sutra: A Comprehensive Guide to the Classic of Mahayana Buddhism.** Shambhala (2014).

Rob Bryanton. **Imagining the Tenth Dimension: A New Way of Thinking About Time and Space.** Talking Dog Studios (2006).

Patrick Olivelle. **The Early Upanisads.** Oxford University Press (2014).

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The Alef-Beit: Jewish Thought Revealed through the Hebrew Letters. Jason Aronson, Inc. (1977)

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About the Author
Stephen T. McClard

Stephen T. McClard has been the Director of Bands at Bolivar High School since 2002. In addition to nearly 30 years as a music educator, McClard also maintains an online woodworking business and is a third-generation piano technician with over 40 years of experience. His woodworking creations include custom bass guitars, which have sold all over the world and one-of-a-kind computer desks made from old pianos. His piano desks have been featured in magazines such as Business 2.0 and Piano Technicians Journal and in many other newspapers and television news features.

Other books by Stephen T. McClard include:

***1. The Superior Educator, A Calm and Assertive Approach to Classroom Management and Large Group Motivation* (2009).**

2. The Present is the Gift – The True Meaning of Baptism in the Jordan (2013).

3. Thus Saith the Flame to the Spark – Ten Dimensions of Enlightenment – One Mind, One Heart, One Unity (2018)

4. Bow with Unity – Benefactors of Orphans and Widows (2018)

5. Enlightenment and Ritual: Awakening to True Identity from Sanskrit and Hebrew Sources (2018)

6. Passages: Tripping In the Forest of Illusions (2025)

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7. Trivium: Self-Reflected Infinite Being (2025)

8. Hillbilly Buddha: The Redneck Guide to Simulated Reality (2025)

9. Resonance: Shadows in Love with the Sun (2025)

10. Tablet of the Unseen: Meeting Yourself in the Mirror's Surface (2025)

11. The Golden Thread: When the End is the Beginning (2025)

12. Sit: Secrets to Ancient Meditation and Yoga Revealed (2026)

13. Absolute: The Language of All in All (2026)

14. Surviving Jacob's Trouble: The Awakening Soul's Journey Beyond Good and Evil (2026)

15. Ahavah: Guide to Marriage as The Strong House of Love (2026)

16. Heterolexicon: Arcanulux Beyond the Veil (2026)

17. A Manuscribed Life: Guidebook for Programming Reality (2026)

18. Passages 2: Two Book Set (2026)

19. ESSENCE: Jing Breath Energy (2026)

20. Arcanulux: Heterolexical Compendia (2026)

21. Logos: Four Laws of Creation (2026)

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22. The Zen of Ten: Wrestling with the Dweller on the Threshold (2026)

23. Know Thyself: The Metaperceptive Transfiguration of the Lord (2026)

24. EGO: The Near Life Experience of Bob (2026)

25: The Logos of Love: Four Books of Knowledge, Experience, and Realization (2026)

26. Passages 3: Three Book Set (2026)

27: FIRE BAPTISM: Transmutation of Spirit Into Gold (2026)

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