



So let's take some breathing right now. Take a breath, just a normal breath. Don't try to do a yoga pose or a mudra or anything in particular. Just a breath.

Now, I'd like for you to think of the sacrum, so we're going to go all the way down the spine, past the small of the back... The sacrum is that flat triangular bone just above your tailbone. And take a breath from your sacrum.

Hopefully you noticed a contrast there, between the first breath you took (and this one.) So you can just play with this for a little while. Take a normal breath.

You should feel your lungs getting filled with air. And then take a sacral breath.

Usually the lower belly sort of bulges out. The body, when it's forming - your body as it's growing in the womb - takes quite a while before you have lungs, but your body breathes, before the lungs have formulated. So when we go to the sacral breath, we're going to a primitive breath. Its purpose is to connect you back to the Oneness. Kind of that effortless state of grace, so you're just floating in your own space, all your needs are being met. That sacral breath takes you back to a primitive force. But it's also a time at which you are transforming rapidly. Cells are dividing, the body is growing, extremely fast, and it's following a divine blueprint.

The sacral breath, or the breath (where) you just kind of take your body back to some time in the womb, before the lungs developed, and breathe that way.

When you request it of your consciousness, you go there.

I'm formulating a new third eye exercise, which I'd like to introduce now too. It's bringing a gold- kind of a pale gold color, a soft gold - right into the third eye. Right into the front of the forehead.

And you'll find that it's soothing. It's peaceful. It's particularly beneficial to the nervous system. So even if you're around someone who's a bit overloaded, they're kind of overwhelmed or they're nervous about something or what not, if they're open to it - I think it's one of the quickest ways - you could say 'You know, I've tried this new exercise. It works really well for me. Do you want to try it? And it's just feel this gold light go right into your forehead.'

Good. And now we'll combine that with sacral breath. Tell your body (to) breathe

from the sacrum.

You may feel the nostrils working a bit, the lungs working a little bit, but most of the breath energy will be down in the lower belly, the pelvic region.

Good. All right. We're ready to do the activating of the divine blueprint.

Like most things now, it's really a kind of a request, or gentle command, and then it's done. But I want to take you into that seed consciousness first. So what you're looking for, somewhere inside your body – Now you might see it as the central column that runs up and down the chakras. You might see it as somewhere in the heart chakra, or the belly button, or wherever it is in *your* consciousness. What you're looking for is that cosmic seed. The one seed of Creation that made all other things, that made everything in Creation. Look for the common denominator with Creation, or that oneness.

And what we're going to do is give the gentle command, command/request, 'Activate divine blueprint.' So you talk directly to that seed consciousness: 'Activate divine blueprint.'

And just like... the way all things grow, in Creation, there's a process now. It looks like cell division. The blueprint seed, if you will, is unfolding just like a flower grows, or *anything* in Creation. It's going to start opening, opening, opening, opening.

Continue with sacral breath.

And you might notice some changes. Your heart may feel more full. The heart chakra may feel more full.

It is literally sort of building its own structure. It's a geometric structure growing, inside your consciousness.

There's a mission or purpose to all of Creation. It has a reason for being. And part of developing, spiritual growth and personal transformation, personal growth - part of that whole journey is to activate divine blueprint, to finish Creation, if you will.

First you become aware that it's a journey. Then it seems more like a quest if you will. And what we're moving into now is this automatic finishing process, where everything unfolds and develops, fully.

Our affirmation, for this one: 'I am activated divine blueprint.' Alternate: 'I am divine blueprint fully unfolding.'

Repeat that: 'I am divine blueprint fully unfolding,' and the first one was 'I am activated divine blueprint.'

Or any variation, 'I am divine blueprint in action.' 'Divine blueprint in completion.' (I would say on this one, the 'I am' is a good thing to put on the front of it.)

Find a phrase that you really like. That resonates. That when you say (it) you feel power and strength and centredness in your consciousness.

And then use that affirmation as much as possible, until it seems to change to something slightly different, or you're just not interested in using it anymore.

Continue with sacral breath. (Long pause)

Now what we're going to do is connect that activation of the blueprint in your own body with the ripple effect. Take a moment, to feel the *qi*, your energy field, gently rippling in all directions. It's not just out. It's up and down as well. It's out in all directions.

If there's any energy that needs to move, that will probably cause some yawning, a desire to stretch, a desire to lay down flat, whatever it is. Obey your sense. You know, if you get an inkling that you really should sit down or stand up or lay down or stretch or yawn or whatever, go ahead and do that, because it's your consciousness saying 'This is what we need. This is what we need right now.'

You might have a desire to put your hands out to the side or do a *qi gong* exercise, or... Whatever it is, just allow your body to just do what it feels like doing at this point. We're creating the ripple effect and there's been a transformation, kind of an initiation of a sequence that unfolds the divine blueprint and it's moving in your own consciousness, and it will continue to ripple outward, affecting all of Creation.

So again, we're just letting the energy *move*. (Long pause)

Now if you've noticed a different body temperature: growth equates to friction or heat, so it would be normal for the body temperature to raise a bit. And if there's a fear of change, a fear of transformation, a fear of completion or whatever it is, then the body temperature might go up even more. That is how your consciousness clears fear. It burns it away.

All right, let's go to activating divine blueprint. Let's reaffirm that. Give that gentle request/command: 'Activate divine blueprint within me.'

Again, you'll see a process that just begins. I think the heart chakra, usually, on this exercise, the heart chakra, is where most people notice a different feeling, a different sensation. Allow yourself to notice the ripple effect. Transformation *always* begins within, and then travels outward. It never starts out there and comes *at* you. So if you're getting the feeling of these waves just sort of bouncing all over the place, like you know your seed consciousness has changed, and it's rippling out, and then someone else's seed consciousness is rippling towards you, that sort of thing - It *is* true that it goes in all directions and all time.

The overall change might be like taking a clear bowl of water and putting a couple of drops of food coloring in it, a couple of drops of blue in there, and pretty soon the entire bowl of water is a *light* blue color. That's what we're doing with Creation right now. We're letting the ripple out be a conscious process, and it's changing the tinge, if you will, or changing the vibration and color of all of consciousness.

(Pause)

Right, good. The work of the activation for the blueprint is completed. So now what we'll do is bring in that soft gold light into the third eye again. This is something that helps soothe the nervous system.

(Long pause) Good. All right!

Notes from a Tibetan Monk