

HEY!

You! Yes, you in particular.

Feeling stressed out? Forgetful? Drowning in pointless Facebook posts and scrolling? Did you forget that you have an indomitable Gift? Do you feel like a space cadet, and not in the good way? Do you feel like you could use a free vacation? Well, GOOD NEWS! This is the free vacation that you've been waiting for! Take a vacation into Awareness and mindfulness with the team of explorers from the Beta Vanguard!

Hold onto this little booklet and let it be your guide on your vacation, as we take you to sights unseen. Give yourself a break and listen to the restful crash of the waves of your Mind. Sit down and feel the markers of self and Self in the land of your body. Contemplate the limits of the concepts you've invented for yourself in the abyss of consciousness itself.

You'll be remembering your Self in no time at all. You'll go from dull space cadet to being well on your way to being a full blown Cosmonaut! So, pack your bags and get ready for your trip!



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Six2

Awareness Technique

I was inspired by meditation practices, contemplation techniques from retreats, Kundalini yoga positions and my recent Work with awareness. Since what I am explaining in this document does not fall to any existing categories (or I do not know about it), I just call it "Awareness Technique". By focusing attention, practicing awareness, we can realize the Life Essence that flows around and that is something we can influence. We can define borders and create ourselves as individuals, separate from others. This is shaping Life, your own life and all around it.

The technique itself is not complex, but takes a long time to become proficient. I have just spent 10 days with the steps written below, used all I know, but I see there is a lot of space for improvement.

Doing this technique help you to understand better how an object/subject affects the Self. How a subjective image can expand or shrink.

If you have heard about becoming one with something to be really proficient in using it, eg. in martial arts they often say "become one with the weapon you use", then this is similar, but their explanation can be misleading. What happens in reality is that you get into a highly aware state where your borders are more clear. This is not a selfless flow - it is flow with awareness of borders of reality. Who created the borders? Turns out, there is a nice flow between subjective and objective and there is never a final truth, but continuous change.

Steps

1. Choose an item which will be used in the practice to realize borders
2. Sit in lotus or a similar position and take the chosen object into your hand
3. Close your eyes and focus on the object while being aware that it is an object outside of your Self
4. Move the object in your hand to different positions, below your head, on the same level and above - notice the differences on how you are influenced by this.
5. Use your life energy to expand yourself (this is hard to explain, but very similar when you feel like you are domination a whole place around you, being the boss or king there - a more accurate feeling explanation is if you have tried the Maori war dance called "haka" before). What happens with the object you have chosen in this case? Please answer this to me in email only and after I have received the messages from both of you, I will add to the mailing.
6. Let you own life energy down, falling "weak", like you are "letting everything go", but never let yourself below a level where you can't stay sitting in a decent position. Remember, this can be dangerous because the object will influence you more. This is not a high risk to do it, just be careful. In this case, what happens to you and the object? Please answer this to me in email only and after I have received the messages from both of you, I will add to the mailing.
7. After you are done with the life energy work, stay calm and focus on being balanced between the object and yourself. This is the point were you can work on setting up your own borders.
8. You can slowly come back and continue your life.

After you have done this practice 5-6 times, start integrating it into daily life.

Tell me...

...who you are.

...what makes you a living being.

...where you come from.

...what you Want.



"Remanifest great things in small a scale so you can make predictions. Play. This is the key to keeping systems alive."

KADMOS2

DREAMWORK WITH THE HIGHER SELF

This practice is to be done upon arising from bed, and in the evening before sleep. The first cycle is started at NIGHT while lying in bed.

AT NIGHT

STEP 0 - Place writing utensil and journal near bed.

STEP 1 - Examine Self 1. What am I feeling physically (warmth/cold, sensation, pain, etc.) 2. What am I feeling emotionally 3. What am I thinking about?

STEP 2 - Close Eyes, in awareness of the state of the three centers

STEP 3 - Visualize a form of Higher Self above you in space (it may help for this to be the same during the course of the exercise)

STEP 4 - Imagine its essence or energy descending into you, concentrating in your abdomen (dan-tien/hara region)

STEP 5 - Focus on this energy; hold your breath and bear down, visualizing the energy churn and grow in size, hearing yourself say 'I'

STEP 6 - No release the tension, and feel the energy travel to your left foot, hearing yourself say 'AM'.

STEP 7 - Repeat steps E and F for four more cycles, sending energy to the right foot, left arm, right arm, then head (third eye region is a good focus).

STEP 8 - Imagine as the beginning of your dream work, your consciousness traveling into the Higher Self above in you in space. Let yourself fall asleep.

IN THE MORNING

STEP 0. Record all details of your dreams immediately.

Repeat STEPS 1-7 as above, lying in bed.

STEP 8A - Return to a state of awareness of yourself as in STEP 2, motivated to start your day with the energy you have amplified within you.

AT THE END OF THE EXERCISE PERIOD (2 WKS?) Review your level of performance in daily activities. Review dream content for notable findings and common factors.

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pare away that which is not you

set down the blade and lie in the bed of your shavings

Orlog 3

Interstellar Triple Whammy

Thesis - 1

Exercise: Offering

Explanation: This functions as a way of bringing your focus back to yourself using an external support. Hold a drink in your left hand and hold your right hand next to it. Close your eyes and visualize a goal, intention, hope, or desire into a single form in your mind's eye. Inhale deeply and breathe your imagined form into the drink, and visualize it dissolving within the liquid, changing it and making it sacred. Drink the liquid with your eyes closed and then open them when you've taken a swig.

Augmentation 1: Deification. Do the above but after making the drink sacred, visualize yourself as your Self, in whatever form that is to you. Preferably, make it as wondrous and transcendent as possible. As this High Self, your divine Form, drink the libation as an offering from Self to self.

Augmentation 2: Act of Affirmation. Do the above but in your divine Form, tell your self that you as Self want your self to do one new activity today. It could be something small or large. Ideally it would be something you would otherwise be too timid, fearful, or busy to do. Give this activity as a Gift from Self to self. Then, after deciding what it is you'll do, take your offering, and then be sure to do that activity at some point in the day.

Holy Words: I Am.

Antithesis - 2

Exercise: Disidentification

Explanation: This functions as an insight meditation aimed at producing Self-Remembering. Sit or stand with your eyes closed. Think about your self and your Self. What is the difference between these two? What is personality and what is Essence? For as long as you choose to do this, use your entire concentration to dissect your Self-Complex to determine what YOU ARE NOT. When you're done, repeat back to yourself what YOU ARE and then what YOU ARE NOT. Focus on what YOU ARE NOT to close.

Augmentation 1: Pattern Dissolution. During the above exercise, pick a single aspect of what YOU ARE NOT and remember it. After the exercise, recall what you chose as that aspect of Notness. Think to yourself: What pattern of behavior is related to that Notness? Choose one behavior of that pattern and tell yourself not to do that behavior today. Even if you fail, keep trying for the rest of the day.

Augmentation 2: Pattern Rewrite. During the above exercise, ask yourself: Can I replace the behavior identified previously with a behavior that affirms what YOU ARE? What behavior would affirm that which YOU ARE instead of reinforce what YOU ARE NOT? Choose to replace that negating behavior with the affirming behavior for the rest of the day. Even if you fail, keep striving onwards for the day.

Holy Words: I Am Not.

Synthesis - 3

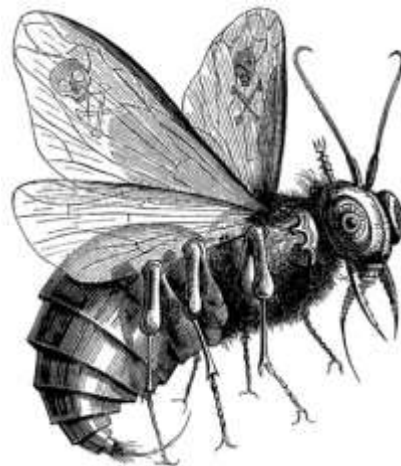
Exercise: Awareness

Explanation: This functions as a calm abiding meditation aimed at producing Self-Remembering using an internal support. The Thesis exercise uses an external support and the Antithesis exercise uses insight as an internal support. This exercise, that of Synthesis, uses awareness as an internal support. Sit in a comfortable position and simply observe your thoughts, without rejecting or grasping any of them. This simple abiding exercise grounds one's focus in the observation that Thesis and Antithesis both arise within something, a force that acts as the Ground for them both. Do this for as long as you desire.

Augmentation 1: During the above exercise, observe a thought that reflects something that you would normally affirm, perhaps a desire or a daydream that you enjoy. It could be a want, a hope, or an aspiration. Remember it. After the exercise, ask yourself: Now that I am outside of the meditative state, do I really affirm this part of myself? Has my feeling towards that thought changed with the change in mental state? Treat this affirmative thought as a toy in your hands, and consider running a thought experiment about actually enacting that desire or daydream. Afterwards, ask yourself "Where am I right now?" and return to this present moment. Even if you don't do that experiment, laugh to yourself, knowing that this thought arose in something greater than itself.

Augmentation 2: During the above exercise, after finding the thought you affirm, like a desire or daydream, think about its Antithesis. What is it? If you thought of a desire, what's the opposite of that desire? A fear? A loss? If you thought of a daydream, hope, or aspiration, what's the opposite of it? A horrible event or fearful day? What it would it be like if it really happened? Think about it strongly and then if it is safe to do so, consider closing your eyes and do a mental experiment about it. Then, after that, visualize it vanishing into the darkness of your mind. Ask yourself "Where am I right now?" and return to this present moment. Laugh to yourself, knowing that this thought arose in something greater than itself.

Holy Words: I Am Beyond.



And in my confusion I answered, Then I must consider myself incomplete, for thou hast shown me things which I cannot easily comprehend.

ནད་སྐྱུག་མཚོན་བསྐྱལ་ལོག་བར་བལྟས། །

né muk tsön kal lokpar té

May all disease, famine, belligerence, wrong views,

ཉམས་ཚག་ཉེས་ལྷུང་ཟླེག་པའི་ཚོགས། །

nyamchak nyetung dikpé tsok

Impairments, transgressions, downfalls, harmful actions,

གཅེས་འཛིན་བར་ཚད་གདོན་བགགས་ཀྱི། །

chedzin barché dön gek kün

Self-cherishing, obstacles, harmful influences and impediments,

བདག་ཉིད་གཅིག་ཕྱི་སྤོང་དུ་སླིན། །

daknyi chikpü tengdu min

All ripen on me and me alone!

ཚོ་དཔལ་ལོང་སྤྱོད་བདེ་སྤྱིད་མཐུ། །

tsé pal long chö dekyi tu

And to all these beings, who are as limitless as space

ཉམས་རྟོགས་མཁྱེན་བཟེང་ཡི་ཤེས་ཀྱི། །

nyamtok khyentsé yeshe kün

I dedicate long-life, glory, wealth, happiness, power,

ནམ་མཁའ་མཉམ་པའི་འགྲོ་ལ་བཟླ། །

namkha nyampé dro la ngo

Experience, realisation, and knowing, loving wisdom.

ཀུན་ཀྱང་བྱང་ཆུབ་སྤྱོད་མཚོག་གི། །

kün kyang changchub chö chok gi

May they all, through supreme enlightened actions,

རབ་མངོས་འཕགས་པའི་གནས་ཐོབ་ཤོག། །

rab dzé pakpé né tob shok

Attain the level of the most splendid Noble One!

Excerpt: **The Blissful Path to the Ocean of Bodhicitta - A Brief Prayer of Aspiration for Mind Training**

by Dilgo Khyentse Rinpoche

<https://www.lotsawahouse.org/tibetan-masters/dilgo-khyentse/blissful-path-ocean-bodhichitta>