

DAY 16 – PROCESS

Read today's process first, then watch the video to practice, then once you're familiar with the sequence and want to practice it from start to end without watching, put in ear pieces and practice with the audio.

Leave using the audio till you're familiar with the day's whole process as you'll find it slightly different in sequence – this an example of circularity and promoting not being rigid about your rituals.

Draw up the primordial power and invoke primordial self

Matter materializes from anti-matter. Something comes from nothing. What is nothing? The intellect can't conceive of it.

What stands behind everything that is throughout the universe? The primordial presence – the presence you embodied when you took form in the womb. The presence that every manifest phenomenon from the smallest speck of dust to the most gigantic cluster of galaxies embodied as it took form.

The presence expresses itself through a ubiquitous energy – primordial energy, the original chi, and though we love to think of bright light, remember this energy stands behind even light – it's what you might call, without any negative connotations, dark energy, such as you'd feel in the bowels of an ancient cave – soothing, silent and still.

So silent and still it shocks you.

The art and requirement of magic at its deepest level is to embody the primordial presence as it funnels itself through the channel your incarnation provides, and hence becomes and which you can think of as your own primordial self, the self that's been there almost unseen all the way through, somehow with its independent existence yet paradoxically entirely interdependent with you.

For it is this self that magnetizes what you need into being, that manifests your destiny, not your locally referenced mundane self, and you must gain the active alliance of this self, which you have and have had all along in latent form anyway, it's just that you need to acknowledge it to activate the ensuing synergistic power.

And this is done as part of a daily practice as follows.

Sit square in a chair or stand – standing's better if you can.

Push your palms behind you as a gesture of acknowledgment to honor first your own backstory and the Tao informing it, and then your ancestral lineage and the Tao informing all comprising it, without whom you'd not be here to do this magic.

Now push your hands into a circle that doesn't quite join up above your head with your palms facing upwards as a gesture of acknowledgment to the guardian energy, comprised of the love of all your ancestors and allies gathered along the way.

Lower your arms and open them into a large T out to the sides at shoulder height, shoulders dropped, neck relaxed, breathing slowly, and honor and embrace destiny the beloved, and the Tao in it.

Invite destiny in. Acknowledge Destiny Angel sitting in you. Move your hands into a 'double push' position as if about to push against a wall, with arms bent at the elbows, palms facing forwards. Command destiny via its ambassador within to unfold the upcoming passage of your life with supreme elegance (or however you'd describe the infinite precision of the Tao).

Lower your arms slowly to your sides.

You're now going to purify, refine and protect yourself for trans-dimensional travel, by completing the microcosmic orbit – scoopin' the cosmic loop: as you inhale see and/or feel the breath as if traveling in a fine stream up the rear of the spine from coccyx, through the back of your neck to the crown of your head – as you exhale see and/or feel the breath as if now traveling down the front behind your forehead, throat, breastbone, and pubic bone into your pelvic floor to form a loop with the ascending stream at the coccyx.

See the breath as a fine light in orbit, concentrate on the next exhalation and as it goes down the front of you, see it purify you in every sense of all the illusory dross of the front self, then as you

inhale again and it goes up the back of you, see it refine you, and similarly to how you'd refine steel to make it stronger, strengthening your back self progressively more on each orbit – imbue the breath-light with the power to do this.

After three orbits see these qualities of purity and refinement constituting a protective energy – protection – that acts as a catalyst to strengthen your guardian energy and complete another six orbits making nine in total.

And now you're ready.

On the next inhalation let your arms float up out at your sides like a pair of big angel wings until with a full open wingspan - shoulders are dropped and relaxed, elbows lightly bent to give a curve to the arms, back of neck relaxed, breathing freely, slowly. and as you do, draw up the dark primordial infrared power that stands behind time and space, behind light and sound, behind life and death, has always and will always and is always – your original self behind this while journey of lifetimes your soul has taken.

This is the Tao in your personal soul-vector.

Don't be afraid of it.

As you've spread your wings you've drawn up that power which is now bouncing out to the horizon in 360 degrees – all around you – inner and outer horizons – specifically bouncing out from your lower belly, your midbrain and just in front of your chest and between your shoulder blades. On reaching the horizons it vibrates and the reverberations reflect all the way back to you.

At the core of this is a shocking stillness that gives rise to the root of all movement.

It's from this shocking stillness you're now drawing your power, from this ultimate nothingness you're drawing the power to generate a new reality.

All the wealth and good standing you need, all the resources you need are contained in this stillness.

Lower your arms slowly as you breathe out, letting them float down to your sides – enjoy the relief and sensation of increased energy flow in the armpits.

Gently press your finger onto the top of your forehead at the middle of your front hairline or where your front hairline should be. This energy point is the doorway to destiny, or more prosaically the trigger that puts you in command of the flow of destiny. Slowly make a small circle with the tip of the finger clockwise, as if softly drilling a hole through the bone.

Once you've drilled through, picture a spotlight shining a broad, focused super-strong beam of light onto a point out in front in your sphere just on the other side of having manifested your changes. See it cast a huge circle of light on the ground as if lighting a dark stage floor, upon which you now place yourself in a marvelously comfortable armchair of rich red leather gazing back at yourself in the audience and smiling. Smiling because you've done it. You've managed to activate a powerful enough ray of intention to produce the effect, and now here you sit beaming with delight and encouragement for this current version of you, because you're about to go on the ride of a lifetime and enjoy it so much you'll hardly know where to put all that joy.

Now agree to it. Agree to it in full humility. Agree to it from the back of you. Agree to it from the state of already having everything, already having the greatest gift there is, being here, next to which all others without exception are by comparison mere coloration, decoration, entertainment, and flavoring.

Agree to it not minding if your vision bore any resemblance to what will actually be. Agree to it with the implicit understanding you're agreeing to offer yourself in service to the flow by being sent on a journey on which you'll be sharing the unique gift of your particular expression of Tao in human form, also with the implicit understanding all your needs will be met, all resources required to support you in your mission will be provided for in the most elegant and plenitudinous way going at the time. Agree to it with all your heart, soul and mind.

Stand with your feet facing forwards about shoulder width apart, knees lightly bent, not locked and in line with your feet, so not caving inwards.

Tuck your sacrum slightly forwards and remain aware of it staying like that as you move to keep your back strong.

Talking of which, lean right back inside. Relax all muscles. Breathe slowly and evenly. Next inhalation swing both arms up tops of the wrists leading the way in front of you till nearly over your head – do not arch your back, keep the sacrum tucked forwards and the spine lengthened, especially the back of the neck.

Exhale and your arms swing down again, palms and heels of the hands leading the way, and they swing right past your hips and end up a bit behind you from the momentum.

Then all you do is repeat that at least nine time but as many as you fancy is fine, because some days you may really get into it and when you do there's almost nothing as exhilarating plus it makes your magic much stronger.

After a while you'll notice that if you were some sort of strange bird doing this with specially evolved paddly type wings, standing upright, you'd be whizzing so fast through the air it would be breathtaking.

And it's no different for your own soaring spirit.

And what you're doing here is flying so fast the heavy pall of all old self-defeating habits and patterns can no longer catch up with you when they inevitably chase after you, you having just divested yourself of the essence of them – you know how habits are – they cling of they can. But they can't now you're doing this because you're going too fast.

And the motion is carrying you high above all perceived obstacles, high above all perceived obstructions, high above all perceived delays and opposition, and way past it all, to find yourself in no time occupying a far clearer, far larger, far more universal sphere or collection thereof than ever before, now containing all the new conditions required to facilitate your desired outcome. And you don't mind what happens because you're just enjoying the ride anyway.

Listen to Audio 14 only when you are ready to practice and have familiarised yourself with the process in today's video.