The TARAKA YOGA of KUAN YIN
Receiving Your Inner Teacher
The Taraka Yoga of Kuan Yin
The Taraka Yoga of Kuan Yin
Receiving your Inner Teacher
by Gael O'Guinn
The Taraka Yoga of Kuan Yin introduces a new translation, based upon a language of symbology known as the Universal Language of Mind, of the 100 verses associated with the Chinese goddess of compassion and mercy, and a kinesiology-based protocol for divining truth through personal experience.

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Kuan Yin Benefactors
Gratitude for those who helped make it possible for this book to be in your hands

Christine Madar
Jeff & Kera Everett
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Lucy Shaw

and Mark Richardson
There are two ways to know creation.

One is Vision.
Vision gives.
“He who gazes down upon the world.”
In giving, the form adapts, and changes according to the image kindling it.

One is Listening.
Listening receives.
“She who hears the sounds of the world.”
In receiving, the form shifts, and changes according to the vessel sustaining it.

When these two come together,
a third way to know creation is born.

This way you hold in your hands.
This is the way of the Inner Teacher.
The way of Perception.
In perceiving, the form transforms according to the wisdom of the beholder.

The Compassion of Avalokitesvara
The Love of Kuan Yin
are fulfilled through the eyes and ears of the Inner Teacher.
And Atman, the One, who is, who was, who is to come is born.
The SPIRIT of KUAN YIN
觀世音
When I contracted to write this book, I had no inkling that it would become what it is – a manual for divinity.

The contract was not made with a publisher who would pay money for the writing. It was not a material agreement. It was a spiritual one. Because I held true to that sense of the divine working through my consciousness, you now hold these thoughts in your hands,– thoughts that continue to evolve even as I enter these words.

The original stimulus for this work came when a copy of *Kuan Yin: Myths and Prophecies of the Chinese Goddess of Compassion* by Palmer, Ramsey and Kwok came into my life. I received the book from my friend of many lifetimes, Daniel, whom I was married to at the time. He purchased it for me when we attended the teachings of the 14th Dalai Lama of Tibet in Madison, Wisconsin, in the summer of 2008. The subject of this teaching was mindfulness and meditation. This is important because, like soil made rich in preparation for a sacred garden, the setting supported the seed idea I planted in the inner levels of my consciousness on that day.

Only imaged thoughts reach into the inner levels of an individual’s consciousness, those places of intimacy and true revelation. The automatic ones that require little or no thought stay on the periphery in the realm of the brain. Scientists have estimated that the average person thinks 50,000 thoughts in a 24-hour period of time. By far most of these are linked to the five senses of the physical body.

“My stomach feels empty. I must be hungry. I see an apple. I’d rather have the orange. Or better yet, something hot. I will go to my favorite diner. I’d like company. Perhaps my neighbor will accompany me. I can call him.”

One thought leads to another as if they have volition all their own.

While awake, one thought seems to lead to another of its own accord. Yet the willfulness in our living is too often guided by an unconscious recognition of that which powers the will. On and on the train of thoughts continue until the waking, conscious mind tires from the effort, and the brain and body must rest. The outer mind has drained the inner mind of its resources, and sleep allows them both the space and time to replenish. This is one reason we feel the need for rest,– why, if we are to be clear-headed and heart-centered, we must sleep sometime in any day-night period.
This turning of the earth to face the sun followed by the rising of the moon, constitutes one day and one night in a sentient being’s life. This physical measurement of time catalogues our experiencing. For some, life is a “things to do today” list that, at the end of the day, stands as testimony to their productivity, accomplishment and success. Then there are the days that the list is an unfavorable judgement, a condemning record of a series of undisciplined thoughts and actions.

Take a moment to reflect upon your own experiencing. What has transpired in the past 24 hours of your life? Who shared your time? Did you conduct the barter of business with them or engage in intimacies? Did you meet someone for the first time? Where did you eat? Sleep? Work? Study? Play? The answers constitute the experiences you chose, allowed to happen, or at times felt forced to endure. The measure of success is conveyed largely through your body, the deliverer of your code of conduct in life.

How we spend our time reveals the depth of our thinking. Once we have a sustainable lifestyle, reasonably free from fear, our measure of life evolves accordingly. We come to believe that life is more than a series of physical actions to perform. We begin to measure success through our interactions with others. The questions we now ask are like these. Did I offer my best effort today - at home, work, school, play? Were my choices based on the welfare of all concerned? Was I mindful in my choices, foreseeing the impact my thought and action might have upon the present moment, and in the years to come? Did I give and receive with the fullest of understanding? Did I respond to opportunities to aid someone else, to lighten their burden with a smile and a kind word? Did I miss an opportunity that I might amend tomorrow? Were my judgements far-reaching? Did I leave the world a better place because I lived this day?

These are the questions that arise from vision. This is the kind of sight the eyes cannot see. This sight arises from an entrained mind who whole-heartedly embraces a reality where every moment is precious and every happening divinely orchestrated by the thoughts of the creator of that world. That world is your life, the people, places, and things that comprise your daily experiencing. That creator, is you. You create your world with your thoughts.
Every moment you have every available opportunity for peace, contentment, and security. Such choices, well-directed and well-made produce a confidence in self as creator. The mind’s creative potential, activated and engaged, is realized. Now, a deeper yearning surfaces for communion with the Source of all creation.

This yearning is not created in the outer, conscious waking mind. It surfaces from within the depths of your being. It radiates from a core essence that gives life, animating every life form around you and within you. This yearning speaks to you when you are still and quiet. It beckons you to enter into a universe where time is transcended and the Real Self is known.

The yearning speaks to you each day. It is the voice of the wind through the trees and the waves caressing the shore. Its voice is comforting. This melody of the Spirit, that spark of life from the Creator, manifests through you as the will to live. Heeding this inner voice, is the beginning of aligning your will with the Divine Will. This aligning is always a function of Kuan Yin.

The Divine Will, expressing as I AM consciousness, asks questions of you that evolve your wisdom. What filled you with wonder today? Were you tested, and if so, what virtues did you call upon to meet that test? When the unexpected arose, what deeper understanding did you cultivate in the garden of your life? How did your love shine in your dealings with others? Who sought your counsel, and in what light did you offer it? Responding to these questions, exercises the gifts of the Spirit, long awaiting the light of your attention.

These gifts are treasured in an inner reservoir existing beyond the mundane world of finite knowledge. Receiving the quantum space of enlightenment, you come face to face with your own wisdom manifesting as your Inner Teacher. I am THAT I AM. Your Inner Teacher is the sense of Infinite Being. Your Inner Teacher pervades any space it claims, for however long it will serve the common good. Resonating with Universal Law, your Inner Teacher lifts your Spirit to harmonize with Divine Will unlocking the Real Self.

*The Taraka Yoga of Kuan Yin* is a means to receive the voice of your Inner Teacher. One hundred verses – collected over four centuries and based upon five translations – comprise this volume of sacred thought. These translations can be found in temples.
throughout China where they are widely used for insight and guidance in daily matters of health, family, marriage, children, and so forth. A central figure in the spiritual well-being of the Chinese, Kuan Yin can be found in households around the world.

Kuan Yin’s poems are viewed as a continuation of the *I Ching*, the classic *Book of Changes* dating back five millennia. The heritage is rich and the origin strong. The *I Ching* began as readings given by shamans using oracle bones of a tortoise shell. Over centuries, as shamans lost power and authority, the oracles were recorded and in this way written texts for guidance began to be used. These spiritual texts spread throughout the country becoming available to all. Among them are Kuan Yin’s poems.

Kuan Yin is the feminine principle in the Chinese religion. Few in the West know the great legends about her or understand her place in the hearts of the Chinese, yet she represents the same mercy, compassion, love and caring attributed to the Christian Mary, mother of Jesus. Erroneously, Westerners tend toward belief that the hearts of the billion plus Chinese people are reflected in the politics of the country. This is probably far from the truth in both the East and in the West, for Spirit knows its own destiny and that is not determined by the government men create. It is a function of the laws that govern our Universe.

The feminine aspect is the yin aspect of man, the thinker. When the Divinity within you comes forward, the experience of receiving such grace is Kuan Yin. Accepting Kuan Yin into your consciousness gives you the capacity to hear the sounds of the world.

Once the Spirit of Kuan Yin merges with your own, the wisdom eye opens. When your eye is single, your temple is filled with light. What was previously veiled, hidden from your view, you now see. It is not Kuan Yin in her feminine form which brings this sight. Rather, it is her masculine Buddhist counterpart, Avalokitesvara. He is the one who observes the sounds of the world.

The conscious blending of masculine and feminine principles within the individual, lends itself to experiencing the True Reality. The constant dance, which we call life, finds its roots within the Self. This Self is whole, complete, functional. A visualized Atman who knows the secrets of eternity. This One who exists beyond
conscious thought, waits for you to lend your ear to Its voice. This One waits for you to cast your eye to Its imagery.

The Taraka Yoga of Kuan Yin exists as a way to divine meaning in the Creation you call your life. The 100 verses reveal the factors of creation alive in your present thinking. The intuitive steps presented here for the divining of Truth and its relevance, place the powers of the shaman, the alchemist, the guru, and the master in your hands. All of these must be brought into the light of the loving Truth Kuan Yin has come to symbolize.

Surfacing from the shadows of denial, Spirit is revealed as both male and female, and a sublime sense of wholeness suddenly floods the ground where seed thoughts seek to root.

In that moment, we realize it is the Holy Spirit that manifests Creation.

In that moment, consciousness entrains with the Inner Teacher. No-thing is held from such a One.

Every-thing is made known now.

All-things transform in the light of the infinite possibilities existing in the Mind of the Creator.

Self as Creator comes forward as Neither, Either, yet Both.
How an American Woman came to interpret the verses of Kuan Yin
A Chinese saying aptly describes the great popularity of this savior bodhisattva: “Everybody knows how to chant O-mi-t’o-fo (Amitabha), and every household worships Kuan-yin.”

- Chun-Fang Yu

Avalokitesvara Bodhisattva - in Chinese also known as KuanYin, the Goddess of Mercy - is the most popular and most 
venerated Buddhist figure besides Amitabha Buddha and Sakyamuni Buddha.
Do you remember how Kuan Yin first entered your life? Perhaps this book will serve as a commencement for this auspicious happening. If so, then we are both blessed through this undertaking.

Whether you have known her before, matters not so much, as how you may come to regard her from this day forward. Kuan Yin is an essential part of the human being’s journey, the quest to unfold the sacred heart. For a billion Chinese, she is a comforter, a guide, one who hears, and responds to, their pleas.

When you invite her entry into your heart, she becomes a blueprint for the flowering of your own humanity. Your potential for personalizing the Goddess of Mercy and Compassion, for allowing her to make a home of your heart, increases exponentially every time you hold this book.

I didn’t know I was writing a book of prophecy when I accepted this duty from my own Inner Teacher. Yet, in her own time, this, Kuan Yin is unfolding for me. She is opening Universes that I have wanted to know for lifetimes. I trust she will do the same for you.

Wonderful writings about Kuan Yin are widely available, including translations of her verses. They are written by both Eastern and Western scholars, they provide valuable knowledge and I have included a list of those I found along the way which helped me shape my experiences.

Knowledge is not the purpose of the book you are holding in your hands. This book is a divination tool, a means for you to deepen the sense of your own divine nature. This book is meant to be part of your life’s experience, and, in so doing, to open your mind and heart to the higher truths Kuan Yin brings. I expect that you will draw upon its guidance and wisdom often, basking in the light that Kuan Yin and her masculine counterpart, Avalokitesvara, unite to bring into your consciousness.

I want to tell you how Kuan Yin entered my life. I do so because I have learned that when Spirit tells our stories, the Truth revealed carries a universal sense. It touches everyone who hears, and lives are transformed. I want to assist you in transforming your life. I want to inspire you to believe, to begin, to become that which you are meant to be.
I want to acknowledge the still, small voice that speaks to you when no one else is present. In the space where you are alone, yet never lonely.

I want to use my life, my growth in consciousness to inspire your own. My greatest desire here is for you to, in some way, become different through the act of engaging your mind with mine. Is this familiar to you? Do you think about your interactions with others in this light?

Is there space in your awareness of the meaning of life where minds can converge like a solar eclipse?

Have you experienced extra-ordinary perception of the kind beyond the body’s limits of sight and sound, taste and smell and touch? Perhaps you can hear another’s thinking or just know they are about to say something,— and indeed they do.

Do you sometimes see upon the countenance of others the radiance that can only arise from the Spirit within?

Each affirmative answer welcomes the presence of the Inner Teacher.

**A Kuan Yin Legend**

Kuan Yin entered my life in one of her most natural ways – through children. After my son was born, the door opened to share much of my time and knowledge with children of all ages. I was on a constant search for stories that would nourish a child’s Whole Self, stories that would foster personal virtues,— Schweitzer’s reverence for life, H.H. the Dalai Lama’s interdependent loving-kindness, Gandhi’s satyagraha, grasping the truth.

During this time, I was privileged to tutor an 11-year-old girl named Briana. She was the reason I purchased a book called *The Lady of Ten Thousand Names* by Burleigh Muten and Helen Cann. Reading these stories with her, was my introduction to Kuan Yin in her form of Miao Shan, the disinherited princess who dies at the hands of her angry father only to achieve immortality because of her pure heart.

The story’s origins are thought by some to be Taoist. Miao Shan is the third daughter of the aged and heirless King Miao Chung and his wife. Being without sons, the king decides to marry
his daughters to men of ability. The two elder daughters comply, and Miao requests dispensation, preferring to devote herself to attain enlightenment.

She requests that her father allow her to live in the nunnery. Her father acquiesces, instructing the mother superior to give Miao Shan the most difficult and menial tasks. Miao Shan is so grateful, she receives these with equanimity and her compassion moves heaven. Even gods and animals conspire to help her.

When the king learns that his daughter is far from recanting her choice of lifestyle, he is furious and orders the nunnery to be burned. Miao Shan tries to beat the flames with her hands. The heavens respond to her call for help by sending a storm that extinguishes the fire. Not to be bested, her father orders her execution and her soul descends into Hell which is soon transformed into paradise.

An edict is sent to Heaven saying, “There must be justice both in Heaven and Hell. If you do not send this saint back to earth, there will no longer be a Hell but only a Heaven.”

After her resurrection, Miao Shan is transported by Amitabha Buddha, the Buddha of Infinite Light, to the island of Pu To Mountain where she spends nine years perfecting herself. She begins responding to the needs of others: healing the diseased, bestowing sons to the barren, rescuing the shipwrecked, and other acts of benevolence.

When her father is struck by an incurable illness, his only remedy is to be cured by the hand and eye of the “Never Angry One”. Kuan Yin comes to him, offering her eye and her hand to help her father. The king is shocked to learn of his savior’s identity. Filled with remorse, the legend reports that he relinquishes his kingdom and becomes a convert to Buddhism.

I am taken with the story for its universal symbology. The call of Spirit, heeded even when against the wishes of loved ones, is illustrated through many cultures because it strikes the common chord that is exponential soul growth. Who has not lost favor with parents, affection from loved ones, acceptance from community, because they elect to heed an inner calling? Those who determine to hear a different drum do so not in rebellion to what is, rather in response to that which resounds through the halls of
ancient wisdom into a breathless future existing beyond the reach of those whose choices are fashioned by worldly desires and finite pursuits.

I also had a personal stake in understanding Kuan Yin for my different drummer had led to my own disinheritance, and, like Kuan Yin, losing physical position and riches paled in the realizations I received by spending my days serving the needs of others. Miao’s story with her father parallels my own with my grandfather. A devoutly Christian man, he could not bring himself to tolerate my openness to and advocacy of interfaith dialogue and community. My choices were against his wishes and he was angry and a bit punishing with me, just like the Old Testament God he served.

In the end, when his time came to leave the physical plane, I was the one he called upon for assistance in crossing over to the other shore. For him, in his greatest time of need, I became Kuan Yin.

**Salvation**

Kuan Yin hears the cries of the world and she responds. This is an amazing picture for me because I grew up in a world that recognized no Goddesses in Heaven.

There was only one God – a living God. Having the power of visualization from birth, I conceptualized that God in the image I was offered – the older sage male, with flowing hair and robe, similar to the classic image of Father Time.

I was born in 1953 in New Orleans, Louisiana.

My parents were Christians who assisted in the ministry of my grandfather, an evangelist who traveled what in those days was called the saw dust trail. Local churches, all Protestant of some denomination and largely in the southern United States, would arrange for my grandfather to set up his large canvas tent and preach the gospel to believers and nonbelievers. The engagement was for at least four days and sometimes held over for weeks at a time. Following participation in two world wars, the country was hungry for salvation.

My childhood was filled with Bible verses, praying before meals and speaking in tongues, with a good share of hellfire.
Sanskrit
is the oldest language on the planet.
The Gayatri is said to be the first twenty syllables spoken by the Creator, the Source of all Being.
Words carry the vibration of their maker’s thought. To be in the position to listen is to be given the opportunity to commune with someone in the most intimate of ways.

We affect people with our language. The words we choose to use, and the vibration we intone in the saying, immediately create a field of sound. This is why we prize so highly the individual who can listen. It is why we pray, an expectation that our prayer will be heard and someone will answer, someone will assist us. For millions of people with Chinese ancestry, Guan Shih Yin symbolizes that someone.

Guan Shih Yin is Chinese, meaning, “She who hears the cries of the world”. For millions of people on our planet, she is a Goddess, the feminine principle of creation, the one whose purpose is fulfilled through receiving. The Guan Yin verses are answers to your prayers. For over 1000 years, they have served as oracles, providing prophecy for navigating life in times of need.
I was taught that the son of that God died at the hands of Roman invaders, then was resurrected to live in Heaven with his Father. Those around me seemed fascinated that the son was sent to die for sins I wasn’t even born yet to commit. That kind of thinking was an enigma to me. In Jesus’ story, it was not the death that captured my attention; it was the Houdini-like escape from the tomb that always fascinated me. The questions this story fueled in my mind put me on the path to receive my Inner Teacher.

Female Deities

In 1972, I studied Greek mythology in college. Part of me felt traitorous to the religion of my birth. Gods and men were not to mingle. There was only one God. There was no such thing as female deity, because if there was it would be written in the “word of God”, the family’s Bible. Or, so I had been influenced to believe.

Even so, my family wanted me to attend university, to learn about the outer world, and so I did. I found the hierarchy of Gods and Goddesses in Greek mythology intriguing, and very confusing. The names were foreign, the stories prolific, and condensed into four months, I was overwhelmed. Yet, the possibility of balance was introduced into my thinking, and I would revisit the Greek view of creation repeatedly throughout my life.

Four years later, I read the text that revolutionized my concept of God. The Bhagavad Gita is a Hindu Vedic text, part of the longest poem in the world. The Gita, or Song of God, is a conversation between Lord Krishna and a Pandu prince named Arjuna. The text was assigned in my coursework at the School of Metaphysics, and I found in The Song of God what I had been looking for all my life – descriptions of the God I knew existed.

Still, the Gita does not include female deities.

Years passed before the most celebrated Goddess in the world entered my life. That occurred as a result of ministering through the Interfaith Church of Metaphysics (ICOM). From 1983 through 1994, I dedicated much of my energy to the development of the church. This church was not brought into being to create dogma in the world, rather, it grew out of the teachings of Mind and its universal language as a community extension for families.
Meeting the Dalai Lama

It was the moment I stood face-to-face within five feet of the Dalai Lama that I whole-heartedly acknowledged the superconscious reality of Presence.

If anyone has lived a mythic life it is Tensin Gyatso. When he was two years old, Tensin was recognized as the reincarnation of the 13th Dalai Lama of Tibet. In 1950, at the age of 15, he inherited governmental control of the Tibet Autonomous Region just as the newly formed People’s Republic of China wished to assert central control over it. After nine years of failed diplomacy and increasing Chinese occupancy, the Dalai Lama fled to Dharamsala, India, where he established the Government of Tibet in Exile. Since that time, he has become a global spokesman for international human rights and among his many accolades is the 1968 Nobel Peace Prize. He is a symbol, in the religious world and the secular world.

Although the physical details of Tensin’s life are remarkable, they pale in the light of his capacity for the loving kindness he professes. His capacity to forgive is what floods my mind when I think of the Dalai Lama. Through His Holiness, the idea of a Living Buddha, a Godhead incarnate, becomes a real possibility. For millions of Buddhists around the world, the Dalai Lama is the manifestation of Avalokiteshvara, the male form of Kuan Yin, the Buddhist Bodhisattva of Compassion. Attending His teachings on the awakening mind, meditation, and the heart sutra, provided me with a living tableau to observe and to experience the infinite ways Spirit moves in, around, through, and among people.

I feel his presence before my eyes see him. He radiates the compassion he has come to symbolize in the world. It draws me like a magnet and I rise to my feet, tears welling up from joy long suppressed in the sorrow of suffering: I am whole with honor and gratitude overflowing. I believe this is the highest form that human relationship can attain, this Divine Love. I experience it in my

and friends of the School of Metaphysics. It was because of ICOM that I participated in the 1993 Parliament of the World’s Religions where I was, for the first time, in the presence of His Holiness the 14th Dalai Lama of Tibet.
head and my heart and Jesus’ words enter my mind, “Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind,” (Matthew 22:37). It is the first and great commandment.

His Holiness beckons this level of awareness. Where the Jesus of my youth brought me to my knees in humbleness, His Holiness frees my spirit to soar to the heights of humanity’s greatness.

Everyone rises as Tenzin Gyatso enters.

The Tibetans call the Dalai Lama, Kundun. The word means “presence”. Presence is how I recognize this man.

My grandfather was a powerful Presence. I experienced his influence on every level. I knew him as a man as well as a man of God. I had seen how he could move the consciousness of thousands of people through rhetoric and thought form projection, and I had felt miraculous healing flow through his hands into my body. Because we lived in the same household, I also knew his shortcomings and had ample reasons to forgive.

Forgiveness has been a part of my life from the beginning. To love as Jesus taught, to “do unto others as you would have them do unto you”, is a positive affirmation of how to treat your neighbors, how to think of others. It is called the Golden Rule because this principle describes the most valuable way to live. It is the way of wisdom.

In order to treat others as we want to be treated, we must master the capacity to forgive. If we harbor resentment or revenge or anger, the blood boils and the mind is poisoned. It is not the presence of these discordant thoughts and emotions that causes our difficulties, for life is about learning how to learn. The root of our misery is the fruitless attempts to hide them. Jesus’ ministry included healing all manner of afflictions: the blindness of denial, the deafness of ignorance, the madness of folly. Love was the thought form he employed to cast out the demons besetting a mind trapped by shame, guilt, fear, and doubt.

My parents and grandparents were the first to teach me about love. It required a dispossessed leader of a foreign country, a holy man from the East, to over time teach me about its relationship to compassion.

This soul level teaching began when I learned the Dalai Lama
was meeting with Catholic nuns and Tibetans monks on the third floor of the Palmer House, the site of the 1993 Parliament. The buzz was His Holiness was being ushered into the building in the next 15 minutes. I told Daniel and we intuitively found our way to the reception area outside one of the larger ballrooms where the meeting was to take place. We waited with some two dozen others. Five minutes. Ten minutes. Fifteen minutes.

“Are you sure he’s coming?” Daniel asked, with an edge to his voice.

“All I know is what I heard,” I replied. Others were talking and His Holiness’ arrival seemed imminent. I did not yet know about the security around the Dalai Lama. Nor did I know the history of this man and his people which makes the security necessary. I would learn this a decade later while researching Nobel Peace Prize speakers for a play called The Invitation that I was creating during the building of the world’s Peace Dome.

Parliament was my first experience of being told that certain elevators were not accessible and that halls were being cleared because someone was using them. It seemed incongruent to the reason we were all gathered – to meet, to talk, to grow in Spirit.

I wondered why it had to be this way. Why are some people driven to do the unthinkable?

Super-natural Perfecting
Fame, greed, jealousy, anger. I’d learned some of the flaws of human nature when I was young. Sometimes the Pharisee attitude – do as I say not as I do – was suffocating. I found this difficult to forgive at the age of 12. The imperfection of the hypocrisy experienced in my youth prompted me as a young adult to seek a greater truth. Jesus taught, “Be thou perfect as thy father in Heaven is perfect.” I thought this was possible. I just needed to understand how it all worked so I could better live it. To this day, I believe this is why we come to earth.

My first significant revelation about this teaching came when I was 22. I made a shift in my point of view. I began seeing, in my mind’s eye, “perfect” as a verb. Until that time, I imaged it as a noun. Perfect was something to be. The wisdom I received from a Past Life Profile opened my eyes to perfect as something to do.
Ten Stages
Revealing the Inner Teacher

The Joyful One perfects Self-giving through service

The Pure One perfects through conscience

The Light bringer perfects through awareness

The Radiant One perfects through kundalini

Difficult to Conquer perfects through concentration

Face to Face with Emptiness perfects through neutrality

The Far-Going One perfects through Infinite Energy

The Immovable One perfects Infinite Manifestation

Becoming the Good perfects Infinite Being

Cloud of the Dharma perfects Infinite Intelligence
in my mind, a way of being, of thinking, of speaking in the world. From that time, everything changed. I let go of chance and coincidence and began the years of attitude-work to cleanse my mind of any vestiges of victimhood. I was able and willing to be accountable for my thoughts and my actions.

My belief became active, reaching toward knowing. Some beliefs I built upon – like “God helps those who help themselves.” Other beliefs were sources of persecution - like “Trust in the Lord thy God and lean not to thine own understanding.” For years, this thought confounded me. Did I know what was right? How could I tell? I thought I understood right from wrong, but did I really?

Did God hear me, when I asked for his guidance? If so, how did He do that with millions praying to him at the same time? Why did my prayer receive an audience? And, if I was heard, did that mean that someone else’s prayer was left unanswered?

For me, the mathematics of one God and millions of petitioners seemed to either discount the belief in a single God or endow that Creator with supernatural powers. I chose to explore the latter path of thinking, that which is super-natural, which led me to study metaphysics.

**The Great Riddle**

Exploring the worlds beyond the limits of the physical senses was familiar to me. From the time I was born, I heard the voice of my Inner Teacher. It sang to me through the morning breeze, wrapping me in love so secure I was fearless in my wanderings. Sometimes, when I was distressed, my Inner Teacher spoke to me in soothing tones until the sadness or anxiety passed. Sometimes when I was slothful, my Inner Teacher would reprimand my laziness by suggesting better choices.

At other times, my Inner Teacher appeared as light around people or objects, life’s auric glow. Sometimes my Inner Teacher came in a chance meeting with a stranger or something scribbled on a piece of forgotten paper or a book that seemingly jumped off the shelf into my path.

My Inner Teacher often came in my dreams or in the guise of
a friend or mentor, someone, who for no other reason but loving me, took time out of their life to assist me in mine.

Sometimes my Inner Teacher seemed feminine, soft, coaxing, like a second mother for me. Sometimes my Inner Teacher appeared like my father – strong, decisive, even uncompromising.

I lost connection with the Inner Teacher when I attended college to plot my course in life. It was as if I turned off my cell phone to this innate fount of guidance.

My brain became busy, my heart heavy with disappointment, and I was incongruent with my inner Self. It was as if a great rushing river separated me from my Inner Teacher. The voice became muffled by the sound of the uncharted waters roaring in my ears. I could no longer understand the words, and in time I didn’t care enough to put out the effort because I frankly did not know how. Even though the everyday world schooled me in many things – math, science, languages, psychology, religion, the arts – I still didn’t know how to access my Inner Teacher, and so I could not create a life worth the living. Within three years, this came to its inevitable conclusion.

I was miserable during that time, miserable to the point of wanting to be divested of it all. I did not see any purpose in living. Like Gautama before me, I only saw suffering and misery, and not knowing how to assuage them, I retreated from them. I was overwhelmed by the extremes in the world - poverty and excess, starvation and gluttony, cruelty and pity. Desires were consumed in an endless pit of hopeless despair. Depressed, I found that I wanted no-thing in the outer, physical world, so I no longer cared to exist there.

I was empty.

That’s when a miracle happened.

A sequence of unassuming events led me to begin studying metaphysics in an earnest, disciplined fashion. I began taking formal classes at the School of Metaphysics. A practical study including daily practices and disciplines in concentration, meditation, and visualization, I experienced results immediately in the state of my consciousness. I relaxed without the use of drugs. I became more focused even in areas of high need and low interest. My heart began to open to my capacity to love as my busy brain
began retreating. I began experiencing quiet silence again, and that was priceless to me because I could once again hear my own thoughts.

The second week of class, we read a story that turned my mind inside out. It provided me with a riddle that took almost four decades to unravel. Based upon a Hindu legend, that story is called The Secret Place.

Once upon a time, very long ago; yes, before man was man, before trees were trees and before animals were animals, the Gods were gathered at the council table. All of the Universal Laws were in motion and the Universal Truths had all been spoken. Still the council lingered and pondered one thought. All were in agreement that it should be kept secret, but where to hide it? To just place it out in the open could provoke many problems. If it were too accessible, no strength would be gained in the search. If it were hidden where there could be no hint of it, they might stop searching for it. So, the Gods thought and pondered, trying to think of the perfect place to place it.

Then Brahma the Creator spoke, for he had been silent for some time, and the Voice was like a choir, the blending of many tones yet each one distinct. All the lesser Gods became silent and attentive with their thoughts, waiting expectantly for the thrill and joy of hearing the sound.

The Creator said, “We have agreed we would make Man in Our image. We have agreed he would be in Our likeness, both male and female. We have agreed the Manu, the thinker, would have dominion over all the things in the earth, in the water, in the fire, and in the air.” The lesser Gods, the God of Truth, the God of Understanding, the God of Beauty, the God of Love, the God of Principle, the God of Peace, the God of Wisdom, and all the other Gods nodded in agreement that what the Creator had spoken, they truly had agreed upon.

“Then why is it so difficult to find the hiding place,” asked the Creator, “if we are in agreement in all these things?”

The thrill of listening became so overpowering that tears flowed freely from the lesser Gods bringing the first rain upon the earth. Water collected into the seas, threatening to cover all the land. “Stop crying,” said the Creator, “your emotions must be controlled, directed not
repressed. I will have to draw some of the tears into the sky with heat. Man must have a place to experience. Where will he gain his knowledge? Where can he use his knowledge to gain wisdom in order to find it?"

The God of Earth said, "I know, we can hide it deep within the earth, then Man will have to dig deep and long to find it."

The Creator reflected upon this, then spoke softly saying, "If we hide it deep within the earth, the first man will not have the tools to reach it. With what shall he search?" Again there was silence and the earth brought forth seeds.

The God of Water gained the attention of the others and said, "What about the depths of the seas as a good hiding place? There can be contractions and it will shrink making it little and hard to find."

Heads shook in disagreement and they observed the new life taking form in the oceans.

"No," said the others, "for in the beginning before it expanded great and big, it would be too easy to recognize. Then there would be no need to search and wisdom would not be gained from the experiences."

Then, the God of Air said, "The most perfect place is in the sky. Man will gain strength in chasing after it, for it will continually be moving in motion!"

"No," said the Creator, "Man needs to be in contact with it, in order to know that it does exist and is available if only he seeks." And, they all observed the animal standing upright and looking at his hands. "We must decide, soon, for Man's time is growing near," spoke the Creator in a voice of concern. "My joy and the approval of his progress wells up within me. The hiding place, the secret place, must now be decided upon or Man may not know we are all one."

From a place that most all had forgotten came a voice that was familiar but had waited patiently, for even with the Gods experience was necessary. "Why not place it within," said the God of Love. "Man will always be in contact with it and it will stay the same, moving when he moves, neither contracting nor expanding, with room to grow. Out
of his sight, yet within his reach. All he need do is quiet the mind and know."

"It will take him some time," said the God of Truth.

"Yet time does not exist," added the God of Spirit. "It will always be there at any stage of his progression."

"He has free will," added the Creator. "Let him recognize it as he chooses."

"Yes!" added the God of Wisdom. "Because, I Am, and neither-either, yet both, let us place the Godhead within the Man."

And so it has always been that the Godhead awaits the rare thinker who can be still and know that I AM God.

This simple story of the profound wisdom of love set my feet on a road I would travel all the way to the book you hold in your hands. I had no way of knowing this, then. What I did realize was just how much I had kept my God away from me. God had always been multidimensional – hearing everyone’s prayers, guiding new births, blessing lives, healing the sick, comforting the dying. God was love, expressing through all life. I felt God was in everyone, even when I might object to another’s actions.

Yet, I had to admit that much of my God remained outside of me, separate from me. I knew that sometimes my love weakened in the face of a perceived injustice or my own fear of loss. My Godhead disappeared when I became polarized by my own frailties, my own limitations. The riddle spoken by the God of Wisdom, "Because, I Am, and neither-either, yet both" changed all that. I felt like I didn’t have a clue what that meant. Frankly, it sounded like doublespeak to me. In time, I learned that idea was just a product of my busy brain, a temporary delay device obfuscating the Truth. This riddle would not be solved through logic. This riddle would resolve itself only through direct, and personal, mind experience. I was receptive to a greater Truth, so upon that first reading of The Secret Place, the door to my Inner Teacher opened, and I have been receiving the divinity of my Godhead ever since.

A second and related insight that would prove to unlock the wisdom in the teaching of The Secret Place, came when my teacher decoded a nightmare from my childhood. That dream had haunted me for years and no one – not professors, counselors,
ministers – had offered me substantial insight for clear resolution. In ten minutes, she used the Universal Language of Mind© to translate the images from my dream. Her simple insights opened my mind to new possibilities, clearing webs of fear obscuring the bardo of my understanding. By interpreting my dream, she turned on a light so I could see the answers within my own mind. My consciousness was awakening. I was thrilled because, once again, I sensed the presence of my Inner Teacher.

That night I began building a bridge between the knowable and the unknowable. I became aware of a separation within my own thinking: what I could tolerate was conscious, and what I held away from myself, unable to admit to myself, was unconscious. The Greeks called these two different experiences of the world logos and mythos. Logos defines the world in words, principles become thoughts that can be spoken. The first time I read it, The Secret Place was a logos for me. Mythos describes an underlying system of beliefs dealing with supernatural forces, or how the logos plays itself out in the field of human endeavor. Originally, myths were the sworn stories telling the truth, passed on from one generation to the next by shamans, priests, and kings. The Secret Place was not yet a myth for me, it was many words that painted pictures I did not fully comprehend. I did not as yet have the experience behind the words. I did not yet grasp the truth of the story. For that, I would need to learn a supernatural language, the language the gods speak. Through this, combined with genuine, sometimes difficult, repetitive practices designed to reveal one’s “Godhead”, I renewed my partnership with my Inner Teacher.

The Taraka Yoga of Kuan Yin is a means to establish a relationship with your Inner Teacher. Considering these verses, in the way described here, will deepen your inner communion, supporting your Divinity as the Godhead within unfolds. The verses are translated in the Universal Language of Mind©. They are mind tools for generating your own wisdom. Within you is the power capable of guiding your creative thought through all the elements of creation. This intelligence follows the line of your attention. This power is the intelligence, the spark of the Creator.

Within you, is a peace that surpasses the boundaries of your creative mind. This peace opens the gates of heaven where you
will stand in the presence of the Creator. The moment you accept It, you will come to a conscious realization of the creative force within you. That great force, that untapped power, that unconquerable soul, that dynamic something within you is yearning for expression. It is asking for recognition. It waits for the opportunity to lift you up to what exists beyond your imagination.

Man stands at the center of the universe. The Native American Sioux call this Wakan Tanka, the Great Spirit, the Godhead dwelling at the center of the Universe. That center is everywhere. It is within each of us. That Great Spirit is the Inner Teacher.

**The Great Spirit Awakens**

One of the quantum leaps in my awareness of reality, which figures predominantly in my writing this book, occurred four years later in the final months of my study at SOM. It came upon me in a whirlwind during one class period, releasing radiant pranic streams in every level of my consciousness and rearranging the photons in my brain. If I had known then what I know now about quantum biofeedback, I would have described this experience as one in the awakened mind, a nod to British researcher Maxwell Cade. Cade pioneered the field, ultimately studying the brain wave patterns of healers, yogis and meditators in hopes of understanding the nature of transcendent consciousness. He observed a commonality between them in how the brain is used. For most people, one of four brain wave patterns, ranging from alert to sleeping, are predominant at any given time. For the healers, yogis and meditators, all four brain wave patterns were active simultaneously. The brain, in effect, lit up!

Cade’s research and my schooling both occurred in the 1970s. What Cade called the Awakened Mind Pattern, I recognized as the effects of Mind Light manifested through electricity into the physical body. From perceiving auric fields to thought form generation, the hours invested in intuitive research and reporting had refined my intuitive senses. Perceiving what is beyond the limits of the physical senses had increasingly become a science. In this day’s class, every Intuitive Health Analysis, every sermon based upon Holy scriptures, every counseling session focusing on resolve and reconciliation, every moment spent in entraining my mind in
Generating the Awakening Mind

With a wish to free all beings
I shall always go for refuge
To the Buddha, Dharma, and Sangha
Until I reach full enlightenment.

Enthused by wisdom and compassion,
Today in the Buddha’s presence
I generate the Awakening Mind
For the benefit of all sentient beings.

As long as space remains,
As long as sentient beings remain,
Until then, may I too remain
And dispel the miseries of the world.

This Bodhisattva vow as administered by the Dalai Lama in Madison, Wisconsin in 2008 at the first Tenshug held in the West. The vow establishes a trinity ideal of personal enlightenment, universal law teaching, and interaction with the community. This ideal is fortified by mindful intent and committed to action for the benefit of all. The Bodhisattva vow becomes a personal mission statement for anyone seeking to be a compassionate, healing presence in the world. It raises the level of awareness in the life purpose, connecting individual thought and action to all life.
service for the common good was about to come together into a single point of awareness.

Following a half-hour of pranayama and meditation, the subject matter of class turned to the nature of the Creator and the Created. This led us to revisit the first chapter of *Genesis*, the first of many books contained in the *Bible*. I had taught this passage countless times, interpreting the images it paints in the Universal Language of Mind©. With each giving, I received abundantly, – new insights, understandings, perspectives. The *Bible* had always provided me with spiritual grounding. Today, was different.

Today, I uprooted. All of those hours of studying and teaching were about to coalesce into a new paradigm for me.

The first chapter of *Genesis* introduces the concept of a Creator of heaven and earth. That One is called God. It reads:

1In the beginning God created the heavens and the earth. 2 Now the earth was formless and empty, darkness was over the surface of the deep and the Spirit of God was hovering over the waters. 3 And God said, “Let there be light,” and there was light. 4 God saw that the light was good, and he separated the light from the darkness. 5 God called the light “day,” and the darkness he called “night.” And there was evening, and there was morning—the first day.

In cultures around the world, creation stories begin with the same image: water. Existence reveals itself in the image of water. Experience tells us where water exists, life flourishes. You will want to remember this because it will hold greater importance to you when we discuss the protocol for aligning with the Holy Spirit for your divination work.

In the language of mind, water symbolizes conscious life experiences. In *Genesis*, whatever the Creator is conscious of, comes into existence. The first creation is Light; awareness. Light then is separated from darkness, a Biblical image of yin and yang. This is the *Gita*’s pairs of opposites splitting the consciousness of the atom in Arjuna’s thinking. Interesting to note in the language of mind Arjuna symbolizes the consciousness development of the sense of sight, the same predominant sense Avalokiteshvara uses.
In Taiji – the practices associated with the *Tao Te Ching* – this same generative movement of life and consciousness is described as: “*Wuji, the Limitless, produced the delimited, and this is Taiji, the Absolute. The Taiji produces two forms, named yin and yang.*” Just as *Genesis* describes the creation of the sun, moon, and stars, so the Taiji goes on to say, “*The two forms produce four phenomena, named lesser yin, taiyin, lesser yang, taiyang.*” Taiyin is the moon and taiyang is the sun.

So fundamental is the presence of light in our lives, it, like water, appears in Holy Scriptures around the world as a universal symbol of cognizance. The lesson from *Genesis* is: In the Mind of a Creator, awareness initiates creation. Awareness is the first response. The story of how Avalokiteshvara comes to be depicted with 1000 arms and 1000 eyes exalts this teaching.

The legend says that Avalokiteshvara, the personification of perfect compassion, took a vow at the beginning of his service, “*Should I ever become disheartened in saving sentient beings, may my body shatter into a thousand pieces.*”

One day while assisting beings into higher realms, He looked down into the hells which he had emptied through teaching the Dharma (Universal Principles and Laws), and realized that countless beings were still flooding into them. In that moment, Avalokiteshvara faltered and his body shattered in despair.

When he cried to the Buddhas, the enlightened Ones, for help, Amitabha responded, becoming Avalokiteshvara’s Guru, his personal teacher. Through the Buddha’s miraculous powers, he attained a new form, one with a thousand helping hands of compassion coupled with the eyes of Wisdom in each palm. With this, he renewed his vow expanding its scope. Avalokiteshvara would now work to save not just limited sentient beings, but all sentient beings.

Who was this Buddha who saved the savior? The answer lies in the meaning of the Buddha’s name. Buddha means “awakened” and Amitabha; “Infinite Light.”

I understand Avalokiteshvara’s vow because I have been teaching the Universal Laws and Truths to anyone willing to learn for four years. In high school and college classrooms, at YMCAs and community club meetings, at temples and churches, I lived
Avalokiteshvara’s experience. I have repeatedly seen people come and go, promises made and broken, success well-earned and failure easily-invited. I have allowed their struggle to become my own, and in a world of polarity, of extremes, my commitment to serve others has been sorely tested.

In spite of my best efforts at tending the garden of my awareness, I find each time I pull the weed of resentment, space opens for ten new ones to take its place. Something is missing. The joy in my service too easily falls into shock at another’s foolish choice which places them in a living hell. During these times, it is the feminine expression of the bodhisattva that sustains me. It is Kuan Yin who draws me in. She is the One who Hears the Cries of the World. Kuan Yin keeps me teaching, sharing truth and Divine love with others when it would seem easier to just let others go and tend solely to my own affairs.

One of the reasons I began teaching mind was my sensitivity to others’ pain. This was most palpable in cities, where many people are together in a small area of land. Sometimes I felt it hit my solar plexus. The distress and all manner of emotional conflict landed in the pit of my stomach as if I’d swallowed a stone that now was poisoning me. More often, like Kuan Yin, I simply heard the voices crying, and not all of them were hurt or angry. Some were overjoyed and surprised, lonely and depressed. When I first heard the voices they were all together, and I had yet to come very far in distinguishing the individual thoughts within the larger pattern.

The voices were particularly palpable when I drove south on Interstate 55, past Memphis, Tennessee, and Jackson, Mississippi, to New Orleans, Louisiana where I was opening schools at the time (1978-1980). Becoming hard and brittle with my clairaudience was an early temptation, and I knew, not even a temporary solution. The only way I could coexist with those cries was to become their comforter. In the cause of bringing comfort to those in pain, my best alternative was teaching, for teaching empowers someone with awareness and so I had done this for years.

My mind was completely open this day. The pranayama breathing had balanced my energy field and I was still, completely calm. Like Avalokiteshvara, I watched the Mind light illuminate
countless images arising in my consciousness, inherent in the description of the Biblical God’s creating. Memories, marking the evolutionary journey of every seed thought, mingled with mind’s imaginative propensity for progression. I saw the beauty of the infinite manifestation that arises when intelligence guides energy transference. When awareness is present from the beginning, every thing has its time and purpose.

On the sixth and final day of creating, the text reads:

26 Then God said, “Let us make man in our image after our likeness that they may rule over the fish in the sea and the birds in the sky over the livestock and all the wild animals and over all the creatures that move along the ground.” 27 So God created man in His own image, in the image of God He created them; male and female He created them.

Infinite Light flooded my thinking, nourishing the fertile crescent in my consciousness. I’d read this passage, again and again, over several years. I understood it as a plausible explanation for evolution allowing for the measurement of a day to be unlimited by current standards. I saw a universal, creative movement of thought form manifestation described perfectly. I accepted the entire passage allegorically as a blueprint for individual and collective evolution. Now, I linked God’s monologue with the “us” who never speak, with Brahma and his more verbal counterparts in the Hindu version of creation in The Secret Place, and the mysterious “It” came into focus.

I asked the right question, at the right time, and all the veils that separated me from God disappeared.

The awakening was stunning. I know it was both an aggregate result of years of preparation and the more immediate influence of a 28-day practice of charting engagements with angelic hosts. Evenso, the yoking with my Godhead challenged my conscious sense of worthiness. My mind went into a kind of suspension. In that moment, I dared not think about the truth of what I saw. I merely held my mind steady upon the inner brilliance of recognition. Somewhere inside me, I knew I had received fruit from the tree of life, and I would live with that truth for eternity.

I was born, yet again, into a new realm of understanding.
reality. I had crossed over to another shore and this time all my bridges were burned. I didn’t want to turn back, because I sensed that in this space, such an option did not exist. In the True Reality where the Godhead waits for the light of our attention to be directed Its way, All is One. There is no past, no future, no forward, no backward, only a continuum existing beyond the limits of time, space, and Self.

I was 26 years old when this realization entered into my consciousness. For me, God was more than a fictionalized character in a movie or a book. God was a Presence, a Holy Spirit. I had experienced God in fractals, pieces of experiences that took my breath away. I felt God in meditation, and through repeated efforts carried that Presence forward into my dealings with others.

This initiation of the Divine was unlike any before it. Although living the realization would include others, I knew it did not depend upon them.

This initiation was going to be all about me transforming. Transformation was the appropriate and only response for a mind filled with Infinite Light.

So I became more dedicated to bodhicitta, nurturing the wisdom in my consciousness so I might aid others to release attachment and its companion – suffering, through humility and transcendence. I knew I had a great deal of maturing to do to fulfill the creative potential I envisioned in my mind. I also knew I wanted to cultivate this awareness of I Am consciousness beyond the limits of mind and body. This consciousness is perhaps best described in the final chapter of the last book in the Bible: “I am the Alpha and the Omega, the first and the last, the beginning and the end” (Revelation 22:13).

Avalokitesvara was strong in me, visions came easily. I created a thought form to give my mind direction: I AM a TEACHER in the cause of realization that I AM A MASTER of CONSCIOUSNESS.

This image of mastery of consciousness was clear, if incomplete, in my mind. Like a paint-by-number canvas, the blueprint design for Self as Creator was fashioned in my daily regime of concentration, meditation, visualization and kundalini practices. The draw of Kuan Yin’s receptivity enabled the Avalokitesvara in me to claim my heavenly Father’s blessing, my own Divine nature. I now
could live the Universal Truth described by Jesus 2000 years earlier as “I and my Father are One.”

I better understood the nature of wisdom, the inner urge to assist in improving another’s life, what most people would call compassion. Wisdom comes not from adversity and suffering. Wisdom springs from the union of vision and listening. Wisdom seeks to evolve, to create what is worthy of preserving. Wisdom naturally brings forth and heeds the Voice of the Inner Teacher.

As I approached the end of my formal studies in Mind and consciousness, I knew I faced a new beginning, the transformation of Self as Creator. God’s work had begun anew.

The next 28 years, I lived the truth of “he who teaches learns”. By holding my Self accountable for what I knew from experience, the benefit of that understanding and how it was gained served others. My life became one worth examining, sometimes as an ideal experience to live, sometimes as a lesson to learn from, through the observing.

I studied whole stories from around the world, immersing my mind in the images they brought forward for me to contemplate. Noted American teacher Joseph Campbell, probably best known for The Power of Myth, described well the benefit of this practice when he said, “It has always been the prime function of mythology and rite to supply the symbols that carry the human spirit forward, in counteraction to those other constant human fantasies that tend to tie it back.”

Studying Holy scriptures was one of the wisest choices I made for it taught me how cultures are connected through truth-telling. Jesus being tempted by Satan in the desert and prevailing with reason and intuition, resonated with Gautama defeating Mara, the Lord of Death, and his armies through the same power. Arjuna entraining his mind in Krishna Consciousness mirrored Guatama’s with Buddha Consciousness and Jesus’ with Christ Consciousness. I actively looked for the universal application in the teachings, the common thread existing as a spiritual genetic code for God consciousness.

It was not enough for me to discern my truth, I wanted a deeper understanding beyond the limits of my own thinking. I wanted to perceive and receive what is true in all of creation. What
was the mutual good? Which of the truths I realized could apply to anyone, anytime, anywhere? I found that engaging with people whose minds were free to conceive questions, those who shared this inner urge toward knowing Truth, quickened the answers I received to the questions I posed. Through serving others, my Spirit increased. Through giving, no-thing was lost; all things became possible.

In my dealings with others, I watched the universal questions human beings ask surface in the minds of students, teachers, congregations, audiences of all kinds, down to my daily dealings with the cashier at the grocery store. When all the brainy clutter of human fantasies is cleared and the heart is open, the questions sentient beings want to know look like this:

- **Who am I?**
- **Why do I exist?**
- **Where did I come from?**
- **Where am I going?**
- **How will I get there?**
- **What can I do here, now?**
- **When should I begin?**

These are the questions thinkers ask.

The first stage of answering the questions is realizing the answers are more than physical. We are more than human beings, we are divine. We are more than male or female, we are creators. Who we are arises from our thoughts which then set into motion who and where we will be a year from now, ten years from now, 100 years from now, 1000 years from now. We are creators, captains of our fate and masters of the destiny of our own making.

When we allow ourselves to be guided by Spirit with the whole Self in mind, the universe opens to us. We experience harmony, empathy, kindness, gratitude, forgiveness, and tolerance all pillars in the thought-form structures of compassion and love. This I came to understand through study with H.H. the Dalai Lama. He refined my consciousness of what it means to teach teachers – quickening my realization. I am eternally grateful for his wisdom eye and his sacred heart. Because He taught, I am a better teacher.
Because He left Tibet and embraced the world, I can bring *The Taraka Yoga of Kuan Yin* to you.

Like Joseph Campbell, I perceived the answers to these questions through the symbols in the myths of the world. Be it Hercules, Galahad, or Gilgamesh, our search for divinity begins with a change of heart which opens the gateway home. As illustrated so well in *The Secret Place*, the world’s truth stories also tell us that the answers to our questions are timeless; they are always present. Within. You will want to reflect upon this in your own divining work.

Over time and after billions of words were generated, I began to understand what makes writing holy. “*In the beginning was the Word, the Word was in God’s presence, and the Word was God.*” Holy scriptures support the Presence of the Godhead in the writer and in the reader.

This is the Spirit that moved through me in the days of writing. It is my hope that this Spirit will move through you in the reading.
Translations for the Age of Creation
According to Taoist customs, the round coin with a square hole is energetic, powerful, and harmonious. The circular shape of the coin represents the heavens, while the square hole is the earth at the center. The third coin represents Man. Often called Feng Shui coins, they are used in conjunction with the I Ching in divination practices and through centuries artisans have crafted them with meaningful symbols. Joining three coins together with a red string or ribbon unites the triad nature of creation as we experience it while in the world.
Open your eyes! Listen to your heart!
Generation after generation, the call to Self realization echoes. It does not fade. It becomes stronger, more difficult to postpone with denial.
As your eyes open, you see.
As your ears resound, you hear.
You now have the sense of what is happening around you. Sometimes what we see and hear is astounding, bringing depth and clarity to the way we understand ourselves. Many times, we are confused by what our senses report. Most recoil from the pain and suffering they see, distancing themselves in whatever way they can. They are on the threshold of experiencing Avalokitesvara.
Some welcome the pain and suffering they hear, absorbing themselves in whatever way they may in the hope of relieving another’s distress, or at least sharing the burden. They are on the threshold of understanding Kuan Yin.
A few rise out of the confusion, the illusion that pain is a necessary evil in our existence and suffering a measure of our devotion to good. In the East, such a One is called Atman, the true Self beyond identification with phenomena. In the West, such a One is a Messiah.
These verses are a means to cross over from a world requiring pain and suffering to heed neglect, to a new heaven and a new earth created in this moment with the guidance of your Inner Teacher.

I remember having visions of China before the age of 10. They came in two ways.
The first arose from within. It was summertime. My parents had just returned from a convention associated with the family motel business. It was the first time I had been separated from them for two weeks, and I was happy we were all home. My mother gave me a gift of three coins unlike any I had seen before. They were round, brass-colored, with a solid line on one side and a broken line on the other. A square hole in the center had been made so a red ribbon could tie them together. It was a necklace unlike any I had ever seen yet it was so familiar to me. I wore it every day for weeks.
Years later, I realized my favorite necklace had been made of I Ching divination coins.

The second way China entered my thinking was from without. The mounting tensions between the governments of the United States and the U.S.S.R. in the 1960s, found its way through the evening news into our living rooms and through teachers into our schools. My teachers were filled with sublimated fear concerning the unstable relations between the two superpowers. After being exposed to it long enough, I began to believe there was a need to be concerned, so my mind followed the story all the way to the tearing down of the Berlin Wall in 1989.

Through all of that, what was prominent in my mind was China. As I grew older, I felt an intuitive ease that the rivalry between the U.S. and U.S.S.R. had a certain baseline level of respectful intelligence. The mentality was similar.

I knew from the beginning of this life that China, however, is different.

I decided early that, on the world stage, China is the power to watch and so she has entered my life again and again. With 1.3 billion people, China constitutes 1/7 of the world’s population in 2012. How that many people think, what they think about, can give us insight into why they make the choices they do. During the Beijing Olympics (2008), China opened herself to the world, and what she gave was stunning. She displayed the level of art and science her numbers can produce. In the opening ceremonies, over 15,000 performers captivated viewers with precision movements reflecting China’s people, culture, and history. The image of hundreds of people, portraying disciples of Confucius, reciting excerpts from his teachings, *The Analects*, lingers in my mind. With lines like "How auspicious to have friends coming from afar" and "All men are brothers within the four seas" meeting the estimated 175,000,000 attendees, the 2500-year-old prophecy was fulfilled.

The openness and the drive to be the best, exist in the Chinese people as readily as they have in the American. We are not so very different, even when governments may determine otherwise. There's an important lesson here that transcends the limits of individual thinking, and it has everything to do with why the Chinese hold Kuan Yin dear to their hearts. Confucius' contemporary, Lao Tzu described it this way:
The highest type of ruler
is the one of whose existence the people are barely aware
Next comes the ruler whom they love and respect
Next comes the ruler whom they fear
Next comes the ruler they hate and defy
If the ruler does not trust the self
there will be no trust in the ruler
Therefore,
The Sage chooses words carefully
when his efforts succeed and things have been completed
He lets the people think they caused it
–Tao Te Ching, Stanza 17

Although he addressed the dynamics of external leadership as created by people and between them, the brilliance in Lao Tzu’s thought is in the Self-government image it provides. This Self-government echoes the thinking of Plato, his Greek contemporary, in the necessity for rulers to “truly become philosophers” for troubles to be resolved and the dream of republican government to exist. The Universal Truth here has little to do with external forms of government, and everything to do with the causal thought that makes governing possible.

At any time, in any place, the capacity to trust Self is essential to peace of mind, health and longevity. When Self-government is practiced, harmonious coexistence with neighbors and with the land we inhabit follow. These interpretations of Kuan Yin’s Verses are a way to practice Self-government. They present causal thoughts worthy of a creator. Lau Tzu described the vast potentiality for creation in this way:

The Tao is eternally formless
If rulers and leaders were to live it
everyone would change and transform naturally
If after being transformed should their desires arise
The ruler would still them with formless simplicity
Being stilled by formless simplicity
they would not desire
not desiring they will be at peace in stillness

*In stillness one finds the anchor of the universe within Self*

- Tao Te Ching, Stanza 37

The teachings from the East teem with concepts that travel the energetic threads connecting the heavens, the earth, and humankind. They provide the mindful stimulus for the Western spirit which champions individual freedom to create. They offer the insight and clarity that assure favorable outcomes to our creative endeavors. Uniting Eastern tradition with Western initiative, makes the Sage-mind possible. Where the common sense is this sage-sense, values are reassessed from what is temporarily pleasing and attractive, to what is also permanent and enduring.

This shifting releases the mind’s attention from its preoccupation with the senses. Such a limited-mind thinks, "How do others see me? What do I sound like? How do I feel today?" The limited-mind is ruled by the physical body and its sensory read of the external world. Thoughts arise from the stimuli the outer world provides. This is the Tomb World in the sutras, a world of habitual thought, repeatedly producing the same effect. The thinker never knows the how or why of his or her life until that life has ended. Fate, destiny, a distant Creator determine the quality of such a one’s existence. This is why most people fear death. They do not understand it.

The liberated-mind, the mind of the thinker that has "crossed over" produces the Sage. The Sage is mind-full. Undivided attention, the sense of the mind, receives from the inner worlds as well as the outer. The Sage-mind thinks, "What does this dream I had upon awakening mean? What is the pattern in my thinking that is being revealed in this situation? How might I be a healing, comforting presence for others?" Thoughts arise from the stimuli the inner world provides. This is the Pure Land, a world of responsive thought dedicated to serving the common good. The thinker is awake and aware of purpose in the life through his or her relationships with others. Life becomes a continuum, from one person to the next, one generation to next, one lifetime to the next.

Independent of the mind and the body is the I Am consciousness, the Inner Teacher. Its spark of life is the spirit. When harmony
exists between mind and body, between heaven and earth, spirit is made Holy. In this light, the Tao – the way we think, how we think – is True Reality. Manifesting the Tao has been the mission of the bodhisattva from the beginning. He then she, now they, are the connectors between the worlds. Each time we call upon them, we fill our minds with what they are. Our minds are transformed by their wisdom, so we may see the world within and the world without. This is the Spirit that brought *The Taraka Yoga of Kuan Yin* into being.

There was something formless and complete that was before Heaven and Earth vast and still, unchanging and standing alone it stands on its own and is everywhere it may be considered as the Mother of Heaven and Earth not yet knowing its name I call it the Tao forced to name it further I would call it, the Great The Great that flows ever forward an ever flowing that functions everywhere and is far reaching I would further describe this far reaching as returning to the place of origin

The Tao is great Heaven is great Earth is great the highest aspect of Man is also great In the universe there are four greats and Man the thinker is one among them Man patterns himself on the Earth the Earth patterns itself on Heaven Heaven patterns itself on the Tao The Tao patterns itself on its own nature.

- Tao Te Ching Stanza 25
When the time came to begin my interpreting work, I was in Flagstaff, Arizona speaking at an American Society of Dowsers conference. My subjects were the two most dear to my heart: *The Emergence of Dream as a Universal Oracle* and *Dowsing through the Kundalini Experience*. As it unfolded, the merging of dreams, creative power, and dowsing would provide the appropriate blend of water, fire, and Spirit for Kuan Yin to move through this world in her new form.

Most people know little of the time-honored service dowsers provide, even though increasing numbers benefit from its principles. Whether locating water sources, finding missing objects, or improving conditions in offices or schools, this natural science uses the instrument only a Creator of a Universe can make – the human body. Dowsing affords a way to connect with Spirit and access intuition. For these reasons, you will soon be using a method called finger dowsing in the protocol for selecting your Kuan Yin verses.

On Monday, October 10, 2011, the profundity of the work I am embarking upon dawns in my conscious mind. The awareness that I am to interpret timeless wisdom worthy of a new heaven and a new earth causes me to sharply inhale and hold my breath. Five seconds. Fifteen seconds. Thirty seconds. One minute. The chatter leaves me, fading echoes of past opinions and future designs. Stillness enters as I slowly exhale into the heart consciousness that will allow this to be what it is. Nothing more. Nothing less. Zero point. I am centered in the core of my Being. I receive the reality of co-creation, claiming my responsibility as a creator, embracing the infinite opportunity this moment brings. I remain breathless for a long time.

I am ready. I *can* do this work, for I am capable. I *may* do this work, for I am entrained. I *should* do this work, for I am unified. I am prepared, and I am willing to sacrifice my time, space, and Self to this endeavor.

As if by cosmic design, this final night of the conference, the Universe supplies me with the perfect opportunity to attune and align my whole Self. Faye Henry, a sonic healer from Alabama, is closing the conference with a symphonic gong concert.
As I near the ballroom, I can hear the sound waves pulsating down the hallway toward me. When I enter the room, it is like walking into a waterfall, refreshing and revitalizing. Faye often describes the experience as a gong bath because the sonic waves are living tones that produce a sea of sound. She says, “Edgar Cayce predicted that in the future, all healing will be done with sound. I believe that.”

I understand because I “hear” the tones through the sense of touch, with my entire body. It is a synesthesia experience. This is similar to how you might feel the vibration of loud music in a room shaking the chair you are sitting on or sense your car reverberating with the bass notes from the vehicle next to yours at a stoplight. From the Mozart Effect to modern medicine using sonic waves to break-up gall stones, sound is a powerful communicator.

The universal gong sound is based upon the musical principle that all tones of equal amplitude keep resonating, adding to themselves to produce cumulative offspring. Most of the seats are taken, and I stand along the wall where I can watch Faye weave her auditory magic. There are five gongs, each a different size and identified by a unique name. Two are named for planets – Venus and Chiron, and the other three are a symphonic gong, a sound creation gong, and a chakra gong.

After about fifteen minutes, I have become so inwardly focused that I decide to sit down on the floor before my legs give out beneath me. The notes travel throughout my body, saturating every cell. My mind is still, clear, as in deep meditation. I reflect upon the seed idea in my current experience. My mind rests with the I Am who created these metal discs capable of permeating this space, even vibrating the walls around me, the floor beneath me, all at Faye’s command. I realize I am receiving the soul essence of at least five artisans who prayerfully hand-hammered these majestic instruments so they might carry the centuries-old message to meet the need, my need in these modern times.

This brings another memory of the musical touch which creates a sense of ecstasy. The room is filled with thought forms, released by the gongs. Out-of-body experiencing becomes effortless, and I can easily perceive what is happening on multiple levels of consciousness. The physical identification lessens considerably, and I experience the zero point that arises from being centered in Self.
Kuan Yin Comes

She enters through the Eastern door
He bids the horse man wait.
She sees him with her tuneful ear
chords spring from Heaven’s gate.

The strands of peace are in her hands
Connecting earth and sky
Stringing beads of time in space
Deft fingers do not lie.

“What have I done, what do I fear?
that I am all alone?”
A feather passes in the night.

“Speak the truth and Light appears”
She tells the horse’s charge
Who rides bareback, head in reverse
His battle now enlarged.

“Whatever you would have me be
I Am, you foolish man,
When you desire, I fulfill
When you deny, I am.

Every thought returns to him
In dreams that he has sown.
Dark fruits ripen at rivers edge
To make Truth stories known.

When you let go, I lose the urge,
When you’re inept, I can.
I am your eyes when you are blind.
The words your thoughts do seek
I am the life your longing bears
Precious metal worth the keep.

She carries Light in her eyes
The mountains peak in spring.
She carries Light in her hands
the moonbeams crest in rings
She carries Light in her heart
the river crests on wing

I am as silk on sun parched days
As wine in baby’s hands.
A peacock plume rooting in clay
Chiron takes her stand
I am as you imagine
I am as you behold
I am the seed. I am the fruit.
I am your story told.

Light becomes a gentle wave
caressing the man’s face.
He does not see, he does not know.
He languishes in grace.

–Written in response to the playing
of the gongs during the American
Society of Dowsers SW Conference
Flagstaff, Arizona USA
10-10-11

She leaves without his notice
The door is closed again
The horseman turns
The man awakes
The vision speaks to him.

“She’s come again!” he says once
“She’s left me here alone
The gongs focus me on sound in a way I have not previously experienced in this lifetime. This is surprising, because the composition and performance of music has been a major means of thought-form transference for me. Now, in this moment, Kuan Yin makes her presence known and my clairaudience opens. “Shen Li!” I hear the voice quite clearly. These gongs are opening the doors to memories extending well beyond the present century.

Faye is playing the Universe. The sounds stream through me now, collecting chitta with enough presence of thought to magnetize into words. Those words become the poem “Kuan Yin Comes” (facing page). It captures the essence of the work that will fill my life for the next 18 days and beyond. The gongs cleanse the mind, body, and spirit. This experience with Faye is the perfect initiation for the Kuan Yin work I will begin tomorrow.

WHEN

Time is such a fascinating concept.

Every culture has its means of measuring the continuity of moments that constitute an hour, a year, a lifetime. There is a surprising spectrum on what year the human species is currently experiencing. In China, it is the year 4706, in the Jewish calendar 5772, in the internationally-accepted civil calendar, it is 2012, the year the Mayan calendar ends. The timing for interpreting Kuan Yin’s Verses was set in the moment the translation by Man-Ho Kwok came into my hands. I knew I would interpret this text, and it was Spirit that told me it would happen on what is called “the seventh day of creation”. This is, briefly, how it came to pass.

Being well-acquainted with the Abrahamic cosmology, the seventh day of creation had everything to do with my evolving understanding of God and Self as Creator. In my mind, the seventh day in this truth-telling myth symbolizes the Creator’s moment of commencement, the field of action where completion and initiation intersect. The days and nights of creation are the Biblical accounting of the experience of a Creator. Once the thought of creation, the Godhead, is in place, the urge to grow pushes out like
a seed bursting through its testa, its seed coat. This reality has been impressed within my consciousness again and again as I record these thoughts. It is through the experience of writing the Taraka Yoga of Kuan Yin that I can realize the scope of the seed thought because, now, like all the men and women described in the “rest” of the Bible, I am living it.

I owe this awareness to realities existing thousands of years before Abraham. Since the turn of this millennia in 2000, my desire to know the Truth of consciousness and being, focused my thinking upon the nature of time, space, and Self. This led to investigating Mayan cosmology and the exploration of what is called natural time. I found that learning about the Mayans deepened memories from a distant past while my understanding of the days of creation took a quantum leap into the future.

The Mayans are the accomplished time keepers of our species. They developed astronomy to the point that they could predict
The Nine Underworlds

In Mayan cosmology, a Divine Plan of Creation is calculated in Nine Waves or Underworlds which they illustrated in their pyramids. These underworlds describe the growth of intentional creation and are identified by purpose and function in this chart. The timing schedule spans 16.4 billion years. To put this in perspective, humans appeared just 2 million years ago.

What began in the Cellular Cycle as simple action/reaction lent to the stimulus/response in the Mammalian Cycle. Stimulus/individual response grew during the Familial Cycle as families were developed, leading to the Tribal Cycle learning of similarities and differences in mindset. For progress to be made, reason began to flourish (Regional Cycle) followed by the development of law in the planetary cycle which began in 1755, a few years before the United States came into being and the nature of power became the focus for learning. By 1999 (Galactic Cycle), the internet was becoming open to all and ethics became the focus for consciousness to build. For 280 days of 2011, the Universal Cycle heralding co-creation. On October 11th, all cycles were in the seventh day of their evolutionary development. This final 18-day period is when the Kuan Yin Verses were translated into the Universal Language of Mind by Dr. Barbara O’Guinn Condron.
eclipses hundreds of years into the future. Their mathematical ac-
counting for the relationship between planets in our solar system
and its relationship to the galaxies continues to inspire modern sci-
ence. Time is measured by these relationships and so the Mayan
year is counted in 13 moons, 28-day months with one remaining
day between years called “the Day Out of Time”. This timing honors
the synchronization between the earth’s moon cycle and the 28-
day reproductive cycle of human beings. This is a natural passage
of time linking humankind with the planet we inhabit, and the
place that planet holds in a galaxy. That which is Divine was inherit
in the ancients’ thinking because they were willing to receive the
greater worlds around them.

Perhaps the greatest contribution to realizing and under-
standing that there is a Divine Plan of Creation comes through
the Mayan Calendar. This calendar describes the evolution of
consciousness through cosmic, biological, and historical evolution.
These served as predictions for the future, a future that has now
proven itself because it has come to pass.

For modern man, time is money. For the Mayan, time is art.
Mayan time-keeping is whole because it is connected to the space
around the experiencing. It is creation – life! – itself. The Mayans
observed a general scheme of divine forces ruling Thirteen Heav-
en comprised of Seven days and Six nights of divine creation, sim-
lar to the ones described in Genesis. These heavens are a process
of growth of the Tree of Life from seed to fruit. Each Heaven has a
guiding intelligence that is responsible for a movement in the cre-
ation process that nurtures the development of a seed. Thus, any
seed-thought begins with initiation. That initiation creates a reac-
tion. This is the day and night of the first day meaning awareness
acts upon a real or imagined need. This is the beginning of the
visualization process. Acting on awareness initiates a sequence of
events in thought form maturation that will evolve over time and
space until understanding of that creation is manifested. Every
created thought goes through this same creative process be it an
apple seed into an apple tree that bears its own fruit or a seed idea
of for your ideal life. Thus both the seven days of creation in the
Bible and the 13 Heavens in Mayan cosmology describe an evolu-
tion pattern existing throughout creation as we experience it.
What is the objective of this evolution? Why do we create? The answer is everywhere! It is revealed through the creation stories of our species. Be it the Rig-Veda’s Purusha from the oldest Indian text, the eternal elders in Australian aboriginal dreamtime, Maori’s Io, or the Apache’s Creator, the One Who Lives Above, stories of Creators abound to inspire thinking beings, generation after generation, to know and honor the Self as a Creator.

Generative thoughts and actions manifest through time and space in what the Mayans called underworlds. These signify the time required for certain levels of awareness to be created, purified, and preserved. The ideal was to reference the heavens in their experiencing, to hold the spiritual ideal in mind while living daily life. In this way, time – being a measurement of experience – would accelerate through consciousness evolution. Mastery of a skill makes the experience seem easy, although the attainment of that skill may require practice, a repeated experiencing with the intent to better the Self. Once you learn how to brush your teeth, you can accomplish the feat with little thought. At age three, cognitive understanding of the task and the physical dexterity to accomplish it took a bit of your time. The beginning stages of any growth seem to take longer, largely because we do not see the progress as a seed grows within the earth. The Mayans accounted for the consciousness growth patterns at every stage, each with their own purpose, function, and time frame. Each underworld builds upon the next, always adding to what came before.
The final underworld, the Ninth Wave, began March 9, 2011 and continued for 260 days. The consciousness power of the *Genesis* story attuned my thinking to the resonance of the seven days and six nights of creation in the Mayan natural calendar. Those days and nights of creation culminated on the seventh day arriving October 11 through October 28, 2011. For those 18 days, all nine underworlds were at their zenith, all experienced the seventh day of creation. The translation of Kuan Yin's Verses you hold in your hands were made in those days. This time period is the context for her verses to come into the world in the common language, the Universal Language of Mind. Like a single ray of light extending from the center of our galaxy to you, these verses have traveled billions of years to serve in your divining.

The choice to interpret Kuan Yin's Verses was made by the Holy Spirit, my Inner Teacher. I simply cooperated. My mind remained still. There was no cognitive thinking, nor any reflective thinking during the translating. The Holy Spirit planted the seed in my mind, and there it waited, dormant, until the time came for the work of creating to commence, and the paraclete could be born. This is the same state of mind you will want to cultivate for your divining work. It is a state where Avalokitesvara and Kuan Yin meet and coexist in perfect harmony.
Where
Journal entry for October 12, 2011. This is the day I experience the medulla oblongata of the Gods at Sedona. I begin it with this prayer by the 12th century mystic saint Allama Prabhu.

I almost didn’t visit Sedona. In my mind, it existed like a fairy tale, an ether world somewhere between Spirit and matter. I was interested in it because David Hawkins lives there and Dr. Hawkin’s work has touched my life in miraculous ways during this Venus Transit time (June 2004-June 2012). I didn’t have a lot of preconceived ideas about Sedona. I didn’t even know I wanted to go there until Daniel told me the Sacred Sites tour we had signed up for did not include Sedona even though it is less than an hour southwest of Flagstaff. We learned this early on, so I had a couple days to reflect. By the time we returned from the Grand Canyon, it was dark – Hezekiah was hungry and tired and not looking forward to another day of sightseeing - particularly at places like the Painted Desert since we had just been there.

Interpreting the signs, I said, “Why don’t we take it easy, leave when we want to, and go through Sedona on the way to Phoenix?”

“You mean not go on the tour?” Daniel said.
“Yes.” Then I explained my whole thought.
“I think that’s a great idea!” he said.

I was relieved and happy - so was he. When Daniel mentioned the change to Carolyn Stillman, the conference organizer, she graciously said she understood. She and her husband, Ed, live in Sedona. “If you haven’t been there, you must go,” she said without hesitation.

Later, her husband, Ed, gave us the location of the three most

If it rains fire you have to be as water, If it is a deluge of water you have to be as the wind: if it is the Great Flood you have to be as the sky; and if it is the Very Last Flood of all the worlds you have to give up self and become the Lord.

- 12th century mystic saint Allama Prabhu
energetic sites in the area. Ed, and others, had experienced nau-sea, headaches, or disorientation from unwittingly staying too long at one of the vortices. So he gave us the dowsing protocol to use in testing ourselves for how long we should stay in the area. I was most grateful for his wisdom and tutelage.

“I’ll be eager to see what you experience,” he said. “I’ve been tracking people’s experiences for ten years and everyone I’ve sent to the Mesa Airport vortex – their pendulum makes the same pattern.”

My curiosity was sparked and I was ready to go.

Sedona is tucked inside the mountains. The two-lane road leading southwest from Flagstaff climbs the Nogoll on Rim then descends into the Oak Creek Canyon. It is breathtaking.

The earth opens to swallow you, treating you gently and carefully in your descent. The rim is the Southwestern boundary of the Colorado Plateau. As we come closer to Sedona, the rock becomes red. It is startling next to the largest contiguous stand of ponderosa pines in the world.

Gazing on the scene, I tell Daniel, “This is heart energy.”

The descent to Sedona is a drop of 2000 feet made on a road carved into the side of the mountains. The road goes where the mountain will allow, twisting and turning like a snake sliding its way into the earth. The descent takes you in all directions. The cloudless sky escapes your reach, being replaced by red teeth that
jut up from beneath you. The deep green pines stretch, searching for sunlight.

Then, when the road levels, it opens into a vista that is called Sedona.

The first vortex we visit is near Mesa Airport, on a rise in the center of the canyon. The town has grown up around it, according to how the roads have been built. Living here is totally dictated by the terrain. It is said that all three of the “hot spots” of natural energy found all over this planet can be found at Sedona.

As we enter the red rocks, my resonant memory is the Garden of the Gods in Colorado. It is one of my favorite places on the planet – a holy place from my childhood years. It is as if I have returned, going closer to the origin. Here the red rocks are everywhere, in multiple formations. If Colorado has the garden, Arizona has the mansion.

The Mesa Airport is in the center of the area – the view all around is stunning, truly magical. Though there are houses and cars, they pale, melting into the earth’s power.

I say a prayer of thanksgiving, clearing my mind, then initiate the dowsing protocol for permissions of Can I, May I, Should I?

I take out my pendulum and follow Ed’s instructions. Receiving affirmative confirmations for all three questions, I am now a clear channel for spirit. I form the following question in my mind: “How long is it safe for me and in my highest and best good to be in the energies of the Sedona Mesa Airport vortex?” My pendulum is circling rapidly in a clockwise direction, my program for a “yes” response. I begin counting, “five minutes”. The spin continues.

I ask again, upping the ante, “Is it safe for me and in my highest and best good to be in the energies at the Sedona Mesa Airport vortex for ten minutes?”

The pendulum gleams in the sunlight, freely spinning.

I ask again for fifteen minutes. Twenty, thirty. When we first arrived, I first tested Hezekiah, determining how long he could remain in the vortex safely. His reading was 48. Even though, I knew that defined my own limits, I pressed on to learn my own standing in this amazing space.

“Is it in my highest and best good to remain in the energies at the Sedona Mesa Airport vortex for forty minutes?” The pendulum
continues to freely swing, seemingly of its own accord. Fifty minutes. Sixty minutes. Steady, no sign of faltering. Two hours, three hours, four hours.

When I get to 12 hours, I decide to jump to days. “Is it my highest and best good to remain in the energies at the Sedona Mesa Airport vortex for a day?” No change.

“Two days?” The same. “Three days? Four days? Five days? Six days?”

When I say Seven Days, there is no change in the rotation rate or stability in the pendulum read. The Mayan calendar comes into my mind.

“Is it safe for me and in my highest good to be in the energies at the Sedona Mesa Airport vortex during all the underworlds of creation?”

The answer is a steady whirl of the dowsing pendulum in its positive positioning.

My heart has risen to my throat, and a thrill washes over me. I inhale, and completely consciously ask, “Forever?”

Yes.

“Eternity?”

Yes.

“Always?”

“Now;” – still. Suddenly, there is no movement. The pendulum just stops as if someone pulls it from a pocket and let the weighted stone fall on its chain and gravity pulls it down, grounding it.

The confirmation is at once humbling and empowering. The sense of belonging here is encompassing.

I am thrilled, yet not surprised. I am completely home here. I love this place.

I merge my will with the Lord’s, the Gods in this place. “Take me where I need to be in this moment. Show me the non-man-made energies of the Sedona Mesa Airport Vortex.”

I start walking, following the pendulum’s lead. “Show me the non-manmade energies of the Sedona Mesa Airport Vortex.” The wording of the command is important because of the proximity of the airport. The pendulum moves quickly clockwise in full swing, even to the point of throwing off the stone that serves as the
pendulum weight on the chain. It’s as if the pendulum is alive and cannot wait for me to get to a destination I do not yet know.

I reattach the lapis lazuli stone and begin again, holding the pendulum chain in my right hand, away from my body, so the swing is free.

“Show me the non-manmade energies of the Sedona Mesa Airport Vortex.” I walk forward, following a rough path made by the natural rocks. When I reach the top of a rise, I move to the north, and the pendulum slows, wobbling. It’s signaling that I’m moving in the wrong direction. I turn 180º and the swing picks up again.

Looking up, I notice a sign that says “To the airport.”

“Why, am I supposed to go there?” the question arises in my mind, and I let it float on through, giving it enough attention for notice and no more. The pendulum is moving, and I walk.

At one point I stop to look around. I can’t tell cardinal directions anymore. I don’t know which way is north or south or east or west. It is around noon, the sun shines overhead, the sky clear and brilliant blue next to the red rocks. This is one of the most beautiful places I have ever had the privilege of experiencing. I want to absorb the beauty, inviting it to change who I am.

I begin again, giving the command and following the spin of the pendulum. I can see the ground beyond the spin of the pendulum and suddenly it disappears on my left side. I stop, realizing I have been led to a place where the path narrows to the side of a cliff. I stop again, surveying my surroundings. I am mildly disconcerted. My left foot is slightly pained, remnants of an injury that occurred the first day of the year. I stop a minute, even sitting down to nurse it. I am so grateful to be walking. I realize the injury could have had a different outcome which would mean I would not be here today, climbing rock pathways in this garden of the gods.

I look up to the top of a summit where Daniel and Hezekiah have climbed. I see them but they do not see me.

The pendulum has led me to this place on the pathway to the airport high above the canyon. The pendulum has been moving in a very fast clockwise direction here, leading me to this place with a nodding “yes” indication. Then it alters for the first time since communicating for me to change directions. Now the pen-
Pendulum is moving in back and forth swings rather than the circular patterns I have experienced up to now. I watch the movement and a distinct pattern emerges: from 12 to 6, 10:30 to 4:30, 9 to 3, 7:30 to 1:30, 6 to noon and on around. The arc creates an imaginary star pattern, eight points, a bagua.

Bagua is a Chinese term used in Taoist cosmology to represent the fundamental principles of reality. The word means eight symbols, and those symbols come from the six-thousand-year-old *I Ching*, one of the oldest divination systems on the planet. The bagua is an essential tool in the practice of Feng Shui. Feng Shui is a Chinese system of geomancy, a method of divination that interprets markings on the ground or the patterns formed by tossing handfuls of sand or rocks. Today, my pendulum serves as the sand tracing patterns in the air of the energy in this rock.

I am no stranger to the world of *I Ching*. I have taught many people to use the bagua for personal divination, and have devised a different placement of the trigrams which evolve the previous two from polarity and cycles of change into a spiral energy system compatible with the growth of our species.

This experience is obviously connected with my task at hand—Kuan Yin’s Verses. When this thought enters into my mind, the pendulum begins moving in a figure eight, the infinity sign, and the easiest way for the pendulum to show me the spiral. This is in keeping with my first questions of how long I have permission to safely stay here. Since I know I will not stay forever in Sedona, and Spirit knows this as well, I receive the confirmation that the work ahead of me will provide a certain timelessness for the reader.

I am led back toward the plateau. I am consciously breathing. This place is the breath of God. The imagery from Holy Scriptures enters my mind. The garden in *Genesis* from the *Bible* is a symbol for the brain the thinker, the Real Self, uses during the time in the physical body. Tracking this line of thought, I surmise that if Colorado Springs is the Garden of the Gods, Sedona is the medulla oblongota, the point of intake of energy, and I am breathing with it right now.

I remove my attention from the pendulum, drinking in my surroundings.

I breathe in, and as I do, I hear a voice saying, “In joy you shall depart.”
As I breathe out, the voice says, “In peace you shall return.” I have recently perceived a new image behind this concept, realizing the departing joy is the harmony that initiates the door of incarnation, and peace is how incarnation is fulfilled. Joy brings the avatar, the Spirit descending into matter, and peace resurrects the consciousness, the ascension of matter into Spirit.

Again and again, the voice repeats the message, always in alignment with my own breathing. I begin turning slowly, which allows me to visually receive my surroundings. It is an outstanding experience.

The full breaths I am giving and receiving, are the energy of life. Time measures experience provided for others in the cause of soul progression. Understanding the experience ends all suffering in darkness. Understanding bears light, redefining suffering as the birth of awareness. Like Sophia, I choose to bring the Light; I heal the Self.

After eight repetitions, the giving and receiving is complete. I have breathed in the energy of this vortex, and I have breathed out the energy of this vortex. Now, I experience a breathless state. “Cultivate it,” the voice clearly says. I remember that nirvana means “to blow out.” The breathless state creates space for God to enter.

I perceive it all clearly because I understand my experience. This is the biological experience of God. 360° breath is the breath of God, and it is available to any who will so choose. Isaiah, the prophet, knew this thousands of years ago: “In joy you shall depart, in peace you shall return.”

In such a breathtaking place, I breathe quite consciously. It takes eight repetitions to move 360°. I have experienced the bagua on a new level. In the wake of the dowsing conference and my meditations on kundalini, I realize this is a mantra for the biological experience of God. I feel it working in the parietal area of my brain. I sense it in the chakra flow radiating from my core. Moses receiving the commandments enters my mind. The timeless arrival of inspiration from God. Mountains – Ken, one of the eight trigrams on the bagua – always seem to bring inspiration from the Gods perhaps its because they are the place where the earth kisses the sky.

Today, my mind is filled with the commitments reflected in
the **10 Commandments** Moses received on Mt. Sinai. These are teachings of how to live, similar to Buddha’s **Eightfold Path**, rather than a list of what to avoid. They are commitments to Eternal Life. Interpret the commandments. Yes. Interpret the commandments. Over and over the voice says, “Interpret the commandments. Wherever they are found. Interpret the commandments. Wherever they are found.”

I am being shown what Eternal Life is. I am amazed and grateful. I am being entreated to share it. I know, from interpreting thousands of dreams, that if I interpret Kuan Yin’s Verses in this light, it will be a radiant source of illumination for others in divining the commitments in their lives.

I look up, and not seeing Daniel or Hezekiah, I figure it is probably past time for us to depart. I move in the direction of the pathways leading up the rise. I hear someone say, “Did you see that snake?” I wonder if they are serious, or just having a joke at the expense of a companion.

Although I register it, I don’t give it much attention because it is from behind me. This path proves more arduous than I expected, so I turn around to retrace my steps. I find it more challenging to go downhill, and I reach for a ledge for balance. I see something move. Turning my head, I see the rattlesnake within striking distance of my hand. We look at each other. I cancel the fear, threatening to rise in my mind, with stillness. I am still. The snake is still.

The imagery is impressed in my mind, “snake at root of tree”. Later, it will resonate with **Kuan Yin Verse 30 Ambition**, whose partner is **29 Nobility**.

After a few moments, the snake slips away along the roots and into the rocks at the base.

I know, the snake is part of this greater story, a symbol of eternity, creativity, and wisdom.

I also know I have no idea what is to be revealed as I move my way through Kuan Yin’s Verses. For that revelation, I must do the work.
What

I sat on the southern rim of the Grand Canyon. I heard the hushed word fall from the lips of our guide and several others that day, — “humility”. I understand humility as the conscious experience of surrender, and this was such a perfect attractor field for the work ahead of me. To be placed here, where all people around me are shedding their egos like autumn trees setting loose their leaves, the living dream is perfection.

I know why, in these moments, that I have postponed extensive physical travel during this life. Earlier, wanderlust would have stolen my heart and I would have traded pieces of my soul to have the money to go to the most beautiful places, never once remembering that I have seen them all before.

Standing on the rim, the Earth’s heart opens before you. The Earth is beautiful, breathtaking is the experience of standing on the cliffs with just the angels between you, God, and the river some 4600 feet below.

The Grand Canyon is the place of sky and earth, and my favorite Sioux prayer wafts through my thinking like Quetzalcoatl’s feather carried on a breeze—

I stand at the center of the Universe
In a sacred manner,
I see the tribe gathered around me,
Behold me
I AM.
It repeated in my mind, over and over, a mantra resonating with indigenous people around the world and their instinctual grasp that we are one in Spirit.

I learned a good lesson here, one long in the coming. It represents the sword that has operated, separating me from the Real Self who I AM, the vice is lust - the remedy fulfillment, the doorway of tolerance.

We were with a small group of travelers and lunch awaited us. Enchanted by the land, I did not want to move away from the Earth’s gift before me. I wanted to drink from her river and feast on the greens and browns and blues. Instead, I followed the group. I was able to assist my son and enjoy the conversation his father had with a lovely couple from England, but I was betraying my own Inner Teacher. I knew I was letting myself down.

This is not where I can or should be, I thought, chastising myself. In the science of dowsing there are protocols to follow, a series of steps in thought to take for the science to work for you. I have studied these and found when applying the principles to the inner work of Self, the protocol order is **Can I?, May I?, Should I? and Will I?** In this order.

Knowing this, the “**May I**” - the permission was missing in this moment. When I recognized this, I decided to skip dessert.

It was a crystal clear day. The guide had said it was unusual. We could easily see the 18 miles to the northern rim. This was a good place. Most present are in awe and that is a great state of consciousness to experience. I can see why people speak of this part of the country in spiritual terms.

This is the first day of my commitment to Kuan Yin.

Sitting on the edge of the canyon, I realize I am here, now, for the Healing Wall. I know assuming the Healing Wall’s destiny in earnest lies ahead of me. I receive its vision, its majestic simplicity – man as Creator – all people around the world in united effort creating a new kind of wall. I know when I think of the Healing Wall from this day
Translating Kuan Yin’s verses begins in Arizona and continues in Missouri. I make it a discipline to entrain my mind through meditation translating several verses a day. Some are penned at the Moon Valley Ranch overlooking the Niangua River. Most are written in the orchard and on the grounds surrounding the Peace Dome. On October 28, 2011, I complete the final eight verses while sitting at the Healing Wall.
The valley spirit, undying
Is called the Mystic Female
The gate of the Mystic Female
Is called the root of Heaven and Earth
It flows continuously, barely perceptible
Utilize it; it is never exhausted

– Tao Te Ching
Divining your
Secret Place
The Emotional Level of Consciousness connects the Mind with the Body. Thought seeks to express itself completely, to manifest its likeness in all forms. To do so, thought must mature in each of the inner levels of consciousness in Sub-conscious Mind. Toward this end, the power to materialize thought lies in our ability to emote. Thus energy acts in the Emotional Level and reacts in the Physical Level of Consciousness, moving through seven major chakras. Illustrating the movement of intelligence and energy in Mind, this diagram - the Stargate Pattern - is the result of decades of experience with Kundalini. It is one of several created for the book *Conscience: The Six Emotional Doorways to Love* which introduces how to activate the sacred geometry within one’s Mind for the elevation of consciousness. The Stargate Pattern is described in the Protocol section of this book.
The Cosmic Seed

The planes of existence are formed through sacred geometry. They do not come about through logic, nor are they found in the ancient halls of memory, for only destiny is found there,—that which has yet to arrive. Nor are they a function of an imagined future, for destiny is prophecy fulfilled there,—that which is set into motion thus expected to occur. The planes of existence are the result of mathematical and geometric constants throughout our universe. They are made sacred by a consciousness desiring wholeness. This is the “Because” of our existence, our raison d’être. In Hinduism, it is the Sanatana Dharma, “The Eternal Teaching.” The thought form of “Because” accepts thought directed by intelligence as the first cause of the universe.

These constants in our Universe enable forms to arise from emptiness. They create whirlpools in space, whirlpools on water and on land, and whirlpools in consciousness. The latter guide the way human beings use and recycle personal energies. The Vedas mapped this as a seven chakra system. Tibetan Buddhism teaches a ten system including the inner circulation of the ‘winds’ distributed through three major channels and seven centres. In Christianity, what begins in Genesis as the mark of Cain finds its fruition in the seven golden lampstands and the ten crowns in John’s dream, Revelation.

The planes of existence operate with or without our presence. Does the rose smell as sweet if no one is there to receive the power of its fragrance? Does the bird’s song lilt upon the breeze? Do the rays of dawn find their way through the trees? Everything is what it is, according to its intelligent design.

This intelligent design is “I AM” consciousness.

There is intelligent design within the Mind of every living thing. The rose, the bird, the rays of light have sufficient intelligence to be what they are, to fulfill their purpose and function in the greater scheme of all creation. Light is the consciousness state of What Is; “neither”. The consciousness of the atom is an expression of light.
just as the consciousness of You is an expression of light. How different they seem! How can You be made of the same cosmic material as the food you eat, the water you drink, and the sunlight that fortifies you? Yet, you are. The human body by mass consists of approximately 75% water. Ninety-nine percent is made up of six elements: oxygen, carbon, hydrogen, nitrogen, calcium, and phosphorus. If this is true, how can we be so different?

The difference lies not in what we are made of, for the substance is basically the same. The difference lies in the intelligent design I Am activates. Neither recognizes the separation created as causal thought moves from I Am through Mind into materiality, the world of manifestation. Of the many potentialities – be it gas, mineral, plant, animal, man, spirit, god – available as a vehicle for I Am’s expression, one is chosen as the intelligence to be what It Is. Is the I Am a drop of rain, a diamond, the rose, a bird, a human being, an ascended master, a Creator? Once identified, all other choices drop away. For I Am, the unchosen become neither, descending as “either” rises.

Having established what I Am, the urge to express individuality, to fulfill the intelligent design, is activated. In the human, spirit moves as individual will.

Two children can be given a set of paints, a brush, and an empty surface. One child will experiment and play, perhaps creating a masterpiece rivaling the most celebrated abstract artist, while the other fumbles with the tools, muttering about how he has never done this before. One adult is laid off from work and spirals into emotional depression and mental wastefulness thus losing his possessions and perhaps friends or family, while the former co-worker who shared his “fate” sees the freedom as an opportunity to act upon long-held desires to work in a new field reflecting his talents. What makes the difference? What enables one person to see potential while another is blind to it?

The truth here is each will create their own reality according to what they are willing to see. The experience of either is one of polarity. How we define polarity determines whether our path in life is a heaven or a hell. Polarity can either be a function of duality – opposites attract, or a function of relativity – like attracts like. When we honor the beginning, keeping the origin in mind, we
realize we are on a journey to manifest that ideal. At that moment polarity becomes *both*.

Knowing I Am That, determines the master plan of your existence. The form for experiencing is chosen. It is complete, and energized: positive and negative. The current of life force is flowing. You and I have chosen the homo sapiens form with its capacity for reasoning. We are sentient beings possessing a level of Self awareness that is both human and divine. Becoming a fully realized Being is a process of initiating and completing, acting and resting, coming and going, beginning and ending. Honoring the master plan means I Am is free to express its consciousness, to manifest its destiny, fulfill its purpose for being. We make our world from the same substance, the akasha of Mind. The energy we invest to form that substance is how we fashion what we are given. Infinite Intelligence, Infinite Energy, Infinite Manifestation working as One through One, brings the "Godhead" forward.

In all of nature, human beings express a unique and viable claim on their intelligence beyond the physical world around them. We demonstrate the power of reason through remembering where we have come from and imaging where we want to go, all the while, either consciously or unconsciously choosing who we become. The ascension of consciousness is an internal quest of awareness for the one who is awake. It is a steady climb up the Kabbalistic tree of life whose roots are in Heaven. The revelatory process of the original Light of creation made manifest is the secret. "**Within**, the greatest creation is the Self as creator, in the East such a One is called Atman.

The Tao gives birth to the One
One gives birth to the Two
Two gives birth to the Three
The Three gives birth to Ten Thousand things
The Ten Thousand things are sustained by Yin
and are embraced by Yang
the eternal breath between them creates harmony
and the interaction of these two factors fills the universe.

Tao Te Ching, Stanza 42
At the root of Chinese thinking and feeling there lies the principle of polarity, which is not to be confused with the ideas of opposition or conflict. This is very different from the Western ideology. In the West, light is at war with darkness, life with death, good with evil, and the positive with the negative. As a child, life was presented to me as a championing of the light at the expense of the dark.

Every artist knows the need for contrast.
Every engineer knows the need for positive and negative poles for electric current.

Life is a system of relationships. Life is navigation rather than warfare. Taoists understand this.

In Chinese, the two poles of cosmic energy are yang, the positive, and yin, the negative. The ideograms indicate the sunny and shady sides of a hill, and they are associated with the masculine and the feminine, the firm and the yielding, the strong and the weak, the light and the dark, the rising and the falling, heaven and earth, even hot and cold foods.

The art of life is to keep yang and yin in balance.

Yang and Yin are principles, not male and female. The key to the relationship between yang and yin is called hsiang sheng, mutual arising or inseparabilility. Neither, either, yet both.

Illustrating this concept are Avalokitesvara and Kuan Yin. Both are considered the Guanshiyin Bodhisattva spoken of by the Buddha in his last days and recorded in a text called *The Lotus Sutra*. Bodhi means wisdom or enlightenment; sattva means being or essence. Put the two Sanskrit words together and the result is “bodhisattva”, a being who is enlightened and ready to transcend the cycles of birth and death yet makes the choice to return to the material world in order to help other people reach the same level of enlightenment. For the Buddhist, this is the ultimate demonstration of pure compassion.

Both Avalokitesvara and Kuan Yin are saviors and redeemers. Both attend the sounds of the world albeit through two different doors. Both are depicted with a thousand hands eager to lend assistance to those who call upon them. There are a thousand eyes on these hands which give Avalokitesvara and Kuan Yin great
powers to observe the world. Their most outstanding difference is
gender, male and female.

Chapter 25 of The Lotus Sutra is called “The Universal Door of Guanshiyin Bodhisattva”. Buddha describes the masculine form of the Bodhisattva, allowing for seven references to the feminine form. Thirty-three Bodhisattva powers capable of interceding for favorable outcomes in every conceivable calamity are cited. The male expression of Guanshiyin as the great protector initiates the process that is saving what is valuable in the life experiences. He is the one who watches, who keeps his eye on the events unfolding in the world. The female expression of Guanshiyin as the goddess of mercy carries the process of saving forward through receiving that which needs to be understood. She is the one who listens, who trains her ear for what is worth the keeping.

From the time the Bodhisattva entered China, the feminine aspect grew. By the 6th century, Kuan Yin’s virtue and nature inspired poetry contests. The poems span centuries, and were eventually compiled into one complete work of 100. All over the world, people recite these verses daily to cure the ills befalling them. The Bodhisattva work of aiding humanity to navigate the unpredictable waters of daily life continues today.

Much has evolved in the consciousness of humanity since The Lotus Sutra and Kuan Yin’s poems were recorded. I see these as both reflective of and responsive to the times they entered the world, spreading, then becoming increasingly available for the spiritual growth of the human family. The concept of Bodhisattva tells us there are things worth saving from our physical lives. We do not take the people or things we encounter in our lives with us when we leave the physical world at death. What we carry are the results of how we have drawn upon the gifts of the Spirit in its wholeness. When Avalokitesvara and Kuan Yin stand side-by-side the wholeness is seen. This is why these Kuan Yin Verses are presented in their Yang-Yin form, to make it easier for you to divine the whole image that is at your service.

Compassion is an early manifestation of Holy Spirit expressed well by Confucius around 500 BC. When a student asked him what ren is, Confucius replied, “to love people” (The Analects 12.22). He believed that people are born by nature to be kind and it is only environment that makes people different. Benevolence begins
with “do no harm onto others lest you do not want others to do harm to you.” With ren, we place others in front of the Self, treating their success as our own. This Spirit extended to all people, in all situations, benefits all. This is a picture of the individual who practices the consciousness of Avalokitesvara, compassion.

Love naturally springs from compassion as the Spirit entering into our individual interactions with others. Love is personal. Echoing Confucius’ wisdom, Jesus taught his disciples to love one another. When a lawyer asked him the greatest principle in the Law, what in Buddhism is the Dharma, Jesus reduced the separate thoughts defined in the ten commandments given to Moses, into two. The first establishes connection with the I Am Consciousness, “You shall love the Lord your God with all your heart and with all your soul and with all your mind.” The second affirms the attitude toward others that then naturally follows, “You shall love your neighbor as yourself.” This teaching gives order to our expression of love. Love comes from the Holy Spirit.

Compassion and Love, together, are the means for understanding a world that often makes no sense at all. Working together, Compassion and Love are capable of building a bridge between experience and understanding. The Saviour who guides us, the Atman who has toiled in the Tomb World again and again in service to the whole Self, now becomes the Inner Teacher. This interpretation of Kuan Yin’s poems is filled with the Holy Spirit. Written in the Universal Language of Mind, each verse speaks to the whole Mind of the reader. It is like a hologram, revealing the Light and Love in the creative nature of your own thought.
Ways to Receive the Verses

There is a movement in any crossing over experience that can be full of grace. I call this a *Spiral of Learning*. It begins with receiving information and culminates in the transfiguration of how you see your Self. You, literally, become the change. One who is awake, can attune with the Holy Spirit, consciously walking this spiral. Each step is a source for realizing the Divine nature of Self in the experience before you.

Traditional methods for divination can be employed with these verses. Any means whereby a number from one to 100 can be determined will allow an unconscious selection of a verse. The detailed steps for conscious divination, which I have designed specifically for these verses, begins on page 196. At first these steps may require a time investment on your part. It will be time well-spent, for it will give you the experience and understanding – the foundation – for all of your future divination work.

What follows is an abbreviated form of the steps and where on the *Spiral of Learning* (diagram, above) they present themselves. This can serve as a self-study method of learning the protocol or can be a short-term divination method when you feel you need immediate feedback to your life.
Divining with Kuan Yin’s Verses

1 Information
The simplest divination is to establish your query through an affirmative prayer, then ask permission (page 204) from the I AM Consciousness to proceed. When permission is granted to Can I?, May I?, and Should I?, then place your left hand at the beginning of the verses and the right hand at the end of the verses. Close your eyes, focus on your prayer and open the verses to a page. Before you are the two verses for your consideration. If you want to determine yin-yang, negative-positive, a coin be used for this purpose. Hold your query in your Mind, while flipping the coin in the air. The side up is the verse to focus upon. Heads is positive; tails is negative. Information follows Steps 1-2 in Protocol.

2 Knowledge
Divination involves cognitive thinking through the engagement of choosing to use your body as a divination tool. How to use Finger Dowsing to determine the verse responding to your inquiry is presented in Step 3 of Protocol. Holy Spirit works through your body providing this intuitive feedback. Spirit also engages the nervous systems, heart, and brain.

When referencing Kuan Yin’s verses, consider that the odd numbers resonate with Avalokitesvara while the even numbers resound with Kuan Yin. Noting the mathematics of the divination tells you the appropriate state of consciousness that will afford you easy access to the inner mind. Avalokitsvara is aggressive, yet still. Empty, yet present. Observant, yet responsive. Whatever the focus of your petition, it has arisen in your life as an initiation. The conditions have been produced through your assertiveness and/or require it. Kuan Yin is receptive, yet expectant. Full, yet wanting. Listening, yet responsive. Whatever your petition, the experience from which it comes, has been drawn to you through the Laws governing our Universe for depth of reflection. The conditions have been pulled through the power of your receptivity and/or require it. Knowledge follows Steps 1-3 in Protocol.
3 Experience
This step calls for the mind to rest upon the situation at hand. Review your prayer. If you were to reduce it to one word, what would that word be? When you can answer this, you have identified the seed thought in the experience in question. The divination occurs when this thought and the thought from the selected verse are held in mind simultaneously. You may find them fitting perfectly in an “Ahha!” moment, or you may find an antipathy between the two which sounds more like an “Uhoh!” or out-right “No!” Either way, you have your answer to reflect upon throughout your day. Experience follows Steps 1-4 in Protocol.

4 Understanding
Deeper reflection upon initial thoughts are the whirlpools of discovery. Exploring the symbology appearing in your verse and the image accompanying it, activates whole brain thinking, and more. Communicating in images accesses the inner Mind, choosing words to describe those images exercises the brain. Employing both encourages the movement into Pure Land. Researching the symbols in the Universal Language of Mind immediately deepens your insight because thought-form imagery is the native language in Pure Land. The Dreamer’s Dictionary is your definitive resource for translating. Understanding follows Steps 1-5 in Protocol.

5 Wisdom
Use the Stargate Pattern on page 232 to map your emotions. The waters you are endeavor to cross over teem with the spectrum of human emotion. Reactions can be found in the Polarities. Mindful responses will tend to appear in the Emotional Doorways. Identifying which emotions surface in your divination, and the order they surface, provides you with directional cues for understanding. You will discover some of these understandings already exist. Your experiences are drawing them out of you. These are the moments when we are surprised by our own ingenuity, genius, or wisdom. At other times, the present experience asks, or demands, that we stretch beyond where we are. In those instances,
love and compassion shed new light on something we previously did not understand. After you read your verse, study the Stargate. See what comes forward; hear what is whispered in your ear. That will be your focus for growing understanding in this divination. Wisdom follows Steps 1-6 in Protocol.

6 Transfiguration
Receive in your heart what you have been shown. Expect it to have an impact upon your capacity for love and compassion. By giving contemplative thought to each line, new insights can surface. To encourage this, write the chosen verse on a piece of paper, carry it with you to read throughout your day. Repeatedly visiting your verse will deepen its meaning for you. It will also give you a read on how your thoughts are attractive, and how they evolve throughout your day. Transfiguration follows Steps 1-7 in Protocol.

The Spiral of Learning is a sequence of thoughts, one serving as a foundation for the next. These progressive thoughts are forms made of the substance of Mind known as akasha. What began as an idea echoing in the brain has been harnessed by intelligent will, fashioned into the imagery of the life. Each step is movement in crossing to the other shore. The sequence is the result of creative thinking arising from the Godhead within. The 100 Verses, interpreted in the language of mind follow. The detailed Taraka Yoga for the Kuan Yin Verses begins on page 185.

My expectation for you is that these translations of Kuan Yin’s verses will strengthen your relationship with your Inner Teacher. That they will prove useful in realizing the mystery that is your life. That you will begin to perceive through the eyes of Avalokitesvara, a thousand different outcomes that could be. That you will tune your Kuan Yin ear to the sound of the world before you, the world That Is, and the world of your making. Then, as the whole picture of your life comes into view, your sight will turn inward, your consciousness unified as you solve the great mysteries of life. Where did I come from? Why do I exist? Where am I going? What am I here to do? When do I begin? And perhaps the most important one of all – who am I?

Neither. Either. Both.
Avalokitesvara.
Sanskrit meaning “down looking one” is the male embodiment of mercy and compassion. His thousand arms and eyes appropriately representing him as ever on the outlook to discover distress and to succor the troubled. The Dalai Lamas of Tibet are believed to be his incarnations.

In China, Avalokiteshvara became the Great Goddess of Mercy, Kuan Yin, represented by a female figure bearing a child in her arms.

Now, in the West, in the United States at a place called the Peace Dome, Avalokiteshvara and Kuan Yin come together, uniting in an interpretation of the Kuan Yin Verses that transcends the senses allowing the Spirit of the aspirant to ascend. Kuan Yin becomes the union of consciousness being neither-either, yet both and the Inner Teacher, Atman is born.
One Hundred Verses
Tending the Sacred Fire -
The vision is in each seed.
The pattern is in each seed.
The choice is in each seed.
The truth is in each seed.
The eye of the beholder of Light perceives in the fire of the Sacred Heart.

Commencement 1
Compulsion

Inherent in each seed the urge breathes.
Receive the pulse of life with a ruler’s steady hands.
When neutrality reigns in your thought, perception is clear.
Breathe the mind of Creator in breathless bliss.
Each thought seeks full expression in the journey.
In bliss the urge is honed to the seed.
Receive the breath of cosmic seed then the choice is made.
The life cycle of oxygen marries hydrogen
thus living water is made.
In stillness, the sun’s light reflects equally. Receiving, all mind is aligned, the attention free to choose infinite possibilities. The Superconscious awareness bursts forth from each seed the rays of conscious legacy. Creating in light one knows what one is making.

broken mirror
Go within to the source of your desire.
Neutralize fears of the unknown by the power of inner light.
All the forces come together on your behalf.
In this place where all can exist, greet the Real Self.
I am another yourself, I am one in peace.
Seperation

Live in the unity of conscious and subconscious minds
light reflecting each other.

Harmony sheds light on every path
for the seed is what is honored and unfolding
until all is known in the mind of Creator.

hole in the ground
Thoughts arising in reaction to what is seen, disturb equanimity. Thoughts coming from an empty place seek grounding. Anchor Self in the Cosmic Seed. Your talisman is always at home there.
Abide

In subconscious mind, thought forms precisely.

Laws of the Universe prevail and protect their growth.

When the light of consciousness perceives the Source, the Creative Principles of Mind can be recognized and honored.
The integrous thinker focuses emotional flow. Singlar line of attention sends light to the right brain innervating the experience that follows illumined contemplation. That experience is understanding worth the keeping.
Prosperity is yours for the Kingdom of Heaven is within. All the wealth, all that is valuable, is present, in space and in time, Here and now. In you. Thinkers valuing solely their own light mistakenly live in a darkness of their making. Seeking what was never lost, they put darkness in a sea of light.
Values change in the temporal world.
Sometimes what you desire is drawn to you.
Sometimes you must push.
All times your desire remains steady, unwavering.
Learn this skill from one who knows how.
Choice

The honest know both the authentic and imitation.
When challenges arise, embark upon conscious thinking
in the outer and inner mind
Such a choice is its own blessing, revealing when you have been.
Your wisdom realized, your discerning heart opens the door.
Your incarnation is a soul choice.
Aligning with your soul’s intention increases tolerance.
One who consciously comes to value the kingdom given.
The authentic power of Spirit rules in such a One.
When your soul purpose reigns, you know why you are here and you know where you are going.

Before you, behind you, to the left, to the right, Past, Present and Future become One when Kundalini rises.
The need for experience surfaces after understandings are well used. 
The unexpected descends uncreated by conscious awareness. 
Superconscious plan for creation takes subconscious form 
in solitude, alone, the Tree of Knowledge.
Sorrow and anger no longer veil who you are.
Unconsciousness no longer shapes your creating.
All hold value in their time and place.
Full of wonder, the duty-bound understood.

working hands
Take care to whom you lend your ear.

Take care of whom you speak - Buddha, Christ, Confucius, Mahavira.

Accept the temporary nature of all scenes.

Think deeply where true knowledge resides.
Superconscious thought falls into karmic light.
Dual awareness has always marked our time.
Understanding follows new experience when the benefit of all
is held in the mind.
The crafter, the learner, the proprietor, the procurer, all are needed.
Gain entry with the first breath of a life
restricting thought to experiences in the flesh.
Life force surges through preconceived channels.
The center disperses through the new land.

Birth

19
Repeated truth experiences open the whole mind
to the joy of creating with mind’s light.
Self-less vices are exposed, Self-full harmony repose.
With singular attention Selfhood is reclaimed.
The second coming of Christ
The twenty-seventh appearance of Mahavira
The Maitreya Buddha
Avatars reclaim.

clear heavens
The Creator and the Created set into motion the yin yang way. Melding of man and woman, subconscious and conscious, reflects this harmony. The I Am Spirits in every plane of creation unite as One in the consciousness that dreams.
Turning from the Creator’s work kills the seeds sown.

Turn to the Creator for the experience that heals.

In gratitude, rejoice as you bear the cosmic seed.

The beginning of knowing is a highly prized experience.

rice rain
Heal yourself through whole choices.
Even when Spirit does not ascend
the fruits sometimes come in later seasons.
When it is time for flowers, receive flowers.
Reputation

Thought without reason makes a thought less home.

Even flowers blow away on the wind.

Grace can only flow in those magnetized to an ideal.

They live beyond reason where trouble eludes them.

wilting flowers of salt sea
Look for what remains incomplete in soul growth.
Image what will heal the earth then live that dream.
The Sacred Heart sees infinite possibility.
The Sacred Eye hears the promise of the Divine.
Hearsay in the devoted, travels both ways, respectfully.
Drink answers where the well springs at dawn and at dusk.

In moments when your Spirit flatters, flesh weakens.
Should Spirit triumph or falter, flesh restore or decline.
To structure each thought is alchemy.
An artisan sets each image fast with the will.
Transfiguration occurs in the eye of a teacher.
What you think about you become.
What you do you are.
Be in the now.

Earthly
27
When cause is understood awareness of what is coming rises.
Imaged thought takes root in the third level of Mind.
Subconscious awareness often escapes the conscious mind’s reach.
Already planted, it seeks to thrive,
even when we forget.
The Light of intention is the instrument of lasting change.
Virgin thought from the Creator is precious treasure.
The teacher appears to live the thought.
The example of divinity, the avatar, is come.
Be still when you receive your destiny.
Be the witness as the heat of desire takes rise.
The inner Self supplies, refrain from selfish action,
lest conscious desire overpower your senses.
The teacher’s way of life is responsive.
Breathing in and breathing out, refreshment.
Chakras reverse, when all actions return to the Source.
Health and well-being are eternally assured.
There will always be paths untravelled.
The Universe itself is expanding, evolving.
Be on earth, carving your destiny of Light.
Centered in your own apprehension that it has been there all along,
calm in your knowing, it is the source, a beginning.

jade in stone
Understand this: everything here matters.
To understand present space, release your physical sense.
Welcome and embrace the Inner Teacher.
Among experiences, it is the epitome.
Discernment

Make your Truth that which is universal.
Will your thought and your actions to align.
Purify your heart, freeing it from clutter.
Stand at the center in a shaft of Mind Light.
In its journey to be whole, Spirit flows through the Mind. Virtue opens every door to love. This is the way it has always been. Love melts the pain of the lower heart, karma fulfilled in gratitude, forgiveness, tolerance.
When disagreements flare, your comfort is questioned.

You are not here for comfort, you are here to inherit the treasures of the earth and invest them in Heaven’s bank.

monkey
Know when to use your head, your heart depends on it.
Keep the flame steady in the company of all thought.
Decide the best field for action, then step aside,
Live simply, privately, with peace of Mind.
Attend to the dreams that come in the night.
Each holds a message for the telling.
Focus your Light upon understanding that message
so the dream may pass on into the new day.

book of heavenly wisdom
The Inner Urge to be like the Creator travels on Spirit wings. Flying overhead, those who would see raise their countenance, their eyes reflect the Real Self they see. The discerning heart only does the work of a Creator.
When night breaks, enter the time for assimilation. 
Inhale what is permanent, exhale the temporary.
The contemplative conscious mind ever regards her mate. 
Her commitment is until the whole Self’s promise is fulfilled.

moon rises
Choose your thoughts carefully, their value in mind,
The experience of stealing comes only to those who believe in loss.
Become clear, transparent in Truth-telling harmony.
One lie, one betrayal of Self, becomes a cross to bear
A memory you must keep.
Existence emerges from a black hole in space, the Light of volition born in neutrality. Choose life in thoughts guided by honor whose progenitor - grace - tends the heavenly choir.

earthly paradise
Consciousness stretches from Heaven to Earth.
In the effort to know its entirety, discovery is made.
All beautiful forms are created in Light.
From the mind of their beholder such beauty radiates.
He who beholds such beauty becomes such beauty.
4 4
Morality

For those who create, heaven and earth are the playing fields.

Stories that must be told seek their kin.

Storytellers plot their course mindfully, -
respecting the soul’s purpose, respecting the Inner Urge,
before any theme is chosen.
All is neutral whether one is new or seasoned.
Set your happiness point so the celestial gates will open.
Tis virtue that prevails in the sight of righteousness.
Nectar of immortality quenches all thirst.
The teacher counsels: commence all things in stillness.

Through inner concentration attend the silence.

It is there that the voice of the Inner Teacher is heard.

The Voice will guide your head and hands in the work of the heart.
Beauty is an expectation arising in the finest substance in Mind,
Carried along by the will responding to the inner call.
Leadership arises unbidden in one caught up in rapture.
Being, is the teacher; presence, the lesson.

Landing
47
Soaring

A single thought can mobilize the will in adulthood.
One thought leads to another within Self and within many.
A whole thought extends through eternity.
Echoing in space far beyond what you will ever know.

dragon clouds
Frozen consciousness draws Heaven near.
Temporal fame pales in the Cosmic Conscious Mind.
 Arrest the temptation to cling to the now.
Past and future strike the match of clairvoyance.
The whole Self moves the teacher providing the vehicles for experience.

The Voice speaks and its breath enters cascading through levels of consciousness where treasures await.
Summer’s blazing heat provokes grateful tolerance.
Harmonizing with what you cause is the joy in living.
The physical mind bears Heaven and Earth, the spiritual transcends them.
As water distributes heat, experience disseminates Spirit.
All of creation mirrors the Self, each to its own level.
We can only be what we accept and allow.
Attend to what you speak, own the thought and the action.
For as you create them, they work their magic in you.
There is more to Heaven and Earth than in your imagination. Learn the ways of the Creator of the Universe. Keep Heaven in your Mind to recognize the Seven Sisters. The context and meaning of what you receive will come in time.
Consequence

Fantasies are a daydream from which you awake.

Only your conscience knows what endures.

Call upon the outer minds as one, the marriage of Truth is within,

Living this Truth fortifies the heart and sweetens the dream.

trees by running water
The aggressive line from Superconscious Mind brings avatar. Then Heaven comes to Earth in each experience. The Master’s plan will be fulfilled in the making of DNA. The I AM Consciousness allows the unfolding as should you.
Each experience is willful vibratory creation. Self rejoices when a seed thought is placed in the Third Level of Mind in response to the Inner Urge. Forgiveness always produces perfected conditions.
Be equal minded in everyday affairs.
Heed the inner Voice.
Respect the Self’s purpose in living.
The Teacher knows the teaching is timeless.
It transcends generations so the wisdom lives on.
The Teacher leaves a trail worth the remembering.

With clear eyes, read the records in akasha.

Suspend judgement so you can make your own choices.

Embrace the emptiness, enter the breathing space.
Fortify your core, it is consciousness that ascends.
As the endless possibilities of what ‘could be’ stir around you, the Inner Teacher holds the scales of time.
Sowing and reaping are one in the present moment.
Potential energy from repeated life toil permeates mind’s substance then knocks at your door. Be open, surrender to the Truth that your life is not your own. Who you are stems from who you were, all who will ever be.
When awareness dawns, a living prayer sings all day.
Interact with the world from a space of laughter.
Perceived loss dissolves in a harmonized mind.
Rejoice in the rhythm of life, it depends on you.
To be awake means to dream day and night
in the presence of the first dreamer.
His clear light is carried in every cell
Buddha, Christ, Lao Tzu, Quetzalcoatl, Mahavira.
Incomparable richness awaits the one who knows how to dream.
Recognize opportunities for astral travel in any locality.
Want to navigate the inner level waters from conscious desire.
Bilocating frees the attention from physical boundaries.
The soul's compassion is what keeps you alive.
Understandings can get lost in a confused mind.
Troubles with cause unknown activate fate’s web.
It’s easy to believe that more thinking is a remedy.
More thinking tips the scale; fate holds her hand.
Most live on what has been, draining Karmic reserves.
Live today impartially, for all situations are neutral.
Sublimate will in Divine grace to be whole.
To leave reaction behind, live beyond the web.
Future firestorms disturb the dedicated will.
Disciplining aspects of Self make one a creator.
Waters of pure consciousness feed the Inner Fire.
Temporary creations have their moment, then time moves on.
The Inner Teacher traces the Golden Mean with each thought. Count the hairs on your head truthfully. Honor that which causes one to grow by serving others. The Light will shine through your kindness.
The Blessing

Be prepared to fulfill the promise of eternal life.
Go through the door, approach the gate by creating
for a higher purpose.
What you saw, now will feed generations.
Whole knowledge leads to health and well-being.
Self arises in consciousness gravitating to earth.  
The outpouring of needs is met by desire.  
Another time of life breathes in toward nirvana.  
With roots in heaven, immortality is assured.
Awareness follows a peaceful night in the language of the soul.

Patterns of thought are illuminated in its glow.

Capture the images reflected off cave walls.

Before they become shadows of their former life.

eager bees
I AM in powers of ten has eyes inside and out.
This woman never marries for she returns home.
Only one option in a field of infinite possibilities.
Creating a universe occurs beyond the time of separate wills.
Karmic web patterns seduce with their emptiness.

We are drawn to their blissful reward, the payment due.

Attention causes a thought form to grow, giving life or death.

Wash your hands, clear your head to invite the inner vision.
The irony is - individuality stimulates resonance in the All. Seasons activate the circle of life equally in universal forms. Spring’s coming shape shifts the seed for winter’s return. Every life’s passion is to know its Source.
Desire is a trap for the sleeping soul.

Envy and jealousy surface in a mind that wants. These twins become a black hole swallowing the light. Compressing desire until the conscious mind awakes to a new I AM.
Greet each challenge you set for yourself with composure. Steadfastness enables one to enjoy the trip up the mountain, each step another opportunity to claim who you have become. Prudence satisfies longing in one who is patient.

Serenity
75
Spiritual knowledge arises where cooperation is present.
Harmony rises in a consciousness ruled by ideals that descend in thanksgiving to the light of a new day.
Where all appreciates, the question of worthiness is answered.
Your dreams carry the message of all fortunate births,
Subconscious Mind knows what is beyond conscious mind’s grasp.
Look within to elevate your expectation.
There the perspective of the Inner Teacher will make you laugh.
Create your experiences in moderation.

Allow the passing of time to work in your favor.

In this way, one masters natural laws, through responding to a higher calling that is Heaven’s way.

not too hot, not too cold
Peace of Mind thrives in honest communication. Truth telling is natural for those who receive and give. Remember, the Holy ones are those who are disciplined. The knowledge arising from their efforts deserves your respect.
Immortality begins in a mind full of what is. When you know what is, your reign begins. Your reign extends the power of Mind’s Light from Heaven to Earth. Everything changes in the Light of eternity.
The season determines when the transformation of rebirth arrives. All natural beings return to their Source. This is the way of life honored by those doing Heavenly work on Earth. Their treasure is making wisdom out of the mundane.
A thousand suns blaze in Heaven’s sight.
All that matters is the conscious understanding of today.
Anything can exaggerate until the origin seems lost,
yet the Source constantly abides on the other side.
The Moon is whole, radiant even when it appears invisible.
The infant does not have the sage’s eye.
Patiently mark the passing of days that bring awareness.
Waiting for the Light of Being is the greatest act of living.
The Proof

Identify with the workings of Universal Law.
Harmonize with them, gratefully receiving what they reveal.
Allow their Truth to sober your aspirations so your creations are made by Light, in Light worthy of a Creator.

the fallen world
Obscurations are temporary reactions to challenge.
Everything that happens is in the service of soul progression.
When you awake to this, your temporary fantasies fade,
Then space exists within you to receive a Truth Teacher.
When thought forms blossom, the joy of creation is felt.

Infinite possibilities arise in a Creator’s Mind.

Now is a time for your moral compass to guide you.

Physical choices are finite, it matters that you choose the right one.

mountain’s lightning bolt
A rush to judgement quickens progress toward a goal. How did you achieve it? Can you pass it on? Asking permission before you begin neutralizes lust. Action should be in response to the Inner Urge.
Honor the Spirit which guards emotion,
then open and close the gate.

Receive first, then judge the likeness in stillness.

How true to the original is the virtual reproduction?
Know you are doing Godwork, then you can relax and
be your Self.
Every effort to manifest the Creator returns manifold. One must develop the inner senses to recognize the depth. Yes! Seek a teacher who travels in those places. One who carries home in the heart is a fount of happiness.
When an Inner Urge appears, unexpectedly, turn inward.
All that your creating summons reveals the vastness of your Being.
Humble yourself in the face of your own wisdom.
Walk with the Teacher who teaches Teachers,
for now you share one path.
When the inner levels are known, the people are awakened, breathe! Reflect upon the work of your experiences, the love and compassion they bear. The single eye, the middle path, the golden mean opens the Stargate. Standing at the center of the Universe, be in the world and not of it.
One who incarns in the service of evolution carries a heavy soul yearning for enlightenment.

Subconscious choice forges the purpose of serving others. Conscious choice leads one out, then into the masses to minister.

use your knowledge
Kundalini flows through channels in the field of your consciousness.
Opening the crown is simple, a single thought can provide the spark.
Be patient,
court the time when Superconscious awareness goes supernova.
Neither—Either, yet both, rules in a multidimensional universe.
The Inner Teacher initiates free of intent, How can this be?
Beyond the cravings that disturb mind and body
vibratory creation heals in singular consciousness.
Abide the calm breath in the core of your Being
to carry it through.

true gentleman
Daily a vision I carry in my heart sees its way into my hands.
Old ways dissolve from sacrum to crown in Kundalini’s arc of greater Light.
As I bestow value in Truth, new friends become Teachers.
Prosperity, wholeness, equanimity, exalt the Spirit into its destiny.
My precious temple, you serve me well.
I am radiant in the ten directions.
The Teacher knows ideal, purpose, action as One.
Surrender all you have been, are, will be, and the blessing
is yours.
A steady Light can afford to bend in the wind.
A hologram casts no shadows.
Choose the world you want to live in.
I AM is the reference beam for consciousness and only water bends light.
Your attention can be whole and complete when willfulness commands.
Temper your mind in service to the whole Self.
Train the mind in noble ways and it changes the brain.
Epsilon, Alpha, beta, delta, theta, gamma, lambda harmonize in Schumann’s wave.

the careless birds
Timing is everything, when to stand still, when to move. Give and receive, act or wait, learn the lessons of eternal living. Tend the sacred fires faithfully in each level of consciousness. Purifying and restoring a suitable vessel for Holy Spirit.
Masters of consciousness and Creators live Universal Truth.

Once the Inner Voice is heard, acceptance becomes the way of thought.

New vistas are forged in responding to the Inner Urge.

Crossing the threshold of peace, Behold! You are the Light of the Creation!

a sign from heaven
The Larger Sutra of Immeasurable Life
delivered by Shakyamuni Buddha

“The Bodhisattvas cultivate roots of virtue, revere the Path of the Buddha, and know that all dharmas are completely tranquil and non-existent. Their samsaric bodies and evil passions have been extinguished together with their remaining karmic tendencies. When they hear the profound Dharma, their minds are free of doubt and fear. They are always able to cultivate great compassion which is deep and subtle, embracing everything like the sky and bearing all like the earth. Having reached the end of the Single Path, they have gone to the Other Shore. Having cut the net of doubt, wisdom arises in their minds.”
The Taraka Yoga of Kuan Yin

The Protocols
The statue featured here and on the cover depicts Kuan Yin symbols related to the devotion of pursuit of Buddhahood. On her shoulder is presumably Shan Cai. Shan Cai is the celestial youth of the Treasure of Merit. His story is one of total dedication to the pursuit of enlightenment. Nothing else in the world mattered to Shan Cai except his devotion to his study. In her hand, she holds a Dorje. The Dorje represents the immutable, impenetrable, unmovable, indivisible, and indestructible state of Buddhahood. These symbols highlight the mission of this particular statue. She is here to remind us all to be devoted, to attend to our hearts and to the hearts of all mankind. She urges each of us who sees her to remember the state of Buddhahood is indestructible. Love and compassion are permanent.” The story behind this statue begins on page 190.
Human and Divine
What is it like to see through the eyes of a goddess? What sounds capture Kuan Yin’s ear? How does one such as she experience the world? The Kuan Yin Verses afford you the opportunity to answer these questions through inner communion with both the positive and negative expressions of the Bodhisattva. As you sit in stillness, it is her voice you will hear, his vision you will see, and their world you will come to know.

After I translated Kuan Yin’s Verses in the language of mind, I researched texts for deeper understanding of her-story. The more I learned about her, the more I was astounded by the numerous times our paths had crossed – in books, in magazines, even in Chinese restaurants. Kuan Yin was there all along in my life. She is always present. I just had to make the correct choices to encourage her to surface in my own consciousness. This was my awakening.

This concept – that what Kuan Yin signifies to and for humanity is omnipresent – is what guides the movement of the Taraka Yoga presented here. Your capacity to receive opens a door to reflection. Reflection bears deeper understanding. Deeper understanding brings foresight. Foresight is the dominion of one who creates with thought.

Divination has a long history. The word is from the Latin divinare meaning “to foresee, to be inspired by a god.” The diviners in a culture hold the mirror for people to see what has been and what can be. They function as the connectors to the True Reality of existence – the present.

The Haudenosaunee – the confederation of seven Indian tribes in North America better known as the Iroquois League – are such connectors. An alliance governed by common agreements, every decision they make is weighed in light of the next seven generations. This visionary thinking is carried on half a world away in Tibet. Exiled ruler H.H. the Dalai Lama explains, “We had a rule in Tibet that anyone proposing a new invention had to guarantee that it was beneficial, or at least harmless, for seven generations of humans before it could be adopted.”

When we, as individuals, reach to think forward seven generations, we sometimes find we can barely see to the end of the current one, and piercing the veil beyond this life remains largely a
supernatural event shrouded in mystery. Vision requires sight beyond the waking Conscious Mind and its temporary desires. This is why perception is an essential part of your make-up. Vision calls upon deeper mind states where Subconscious Mind and Superconscious Mind wait for your mental attention to be drawn within.

The Haudenosaunee and the Tibetans are deeply spiritual people. Their lives are guided by dreaming and prophecy. I came across a notable connection between the Native Americans and the Tibetans a few years ago when researching the content of a dream. My dream had included Native American leaders, two I recognized, two I did not, and this led me to learn more about the Spirit Dance.

The Spirit Dance, sometimes called the Ghost Dance, has been used by Native American tribes for centuries. In the late 1800s, a Paiute named Wovoka prophesied a peaceful end to white expansion and preached goals of clean living, an honest life, and cross-cultural cooperation by Native Americans. In his book Messiahs: The Visions and Prophecies for the Second Coming, John Hogue writes, “Wovoka saw a vision of an earthly paradise where red and white peoples lived together as brothers, restoring nature’s balance. He prophesied a coming golden age brought about by a sacred dance linking the souls lost in the Native American apocalypse.”

The dance became a religious movement uniting tribes by stirring the hearts and minds of survivors on reservations. It spread quickly, resulting in the massacre at Wounded Knee where U.S. Army forces killed 150 Sioux. Wovoka’s prophecy seemingly came to an end. More than an account of human intervention altering the course of the Divine, this history foreshadows a similar event in Tibet occurring 60 years later and prophesied a millennium earlier.

“Eleven centuries before the massacre at Wounded Knee,” Hogue writes, “Padmasambhava, the founder of Tibetan Buddhism, foresaw the day when his people and their religion would move down the mountains of Tibet to other lands. This would take place after fairer-skinned invaders from the East - the Chinese - seized their land and destroyed their culture. Once this occurred, Padmasambhava prophesied, the Tibetan religion would spread from the East to flourish in the land of the red man.”

In 2008 in Madison, Wisconsin, Padmasambhava’s prophesy came to pass before my eyes. I watched for hours as a hundreds of Tibetans,
immigrants now living in Montana and Idaho, received a blessing from their spiritual and temporal leader. The purpose of the Tenshug celebration is to fortify the Dalai Lama ensuring his long life. It was the first time it was given in the West. The Tibetan religion has indeed arrived in the land of the red man. I see this bridging of the East and the West as a large scale version of a single individual’s experience of crossing to the other shore.

The connections between and fulfillment of prophecies stir an inner need to be connected with Spirit. As the Divine would have it in my life, the Madison teachings focused on cultivating the identity of Self as Avalokitesvara. On the final day, a series of visualizations, affirmations and physical movements led to the Dalai Lama administering the Bodhisattva vow. Over 3000 people, filled with the Spirit of Kuan Yin, then returned to their homes across the United States and the world.

### Shape Shifting

Kuan Yin is illustrated in many ways. She can be *The Lotus Sutra*, pouring compassion upon the earth. As the Queen of Healing she holds a rosary and a willow branch. As the Star of the Sea, Kuan Yin of the Southern Ocean protects sailors and travelers on the sea of life while mastering emotional storms as well as literal ones. The Armed Warrior carries bow, shield, and weapons in each hand to combat mental monsters.

With her many faces, she symbolizes the means by which you can make your ego moldable. She makes change possible in your thinking. She enables you to let go when it is time, and to persevere when needed. *The Lotus Sutra*, an exalted text in the Mahayana Buddhist tradition, contains an entire chapter on Kuan Yin. “The Universal Door of Guanshi Yin Bodhisattva” details the extensive spiritual powers the redeemer possesses to save a petitioner. Whether beset by hungry ghosts (demons), caught in storms at sea or in fiery buildings, Kuan Yin represents that power within you to receive a deeper truth in any life experience.

When paired with her masculine counterpart Avalokitesvara, Kuan Yin combines the two elements of creation capable of birthing
About the Statue
Featured on the Cover
by Amy Pawlus
In the summer of 2000, I wandered into a bookstore on the north side of Indianapolis. This particular bookstore catered to a new age spiritual crowd and was filled with every product, book, crystal or statue one may need on their spiritual journey.

As I wandered the store, I stopped to admire a small stand of necklaces made of silk cord and adorned with small figurines. Among the figurines were familiar forms such as Jesus, Buddha and the Virgin Mary. One particular figurine was the likeness of an Asian woman wearing a long gown. The instant I laid eyes on her I felt pulled to purchase the little figure even though I had no idea who this woman was.

Upon freeing the necklace, I hustled to the check out and as the woman was bagging up my purchase I mustered the courage to ask who the woman depicted by the figurine was. The sales woman looked at me a bit puzzled and commented that my connection to Kuan Yin must be strong if I was pulled to buy a figure of her without even knowing who she was. She wrote her name down on a business card for me and tucked it into the bag. Upon returning to my car I promptly did the most Midwestern of all things, I hung the necklace from my review mirror and stared at the tiny figure most of the way home.

For several years that little statue of KuanYin hung in my car and my relationship with her grew. A friend of mine gave me a book on KuanYin one day after she had been cleaning her bookshelves and intuitively knew the book was meant for me. Another friend offered me a small porcelain statue of KuanYin atop a lotus flower because she felt compelled to offer the gift to me. I received
cards with quotes credited to her, noticed images of her in places I had passed a thousand times and not seen before, I had dreams of being in her presence. She was silently filling my heart and my mind as I opened up to receive her into my life.

Very few people have known of my growing relationship with Kuan Yin. I believe that the strength of my connection to her coupled with my silence about the connection is part of what makes the story of the statue all the more powerful.

A few years ago, my husband and daughter became quite fond of fishing together. My husband often talked of buying a fishing boat. One afternoon, he decided he would try putting an ad on Craig’s list offering to trade dental work (he is a dentist) for a fishing boat. One response to the ad came from a man in his eighties named Nicholas Crome. He said in his note that he in fact did not have a fishing boat but he did have a few pieces of Asian art and a Chinese statue made of Ivory he would be willing to trade for some much needed dental care. I believe it is important to say that Mr. Crome was offering what he had on a gut feeling that we may be interested. What he did not know is that my husband and I lived in Japan for several years and are quasi collectors of Asian art and antiques.

My husband agreed to meet with Nicholas and found him to be an amazing man. He had been a professor at Indiana University who taught poetry in his younger years. He was the son of an art collector who traveled the world buying and selling Asian art and artifacts. After the death of Nicholas’ father, there were many pieces of art left sitting in boxes. One was the ivory statue he had brought with him. He had no idea who the woman depicted by the statue was or where the statue had originated. All he knew is that his father purchased the statue in the 1960’s in New York City and had been fond of the statue while he was alive. Since his death, the statue had been in the closet of Nicholas’ home. When Nicholas and John opened the box they found a statue of Kuan Yin that had been hand carved from ivory. She was dirty and dusty from years of storage but nonetheless beautiful.

The statue was cleaned and restored some to her original sheen. She was presented to me on our wedding anniversary
as a gift from John. The moment I lifted her from the box I was speechless. I had never seen such a beautiful depiction of Kuan Yin. I sat motionless and silent for a long time. Putting my hands upon the statue I took in the vibration, the essence, the spirit of her long journey to the place where she sat in my living room. I felt a profound sense of gratitude that moved into a sense of protective-ness. It would take several weeks before I truly understood the mix of emotion and insight I felt that day.

For weeks, I would sit and place my attention on the statue. I would meditate in her presence, talk to her or honor her as I walked by, ask for her guidance when I felt I needed a deeper connection. In the midst of those experiences I came to understand why she, in statue form, was in my presence. Kuan Yin affirms life, she attends, she stimulates each of us to see the world through new eyes; compassionate ones. She serves humanity and will continue to do so until each of us has reached the end of our cycle of rebirth.

This statue was made from the hands of someone who knew Kuan Yin. The artist knew her grace, her mercy and her conviction. Sometime in the mid to late 1800’s this artist took the time to bring the image of Kuan Yin to life in the form of this Ivory statue. How she moved between the hands of the artist to the hands of the art collector is a mystery. I may never know her journey of the nearly 100 years between those two sets of hands. What I do know is the statue is here on this planet to invoke the spirit of the Goddess and for many years her mission was delayed while she waited patiently in a cardboard box. She came to me so that I may offer what she does. I affirm her life, I attend to her, I care deeply for her and for the mission she has in this world. I know the statue does not belong to me. I believe I am the keeper of the statue for now. I am to care for her, nurture her, and expectantly wait until I find her rightful place in this world.
new understandings in consciousness. These two elements are light and love. The conscious union of these two sides of the Bodhisattva exemplify commitment to the whole Self.

Light is a function of the aggressive principle of creation. Radiant, emanating from the Source, light bestows upon its progenitor the power of sight. Avalokitesvara, “he who observes the sounds of the world”, embodies the awareness that springs from light.

Love is a function of the receptive principle of creation. The animating life force pervading All that Is. Holding all life, love fuels connectivity, kindling sensitivity through the power of listening. Kuan Yin, “one who hears the sounds of the world”, embodies the spirituality that only love allows.

The Lotus Sutra reveals this dual nature of the Bodhisattva when describing the shape-shifting power of Guanshi Yin. Whoever calls upon Guanshi Yin will be heard and rescued. The secret to her power is the ability to take any form needed. Nineteen lines of the sutra describe the many forms Guanshi Yin willingly assumes in order to save the one calling upon him, two of these allow for what became Kuan Yin, the feminine Bodhisattva. These verses describe the Bodhisattva’s power to manifest through the body of “the wife of an Elder, of a layman, of a minister of state, or of a Brahman” or of “a pure maiden.” The ability to move in and out of forms is characteristic of our natural state of being. We were not created to become caught up in the finite world. We were created in the likeness and image of the Creator of a Universe. Our consciousness is fashioned to create worlds through harmonizing the whole Mind with What Is present. When united with Avalokitesvara, the two practice the art of creation.

When Light and Love exist in the same space, a sequence of events occurs in thought. This sequence leads to transcendence, through absolving, dissolving, and resolving whatever exists. Each time you rest your mind upon a Kuan Yin Verse, you set this sequence into motion in your own consciousness. You claim a three-fold power to mold your thinking at will. This power is fixed for it is driven by the seed idea of your choosing. This power is cardinal for it initiates a shift in thinking. This power is mutable, the capacity to move in and out of forms.
About Taraka Yoga

Taraka Yoga is a system of divination focusing the Spirit, Mind, and Body for Self transformation. It unites schools of thought and traditions of practice throughout time and space. The word yoga is often translated as union, specifically union with the Divine. Taraka means rescuing or liberating; causing to cross over. Taraka Yoga began as an evolution of the Psi Counseling Program I was teaching in 1999 at the College of Metaphysics in the United States. Its first widespread application was to aid people to respond to their own and others’ distress, fear, and hatreds inflamed by the destruction by terrorists of the Twin Towers in New York City on September 11, 2001.

Although I understood Taraka Yoga’s connections with the East through the seven paths of yoga, I did not yet realize the depth of its integration with Buddhist traditions until now. The purpose of the Bodhisattva is to assist in “crossing over” from the Tomb World of physically-based, brain-thinking only to the Pure Land of Mind where the light of consciousness illuminates reality. The Taraka Yoga presented here is designed to produce the Bodhisattva consciousness in your thinking.

Anytime that we are called upon to aid another, the greatest power we possess is our capacity to receive them, to listen. The yearning to be heard, to be validated in this manner, is strong for it is the vehicle for the human spirit to make itself known. Receiving another is an act of compassion. Listening to them is an act of love.

There are many applications of Taraka Yoga. The transition from the physical world into the spirit world, the release of the physical body at the time of death, holds great mystery for most people. The more that one understands the mind, the inner levels of one’s consciousness, the more inclined they are to personally attend someone who’s in a period of transition. We do not have to wait, nor should we wait, for physical death to evaluate the quality of our thoughts. Those thoughts create our existence, the world we live in. They can be evaluated for their integrity and truthfulness in any given moment.

Building upon thoughts created in light and love change those in darkness. Life becomes a dream in the making. When someone aids another to interpret a dream, that is an act of Taraka Yoga. It is a way
to encourage unification of the consciousness in the individual, and to see value and meaning in rapport between the outer Conscious that receives the dream and the inner Subconscious which gives it. For this reason, you will find the dream language referenced in this yoga.

Concentration, meditation, and visualization are the mental capacities you will employ in your divination work. I call these three mental skills the Crown Jewels of Consciousness. When I chant Om Mani Padme Hum, these are the "jewels" I honor in the lotus. I learned and practiced ways to develop mastery of these abilities at the School of Metaphysics (SOM) in the United States. SOM exists to aid any individual to become a whole, functioning Self for the purpose of accelerating the evolution of humanity as Spiritual Man. In addition to daily practices with the Crown Jewels, students learn how to direct the physical body through breath, movement, form, and diet. The Universal Language of © is taught to quicken and deepen fluency in understanding and interpreting the energies that arise in the inner levels of consciousness. This begins through dream recall and scribing, then progresses into lucid dreaming and experiencing on the inner planes through astral projection. A unique factor to the study, is teaching teachers. This is not seen as an end to the study, rather it is the gateway to true wisdom. SOM provides a space to actively, thoughtfully, and consciously practice Self mastery through encouraging whole-ed interaction with others. In this way, the student of consciousness answers the challenge to "Know thy Self". Tarak Yoga stems from these practical applications of ancient wisdom.

World teachings that endure, do so because they serve the whole. They apply to anyone, anywhere, any time, and so they are passed on from generation to generation. The beauty of what is occurring now in our world is the access to these global Truths. No longer limited to our immediate sphere of culture and influence, technology has put the information of the world in the palm of our hands. Tarak Yoga has its roots in this world database of truths that have been universally-tested for centuries. Its flowering comes when these truths live through you. The yoga inspires the Atman in you to come forward, breathing life into your creation.
The PROTOCOLS

Four Preparatory Points

In temples around the world, a cup of thin bamboo sticks can be found at or near the entrance. Each stick has a red tip on one end and a number from one to 100 on the opposite end. These are called Sticks of Fate. The sticks are placed number down, inside a narrow cup. The diviner shakes the cup until one of the sticks separates itself from the rest. The number on the prominent stick indicates the verse relevant to the person's question.

Divining bowls filled with numbered pieces of wood or stone sometimes serve the purpose. A chart including all numbers, one to 100, in random order allows the diviner to close their eyes and use a finger to identify the number. These methods of divining are widely used, and they can serve you with the verses here as well.

My objective in these protocols is to offer instruction in service to you, the reader. I want to inspire your Inner Teacher to come forward in your thinking so that your divination practice fortifies an honest confidence in your capacity to determine truth that is both personal and universal.

The concept with any of these divination methods is to lift the choice from the conscious will and place it in the hands of Kuan Yin. I want to introduce a new method that makes divination more conscious for you. One that will enable you to align your conscious will and your I Am Consciousness. Here are four preparation points to prepare your mind and body to receive this Holy Spirit.

First, Balance your physical body

Start by drinking a glass of water. Your work requires a body that is well hydrated. To balance the chemical and electrical systems, use whatever practice you may favor. If you practice hatha yoga, practice your favorite poses. Whether its running or gardening that brings your body peace, being aware of and responding to the energetic state of your body is your first step. You want to be reasonably healthy so body-needs are not a deterrent to your consciousness work. Your diet and consumption of food and beverage can also be factors worthy of closer examination.
Second, Breathe
Breath’s cleansing function is essential to your physical well-being. Become conscious of each breath you inhale and each breath you exhale. Notice the difference, giving your full attention to the process which is taken for granted by most yet essential for our existence as physical beings. Conscious breathing connects us with Spirit immediately, bringing us fully into the present moment. We inspire all that is fresh and new – oxygen, receiving universal energy – and we expire all that is worthy of sharing – carbon dioxide for the green earth, giving energy back to the universe.

Few people realize that breath ties the to the body. Breath is the final expression of infinite energy into the physical world. When something “takes your breath away” it means you are astounded by it. When someone tells you “don’t hold your breath” they are saying what is at hand will take a while to accomplish. Each breath tells you something. Hold your breath long enough and you will reset your entire nervous system. Sighs are exhalations releasing tension. Try it!

Begin giving thankful attention to your capacity to breathe. Your wakeful awareness will be a reward all its own.

Consciously breathe as long as you desire, or require, to be completely present for the work at hand. Depending upon your level of practice, one conscious breath can be all you require.

Third, Posture
You may either sit or stand; what matters here is energy flow supported by a focused, calm emotions, and relaxed body. The spine has two natural curves. The first are the “c” curves found from the base of your head to your shoulders and the curve from the upper back to the base of the spine. When standing, distribute your weight evenly on both feet. Look at the reflection of your body in profile in a mirror. Align your ears, shoulders and hips by drawing an imaginary straight line from the ears downward. The spine will follow its natural curve while these three points are in alignment. If you are weak in posture, you
will see it and correcting it may even be uncomfortable for a while. Stay with it, lifting your chest, rolling your shoulders back and sitting or standing as though a string is pulling you up from the crown of your head. In time, optimum posture will become your norm.

For divining, you will be using your body, primarily your hands. Mudras are yoga positions for your hands and fingers. Gestures fully employed align the body to particular vibratory frequencies. Like strings of differing lengths in a piano which resound when hammers strike them, your creates thoughts of differing duration then by choice you either express them, let them dissipate, or allow them to collect in your body. The body is an instrument to be played by your Mind, and you will employ it here for the specific purpose of accessing the Inner Teacher.

The Vitarka Mudra has long been used in Buddhist teaching for the stance conveys discussion. In Tibet, the Vitarka Mudra is the mystic gesture of Bodhisattvas. The mudra is accomplished by joining the tips of the thumb and the index finger together and spreading the remaining three fingers open. These are the best-known hand positions of Hatha Yoga, and they have an effect on the physical, mental, emotional, and spiritual level. When the fingers point up to Heaven, it is the gesture of consciousness called the Jnana Mudra. When your fingers point down to Earth it is the gesture of knowledge called the Chin Mudra.

If you want to explore mudras, I recommend Gertrud Hirschi as an excellent resource. In her book, *Mudras, Yoga in Your Hand*, she says this about the Jnana and Chin mudras: “These gestures symbolize the connected nature of human consciousness (thumbs). The three extended fingers symbolize the three gunas in Hindu teachings, traits that keep evolution in both microcosm and macrocosm in motion. The closed circle of the index finger and thumb depict the actual goal of yoga – the unification of Atman, the individual soul, with Brahman, the world soul.”

You will see why this is important to know in a moment. For your divining work, your hands will be in this position in a particular way for a specific purpose.
**Fourth, Center Your Mind**

Now that your body is relaxed, you will probably realize your mind has followed suit. Balancing, breathing, and aligning your body requires your undivided attention. They immediately focus the mind which will sustain the effort. This teaches us an eternal principle: Thought is Cause and the physical is its manifest likeness.

On occasion, you may find your mind remains cluttered, distressed, or preoccupied. This is probably due to brain residue in the form of memories or fantasies. Here are three means for clearing the clutter.

1. **Quick clearing:** Count backwards from 100 in 3s. [100, 97, 94, 91, 88, and so forth.] The effort will focus the mind’s use of the brain enabling you to release concerns unrelated to the task at hand.

2. **Purposeful Doodling:** Draw a diagram of what’s on your mind. Use key words, pictures/sketches, colors, symbols to express your thoughts. Time: 4-? minutes.

3. **Stream of Consciousness writing.** Start writing whatever is in your mind, continuously writing until you have run out of thoughts to describe. Emptying the brain of what is distracting can be quite revealing, and it can offer insight that will affect Kuan Yin’s reading. Time: As long as you desire.

Being in nature can clear the mind. If that’s not available to you, a warm bath or shower may produce the desired effect.

The Inner Teacher is always with you as the consciousness of “we”. The Inner Teacher can be a phrase from a song that drifts through your mind seemingly of its own accord, carrying with it timeless Truths. The Inner Teacher may reveal itself in the flickering stars in the night sky or in the sound of a loved one’s voice. The Inner Teacher should be present in every human interaction you choose for, when it is, all that transpires between people begins in peace.

The first peace begins within Self. The mere thought of turning your face toward Kuan Yin, acknowledges the Feminine Principle. She exists within the space between your thoughts. It is there, in that stillness, where this moment’s yoga will be experienced.
Step 1: BECAUSE Celebrate What Is

Union within Self does not just happen, it is caused. You are that cause. The choice you are about to make will set into motion a path, an event, a world, a universe. The scope depends upon you. You will live what your thought creates. Since you are bringing about your view of the world, you will want to know how to use your capacity for creative thought wisely. This is where divination enters into your thinking.

Because this is so, your divination begins in gratitude for this opportunity for illumination.

In Step 1, your intent is to align the whole Mind, to call upon all aspects of Self to work toward the same ideal. What makes Spirit holy is the intent to clearly conceive the whole, all at once. You want to activate God-thought, therefore, it is appropriate to receive the Divine through prayer and meditation.

Canadian dowser Susan Collins teaches an affirmation of intent many dowsers employ at the beginning of their dowsing work. I present it here since you will be using a form of deviceless dowsing to harmonize with your divining mind. These words can serve as the opening prayer for your protocol. Place your hands in the classic prayer pose, both palms touching with fingers pointing to Heaven and thumbs toward the heart within an inch of your body and forearms parallel to the ground. Inhaling, invite the Divine to fill your Mind. As you exhale, offer this affirmation:

“For the best and highest good of all creation
I ask to align my Infinite Being in resonance with Divine Good.
So be it.”
This directed thought now pervades the consciousness that is your mind.

The substance in your mind is now prepared to receive your core seed thought. Simply stated, this is the reason you consult Kuan Yin today. People around the world consult Kuan Yin every day for healing, for safety, for guidance, for assistance, for love, for compassion, and for comfort. Of the infinite possibilities, choose one. Form this seed thought into an image that you can describe in words. Create a sentence that conveys this thought. It may help to write the sentence and you may find keeping a record of your divinations, will, over time, reveal the patterns of your Divine nature.

Example of Application: I consulted the Kuan Yin Verses while writing this supplementary material. She determined what was included or excluded from the final form. In the latter stages of creating this Taraka Yoga, I needed her insight into how best to present the truth as I see it in its universal sense. I wanted my thought in this protocol to be clear and reproducible by anyone, and I wanted it to be useful for everyone. Now and through millennia to come.

I knew I was holding too many thoughts in my mind. They struggled for expression, becoming far too complicated. I called upon Kuan Yin for simplicity, for focus, and for reassurance that the course I was taking would indeed produce the desired result. This was the thought-sentence I created as the cause for this divination.

Resting my mind in the eternal embrace of Kuan Yin’s thousand arms, I give thanks for confirmation of the efficacy of this divination work.

I read this several times, reflecting upon the image I held in my mind of people of all ages, backgrounds, nationalities, and faiths referencing this interpretation of Kuan Yin’s Verses. The image of reaching the core essence of all human beings, offering them an independent yet unified means of divining their lives is real to me. I know I need merely cooperate with this vision for it to become a prophecy fulfilled. You will read the results of my divination as we continue through the steps.
By the sounding of her name, the Goddess of Mercy begins her work in your world. This is why I recommend calling upon her by name. I also recommend entering her gate with an attitude of thanksgiving. Gratitude is the torchbearer for ideals. When your reason for calling upon Kuan Yin revolves around ideals, a thankful petition affirms that what you have requested has already been answered. Your Inner Teacher always knows.

Once you have affirmed your core seed thought, it is impressed in your mind substance and has already begun its manifestation process. Your thought is in Kuan Yin’s hands. You can safely remove your conscious attention from it, and, in fact, need to, in order to divine which verse resonates with your seed thought.

You will learn through practice, to refine your prayers and the resulting sense of inner peace and tranquility will become your true nature. In times of extreme thoughts and emotions, should you have a specific concern, a matter weighing on your heart or pressing on your head, you can bring it forward in light. Give it to your Inner Teacher, for here there is wholeness, where dark and light lovingly embrace in the dance that is your life.

**Step 2: I AM**

**Receiving the Inner Teacher**

Johann Kaspar Lavater, a Swiss theologian, said, “Intuition is the clear conception of the whole at once.” When we align Mind and Body, directing them toward a single point of awareness, we make a space for Spirit to enter and the Inner Teacher to take up residence. This Inner Teacher is the I Am consciousness expressing Self in every level of Mind, carrying the light of awareness into every part of your being. In Step 2, you will use your body as an instrument to detect which Kuan Yin Verse most resonates with what you hold in your mind.

The capacity for the body to serve as a truth indicator is not new. Our ability to dowse is one of our natural intuitive talents. In his book *Modern Dowsing*, engineer Raymond C. Willey defines dowsing as “the exercise of a human faculty, which allows one to obtain information in a manner beyond the scope and power of the standard human physical senses of sight, sound, touch, etc.” From the 8000-year-
old Tassili Caves in North Africa to 2500-year-old etchings of Chinese Emperor Yu to texts of the Biblical Aaron using a rod to draw forth water, archeological evidence indicates the art of divining truth has, throughout history, been in the hands of the priesthood. Such men and women were thought to have the belief, knowledge and training to contact the cosmic mind for enlightenment. What you are about to learn, gives you this knowledge.

When dowsers are called into service to find water for wells, missing persons, or to clear spaces, they usually use a variety of physical tools. You will not be needing these because your body will be the measuring tool in your work. Using the body to determine strength and weakness is called kinesiology. It is widely used by health practitioners around the world. The parts of your body you will be using so the Holy Spirit can determine which Kuan Yin Verse is best for you, here and now, are your hands. In the world of dowsing this is known as finger dowsing.

Begin by looping the finger and thumb of your right hand in the mudra position we discussed earlier (fig. 1). Now, slip the thumb and finger of your left hand through the loop and close them by touching the tips together (fig. 2). When done properly, your two hands now form an infinity symbol. As a test, ask a question where you know the answer is true. For instance ask, “Is my name (insert your given name)?” Once the question is asked, tug gently, pulling your hands in opposite directions. Since you have given your true name, the answer is “yes” and the hands hold. Now ask, “Is my name Mickey Mouse?” As you pull your hands in opposite directions, you will find they come apart as the loop breaks (fig. 3) signifying a “no” answer.

True answers produce strength in the body. False answers produce weakness in the body. Asking
a simple true/false question shows you if you are prepared for dowsing. When your testing is affirmative, you are ready to move forward to Permissions. If you receive inaccurate responses to your test questions, review the four preparation points cited earlier. I have found false readings usually result from mental scatteredness, emotional attachment, and/or dehydration of the body. Remedy these, then test again, until your readings are true. If your time is limited, choose another divination method for today.

Permissions
The image to hold in mind is surrendering your Mind, Body, and Spirit to your I AM, your Inner Teacher. Your choice of verse will not be one made by the ego. That part of you has brought the seed thought into your world. Now you are calling upon the consciousness that is the whole Self to guide you through the creative process that is your answer.

I am recommending a variation of a protocol many dowsers use to align with Holy Spirit. Three questions must be answered in the affirmative to proceed. These questions are the same except for the first two words.

The root question is “...... receive guidance from Kuan Yin today?” You want to know if your whole Mind is ready to receive. You will not find this answer in your everyday consciousness. You will find it by accessing the whole Mind. The root question addresses this in three progressive ways. Testing strong in these three areas means you can proceed to the next step. Going weak on any of them tells you where to stop for today.

In your work, the order of these questions invites the presence of your Inner Teacher.

The first two words of your questions, in this order, are “Can I?”, then “May I?”, then “Should I?” Your first priority is to determine your integrity in asking the questions. Affirmative responses indicate this is present and you are ready to continue.

Can I? asks

Am I able to ask this question in the present moment?
A “yes” response indicates you are competent in asking the right question. A “no” response is a prompt to reevaluate your question.
Are you asking Kuan Yin to provide something you already have an answer for? If so, this may and should be as far as you go until you empty your mind by taking action upon the answer you already possess. Evaluate what you are asking.

**May I? asks**

*Is the support of my Inner Teacher present for this yoga?*

A “yes” response indicates activation of the I AM consciousness in every level of your Mind and in every cell in your Body. A “no” response is a prompt to seek another means for Inner Teacher guidance. Asking for an illuminating dream, meditating on your chosen subject, or talking with someone whose judgement you trust, are alternatives you might choose. There is a reason you are being “turned down” in the present moment. Don’t rebel or defy it, lest you weaken yourself further. Open your mind to possibilities, always remembering infinite possibilities is what Kuan Yin has to offer. Sometimes a “no” opens more doors than a “yes”. Evaluate why you are asking.

**Should I? asks**

*Does the Universe endorse my quest with this yoga?*

A “yes” response indicates the degree of your connectedness in the field of creation. It says your question endorses the goodness of all concerned. A “no” response usually indicates this question or its subject is not within the querent’s jurisdiction. In other words, the question belongs to someone else. Be honest about your intentions. Staying in integrity with your divining work means pursuing the work that is yours to do. Evaluate how you are asking.

My first dowsing instructor, Gladys McCoy, taught me that three yeses indicate a clear conscience so you can trust your dowsing completely at that moment. Asking these questions and receiving affirmative confirmations by your hands remaining steady in their link, indicates you are ready to proceed.
I first shared Kuan Yin’s Verses Christmas time 2011. I asked family and friends to choose a number between 1 and 100, then I printed their verse on parchment paper as a gift. I received immediately Kuan Yin’s influence in their lives and my own. Here, Dr. Christine Madar shares a story of how Kuan Yin – and dowsing! – enriched her seven-year-old daughter’s life.

**Kuan Yin Christmas Present**

by Dr. Christine Madar

It was late on Christmas Eve when we arrived at Dream Valley after evening festivities at the Main Building on the College of Metaphysics campus. Alexandra and I had been working delightfully and diligently on Christmas gifts for several months and we had three more to make before the anticipated gift exchange the next morning. So we sat down at our “creation table” and gathered what we needed to make the gifts.

We had a rhythm in our creating that always began by identifying who would receive the present. This evening began the same way, however, it took a new turn that was quite interesting to me. After I said, “This one is for Tad”, Alexandra jumped up and moved several feet away motioning for her younger sister Vivienna to keep quiet. I watched Alexandra stand very still, consciously take in several deep breaths and relax her shoulders. Then she linked her hands together in a mudra and quietly asked questions, which she then answered out loud. “*Should it be a picture of flower? No. Should it be a picture of a jewel? Yes. Should it be a teardrop? Yes. Should it be a square? No. Should it be green? Yes. Should it be brown? Yes. Should it be pink? No. Should it be neon pink? No.*”, and on she went until she had covered several colors. Having finished she sat down with us.

I smiled at her, acknowledging that I understood she was using the body dowsing that Dr. Barbara had explained at brunch earlier in the day. *Then Vivi asked, “Are you dowsing for Tad’s present?”*
Alexandra nodded yes and went on to pick designs from an assortment of quilling items already made. It was an unusual combination of colors that was different than anything she had made previously. When she was done she had created a simple quilling design that perfectly suited the person it was going to. I could tell she was pleased with her creation and it was a joyful moment to share with her.

After she was asleep I reflected on our experience that evening. First of all I was thankful that we were at brunch earlier in the day. This is when Dr. Barbara introduced the Quan Yin dowsing protocol. We don’t always make it to the meals on time and often Alexandra is restless, walking and running about while the adults talk. All the factors lined up on this day so she was at the meal. When I invited her to sit and listen she eagerly obliged—she is familiar with Quan Yin from stories we have read together.

The adults were captivated with what Dr. Barbara presented about the quatrain verses and dowsing. Plus it sounded fun. I figured Alexandra would be happy to follow along when I engaged her later that afternoon to dowse for her Christmas gift. Instead she was antsy, running off without completing the steps. I called her back, this time trying to get her to do the protocol. It didn’t work so I let her go.

I was surprised and delighted when she initiated the body dowsing late that night for Tad’s present. It was clear that the time was right for her. She remembered the whole protocol and followed the steps as they had been taught. From my perspective the whole situation was sublime because all the conditions were right for Alexandra’s soul to be fed. She was learning with all the adults at the brunch table. Then, on her own volition, she used what she learned and she listened to herself by abiding the answers to her questions. Her joy and content afterwards showed me that she was fulfilled and that is the greatest gift I could hope for as a Spiritual Parent.
Step 3: NEITHER
Exploring Avalokitesvara

You are linked with your Inner Teacher and ready to focus upon your chosen subject. Recall to mind the seed thought you formed and impress it in the back of your mind. Now begin your ascent through the verses as represented by their number. Start counting at 1 and move up to 100. With each number, you will pull your hands away from one another in quick yet gentle motions. Establishing a rhythm supports the entrainment you have established in the permissions. When your hands break apart, the number you held in your mind identifies the Kuan Yin Verse your Inner Teacher speaks through in the present moment.

Example of Application: When I formed the seed thought of:

Resting my mind in the eternal embrace of Kuan Yin’s thousand arms, I give thanks for confirmation of the efficacy of this divination work.

My hands broke apart at Kuan Yin Verse #53, TRUTH. This was my Inner Teacher’s response. The verse reads:

#53 TRUTH
There is more to Heaven and Earth than in your imagination.
Learn the ways of the Creator of the Universe.
Keep Heaven in your Mind to recognize the Seven Sisters.
The context and meaning of what you receive will come in time.

One of the advantages of employing dowsing principles in your divination is the degree of stillness you achieve in the physical, conscious mind. The stillness signals the disconnection of your physical senses – for instance, sounds can happen around you, be registered by the body and not registered by your mind.

Stillness, the calm state of mind free of thought, is a function of concentration. There are two parts to concentration: the aggressive factor and the receptive factor. The aggressive factor removes your attention from distractions and places it upon the thought or object
at hand. Think of the times you have been thoroughly engaged in What Is at hand. Perhaps you were enthralled with a rendition of your favorite musical composition, or maybe you were witnessing a sports contest or a movie. You entered a timeless space, unaware of how many minutes or hours transpired. Now, consider what living consistently in this state of consciousness might produce, and you will begin to realize what compassion means.

Avalokitesvara, this aggressive factor of concentration, is called the Bodhisattva of Compassion. Compassion arises flawlessly in an entrained Mind observing What Is. Such a one grasps Confucius’ teaching to “do not harm to others that you would not wish to befall yourself”. This state of mind is one of neutrality, the state of “neither”. Neutrality says,

*I receive what is before me. I know that conditions are neutral, neither good nor bad; only my thinking makes it so. Therefore, I suspend my judgement in the present moment, receiving completely What Is.*

Avalokitesvara is this zero point state of mind where you have no thought of your own conscious making. This state frees you from domination by the brain and its Tomb World, enabling you to “observe the sounds of the world”. Free of impartiality, you can see the field of your experience.

When we first view the Self, a host of emotions rise to the surface from within. These are the first waters we cross over in our journey inward. Grasping is a way we view Self. It arises from the polarities of ignorance. Emptiness is the attitude for dealing with that grasping. It removes ignorance and the waters calm, becoming still.

Up to the time of Gautama’s experience under the bodhi tree all of his deeds were those of a Bodhisattva. After the bodhi tree experience, all his deeds were of an Enlightened Being. Once Gautama becomes the Buddha, there is no difference between “before” and “after”. This is what John writes about in the Book of Revelation when he quotes Jesus the Christ saying, “I am alpha and omega.” Both experience nirvana. They are without residue; they are beyond polarity. Having transcended the limits of physical time, the individual is no longer subject to the partiality of personal opinion. Personal opinions limit our capacity to understand others and their choices.
For instance, you may know of a male and a female who seem most unsuited to one another. Perhaps they are opposite in disposition or in social status. Their backgrounds seem to clash and their religious faiths are at odds with one another. You cannot see what they see in each other! Yet these descriptions arise from a fixed and objective point of view. What a great example of personal bias, for this construction of thinking is all about its maker having little to do with the couple who are perfectly content in how they know themselves and each other.

How often are we confronted with our own point of view? The answer is, as often as that point of view reveals a bias that disturbs our mind, flooding it with what the Buddhist calls obfuscations.

I understand the enlightened state that propels us into eternal time as a state of neutrality, where no prejudice clouds the mind or tips the thinking toward a personal bias. This is a clear mind state, where light can pass through me, nothing is reflected back that would indicate attachments or limitations in thinking. I accept All That Is as It Is. For me, neutrality is the experience of emptiness.

The purpose of emptiness is to eradicate grasping at phenomena. When you hold onto an object, afflictions arise in mind as long as the basis of that grasping arises. For instance, someone wanting to lose weight keeps thinking about what he can’t eat. That creates grasping thoughts which can make the man angry, resentful, sad, or in some cases more determined. A deeper Truth here are the afflictions, or what I present later as polarities, stirred by the grasping. These afflictions point to the need for learning. When seen in this light, they become valuable healing tools.

In 2010, I attended His Holiness the Dalai Lama’s teachings on the Heart Sutra. At the close of his first teaching, he gave those attending a contemplative focus for the remainder of the day. Our practice was to focus upon the following thought:

*I am empty.*

*Emptiness is me.*

*No other than me.*

*I am no other than emptiness.*
As I reflected upon the teachings of the day, I settled on the mantra, “I am emptiness, Emptiness I Am.” These words seemed to unite the Dalai Lama’s comprehension of the scripture with my own, merging the two into a whole thought, much like the union of Avalokitesvara and Kuan Yin. The fruit of this marriage made in heaven came in the form of a dream that reflects the consciousness Avalokitesvara symbolizes.

Dream Thursday, 05.13.2010
I see the expanse of water stretching before me. It reminds me of flying over the Pacific Ocean between the U.S. and Australia. My vantage point is above the water yet close enough to it to see the changes it allows. The interplay of wind and water is what impresses me. Sometimes the water is churning, turning over into itself, as if wrestling with its own reality as the wind whips it up into large waves. Then all is quiet, and the water settles, becoming a looking glass where I can see light strike the surface and return into space, illuminating the depths of the water. In the stillness, eddies can be seen, whirlpools that draw everything into the center as if there is a hole in the earth that will swallow everything. All the interplays between wind, water, and light are before me and I am captivated. I hear a professorial voice, male, saying,

“In the beginning God created the heavens and the earth. The earth was without form and an empty waste, darkness was upon the face of the deep. The Spirit of God was moving over the face of the waters. And God said, Let there be light; and there was light.”

I hear chanting, repetition of sound, and the whirr of prayer wheels. “How long must one suffer?” The question arises and floats in the air. “As long as deemed necessary for change to be accepted” is my answer. EOD

Avalokitesvara symbolizes the experience, beyond the boundaries of the physical senses, of emptiness. This is a place of accepting What Is. It is the moment of singular-pointed attention, complete focus that poises the Mind so the Self can see clearly what has come to pass. “He who observes the sounds of the world”
does not interfere of his own volition, by his own preference or bias. Awake and aware, he waits, attending to any who call upon him. He is the Savior, mastering chronological cause and effect time, by observing his experiences rather than becoming caught up in them. He is the teacher, shining his light to note the effects of the wind on the waters.

When the chosen verse is odd, Avalokitesvara is at work in your consciousness, pointing out action or initiative. Since #53 is an odd number, this verse told me the actions already taken, present actions, and future actions are at the core of this divination. In this moment, that core centers on my word, efficacy. Kuan Yin’s response to this is: Truth. I allow my Mind to rest on this, creating no new thoughts, just allowing the two words to occupy the space of “neither”.

When the verse number is even, this reflects the listening of Kuan Yin, leaning you toward expectancy or fulfillment. The verse tells the diviner the expectations existing from the past, in the present, and into the future are at the heart of the inquiry.

For odd and for even verses, determine the single word sealing your question and hold that in your Mind alongside Kuan Yin’s response until both words can occupy the space of “neither”, comfortably. For me, efficacy is assured according to the presence of Truth that is universal for anyone, anytime, anywhere. The two are mutually supportive and consequential. In the realm of compassion, this told me that the calibration of Truth in the verses will be the determining factor in the experience of anyone who references these translations, now and in the future.

Experiencing the neutrality of “neither”, you are ready to go deeper.

Step 4: EITHER

Exploring KUAN YIN

Kuan Yin carries many titles because her capacity to respond is unlimited. She is feminine, the “Mother of all Buddhas”, bringing the power of receptivity into your divining. She is the receptive factor of
concentration. The capacity to receive completely What Is. When Avalokitesvara watches, Kuan Yin listens. Where Avalokitesvara observes experience remaining unchanged by them, Kuan Yin embraces experience in order to be changed.

The receptive factor of concentration absorbs the essence of where the attention is focused. Think of the times when you have been enthralled by a speaker. Due to your high level of interest, your capacity to receive what he is saying is quickened. The interest level depends upon content. Your capacity to receive depends upon state. Here, they are both present fulfilling a function that allows you to listen with your Mind as well as hear with your Body’s ears. You are the observer; you are the listener. At any given moment, you are “either”.

While Avalokitesvara represents the state of consciousness, Kuan Yin is the content of consciousness. He affords you the capacity to keep your attention on what the speaker is communicating; she offers permission to reflect upon the meaning of what you are hearing. Kuan Yin provides the space for your thoughts about what you observe to come forward. She is a magnet for like thoughts, and for thoughts that seem to be in opposition. Kuan Yin’s gift is enabling us to realize that agreeing with the speaker is as polarizing as disagreeing. In the face of every judgement we make, her great love shepherds us to the realization of neutrality.

Thought is cause. Thought is created in the image, or imagination, of its creator. Therefore, the thoughts that arise in Mind as we listen to the speaker, the content in our individual thinking, tells us more about ourselves than about the speaker. His message is the same. It does not change. The associated thoughts arising from the reception of that message are infinite. Does the speaker spark our imagination, aiding us to envision new ways of living? Does he inspire gratitude, hope, admiration, respect, awe, resentment, revenge, jealousy, enmity? Do his ideas invite discussion, debate, or ridicule? Does the speaker remind you of someone you know? Answering these kinds of questions helps you identify the content in your consciousness. The desires, fears, understandings, misgivings, ideas, and beliefs you hold determine the way you see life and the choices you make. Examining and authenticating content is where true advances in Self awareness are made.
Sometimes, Kuan Yin’s name is translated as “she who hears the cries of the world”. During this part of the yoga, the difference between hearing sounds and hearing cries surfaces in your consciousness. Kuan Yin makes the experience personal. It is no longer someone else’s life; it is your own. In some parts of your life, you easily maintain your neutrality. Some people don’t care who drives, while others become angry or resentful when someone else takes the opportunity. As you become aware of the security in an attitude of neutrality, you will awaken to inner conflicts, moments of feeling at odds with yourself. Kuan Yin creates the space for you to come away from denial and pretending to be something you are not. Those states are the product of a head hardened by a plethora of opinions.

Kuan Yin encourages you to be who you are. She accepts you unconditionally. All you need do is call upon her. The content of your thoughts do not determine her love for you, nor her willingness to come to your aid. She responds when we fall victim to our own shortcomings and suffer the polarities of the Tomb World. She offers safe passage through the emotions into the Pure Land where virtue fosters understanding. Scientists tell us the animal body is hardwired for six basic emotions. All of them are content-based. When the Spirit of Kuan Yin is present, we are moved to understand and resolve any shock, disgust, distress, sadness, fear, or anger that rises within us. We take the experience before us to heart. What began with Avalokitesvara observing an experience “in the head” is evolving into a Kuan Yin understanding “in the heart”.

In this way, Avalokitesvara and Kuan Yin signify a linear progression in awareness. Avalokitesvara becomes aware of situations in the life; Kuan Yin claims them. This claiming sets into motion the potential learning in each experience. No longer neutral, in the face of polarities, personal strengths and weaknesses make themselves known. Our biases or leanings surface, opening the door for the deeper understanding Kuan Yin brings. The Tomb World reveals itself and Kuan Yin brings the love required to cross over the sometimes emotional waters into a fresh comprehension of love that will give birth to a new level of compassion.

Opening your mind to “either” possibility, gives space for the head and the heart to be respected.
The ideal state of mind is one of entrainment. When we can transcend the limits of physical thinking, the thoughts that put us at odds with our inner and outer environment, we can harmonize with What Is. This may be a sunset, a composition of music, or a person. When we are synchronized within Self, we function at optimal capacity. The whole Mind is at your service, mental energies become coherent, and six emotional doorways to love open.

Entrainment occurs when the frequency difference between the oscillations of two or more nonlinear systems drops to zero by being “pulled” to the frequency of the dominant system. The heart is the body’s most powerful rhythmic oscillator. It can pull other resonant physiological systems, including brain waves, into entrainment with it.

Heart stress arises anytime we make an investment in our life. When we commit to someone or something, we broaden our horizons and extend our boundaries. We exercise our creative potential. Stress becomes harmful when we are at a loss as to how to reconcile what our heads see with what our hearts hear. This becomes increasingly important to us in a technological world. The more we expose our Minds and Bodies to people and situations far beyond our realm of experience, the greater the demands we place upon our wisdom to respond to what virtual eyes and ears report. Technology can draw us closer to those we love through cell phones or push us far apart by bringing polarizing sights and sounds too close to home. Every moment, each of us decides if and when stress becomes damaging.

Physiologically, this may have everything to do with mirror neurons, a mechanism responsible for observing actions and for executing actions. Brain imaging indicates mirror neurons enable humans to determine the intentions of other individuals. The same brain regions activate in response to feeling your own pain and to seeing someone else in pain. So when we feel a heart-felt reaction to images of people recovering from natural disasters or watch a fictional movie intended to stir high emotion, mirror neurons are at work. Neuroscientists think mirror neurons will be a key to explaining complex human processes such as empathy. That’s modern brain science. Taraka Yoga recognizes empathy as one of the emotional doorways to love – the doorway of understanding.
Sound is the sense path related to empathy. The ancient science of the Vedic chakra system links empathy to Anahata, the heart chakra. Anahata means unhurt or unstruck. In the Vedas, the concept of unstruck sound is the sound of the celestial realm, sounds like those captured by Faye’s gongs. Here, in the heart, is humanity’s potential to transcend. The Anahata chakra transforms the energies human beings recognize as love. When we feel grateful, forgiving, and tolerant, this center is active. When we are inspired toward altruism, devotion, and philanthropy, we feel in our heart that we are doing the right thing. The heart chakra also moves the energies that enable us to accept the things that happen in a divine way.

Sometimes we can change the events in our lives, and sometimes we cannot. What we can determine is how we think about them. We can broaden our perspective. This is the function of Kuan Yin. In her infinite intelligence, she listens to the heart, providing another point of view.

Example of Application:
Reflecting on the lines of your verse enables you to separate the thoughts that create the theme expressed by your verse. That theme is captured in the verse title. Number 53 TRUTH is the verse I received. In this step of the yoga, it is time to explore the content of my consciousness.

The Avalokitesvara factor of Verse #53 reveals a connection in my thinking between efficacy and Truth. My state of consciousness is relieved, then joyful, then calm. Since I note what pulls me away from my calm center of stillness, I allow Kuan Yin to bring to me images of relief. I hold the thought of relief in my mind, emotion rises into my throat and tears fill my eyes. I recognize a sweet sorrow in what I receive as an affirmation of this work. With the affirmation comes the memories of hundreds of people I have known who have taught me merely through being who they are. I find I am smiling because the content I am recalling is filled with the joy of co-creation. Now, with this book, there is a hope, an expectation that the wisdom from those experiences can be of benefit to other minds.
Acknowledging the content of your thinking, puts your initial thoughts in order. Order brings coherency between head and heart. When no other thoughts arise, you will find a sense of peace replacing the flow of image content. A relaxed state of being generally follows. Then you are ready to go forward.

Studying each line of the verse is next. This study is reflective, identifying the elements that comprise the overall thought. This is quantum thinking. The question to ask yourself is, “What experiences have drawn this particular Kuan Yin Verse to me today?”

Example of Application:
Again, using #53 TRUTH as an example, here are the key nouns.

There is more to Heaven and Earth than in your imagination.
Learn the ways of the Creator of the Universe.
Keep Heaven in your Mind to recognize the Seven Sisters.
The context and meaning of what you receive will come in time.

Exercise this thinking by looking for keywords and phrases in the verse. In grammar, nouns describe the people, places, and things in our external world. In the internal worlds, in the language of Mind, these represent aspects of Self, attitudes or frames of thinking, and thought-forms. Knowing this, offers a way to reflect upon the meaning in the passage.

Your next step in divination is to identify the nouns, line by line, in your verse. On a letter-size sheet of paper, list the nouns in a column on the left side of the paper (see example on the following page). Leave as much room between the words as the total number will allow with all words remaining on one side of the paper.

To the right of your list, draw a vertical line from the top of the paper to the bottom. Look at the distance between this line and the right edge of the paper roughly calculating the center point, draw a second vertical line. Now you should have a list of nouns on the left side with two empty columns on the right.

In the center column, next to your list, write your definition for each noun. This action opens your mind to the content of your thinking. What do these words mean to you? Making time to
explore your thinking reveals the knowledge-base of content from your life experiences. You will begin to realize what you think, and perhaps some of why you think that way. There are no right or wrong answers here. This column is devoted to what you think, and feel. It is a subjective, Kuan Yin view of the verse you chose today.

Next, use a dictionary to research the current meaning and origin of the nouns. From the choices available, determine the definition that is most suitable in the context of your verse. Write the dictionary definition in the righthand column next to the appropriate word. This column provides an objective, Avalokitesvara view.

This exercise generates incredible light in Mind. Take a few moments to allow your attention to rest with the work you have done. Reread what you have written so the similarities and differences can surface. Before you is the expression of your state of mind and the content of your consciousness. You have placed the
objective meaning of the chosen verse and what it means to you personally, side-by-side. This comparison and contrast can be highly illuminating for one who is openminded. This is the experience of “either”.

Verbs can also be considered in this same manner. Verbs are action words indicating the direction of movement. Coherency between head and heart produces entrainment. Entrainment synchronizes your Being with the rhythm of the universe. This allows thought form creation to flow.

Neither, either allows for yin and yang each in their own space and time. What determines that space and time?

Context.

Step 5: BOTH
The Bodhisattva

We are now in the presence of the yin and yang of our existence. “Both” has a multitude of expressions: experience and understanding, unconscious and conscious, outer and inner, Body and Mind. Where any two meet, a whole is created. Perceiving Truth in your everyday life, gives the state and content of your consciousness context. Context is the whole picture. Where Avalokitesvara’s compassion and Kuan Yin’s love meet, perception is born. This mental perception is the sense the mind uses to receive metaphysical experience in the worlds beyond Tomb World.

Separating from the body is the first bardo, or intermediary state, in crossing over from the physical Tomb World to the spiritual Pure Land. Most people wait to explore this reality until they face their own mortality. Those who explore consciousness, inviting the richness of its experience through dreams in the day and in the night, embrace this reality. Separating from the sensory read of the outside world - eyes closed in meditation, for instance - immediately alters the brain waves because the thinker’s experience is now in the inside world, within.
As a thinker in an animal body, I receive stimuli through that body - beautiful sunsets, fragrant flowers, the Divine tea at the Pearl Cafe. A state of consciousness arises in response: am I satisfied or discontent, relaxed or tense, focused or scattered, cool or warm, up or down, high or low? The polarities, natural to the physical world, give me a read on where I am in the present moment. Next, comes content, the reflection. What do I think about being too cool? Should I turn up the heat? Content drives me to make choices, to change conditions around me so the sensory read is more to my liking. The ego is born and becomes the driving force for change in this dual dance between state of consciousness and content of consciousness. This can be a slow dance where little spiritual progress is made. When the mind is restless and emotions polarized, consciousness can remain mired, a prisoner in the Body and its senses. The physical identity and the genetic makeup rule, dictating the consciousness. This is the kind of thinking that produces the Tomb World.

What kind of thinking produces Pure Land?

The journey to Pure Land begins with surrendering your ego. Where thinking is freed from sense-slavery, freedom can be exercised and the Mind can be dedicated as the vehicle for I AM Consciousness that it is designed to be. The interaction between Avalokitesvara and Kuan Yin is the catalyst for this entrainment of your Mind. The Aggressive and Receptive Principles of Creation are pressed into service, acting on your behalf. The synergy produces an alignment that invites the presence of your Inner Teacher. This is the reason for meditation.

Meditation is a specialized form of concentration where the focus is harmonizing the outer minds and attuning them to Superconscious Mind. It is a practice of surrendering to the Inner Teacher, the Atman within. I learned meditation as a four-step process, practiced and refined in progressive stages over four years. Stage One is expectant listening. Stage Two is expectant observation. Stage Three is transferring energies. Stage Four is interpreting those energies. You can probably see these stages in what the Bodhisattva symbolizes. Avalokitesvara is expectant observation and Kuan Yin is expectant listening. The yoga of “both” is Stage Three and Stage Four.
Transferring energies starts with the work you accomplished in Step 4. Now you will compare the objective and subjective views of the verse combining them into a new form. Begin with Line 1. Reference the content in the original text, then review your definitions of the nouns in that line. Reflecting on what you observe, bring your own thoughts forward as a response to what you hear Kuan Yin say. Ask yourself, “If I was to write this line, how would I say it?” As your version of that line takes shape, write it down. Repeat this for each line. When you are complete, the result is a new verse of your own making created at the level of your present understanding.

Example of Application:
Referencing the content in each line I bring my own thoughts forward in response to what I hear Kuan Yin say. The result is a new verse of my own making that reflects my present understanding.

Realize the Truth that is Universal does not rely upon the creative faculty of my conscious mind.

Appreciate my own maturing as a creator in this endeavor.

Receive the expansive nature of that which is Kuan Yin, remembering that she represents the receptive principle in All That Is.

According to my intent, the conditions are being brought about in the duration of this experience.

By uniting listening and observation, Atman, the Real Self, can come forward. You are placing the verse in a personal context, making it your own. It now means something to you, consciously. Keep in mind you can read this same verse a month from now, and it will have a completely different message for you. This is a testament to how flexible your consciousness can be, how easily you can change.

Now you are ready for Stage Four, interpreting energies.

In China, hsiang is the capacity to recognize images as symbols. Like dream images, symbols connect the invisible world of the spirit to the visible world of your daily life. Symbols are gateways
into other worlds. They bridge the worlds by connecting us to the mystery of the thing they represent. Dreams, poems, shamans and Bodhisattvas use symbols because they speak to the whole mind. Being thought-forms, they are easily transported from mind to mind. Stage Four, interpreting energies, is divining the image appearing in your verse’s yin-yang field.

The Greeks believed thoughts were thrown through holes in the web of time and space. The Chinese describe these as shi, eternal present moments linking the inner and the outer worlds. In the classical yin-yang symbol the dual nature of all things is represented by a small black dot on the yang field of white and a small white dot on the yin field of black. These dots signify the ever-present duality that allows movement in creation, the expectancy factor. “Both” aggressive and receptive factors of concentration can be applied to discerning context.

The dots can be seen as portals to move to the “other shore”, an opportunity to cross over into the partner verse. Each verse contains a specific image. These pictures capture the core message from the original translations. A key, a broken mirror, a golden door, and a monkey, are examples of the symbols which provide the insight that will complete the verse’s message. As images, they are presented in the Universal Language of Mind, the language used in dreams. [Basic interpretations in the Universal Language of Mind are listed here and in-depth interpretations of these and all the verses can be accessed online at kuanyinonline.info.]

Dreaming has always been our portal into the inner worlds. The Celts call this otherworld, the Land of the Living. Australian aborigines say we exist in an eternal dreamtime, living out our lives beyond the illusion of being born and dying. Tibetan Buddhist texts describe the intermediate stage existing between the ending of one state and the beginning of another. They call this unstructured zone between birth and death, death and rebirth, the bardo. Dreaming is a means to understand the bardo of our lives.

For now, study the image and its meaning. Pay close attention to the title of the verse. Allow these to rest in your mind, mingling with the context of what has come before through Avalokitesvara, Kuan Yin, and Atman – neither, either, yet both. This dream imagery work enables you to cross over from the Tomb World where
consciousness is held prisoner in a physical body limited to a five-sense perspective of reality into the Pure Land, Kuan Yin’s paradise, the Land of the Living where the broader context of life can be known.

Example of Application:

The image for #53 TRUTH is a dragon. Dragon means something very different in China than in the West. Western dragons are medieval menaces usually slain by enterprising knights. In China, the dragon is a symbol of the Emperor, the son of Heaven, representing male vigor. It is believed to be a good-natured creature, blessed with magic powers including being able to shrink to the size of a silk worm, and the ability to swell to fill the space between heaven and earth. Dragons are also able to choose to be visible or invisible.

I perceive the dragon as symbolic of the maturing of individuality through the use of Kundalini. Creative Mind in the service of I Am provides the spark to realize the Truth. This is the essence of the TRUTH I perceive: Mind is a temporary vehicle for I Am to realize its potential as a Creator. The message I receive here is that the Truth will set me free as I am responsible in who I serve with my creating.

Efficacy, my word from Step 3, returns to me and my understanding goes deeper.

In Japan, Kuan Yin is known as Kannon. For centuries, the same quest that brought the Greeks to the Temple of Asclepius, draws pilgrims to Kannon’s shrines. They come in the hope that if they sleep in the temple sanctuary hall, Kannon will appear in their dreams. It is said she removes incurable diseases, comforts the inconsolable, and brings dreamers a glimpse of their fates. Through interpreting the energies of her verses, these powers become your own.

When you make dreaming a spiritual science, you begin crossing over into the worlds of Pure Land while continuing to maintain a presence in Tomb World. Your understanding of neither, either, yet both is evolving into wisdom, and the consciousness of the Bodhisattva is alive in you.
Kuan Yin Verse Images
Translated in the
Universal Language of Mind
by Dr. Barbara O'Guinn Condron

Each Kuan Yin Verse includes an image in the space for balance that exists within yin and within yang. This image is a gateway to the inner Self. Interpreting this image opens your awareness to the inner Mind. Here is a list of these images, as they appear in the 100 Verses, followed by a concise translation in the Universal Language of Mind. For more detailed exploration reference The Dreamer’s Dictionary by Dr. Barbara Condron and online at www.dreamschool.org.
1 The Key ... the means to initiate something
2 Whales ... compulsive ways of thinking about spirituality
3 The Swallow ... a subconscious thought form
4 Broken Mirror ... imitations are no longer synchronized
5 Spring ... a genesis of conscious life experience
6 Hole in the Ground ... receptivity in subconscious mind substance
7 Great Wall ... a willful barrier
8 Pine Trees ... subconscious concepts
9 Dark Light ... receptivity in awareness
10 Lantern ... a tool for awareness
11 Deer and Arrow ... a desire for routine
12 Mountain ... a challenge or obstacle
13 Golden Door ... a valuable initiative
14 *Four Directions ... the fields of creation in Mind*
15 Bird Nest ... intelligence for subconscious thoughts
16 Working Hands ... putting purpose into action
17 Crow ... a subconscious thought
18 Rabbit ... a habit
19 Hurricane ... an emotional turbulence
20 Clear Heavens ... Superconscious existence revealed
21 Union of Man and Woman ... cooperation between conscious and subconscious minds
22 Rice Rain ... seed thoughts
23 Heavenly Door ... Superconscious initiative
24 Wilting Flowers of Salt Sea ... understanding gained through trying experiences
25 Fresh Spring Water ... a genesis of conscious life experience
26 Embassy of Heaven ... Superconscious reality
27 Fences ... intentional separation
28 Cloud all Moons ... obscurations in subconscious awareness

29 Holy Sword ... a means for transformation
30 Snake ... potential creative energy

31 Cup of Fine Tea ... valuable knowledge
32 Jade in Stone ... willful healing

33 Pile of Rocks ... potential energy
34 Sun ... Superconscious awareness

35 Well-lit Street ... awareness of direction in life
36 Monkey ... a habit to acknowledge

37 Burning Candles ... intentional awareness
38 Book of Heavenly Wisdom ... Superconscious information

39 Rock into Mirror ... willful thought forming
40 Moon Rises ... new awareness in subconscious mind

41 Honeycomb ... whole knowledge
42 Earthly Paradise ... subconscious fortune

43 Grand Canyon ... willfulness in subconscious mind substance
44 Diamond ... value in mind substance

45 Chess Game ... the way life is unfolding
46 Tree and Water ... consciously experiencing a subconscious concept

47 Bird Landing ... subconscious thought manifesting through Mind
48 Dragon Clouds ... Superconscious thoughts of identity

49 Icebergs ... life experiences solely in the present moment
50 Boat on Open Sea ... the physical body moving through life

51 Scorching Heat ... yang extreme
52 Moon in Water ... consciously experiencing subconscious awareness
Descriptions of Terms
The use of terms in my interpretations of these images are based upon a two-dimensional model of Mind developed and taught at the School of Metaphysics. SOM is also the pioneering institute for the Universal Language of Mind.

The model illustrates Mind as a whole unit expressing the awareness of I AM consciousness through three major divisions and seven levels of consciousness. The divisions are Superconscious Mind, Subconscious Mind, and Conscious Mind. Each has a function and purpose relative to the others. The Superconscious Mind holds the seed idea of Self as a Creator and provides the spark of life for the outer mind. This is the Divine realm captured in images of heaven in cultures around the world. The Subconscious Mind gathers experience in the outer world for the purpose of growing in understanding. This is the realm of everyday life experiences on earth. The Godhead is the whole Mind entrained and Self aware, the Atman.

Within these major divisions are subsets of seven distinct levels of consciousness which allow for the experiences needed for Self mastery. To learn more reference the resource section of this book.
53 Dragon ... maturing of identity
54 Trees by Running Water ... consciously experiencing subconscious concepts

55 Bamboo Spring ... life experience producing subconscious concepts
56 Flower Stream ... understandings in conscious life experience are flowing

57 Abundance ... sharing what is of value
58 No Foreign Lands ... familiarity with all of Mind

59 Tower with Thorny Jungle ... focused thought in presence of many subconscious desires
60 House Fires ... expansion throughout the Mind

61 Tree ... a subconscious concept is the focus
62 True Friend ... an aspect of Self that strengthens you

63 Broken Compass ... heed intuitive direction in life
64 Fish in Net ... potential for spiritual knowledge

65 Finger Cut ... truth in purpose
66 Ship on Sea ... a vehicle in conscious life experiences

67 Meditate ... align and entrain the whole Mind
68 Flower ... a subconscious understanding unfolds

69 Branch Plum Tree ... a subconscious concept grows
70 Eager Bees ... productive habits bear knowledge

71 Two Arrows on a Bow (dragon) ... maturing of identity as reasoner
72 Honey & the Sting ... responsibility of/with/for habitual knowledge

73 Sudden Thunder ... a desire to neutralize opposing ideas
74 Losing Your Way ... purposeless experiencing

75 Climb Mountain with Tiger ... meeting a recurring challenge
76 Right Opportunity (Dragon Door) ... an initiation for maturing identity
77 Noise & Smoke ... the results of expanded attention
78 Not too hot, Not too cold (ice burning) ...
   extremes in life experience

79 Go Your Own Way (map) ... a mental plan is called for
80 Clear Heaven ... awareness in Superconscious Mind

81 Weary Travelers (migrating birds) ...
   synchronized thought forms needing rejuvenation
82 Forest Fire Lily ... a subconscious understanding

83 Moon Month ... cyclic awareness in subconscious mind
84 Fallen World ... manifested physical existence

85 Summit Parts Clouds ... a challenge meets obscurations
86 Mountain’s Lightning Bolt ... a challenge brings new awareness

87 Climb the Mountain ... meeting a life challenge
88 Wooden Tiger Door ... an initiation of a habit

89 Hidden Jade ... is a will to heal
90 Message from Destiny (sun over ocean) ...
   Superconscious awareness throughout life

91 Change Your Fate (wide street) ... choosing a direction in life
92 Use Your Knowledge ... information becoming ideas

93 Phoenix Feathers ... subconscious thought form for transformation
94 True Gentlemen (lyre) ... harmonious interaction

95 Carry On (king) ... a Superconscious dominion
96 Seven Storied Pagoda ... all levels of the Mind are involved

97 Candlelight & Snow ... a time of intentional awareness
98 Careless Bird ... a restriction of subconscious thought form

99 Ashes & Ruins ... the result of mind expansion
100 Sign from Heaven ... Superconscious prophecy
Step 6: GODHEAD
Self as Creator

Working in harmony, the aggressive and receptive principles balance, heal, and inspire the core energies which allow the Holy Spirit to flow. Divination work preserves the core. The core is where the Cosmic Seed for Self as Creator, the Godhead, lives and has its being.

Your core is light. It expresses through the I Am Consciousness. Jesus noted that the disciplined are “the light of the world.” He also taught, “if thine eye be single, thy body will be filled with light.” Avalokitesvara’s stilled state of consciousness provides the vehicle for Mind’s awareness to shine. Kuan Yin’s versatile content of consciousness affords the opportunity for Holy Spirit to shapeshift Mind. The creations, then, are made in light, with light. In this way, they purify consciousness, distilling the essence of creation itself.

Ten energy transformers are set into motion to sustain the system that is Mind. Three of these energy transformers connect Light and I Am and Mind. Seven are the Hindu system connecting Mind and Body, establishing the means to feed the thinker as the actor on the field of human drama. Energy exchange is necessary to sustain thought manifesting into flesh. The seven insure that the energy required for reproducing what the conscious mind images can be returned back to where it came from, back into mind. This recycling system replenishes the reserves depleted through physical living.
When the attitudes in creating are in harmony with those defining each of these chakras, then the energy is returned in the form of understandings. An example of this is interpreting a dream and acting upon the message received. This creates what I call the **Dream Consciousness Circuit**. It is the process of resurrecting consciousness from the dead, waking the consciousness that has been sleeping to the True Reality.

The seven chakras find their fulfillment through conscience, six emotional doorways every human will at some time master. These are the gates into Mind, the means by which one can enter and leave subconscious mind at will. The Emotional Level of Consciousness binds the inner subconscious mind to the outer conscious mind during a lifetime. All created thoughts pass through this level of consciousness. Each thought acts in subconscious mind finishing the creative process. Each thought re-acts in the physical as the emotions provide the manifesting power sufficient to push that thought out into manifestation in the physical world. The emotional doorways shed light on this process by defining six virtues which appear in cultures around the world, each linked with the mental chakra system and each essential for the return home.

The seventh doorway is the key here because it resonates with the core. The seventh puts the Atman in the center of the universe where all connections – east, south, west, north, below, above – are known and united through humility, mastering Self on earth so existence can be as it is in heaven. When Self is centered and the doorways are open, the resonance frees consciousness to transcend the limits of polarity in natural laws of the physical realm. The Universal Law of Duality, the aggressive and receptive principles of creation, are
perceived, and the context of our choices as a mental creator are realized.

Drawing upon the emotional doorways activates the Godhead in your divination. In this step you will once again move through the lines of the verse chosen today. The benefit of previous reflection will work on your behalf.

Before you begin, study the image of the <strong>Stargate Pattern of Consciousness</strong>. Allow your mind to rest for a moment upon each virtue. The higher heart energies are harmony, empathy, and kindness. Harmony is the ideal of compassion, empathy is its purpose, and kindness is its expression or activity. The lower heart energies are gratitude, forgiveness, and tolerance. Gratitude is the ideal of love, forgiveness is its purpose, and tolerance is its expression.
or activity. Each time you think about these doorways, you call upon the Bodhisattva. The Bodhisattva is the redeemer. S/he represents the capacity to glean permanent understanding from temporary experiences. What we save, what is preserved, is the understanding of the nature of reality. This comes to light in the giving and receiving of love and compassion, the action of “both” Kuan Yin and Avalokitesvara.

Step 6 is reading each line with a willingness to receive the transformative experience it affords. Once again, I offer my experience with #53 TRUTH as an example.

Example of Application:

#53 TRUTH
My original intent on consulting the verses was “insight into how best to present the Truth, as I see it, in its universal sense”. When the verse titled “TRUTH” was the response, the synchronicity told me I was addressing the heart of the matter. I attribute this in part to the presence of gratitude – “I give thanks” – in my original causal thought for this divination.

Emotions: The Polarity Chart
Line 1: There is more to Heaven and Earth than in your imagination.
I experience an emotional impact with this first line that affords me an opportunity to describe how the Polarity Chart can be useful in transmuting lower heart energies. This is how it comes to light and how I respond.

I keep in mind that the verse addresses a subjective reality, one that sheds light upon what I am thinking. Line 1 reminds me that there are thoughts I have yet to conceive and that I will never think. I flinch. It’s a small flinch, but it’s there and I must reflect upon how this makes me feel. There is a twinge of wanting All there is, to know All of Heaven and Earth. When I read this line, thoughts arise, saying “I can not” or “I will not” be able to experience this. These are my thoughts and they make me sad. I note it is sadness that has pulled me away from the zero point of neutrality. Sadness causes me to lose my objectivity.

Rather than retreat, which would be consciously denying What Is
in me, I go with KuanYin, allowing her to draw me to the place of my greatest learning in this moment. By consulting the polarity chart of the six basic emotions, I find sadness to be the negative polarity in the virtue of harmony. I realize I feel incomplete, not whole. I want to bring what is missing in my thinking to this experience. I find this in the positive polarity of harmony, which is joy.

I consider the line again. This time addressing KuanYin directly with this question: “Where is the joy in this statement?”

Her response, “In all the people you will never know who will read this book.”

### Determining Your Heart Focus

**Line 2:** Learn the ways of the Creator of the Universe.

For me, the “ways of the Creator of the Universe” indicates harmonizing with the laws that govern creation. To “learn the ways” means to know through personal experience. The experience I seek is Self as Creator, to inspire cosmic consciousness in others. The kindness in my thinking overwhelms me. I love serving the highest good, and in this moment I am breathing in countless experiences of KuanYin’s presence that I have known. She has been there in every breath. Constant charity.

This reminds me to remain true to my purpose for communicating thought through writing. The opening of the Gospel of John in the Bible flows through my mind as content of consciousness. “In the beginning was the Word. The Word was in God’s presence. And the Word was God.”
The virtue of harmony appears in the content of my thinking when I read both Lines 1 and 2. I receive this as the “te” that focuses my heart in this matter. Te means virtue, integrity, power. It is the individual Self, the Atman.

**Interpreting Images**

Line 3: Keep Heaven in your Mind to recognize the Seven Sisters.

Since I communicate in the Universal Language of Mind, it is like a second language to me. This line immediately comes to me in symbols. “Heaven in your Mind” represents Superconscious ideals. This is resonant with a definition of truth as the perception of a transcendent reality. I want anyone who reads this book to experience transcendence. I want it to influence their thinking, elevating it to a higher consciousness. My experience, both personal and as a witness, has shown me that being in the presence of Truth, which is universally applicable, causes this effect. Interpreting Line 3 in the mind’s language, opens my eyes to the presence of another doorway to love: empathy. Empathy is the capacity to walk in another’s shoes.

The “Seven Sisters” is a reference to the star cluster scientists call Pleiades. In the language of mind, stars represent conscious awareness. Numbers are mathematical symbols for thought forms. The number seven represents the searcher, the seeker of truth. In the *Stargate Pattern of Consciousness*, there are seven fields of experience for creating. The seven sisters are the light of awareness consciously brought into each of these fields. They remind me of the seven days of creation and the timing of the translation of these verses.

**Coherency**

Line 4: The context and meaning of what you receive will come in time.

Kuan Yin tends the garden of understandings in my heart. She invites me to acknowledge my thoughts and place them in a coherent order. Coherency is the work of the heart. What the head sees, with
The Bodhisattva of Compassion and Love invites us to experience our own thought. Avalokitesvara focuses that thought. Here, my thought was first focused on empathy. Then as Kuan Yin beckoned me to listen, she drew me deeper within, into her thought. She challenged the thoughts arising in the Mind from her mere presence and the doorways began to open one after another. By the time the entire verse was complete, every doorway was accounted for and the full context of this verse was understood.

I offer this as an ideal way to use the Stargate Pattern. This pattern is one I have focused my mind light upon for over a decade. I will write more on this in two future books: *Four Kundalini Initiations* and *Conscience: The Six Emotional Doorways to Love*. For now, this is the best I can offer in the context of Kuan Yin.

There are many dynamics that arise as we grow in virtue. You will grow in wisdom each time you practice this yoga. Sometimes you may find one or two of the doorways come to light. At other times, all of them will come forward. Sometimes a polarity will become the focus and your divination will resolve them similar to the sadness and joy I experienced here. Be open to whatever comes forward, thus the Holy Spirit can move in your consciousness as your Inner Teacher revealing the Godhead within.

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**Step 7: WITHIN**

When we use symbols we are drawing upon the creative power of Godhead. Symbols are a way of perceiving that gives power to the Spirit because they support the whole Mind. We hsiang things by imagining, creating, imitating, acting, playing, writing, and divining. What does your life look like? What does it sound like? Feel like? How does it taste and smell? The sensory feedback of your life produces

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Once you are AWAKE……you can become AWARE
Once you are AWARE…… you can become PRESENT
Once you are PRESENT….you can become CONSCIOUS
Once you are CONSCIOUS…..you can CREATE
Once you are a CREATOR….you know I AM
images reflecting the quality of your thinking. I recognized this as a student of consciousness and evidenced it repeatedly as a counselor.

A young man in his early 20s came to me for counsel. He was depressed and lonely, caught up in the hungry ghosts of Tomb World. Conflicts with his boss made his work life miserable, and he felt constantly threatened that he might lose his job, any day, and for no apparent reason. His attempts to establish a loving relationship with the opposite sex repeatedly failed. The few friendships he claimed were one-sided and unfulfilling. He had been falsely accused of stealing a bottle of water at a local department store. He felt like the more he tried to change, the less his efforts were recognized.

The man talked solidly for a half hour. Regardless of the subject matter, I noticed his steady focus on what he did not experience in his life. He was consumed by what was missing. As a result, he was angry, resentful, and cynical, making no progress in self-awareness.

I asked the man to write down the major elements in his life. This was what he wrote:

- Working construction. I like work, not the people, particularly my boss.
- Hard time finding a girlfriend and when I do, I don’t keep her.
- Just bought my own house. I have a mortgage to meet, repairs to make, insurance to pay.
- It’s lonely living alone.
- Would like some true friends. Don’t seem to know how to do that.
- My computer broke down in the middle of my first a novel.

This man had a background in interpreting dreams, so I asked him to look at his list in that light by writing the translation in the Universal Language of Mind next to his entries. This is what he wrote:

- construction job - building new ideas and ways of thinking
- people, boss - mostly conscious and superconscious aspects of Self
- girlfriend - subconscious aspect of Self
- house mortgage, repairs, insurance - seeing what mind is worth
- living alone - facing self
- true friends - desire to know new parts of self
- computer breakdown - brain
- writing a novel - exercising imagination
What he saw amazed him. “I can see I’m claiming my mind in a way I never have before. The construction job says I am able to build yet it causes problems with my inner authority - I don’t like my boss. He’s arrogant and sometimes lies. I’m seeing value in my Mind, and I need to invest more in using it. Writing the novel symbolizes my creativity yet I haven’t made any commitment to my subconscious mind, the need for a girlfriend.”

Interpreting the elements of his life as he would symbols in a dream, placed the man’s life in an entirely new light. He could see what he was accomplishing and how he might better use his mind to create the kind of life he desired. When he arrived for counsel, he was a defeated victim. When he departed, he was an empowered creator because he referenced his own resources within. He had made a step toward revealing his Godhead.

The physical world requires interpretation just as a dream does. Keep this in mind in your divination work. When we examine our life as a mythic journey, the deeper symbolic meanings of our struggles - at work and the marketplace, with family, neighbors, and community at large - can come to light. Identifying the deeper symbolism of the experiences along our journey, is the key to finding the greatest of all treasures: the source of unbounded love, compassion, and wisdom inherent in our “secret place”.

Sufism teaches about the creative magical potency that gives birth to forms in more than one world. The universe itself begins when God imagines or dreams it. Alma al-mithal, the Realm of Images, is the “place of apparition” where divine visitation and astral travel are possible. The adept’s physical body becomes a “tunic which he sometimes casts off and at other times puts on.” He puts on another body - a “robe of auroral light” to travel to higher realms, and “if it pleases him, he can manifest himself in whatever form he chooses.” This is the place of the greater drama beyond the surface dramas of our lives and our world. For the Buddhist, it is the other shore. For the Native American Indian, it is the happy hunting ground. For the Christian, Heaven. For Kuan Yin, it is the Pure Land. All of these refer to the same place within consciousness, a place where all divine history is accomplished.

Some symbols are archetypal – kings and queens, counselors, healers, warriors, parents, and the like carry with them a certain set of opportunities for learning. These opportunities present the individual
with choices to be made. A king must decide who will prosper in his land and how they will be served. A healer must decide whether to risk the life of mother and child by allowing a stalled childbirth to continue or to take the life of the mother to save the infant. Warriors decide whether they will live for a cause or die for one. The hero or heroine is a classic archetype that is linked to Avalokitesvara/Kuan Yin, for they are regarded as a savior by millions of people.

Understanding symbols requires development of viveka, which means fine discrimination. Discrimination requires neutrality, the balance and the union of yin and yang. As you begin to think in pictures you develop the capacity to be the witness of your own life. This is one of the benefits of “crossing over.” You become caught up less and less in the worries, doubts, fears, resentments, pressures, disappointments, and other reactions to daily living. Experiences evolve into greater understandings of the nature of reality.

The Arabic word for interpretation is ta’bir. It literally means “crossing over.” The truest dream interpreter is one who “crosses over” from the limited images of the remembered dream to deeper levels of meaning and the fuller dream experience. Spiritual life is about awakening from the dream of unreality. All spiritual practices are designed to awaken us from the daydream of illusion. South American shamans call this awakening from the dream of life “shapeshifting”. This is a function of Avalokitesvara/Kuan Yin. Through claiming the creative nature of our thought we realize the consciousness to shape is our own and any shifts we make are the product of the Godhead within.

Example of Application:
The experience that took me within in #53 TRUTH was the exploration of Line 3: “Keep Heaven in your Mind to recognize the Seven Sisters.” It caused me to reflect upon prophecy and I will explain how.

The “Seven Sisters” refers to the constellation of Pleiades. This is relevant to my query in several ways. I have been part of a team intuitively researching the Akashic Records since 1977. Seven Sisters means a great deal more to me than a distant star cluster. Intelligent life known as the Xena originate in the Pleiades. These entities are documented in Remembering Atlantis (2002), a book I coauthored.
with Dr. Daniel R. Condron. What is relevant in all of this to me here is reflected in the following interchange from that book.

Conductor: How did the written language of Sanskrit develop in India, and by whom?

Reporter: This was through contact with the Xena.

Conductor: What were the Xena doing in that area of India? What was their purpose?

Reporter: It is not so much that they were there as they were present. There was a presence, and their presence was in many parts because it was within the people. It is not centered in locality. It is centered in consciousness, in thought....

The question was concerning the language and the Xena were intricately involved in the transmutation of vibration that did eventually resound in this form of communication. They were also intricately involved in the initiation of the genetic code which has sustained a viable form of physical life that is increasingly intelligent and conscious of itself and others.

It is also becoming present within the consciousness of some upon the planet at the present time...

The reference to Sanskrit kindled a memory from attending the Dalai Lama’s Heart Sutra teachings in Bloomington, Indiana, which I find to be a testimony to the inner Mind’s connectedness over time and space. This is what I recorded in my journal at the time.

5-14-10  I listened to two Buddhist nuns recite The Heart Sutra and I discovered the key to Avalokitesvara.


The recitation is quickly read. In the “nats” there are few pictures. I know it does not allow the mind time to linger. This is the land of no pairs.
of opposites. This is the blank mind that in my early days of metaphysics study, I could never imagine. My idea then was an intellectual one, one that equated blankness with lifelessness and emptiness with death. As a meditator, I realized the emptiness is beyond imagination. It is not a function of the conscious, waking mind alone. Emptiness, I discovered, comes in stages and for our visualizations to be made in Truth, we must first create the state of mind that is emptiness. To set this realization, I chose the mantra from the sutra “Form is emptiness, emptiness is form.” Chanting this on my breath early in the evening, then again as I prepared to sleep.

I recorded my insights from this mantra in my journal, and these appear on the following pages along with the diagrams describing the experience in thought form symbols.

I awoke in the middle of the night with the following dream image:

_Dream 5.15.10  4 am_
_I am transcribing texts in Sanskrit. One is for His Holiness the Dalai Lama. One, for me, that I am to give to the School of Metaphysics. They reveal Truth and Light on the subjects of autonomy and self-government. EOD_

My interpretation at the time was “_This dream tells me I have identified Self as cause. My creative thought produces the vehicle, or means, to accelerate evolution. My awareness now encompasses universal awareness: I Am THAT I AM. My experiences with the living Avalokitesvara have provided the appropriate stimulus I needed to bring the virtues of compassion alive in my Self and my interactions with others._”

The seed idea of “Because I AM, neither, either, yet both, let us place the Godhead within”, planted in my mind years before, was at last flowering.

Now, the jewel in my lotus is yours. May the Kuan Yin Verses be this for you.
“Form is Emptiness. Emptiness is Form.”
Mantra Experience

With the first chanting:
“Form is emptiness” on the in breath. “Emptiness is form” on the out breath.

Holding my mind focused on the breath, my mind expanded.

In breath. Form is emptiness opened to receive clear light, radiating throughout the consciousness of Mind. The mind expands in illumination, space is unknown.

Out breath. Emptiness is form closed to disperse the light, clearing all existing forms, moving the viveka that passes through chakra forms into and through the levels of Mind. Mind contracts in patterns, space is known.

The chakras are empty, the consciousness that passes through each makes the form. When the form is perceived as whole, complete, animated, it is the reflection of the consciousness that radiates it.

Self as Creator.
With the second chanting:
Form is emptiness on the out breath.
Emptiness is form on the in breath.

Out breath. Form is emptiness closes the self like a flower preparing for the night. Drawing inward, centered in the ever present sound of creation.

In breath. Emptiness is form opens to receive God’s Light like a flower opening and reaching for the sun. Receiving, filling with the resonance of creation.
Creator as Self.
To bring deeper insight into A volakitesvara and the state of consciousness he represents....
The Heart of the Avolakitesvara

Perfection of Transcendent Wisdom is part of the Mahayana Buddhist literature. Regarded as the best known of all sutras, The Heart Sutra speaks to the interconnectedness of all life through honoring space. Through interconnectedness suffering ends. Here is the text of The Heart Sutra followed by commentary in the Universal Language of Mind.

Avolakitesvara, the Bodhisattva of Compassion, meditating deeply on Perfection of Wisdom, saw clearly that the five aspects of human existence are empty, and so released himself from suffering.

Avolakitesvara represents the aggressive principle available to all human beings. It is Avolakitesvara's humanness that makes him accessible to us. To know him, Self must make the mind and body suitable vessels to receive Kuan Yin, the Eastern expression of Sophia. Sophia is the receptive principle, the partner for Jesus, who symbolizes the Avolakitesvara of the West. She is the one who holds the master plan of Self as a Creator. Uniting the aggressive and receptive principles in meditation, magnetizes the mind to fulfilling that master plan. This is the evolution of Self. This evolution is not a product of the physical world, therefore cannot be realized through the five physical senses. When Self’s evolution is known in relation to the greater cosmic plan of Creation, we experience zero point consciousness, that time and space known as now.

Answering the monk Sariputra, he said this:

Body is nothing more than emptiness,
emptiness is nothing more than body.
The body is exactly empty,
and emptiness is exactly body.

The body is a form for your consciousness to use for experiencing while on the earth plane. It is temporary, and moldable, changing with internal and external condition. In the light of Self’s maturing as a Creator, one first realizes as all bardo teach, the temporary nature of the body. Thus attachment to the body and its senses leaves the one who is wise.
The other four aspects of human existence -- feeling, thought, will, and consciousness -- are likewise nothing more than emptiness, and emptiness nothing more than they.

As the body is temporary, so the Mind is temporary, and moldable, and changing with internal and external conditions. In the second bardo, the stories of the life are presented for the Self to see. The life flashes before the eyes, it is said. All the judgments made are seen and we remain in this space until we can neutralize the judgements we have imposed upon ourselves and others. What replaces the judgement, in each instance, is forgiveness. Feeling is emotion, the expression of created thought from the inner mental realms into the outer physical world. Thought is created image, desire in its objectified form. Will is choice, admitting the factors that influence the direction of thinking. Consciousness is awareness, what we are willing to admit we are awake to, what we would deny we fear. These four aspects of human existence comprise the scope of the Mind’s creative power, which is also temporary in nature.

All things are empty:
Nothing is born, nothing dies,
nothing is pure, nothing is stained,
nothing increases and nothing decreases.

This is the recognition of zero point. Zero gives power to any experience. This is the power for vertical growth, soul progression. The power of the zero, so new in Western world thinking, yet zero has changed everything. It allowed a means for amplification, exponential notation, a way to describe just how far it is to Pleiades and how far to the photon of light sitting on the tip of your right index finger like those 1000 angels who sit on a pin. On the Stargate, zero point is the center channel where equanimity and humility are centered. Zero Point is more than the present moment; it is neutrality in the now.

So, in emptiness, there is no body,
no feeling, no thought,
no will, no consciousness.
No receiver. Remember Avolakitesvara is the male principle. He acts. It falls to him to direct the body and brain. When the conscious choice is made to direct the mind’s attention to a single point of focus, the mind is completely calm, experiencing stillness.

*There are no eyes, no ears,*  
*no nose, no tongue,*  
*no body, no brain.*

It falls to him to direct the senses. Mental attention is what acknowledges sensory stimulation. Not every sound that reaches the body is acknowledged by the mind. The thinker chooses where the mind’s attention is focused. When the mind is still, the senses are calm.

*There is no seeing, no hearing,*  
*no smelling, no tasting,*  
*no touching, no imagining.*

It falls to him to direct the thoughts. Thoughts arise

*There is nothing seen, nor heard,*  
*nor smelled, nor tasted,*  
*nor touched, nor imagined.*

It falls to him to direct the stimulus for difference becoming indifferent to the stimulus there is no response. The sound, although in the room, passes through without being noticed. Not being noticed, there is no-thing to spark the thinking into dreaming.

*There is no ignorance,*  
*and no end to ignorance.*

That direction is toward Oneness within.

*There is no old age and death,*  
*and no end to old age and death.*
Oneness is timeless.

\[ \text{There is no suffering, no cause of suffering,} \\
\text{no end to suffering, no path to follow.} \]

Oneness is infinite being.

\[ \text{There is no attainment of wisdom,} \\
\text{and no wisdom to attain.} \]

In the present moment.

\[ \text{The Bodhisattvas rely on the Perfection of Wisdom,} \\
\text{and so with no delusions,} \\
\text{they feel no fear,} \\
\text{and have Nirvana here and now.} \]

The wise ones know where they stand in evolution. They are conscious and awake in stillness.

\[ \text{All the Buddhas,} \\
\text{past, present, and future,} \\
\text{rely on the Perfection of Wisdom,} \\
\text{and live in full enlightenment.} \]

The awakened Ones in time revere evolution as the guide for living. As Abraham, he who was not a brahman, did before them, the awakened Ones worship the Living God.

\[ \text{The Perfection of Wisdom is the greatest mantra.} \\
\text{It is the clearest mantra,} \\
\text{the highest mantra,} \\
\text{the mantra that removes all suffering.} \]

In this awareness, the point of focus for the awakened Ones is expressed by another Master Jesus who became the Christ as “thy will be done, on earth as it is in heaven.”
This is truth that cannot be doubted.

Say it so:
Gaté,
gaté,
paragaté,
parasamgaté.
Bodhi!
Svaha!

Which means...
Gone,
gone,
gone over,
gone fully over.
Awakened!
So be it!

Thus emptying the body and mind allows the space for crossing over into the new realm of awareness. As Carl Jung remarked centuries later, “Your vision will become clear only when you look into your heart. Who looks outside, dreams, who looks inside, awakens.” This is why interpreting energies becomes the next significant advancement in the evolution of man as a reasoner and intuitive being.
To bring deeper insight into Kuan Yin and the content of consciousness she represents....
The Jewel in the Lotus
There is a phrase more than a billion people repeat for a singular purpose. That purpose is to invoke the presence of Kuan Yin or Avalokitesvara. That phrase is Om Mani Padme Hum.

Mantras are powerful thought-form generators. An entire branch of yoga is devoted to the practice of mantras. Mantras are sacred verbal formulas repeated in prayer. They cultivate one’s ability to hold the mind still upon a single seed thought. When mindfulness is present, mantra yoga is the practice of visualization. It is the art and science of dreaming. Mantras imprint a seed idea with spiritual significance, thus every thought and action during our waking hours support the flowering of that elevated perspective.

Om Mani Padme Hum comes from the Karandavyuha Sutra. It is said to be the most important mantra in Buddhism. It opens the mind to the wisdom of Buddha, one who holds enlightened thoughts. Practitioners recite it as a means to identify the Truth and turn afflictions into bodhi.

This mantra focuses the attention on the mind’s light. Buddhist traditions hold that Om Mani Padme Hum assists at the time of physical death by allowing one to see the Holy Retinue of Amitabha, the Buddha of infinite light. It conditions the mind to recognize and receive the mind’s inner light, an image repeatedly reported following near-death experiences. If the mantra can prepare you to experience death without fear, imagine what it does for your experience of living!

As mental creators, we create with light. It is the light of our attention that forms the size, shape, and color of our thinking. Photons of light are electromagnetic. We charge them with a duty, giving them a function in the world. Whether your thought form is for health, longevity, loving relationships, or prosperity, it is the light you enthuse into it that makes it viable and attractive to other minds.

Each syllable of the mantra resonates with meaning. There is a picture behind each sound. Know the picture and your mind’s light will reflect that image, filling your being with that thought form.

Om Mani Padme Hum is a Sanskrit phrase meaning “All hail the jewel in the lotus”.

By contemplating and meditating on this phrase, one is imbued with divine qualities. Om Mani Padme Hum cultivates the six virtues that create the sacred heart. These virtues are the context for the
union of the higher heart and lower heart, symbolized for centuries
by Avalokitesvara and Kuan Yin. These virtues are the six emotional
doorways to love breathed by the Holy Spirit and revealed in the mind
of Atman.

In Sanskrit, the word Atman means both self and breath. Atman
is the universal self, identical with the eternal core of the individualized
Self that after death either reincarns to a new life for additional
learning or attains release from the bonds of existence. Atman is
the best, the Divine part of everyone’s multidimensional organism.
Repeating this mantra can strengthen, support, and extend your
experience of the blessing in the Kuan Yin Verses.

The Syllables

Om is the sound of creation. It is said to be the first syllable brought
into the world of manifestation. Om establishes this phrase as a
prayer to the Almighty Supreme God, the Creator of the cosmos and
bestower of our life existence.

Mani means jewel. This is a wish-fulfilling jewel that can be likened to
an Aladdin’s lamp. It will manifest whatever one wishes. Your creative
Mind is that jewel. Often regarded as a metaphor for the teachings
and virtues of the Buddha, I see mani as the Atman’s conscience,
radiating from the core of the individual, through the six emotional
doorways to love.

Padme symbolizes wisdom. Just as the beautiful lotus grows from
mud, so the wisdom of the heart sees the beauty, union, and integrity
in all life. Padme is the Heart that gives and receives love with the
fullest of understanding.
*Hum* signifies indivisibility between thought and action. *Sutra* means thread. *Sutras* are eternal Truths expressing through all of creation. When *Hum* is sounded, it acknowledges the Truth that thought is cause and the physical world is its manifest likeness. *Hum* carries the same impact as *Amen*, so be it.

Sounding this sutra sustains the core energies activated when one is centered in the True Reality. It feeds the divine nature, bringing forth Atman. In Sanskrit, “A” is a negative particle. This implies receiving, the function of the feminine principle symbolized by Kuan Yin. “Tma” means darkness. The logical, linear mind sees this as the negation of darkness and comes up with light. In a polarity sense, this has merit and can describe the masculine principle of neutrality, a state of accepting What Is, without any desire to change, without any resistance to change either. “Atman” then is the aggressive and receptive principles reaching to understand consciousness in the face of polarity. These polarities create the wheel of samsara, the six realms of existence which must be understood in order for one to cross over into the Mind where consciousness can experience the True Reality.

In a duality sense, we might hope to experience Atman as the act of receiving darkness, that which is unknown, unformed, virgin – Kuan Yin, the consciousness that is Mary, the Holy mother of Jesus. Into this space, you as a thinker are invited to create so you might know the Real Self. You are the Light of the world.

For the Buddhists, Atman is the Brahmanic Fire resulting from the use of Kundalini, the most powerful creative energy available to human beings. It is this Holy Fire that purifies the heart, making it sacred. The coherent heart knows love and compassion, honoring all life.
The Six Paramitas

Paramitas means “perfection”, reaching beyond limitation. The Sanskrit word also means “to cross over to the other shore.” Buddhism teaches that the practice of these enlightened qualities of the heart move us from ignorance to awareness of our true nature. All Buddhas walk the path of six perfections. These paramitas are traditionally defined as Generosity, Morality, Patience, Diligence, Renunciation, and Wisdom. They resonate with the syllables of the mantra and, being virtues, they are found in the six emotional doorways to love.

There is also a seventh sound which is not always vocalized audibly. It is resonated internally or “secretly” through intentionality. This seventh sound resonates with the center of the Stargate Pattern, site of the channel light that is the individual’s core. The...
O F A M A N T R A

purifies polarities of anger (-) and temperance (+)

purifies polarities of jealousy (-) and trust (+)

purifies polarities of distress (-) and comfort (+)

purifies polarities of sadness (-) and joy (+)

purifies polarities of disgust (-) and satisfaction (+)

purifies polarities of shock (-) and surprise (+)

virtue occupying this center space is humility.

This mantra holds an entraining power that fortifies the one whose Mind and Body intone the thought form sounds. It functions as vibrational medicine, welcoming the experience of Bodhisattva. This is dreaming of the highest order for it encourages what the Iroquois call orenda, the acquiring and accumulating of authentic power. Orenda is acquired through life experience and accumulated in the process of understanding the universal Truth of that experience. Those who have the ability to harness and channel orenda can accomplish extraordinary things. These healers, creators, and leaders are modern-day Kuan Yins and Avalokitesvaras, shapeshifting the world. These ones realize the inherent Truth in the riddle of The Secret Place: “Because, I AM, neither-either, yet Both” the Godhead is Within.
The morning of November 20, 2011, several weeks after interpreting Kuan Yin’s Verses in the language of mind, I awoke with this dream experience.

I am with a group of people in a large room with a balcony or raised floor with open walls. People are sitting and standing, beyond them along the walls and on shelves are books. It is like a bookstore, and appears to be in a metropolitan area although there is no indication of where. It could be anywhere because the group is multicultural and multiethnic. The people present are divining a number between 1 and 100. They choose a heart shaped totem with a number on it from a singing bowl. Each says their name, then announces the number on the heart to the group. I then read that verse from the Kuan Yin translations in the Universal Language of Mind. Sometimes, we talk about the verse’s meaning, sometimes it stands on its own. Everyone is attentive the entire time, as if each verse is for them as well as the one who chose it.

When we are complete, when all who desire are fulfilled, we chant Om Mani Padme Hum.

When the bowl returns, it is empty. EOD

May this dream come true wherever heads, hearts and hands are guided by the Holy Spirit.
Resources & References
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Much gratitude to my dowsing instructors

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