

The Manifesto

For each of the following stand with feet at shoulder width, knees lightly bent, pelvis tucked slightly forwards – or sit square in a chair but standing is better.

FOR THE ENTIRE DAY LIVE THE IDEAS, EMBODY THEM.

(Naturally, you're free to reject or rewrite any or all of it – this is to serve as a template – helpful to learn it as is and change as you go along).

This is the most important part of the training – even more important than having activated your intention and set the magic in motion – for how you conduct yourself now both internally and externally totally determines the amplitude, quality, depth and plenitude of experience you have – and that's the whole point.

Read the text first, picture it, then watch the video. After you've watched and practiced with the video, use earpieces to listen to audio 16 as you go about your day. It contains just the pledge in each clause.

Do this every day for 28 days as it's important to become familiar with these over the 28 day time span, by the end of which your life will already be radically changing according to your intention.

1 Press the center of the back of each hand in turn in line with the web between the two middle fingers just south of the metacarpal (hand) bone, to momentarily break your usual energy and hence thought current associated with grasping at things and say this aloud,

“I stop engaging compulsively in the mental mode and activity realm of wanting...”,

now press the center of each palm in turn to interrupt habitual patterns associated with receiving and continue

“...and start engaging unequivocally in the mental mode and activity realm of having.”

2 Tap once with conviction three inches or so down from each armpit directly on the ‘side-seam’ in the intercostal space in turn to interrupt internal mechanisms supporting compulsive tendencies and go on,

“I stop compulsively assuming a lack exists to be replenished and start unequivocally being grateful and satisfied with what I have, with what is”.

3 Raise arms out to the sides level with the shoulders to form a T – shoulders dropped and relaxed back of neck relaxed, breathing fluently and go on,

“By identifying with and referencing to the plenitude of what is, my intention is for plenitude to grow exponentially in amplitude and quality”.

Lower your arms slowly to your sides.

4 Keep your shoulders down, raise your arms, bent at the elbow to chest height to create a circle on the horizontal plane but with a gap of a few inches between the fingertips of both hands as if trying to get your arms round the trunk of a tree that’s just a bit too fat for you, and go on,

“I recognize and accept I already possess the greatest gift there is, that I’ve already won the biggest prize of all: I’m here, I’m alive. I intend to remind myself of this constantly and agree that remaining fully cognizant of this, I create space and all lesser gifts and prizes fall in my lap in the most surprisingly elegant way, readily, easily, and without effort on my part.”

5 Slowly lower your arms to your sides, elbows still slightly bent, palms facing down, gunslinger style and say,

“I recognize and accept my delight, fulfillment, succor, and sustenance derives solely from my dynamic with the Tao informing me and everyone and everything there is.”

6 Raise your hands slowly to the sides of your head and gently press into a subtle indentation in the temporal bones either side of the head, roughly an inch up from the apex of the ear to release from the thoughts the hot wind from chasing after externals and go on,

“I accept and recognize, no matter how I may convince myself otherwise, nor how convincingly anyone tries to lead me to think otherwise, no one and nothing external can provide more than transient superficial mitigation of the wanting mode”.

7 Tap once with conviction, center of upper breastbone over the thymus to stimulate conscious awareness of the soul and say,

“I recognize and agree my greatest joy and fulfillment derive from conscious awareness of my soul, and the souls of others and my connection with others at a soul level, free of codependency and associated manipulative tendencies on either side”.

8 Place your forefinger in the dead center of your breastbone and turn it slowly, moving the skin lightly against the bone, in a tiny counterclockwise circle to activate your heart chi's capacity for incoming love and go on,

“I vow to experience whatever happens, coming or going, easy or hard, pleasing or repelling, comfortable or painful, yin or yang, as a pure expression of the Tao loving me with the fullness of itself”.

9 Turn the circle in the clockwise direction to stimulate your heart chi's capacity to transmit love and go on,

“I vow to experience every moment I'm here as a pure expression of me loving the Tao with the fullness of myself, with all my heart and soul and mind, no matter how distorted, distracted or disturbed I consider my state at the time.”

10 Make fists, place the backs of your hands against your sacral bone, relax your shoulders and elbows and using your knuckles rub up and down just either side of the midline briskly, rhythmically, evenly and firmly for a few seconds to warm and stimulate the sacred root (hence sacral bone) of your physicality to encourage a natural state of trust, and continue,

“I accept and agree it's entirely my choice whether to place my trust in the path and in the Tao informing it to provide for all my needs, or whether to doubt it and lose myself in anxiety. And I accept and agree that whichever I choose in any given moment directly determines how the path treats me by reflection.”

11 Use your thumbs to press into the middle of the zygomatic arch at the tops of the cheeks, both sides to elicit more natural cheerfulness and go on,

“I agree the purpose of me being here as a vessel of the Tao, through which it is able to have a human experience, is to enjoy it – and that means not to defer enjoying it till I've achieved my various goals but to enjoy it now, in each and every moment regardless of how pleasing or painful.”

12 Jam your thumb lightly into the apex of the opposite armpit and with that arm outstretched to the side, slightly bent at the elbow, shoulder relaxed, back of the neck relaxed, breathing fluently, hand in a fist, slowly rotate that arm nine times backwards then nine times forward, all the while applying steady thumb pressure, then repeat on the other side, to open up the heart meridian and increase the urge to radiate joy, and say,

“I accept and agree my mission here is to let my joy spread like a contagion, no matter what I’m doing, because the more I do and the more it spreads, the more people become vessels of enjoyment for the Tao informing them, and the more joy the Tao feels through us, the more exponentially quickly and powerfully that joy spreads – and there can be nothing much better both for me and everyone else than living in a joyful society.”

13 As if flicking water off the ends of your fingers with your arms held out in front of you, flick your fingers repeatedly as you say,

“I recognize and agree spreading this joy is the only real antidote to the suffering and cruelty people perpetrate on each other and I perpetrate on myself.”

14 Turn your palms up like Oliver Twist asking for more (of yourself) and go on,

“I recognize all humans without exception are members of my global family, and I take responsibility for contributing what kindness (same root as kin) I can”.

15 Turn your palms away as if to give and continue,

“I agree that by informing the basis of all my mental and physical activity with an underlying intention to serve my global family, by channeling the Tao informing us all in each and every one, I will have all my needs met to support me on my mission no matter how big my needs actually turn out to be at any given point – because while provision for my needs originates in Tao it materializes for me by the agency of others.”

16 Place a palm on your solar plexus and the other on top of that , relax your shoulders and rub them in clockwise circles over your solar plexus (middle of upper abdomen) to dispel greedy tendencies and induce a sense of contentment, while you go on,

“I recognize and agree that greed born of fear and ignorance, short term profit motive, objectivism, ruthlessness and egocentricity clog and clutter my energy field and prevent the natural spontaneous influx of everything I actually need.”

17 Press your thumb into the web formed by the thumb and the first finger on the opposite hand, when you’re looking at the back of the hand to encourage the let-go mode in your energy field and say,

“I accept and agree that rather than invest in acquiring people and things, I will invest solely in loss, meaning I vow to constantly let be and let go, to consciously empty myself and keep detaching from any egocentric agendas, because I can only be filled by channeling Tao when I’m an empty vessel, and I vow that rather than be driven by the vain desire to accumulate, I will let myself be driven purely by the desire to channel flow”.

18 Float your arms up into a T again, this time as a gesture of acquiescence and say

“I accept it doesn’t matter whether I get what I want or not because I already have the greatest gift there is anyway – I’m here – and because through the alternating oscillation of yin and yang, hard and easy, destiny will bring me to the state and accompanying set of conditions, and vice versa, in a far more elegant way than I’d have ever been able to concoct.”

19 Press your temples – press into the forward inner edges of the indentations at the outsides of the eye sockets to broaden your filters of perception and say,

“I vow to remember to remain clear about my intentions from moment to moment – and to remember that the more simple, and broadly scoped my intention is, and the more aligned to being of service it is, the more room I allow the Tao in destiny, to unfold in its fullest elegance and magnificence for me and everyone”.

20 Press the point between the eyebrows as if drilling through the bone with the fingertip to align the front of you with you in the back and say,

“In forming intention, I acknowledge my yearning is never really for any external object of desire, nor for any imagined scenario, but for the state of being I think that object would afford me. I agree it’s easy for me to engender or manifest any state of being I choose,

regardless of any external conditions, simply by choosing it. And that once the state prevails all requisite external conditions to facilitate and support it are spontaneously provided.”

21 Shake your hands out as if shaking water off them to encourage letting go of yourself, while you say,

“I accept this 4-D reality tunnel, the world of the ten thousand things, is a construct of the human mind, individually and collectively, an illusion based on a set of arbitrarily chosen descriptions and nothing more. I agree nothing is as it seems and reality is ultimately plastic and amorphous rather than solid and fixed – and that there are no ‘things’, no ‘nouns’, merely processes in motion at various frequencies – and that the illusion holds itself together by mutual magnetism of its constituent part, so however I, as one of its constituent parts, describe it to myself is how it will behave by mirroring me.”

22 Imagine you’re wearing spectacles and trace the imaginary arms of them to their ends behind your ears – if you’re wearing spectacles so much the better – and just up from there and a little forwards you’ll find a dent – press in on both sides of the head to increase back-brain awareness and say,

“I undertake to remain cognizant of how I’m describing my experience to myself and to keep simplifying my description to myself and to keep simplifying my description progressively more till all I can see no matter what I’m experiencing is the one, the Tao, flowing into myriad apparent phenomena”.

23 Press between the two adjacent tendons running up the midline of the forearm about two inches up from the wrist bracelet first one wrist then the other as you say,

“I accept that the greatest challenge to manifesting phenomena from source is not minding which way it goes, and that this challenge grows stronger the more effectively I manifest phenomena because the more I draw to me, the more there is to let go of.”

24 Look at the back of your hand and trace the midline of the forearm till you get to the highest, most muscular spot and press into the middle of that – it will feel tender – to encourage divesting yourself of yourself as you say,

“I undertake to continually to revert to investing in loss and emptying myself by remembering I’m transient and my time here in this body is limited and I’ll be taking nothing with me but the Tao”.

25 Make fists and using the eyes of the fist (the circle of padded flesh formed on the outside of the hand when the little finger is curled), pound a drum roll rhythmically on the center of your breastbone while toning the sound, HAAAH to engender compassion for yourself. Do this for 30 seconds or so and stop suddenly. Now wait and in a second or two you’ll feel a subtle radiance of heart chi. Then say,

“I recognize and acquiesce to the unresolvable paradox of everything being destined and inevitable and that none of it happens as it does unless I agree to it and rise up to meet it with a courageous heart.”

26 Palms facing down, float your hands up in front of you to chest height and then down again very slowly, up and down, up and down, to help you feel the chi moving with 4 ounces as you say,

“I vow never to use any less or any more than 4 ounces in following my intention and by yielding while holding my ground, never to let the force of life impact on me with more than 4 ounces”.

27 Slowly rub the area of your belly just below the navel, in clockwise circles to stimulate the flow of chi throughout your system as you say,

“I agree to remain attuned to the chi moving through me and to follow the impulses it provides rather than any intellectually based plans or agendas, and vow to follow these impulses at all times, however irrational they seem, and to take action, however big or small, as and when impelled to, because I know that only through this can the Tao produce the optimal coalescence of conditions required to facilitate my intended states of being”.

28 Finally, raise your arms slowly above your head in a gesture of total ebullient surrender as you say,

“Above all, I vow to enjoy each and every moment of this ride regardless of which way the action appears to go.”

Listen to Audio 16 only when you are ready to practice and have familiarised yourself with the process in today's video.

Now all you have to do is watch the outro video and you're good to go.

Merry magic.