

Increase Intelligence

Differential between subtle intention and awareness of the resulting process – causes intelligence to grow.

Minimize the emotional reaction to this differential – remember that without it no progress is possible.

MuniMaharaj said: Those who think they know, don't know. Those who know they don't know, know something.

Looking ahead (in time or space) within a process to “the edge of your perception” leads mind deeper – then more subtle things appear and the learning differential increases in refinement and size.

Background remembrance of past training – Main concentration on present training process – Inquiry into what can be glimpsed of impending training. Ask questions to consolidate present training and support inquiry ahead.

Passive and Active Stretch.

Passive stretch produces large transverse and twisting waves. Active stretch produces small waves.

Internal waves of movement – mind in same direction as body activates and deactivates contracting muscles. In-

ternal pressure waves – mind in opposite direction from body movement consciously activates stretching muscles.

Energy conservation – 3 ways to build the body's energy

Increase deep-breathing. Increase energy flow by moving mind through the body with intention. Increase fluid (blood and lymphatic) circulation with internal pressure changes from lifting and sinking while moving gently.

Phase 4 – “Rising Pressure Wave Form” evolves to “Expanding-Pressure-Wave-Form”

After pressure gathers in and around the centre – mind empties and expands out to arm's length as centre drops then rotates, listen to pressure increasing in feet, hands and top of head – may add intention (line of light) extends as centre rotates, then shoulder-girdle rotates, then hands extend.

3 levels of internal training – each level has 3 stages (external is level 0)

1. training within body and body's energy field – based on the Lower Dantien
 - 1.1 internal body movements – waves of movement (3 types of wave).
 - 1.2 movement of pressures and forces – waves of pressure
 - 1.3 movement within body's energy field – waves of mind and energy with glimpses of deep-emotional
2. training within deep-emotional energy field – based on the Middle Dantien
 - 2.1 increased awareness of the deep-emotions – send energy there to ‘wake up deep-emotions’
 - 2.2 working with intention and strong energy responses – intelligence grows due to learning differential
 - 2.3 semi-natural processes requiring only light intelligent control with glimpses of deep-mental
3. training within the deep-mental realm – based on the Upper Dantien
 - 3.1 3.2 3.3

Deepening Cycle – use the 5 phase cycle within each movement to go deeper.

First train from outer movement on phase 1 to internal wave of expansion on phase 4 (0 – 1.1)

Then train wave of movement on phase 1 to wave of pressure on phase 4 (1.1 – 1.2)

Then pressure wave on phase 1 to body's energy field on phase 4 (sphere 1 fist out from centre) (1.2 – 1.3)

Then train body's energy field to deep emotional (sphere around body out to 1 arm's length) (1.3 – 2.1)

As each level is stabilised, then, at any time a simple act of intention will send the mind down to that level.