

What an extraordinary thing! "Terrorist" is a label, which somebody put onto someone else. I doubt that anyone chooses to label themselves as a terrorist. But they are committed; and they are focused; and they're willing to give all of themselves to what it is that they're committed to. And you can only... you have to meet that kind of force with an equal amount of force. There's just no other way.

I had a friend Leonard Mills Junior. He's was a martial artist and I believe he still holds the world's record for breaking the most concrete with his head: 17 ½ inches! Knowing this, I had to meet him. And at one of our meetings, I asked him outright: "How do you do something like that?" He said, "You have to build up as much internal force as there is external force coming at you." It's as simple as that.

The internal force that we need to create to overcome violence and terror is the force that originates in our hearts. We need to wake that energy up, and we need to bring that energy up to the level of whatever other energies we encounter, or face, or deal with. We have to match it. I don't know any other way to neutralize it and get back to this place that we're all looking for.

I think what we're after is something beyond opposites. We talk about meeting, say violence with love, or meeting anger with peace. But what we're after is a field that's bigger than that. It's not enough to just be the opposite of something. We have to move beyond that dimension. It's just not big enough for where we're going and for what's happening.

You can't take one side of something; that's not how we break through, that's not how we go to the next level. We can't just say: "Okay well we're the good guys and they're the bad guys and so end of story." The good guys and the bad guys are part of something that's within something bigger.

Both of those things are included in something bigger, and that something bigger is what we're all being called to wake up to. And it's happening whether we like it or not, whether we're ready or not, whether we want to or not, it's happening.

So for me the challenge or focus is dealing with our system—our mind-body system. I don't remember creating this body; I just woke up in it one day. I don't know how I got here, I don't. But I do know that it's possible to just pop up somewhere.

This forgiveness idea... [It means] we have to pop up in a new place, and I don't know if we can get there step by step, by step. That might take forever. I had a great marketing lesson and it comes from a guy who no one would associate with being very spiritual.

But something he pointed out I think is so incredibly profound. He started out—he was talking about “this is how all poor people think.” Because he's into wealth building and generating income at will and so on. So he says, "This is how all poor people think: they think sequentially. First there's A and then there's B. Then there's C, and then there's D."

"First there's the first grade and then the second grade. And first you go to elementary school, and then you go to high school, and then you go to college. And then you get your PhD." Everything is sequential. And the alternative to that he says is to simultaneous.

We've been so conditioned to think [that way], it's so engrained in us. Well of course first there's the first grade and then there's the second grade, and then there's the third grade. So first I get an education, and then I get a good job, and then... Then I save money, and then I invest it. And no matter what level people are on, they're really in this same rut; it never ends.

Trying to fight your way to the head of the pack or climb your way to the top ladder step by step is an old paradigm. It comes from a dead, stale way of being. We can simply leap to something. Maybe we don't have time to take this step by step, by step kind of approach. We need to just totally let go and just pop up somewhere else.

We need to leap to the next level. You can't climb there. You can't go there step by step. But that means breaking from some conditioning that everybody is locked into. That's really hard to do, to break from conditioning that everyone else around you is locked into. Wow, that's rare, that's very, very rare. You have to surround yourself with people who are also ready and willing to make the same leap, otherwise it's so difficult.

So we want to go into this bigger field. And so even justice... justice is about balancing. I don't know if balancing good and bad, and balancing right and wrong, and balancing my goals with your goals. There's still something not right about that; we're not working on the right level. We're focused in the wrong way somehow.

Very often we don't question it: justice of course is such a high value. But it's still within something and there's something bigger than that. So trying to get our system to open to something bigger when it's like a default on a computer. Your system keeps defaulting automatically to a certain setting that's ancient, that's inherited, that everyone agrees with...

So my feeling now is that our system itself is what's holding us back. I could consciously want to be loving and peaceful and joyful, but damn if things don't happen, we're suddenly... bam... something else is expressing. It's like some underlying default setting in our system. And it's holding us back from really breaking loose and making that leap.

So we want to use the breath to do that, to find something really deep in us and let that go. It's beyond the mind, it's in our unconscious, our subconscious, it's in the mass mind, and so you can't really get to it with the part of your brain that balances your checkbook. That part of our brain can't access the level of "let go" that we need to accomplish. But the breath is connected to that place.

By mastering the ability of letting go of our breath, we are developing an ability to let go of many other things.

If you cannot let go of your breath, if you can't let go of your exhale, don't be surprised if you can't let go of pain. If you can't let go of your breath, don't be surprised if you can't let go of fear, or anxiety, or depression. If you can't let go of your breath, don't be surprised if you can't let go of the past, if you can't let go of your opinion, your [limited] sense of self.

But if you can let of the breath, totally, you will be able to let go of many other things. And in the letting go, forces like gravity take over.

I love looking at flames these days. Do we have a flame lit anywhere here? It would be really lovely.

You know if you look at a flame, look at a fire, the flames are rushing upward. They're responding to a force very much like gravity, which is pulling us downward. So if we can somehow connect to that force that is drawing everyone and everything upward, and break free... from say "gravity," which might be a "grave" mistake.

But I don't think it's something that we can do from where we are... it's like the chicken or an egg thing. Even interpreting the bible, interpreting the words of Jesus, unless you are coming from where Jesus was coming from, we can't

really connect with the words. Intellectually you can, your mind will get satisfied; it thinks it knows he meant and what was being said. But that's not the same.

I love the “magical Starbucks moment” that we talked about earlier. What an amazing thing! It really is true that if a few people are beginning to resonate with a certain frequency or energy, people around them, whether they're conscious of or not, or willing or not, or are on the path or not: they are going to get caught up in that.

I was in deep sea diving, and a bubble [on the surface] the size of this room, at 300 meters is practically microscopic. A bubble of air when you're 300 feet under the water... as the bubble rises, it's get bigger and bigger. And so on the ship you have these huge tanks of air, and you're pumping this air down to the diver.

And it takes a tremendous amount of force to pump that volume of air, which is decreasing in volume as it goes deeper and requires more and more pressure to push it as it goes deeper.

And so how is that accomplished. It's accomplished by certain physics: I think he was Italian... Venturi... I think it's called the Venturi Principle. We have a hose of air this big [2 inches in diameter], and there's a nozzle, and a valve in the hose that is .045 millimeters in diameter; it's a little tiny pinhole.

And what you do is you pump air through that little tiny pinhole—a tiny stream of air—and that stream of air picks up the air around it and carries the air through the hose. Pretty cool.

So you don't have to pump a lot of air you just have to pump a little tiny thread, a stream of air, and that little stream will start to move all the air around it. So anyone of us can be that little stream of air, and we can move an amazing amount of energy around us.

But it means being total, and that's also something that's very rare on this level. To be total about something [sigh], that's very rare. We always hedge our bets, we always, you know, a little part of us is holding back just in case.

We're not trained, not conditioned to be total. We're trained to keep one part of ourselves controlled and let another part express. We've divided and segmented ourselves, and when we move forward we don't move forward totally together.

So envision this wagon train, you know that left Philadelphia and it goes to San Francisco, and it passes through the entire country... Indians and wars and snowstorms and deserts and all that stuff... Imagine a wagon train that's long enough so that the first wagon has already reached San Francisco but the last wagon hasn't even left Philadelphia yet.

You can actually say, "Hey, we've arrived, we're here." But in the same way, we can we haven't even left yet. So each of us, individuals, we're part of that wagon train, you know.

I mean every cell in my body thinks, believes that it's an independent, complete-onto-itself individual thing. And in fact it is. Every cell breathes, eats, excretes waste, moves by itself, and communicates with other cells. So in a way it's actually true, it's complete and independent.

But that cell is part an organ, a bigger organ, and that organ thinks that it's complete-onto-itself and total. The heart is not the liver; the kidney is not the spleen. We are who we are. We are independent. It's true. But we are part of a system, and that system is part of a bigger system, and that system is part of a bigger system, and it goes on and on like that forever.

And it goes in the other direction too. If I take the smallest particle in the universe and crack it open, I'm going to find an infinite number of smaller particles. It just never ends. And so we are part of that. That's who we are. But we're not trained to identify with ourselves in that way. We're, "I'm a cell, I'm a liver, I'm a kidney, I'm an organ, I'm a human."

So here's a bunch of cells and we, all humans, we all think, "Hey, I'm not you, you're not me. I have my life, you have your life." I mean it's real, it seems real, we are independent, we are complete onto ourselves; but we're part of, we're cells in a larger human organism, a human system...

The breath really gives us a way to actually experience that: to be in both of those realities... to be very small and very big at the same time... and to be everything in between. That's too much to wrap our mind around. We can't get to that kind of reality using the mind that got us to thru high school or college.

So we're living as this system and in this dimension let's say, where the same thing can be used for good or for evil. A hammer can, you know, crack someone's skull, or it can build a tremendous castle. So there has to be a field that's bigger than this system or dimension.

Someone once said as soon as you have "two" you must have "three." You can't just have "two." As soon as two exists, three comes into existence. There is either a middle, a compromise, or one that includes those two. And then once you go there it just gets exponential, and we enter that realm of the unlimited.

So I was just saving... I was loading some files into an email. And this is really cool the way computers work, right? So I saved the file, attached the file, and then I wanted to attach another file. And the computer didn't know where I wanted to draw the file from, so it just let me pick where I wanted to draw the file.

But once I loaded two files, the third time it automatically knew what folder I wanted to go into to attach the file. So once we do something a few times, something is set up. And then the next time we think or act, there's a tendency for that same thing to occur.

I don't think there are evil people in the world. I don't think there's good and bad. I think there's conscious and unconscious. You can't do violence unless you have a certain level of unconsciousness. You have to deliberately not be conscious of certain things, because if you become conscious of them it becomes very difficult to be violent.

All the negativity in life depends on unconsciousness; it can't exist without unconsciousness. So that's the game: to become more and more conscious.

And some of us are very conscious of certain things, and totally unconscious of other things. And that's why we need a community. It's the value of a spiritual community.

When Naomi was visiting us here, what I got from her was how within the ordinary is the extraordinary. There's something tremendously extraordinary about things that we just assume are quite ordinary. And so we need to look for that, to look for it. In every moment look for what's extraordinary, and don't let our habits of thinking and our unconsciousness simply roll it all into "just ordinary."

There's something really extraordinary happening in every moment. And if we went already focused in one direction we'd be able to realize that extraordinariness.

Also one of the really great lessons about forest fires... when I worked in rescue and firefighting, emergency rescue... I was with a very seasoned firefighter, and we put out a fire in some woods in the forest one time... I discovered a really

extraordinary thing, a phenomenon of nature. This tree is on fire, we put the fire out, however the root underground is gradually smoldering and probably 60, 70 feet from the fire suddenly a flame came out of the ground.

Just like a candle, it lit up, and a flame completely separate from the fire—20 meters, 60, 70 feet from the fire—a flame popped out of the ground. And I asked him, "What the heck," he said, "Yeah it goes through the root." The root of the tree actually smolders like a cigarette and a mattress, and then eight hours later the flames erupt.

The heat travelled by a root underground and just popped up. It could have popped up anywhere. And so there's a lot happening under the surface of life that if we were aware of, would make us safer, perhaps more importantly would make us more free.

I was talking about Dan Kennedy, about sequential thinking verses simultaneous thinking, and linear actions versus exponential actions. He also tells a story about Mike Tyson.

Mike Tyson was a hero to many people and was a World Champion. Now if you're a World Champion of anything, that's something, right? And he crashed and burned. Something was unresolved in him; something unconscious in him, some default got activated and he crashed and burned, and basically threw his whole successful life away.

When he was at his peak he hired a guy to walk behind him wherever he went and his only job was to keep saying, "You're the man Mike, You da man!" So every time Mike Tyson would say something the guy behind him would, "Yeah you're the man Mike, you're the Man." Can you imagine?

Paying someone, a full-time human to walk around behind you and pump up your ego for you. And so Kennedy who's into wealth building, and he looks at what is Mike Tyson worth financially now compared to what he was worth before he bit somebody's ear off or raped someone, or whatever. There's a bit of discrepancy.

So Dan said, "He'd been better off if he'd hired some guy to walk behind him with a baseball bat and every time he said something or did something that was incongruent with his vision for himself or his state of excellence, to haul off and whack him in the head!"

That would have been a much better investment. So we need something like that, maybe not so crude as a guy with a baseball bat, but we do need something to keep reminding us of what's really important, and who we want to be and who we really are. And we need that.

It would be great if we could hire somebody to walk behind us and say, "Hey remember you're a star. You're amazing, you're a god, you're a goddess, you're an angel." Wouldn't it be great if every time we did something wonderful to hear: "Wow you're amazing. Wow that was great!" We need something like that: reinforcement. And the breath can be that.

If you begin to focus on your breath... you will find that your breathing is being activated, influenced by everyone and everything. It's being influenced by every kind of energy. And so if you tune into your breathing, your breath will begin to alert you to certain things, and remind you of certain things, and put you back on course, back on track, if you get out of balance.

Our breath is a constant companion. And yet when most people sit and rest, they don't sit and rest in their breath, they sit and rest in some tape that's playing in their head, or they settle onto some habit or pattern that's not fully supporting them. Turning to your breath again and again is really important.

And when it becomes automatic, when it becomes unconscious, that's when it's really powerful. I can consciously override some program temporarily, but as soon as I'm not looking, at soon as I'm focused somewhere else, that unconscious program is going to take over, that conditioning is going to drive me again.

And so it's not until the unconscious, automatic program has been set to support us that the magic really happens We only have a short time together and so let's focus on one aspect of breathwork that's linked perfectly to forgiveness, which is the practice of letting go.

Interesting... Jesus spoke the Aramaic language, and I read that there's a couple of expression in the Aramaic language that exist in no other language. Usually we have a saying in one language and they have the equivalent saying in various other languages. But there's an expression that's found—quite a few I'm told—expressions that are found in the Aramaic language that are found in no other language.

One of them is: “A mind without love is stupid.” A mind without love is stupid. Now you won't find that phrase or expression in any other language except in the Aramaic language.

And “forgiveness” in the Aramaic language means “to change and internal reality.” So it doesn't make sense in the Aramaic language to say “I forgive you.” It's not even happening on that level. I change something in me. Forgiveness is changing internal reality.

And the word “sin” that Jesus used, that has been used through the centuries to beat people down, he used the word “Kata.” The Aramaic word 'kata' was

translated to Greek and Hebrew and ended up in English as “sin.” But in the original Aramaic, kata was a word used in archery competition.

You aimed at the bull's-eye, and if you missed the bull's-eye, the judge would say “Kata.” It meant: “You missed the mark.” That's all. Not good, not bad, not evil, not terrible... you just missed the mark.

So when Jesus was talking about sin he was just saying, "Hey you know you guys, you just missed the mark." And so much of his sublime teachings has been twisted into stuff that's very removed from original essence.

So what we want to begin to do is practice just one breathing skill, and there are many. But I think this is one of the most fundamental, if not the most fundamental. It's the ability to let go of your exhale. To let go of your exhale quickly and completely.

Not to let go slowly and gradually... which is a beautiful exercise. If you do a slow pursed lipped exhale or a long slow exhale... That long slow exhale, you can use it to settle down, to settle in, to calm down. But you're not really letting go. You're partly letting go and partly holding back.

If I let go completely [demonstrates letting go of exhale], end of story, the breath is over with in a moment: one second or two seconds at the most. And it doesn't matter how big the inhale is.

If I take an inhale like this [demonstrates long and slow inhales], it doesn't matter how big the inhale is, if I let the exhale go completely, end of story. You let it go or you don't. There's no controlling, no gradual releasing, it's zip, done. So that's a basic skill: to be able to let go of the breath, to let go of the exhale quickly and completely.

Now our [mind-body] system has to be able to cooperate in that process, and that's where the work is, that's where our process begins. Many people have been taught to go through life like this [demonstrating exhaling without releasing the chest]. And so when they let go of the breath, there's something else that's not letting go.

[Demonstrates holding shoulders high and tensed] "What you mean I'm not letting go? I am relaxed!" [shoulders up under the ears] "I'm relax, I'm very relaxed!" They are simply not aware of their habitual tension, their chronic unconscious holding.

So the system itself needs to be worked with... We have to get under it somehow. The habits of our system are so powerful, so strong that it's the habits of our system that control or determine our experience. We need to play with it and work with it, so that those habits are supporting us and not holding us back.

At this point I usually play a little clip of that girl, that YouTube clip of the Disney surprise girl. Have you ever seen it? You have to Google "Little girl's Disney surprise:" just so beautiful! The girl is I don't know, five, six, seven or so and it's her birthday or her birthday's come, and her mother and father give her this backpack and it's full of Disney stuff.

The backpack is a Disney backpack and it's got Disney t-shirts and Disney stuff everywhere. So obviously Disneyland is this girl's favorite thing in the world, this is her dream; she can't imagine anything more beautiful and amazing.

So she's going through the stuff in the backpack, and you can see she's very well trained, very polite girl, she's really social, "Oh what a great t-shirt! Thank you! That's so nice. Oh my favorite candies, oh that's really good."

So she's really good at handling a certain intensity of joy let's say. She can handle normal pleasure, good things. But the actual idea of going to Disneyland, that's way outside her everyday experience... she's never, that's never happened, it's way out there.

So her mother says, "Well now all this stuff, you got your backpack, where would you like to go?"

"I don't know."

"Well what's your favorite place?"

The little thinks, then says: "Disneyland!"

And the mother says: "Well, we are going to Disneyland!"

The little girl asks: "We are going to Disneyland?"

You can see here holding her breath for a moment. It just stopped everything in her:

The mother says: "Yes we are! As soon as your father comes home from work today, we've got tickets and we're going to Disneyland."

It's really interesting to track each little reaction in this girl because it's so pure, so perfect, so human...

So one of the first or main things is, she can't believe it's true. She says: "You're joking, right? You're joking." (She must be thinking: "This can't be true! This is too good to be true.")

Mother says: "No I'm not joking. We're really going."

Now, she has faith in her mother but still she's not able to believe it... So she turns to her father to confirm it. It's like she needs more evidence here before she can allow such a big thing into her!

So the father nods, "yes, we're going." And then you watch what happens, and watch the little girl's body, watch her expression, watch her reaction. It's a pure reaction, pure and simple. She runs to her mother and holds onto the mother's leg and buries her face in her mother.

That's what children do when they're trying to escape a reality that's scary, new, or uncomfortable. It's like sensory overload. It's like "this is too big to handle, too much to integrate."

So there's a great lesson in that, and that is that beyond a certain zone, beyond a certain range, our system doesn't know the difference between pain and pleasure. It doesn't know the difference between good and bad, between I like it I don't like it.

Within a certain zone, within a certain range, it knows, "okay this is good, this is bad, I like this I don't like that, this is pain this is pleasure." You can manage it within a certain zone, but when an experience, or reality gets outside of that zone, all your system knows is that it's intense.

And it doesn't care if it's intensely pleasurable or intensely painful: your system will react the same way. That's really an important thing to realize about our system.

Something extraordinary beautiful can begin to happen in us and your poor system because it's functioning under old programs and conditioning, is going to react as if it's danger. It's going to react as if it's pain. It's going to contract, your

systems going to contract, and you're going to hold your breath. That's a fear response.

Joy is trying to pour into us and our system is actually trying to protect itself from the joy! Wow, do I want to continue with that kind of program in place? As much as I consciously want to see God, want to have my dream come true, God is gently sitting there, waiting for you to be really ready. Because if it actually happens you would fry! Your system would short-circuit. You couldn't handle it!

And so a very gently and very lovingly, spirit is sort of waiting for us to catch up, waiting for us to bring our system up to speed so that it can actually handle the infusion of this divine energy. It would be violent for spirit to force itself into us when our poor system would be afraid.

So that's the job we have to do: we have to train, seduce, cajole or otherwise force our system to open [inhale] and let go [exhale], to expand [breathing in] and relax [breathing out].

And let that breath be your system's reaction to any activation or provoking of any kind. When that happens, when that's how your system automatically reacts, now your system is in a place where it can move to a higher level. It's not going to hold you back anymore.

So that's what we need to train into our system, we need to train a reaction, an automatic unconscious reaction. When anything arises in consciousness, your system should react by opening and expanding, relaxing and letting go. It's a momentary energetic, dynamic event.

But it's critical because if you're walking down a street in the dark, in a scary place, and a stranger is walking towards you, your automatic reaction isn't to open and relax. Before you have a chance to choose or think you're already

contracting, you're already defending, because that program is running before you have anything to say about it.

So if you hear a knock at the door, that knock at the door causes this momentary freezing, freezing of the breath, freezing of the energy that was flowing. And that happens a thousand times a day for most people. A thousand times a day you momentarily hold your breath.

Putting a key in a door, just for a moment, you're not observing your breathing, you're focusing on putting your key in the door and you're holding your breath. Just turning and looking back as you're backing up your car, just for a moment you're holding your breath. If you try to think of something or remember something, you hold your breath. A sudden noise...

That breath-holding is a sign that our system is responding to an old outdated survival program. It's coming from a time when you're walking in the woods and you hear a noise: it is dangerous. If you meet a stranger, odds are they are your enemy. And so that's how we survived till now.

We needed to have a reaction that would cause us, would help us, support us, in surviving. But now that program is now outdated. It has outlived its usefulness however it's still functioning in everyone automatically. And that's what's going to trip us up. That's what's going to come up, that's what is going to come back and bite us: this program, this conditioning linked to survive.

So when you see something that's beautiful, breathe. Consciously expand and deliberately let go. If you suddenly have a thought, breathe. If someone says something that disturbs you, breathe [open and expand, relax and let go]. You have a sudden feeling, a sensation in your body? Breathe.

Start to practice engaging the breath every time anything arises in consciousness. Good, bad, ugly, neutral... anytime anything arises in consciousness, any time you become conscious of anything, in that moment, expand the inhale and let the exhale go.

And keep doing that, practice it until it happens by itself. Then when someone says something to you, you open and you relax. You have a pain in your body and your mind reacts. You say, "Oh my God, my mother had arthritis I must have arthritis, oh God! "It's that football injury I had." "I'm going to die right now!"

Instead of all that mind-body stuff getting activate, your breath gets activated. You have a pain, you have pleasure, you have a thought, you have a memory, you have a fantasy, no matter what... anytime any one of those things happen, consciously take a breath. Expand a little beyond what you need; create a little extra spaciousness than what normally happens in your breathing.

If you're just breathing in the same box all the time, no transformation is going to occur. You've got to stretch inhale a little beyond what is the normal range. It doesn't have to be a lot beyond, even expanding your inhale a little bit beyond the habit will do the trick.

You need to add a little extra stretch to the inhale, it has to feel bigger, look bigger, sound bigger, it has to be bigger. It has to be deeper, it has to be more expanded than had you not put deliberate conscious intention into being there. So you can very conscious inhale, and you add a little extra stretch, extra expansion, extra spaciousness. You're making room inside of yourself for something. If you create a space spirit will fill it.

So you use the breath [inhale] to create a sense of expansion; and the more detailed the better, so I can get a sense of my body actually expanding... My

bones actually expanding... my skull expanding... the physical borders of my body actually expanding...

Create this—generate this—experience, this sensation of expansion. Breaking out of the normal, everyday, status quo, default range. If you don't start to train your system to do that, it won't be able to do it in those moments when it needs to happen the most. A contraction is going to occur instead. So you can pray for something, pray for something and when it finally comes, you choke up, you clam up. That's what happens.

They do surveys on people who win the lottery. Check on all the lottery winners two years after they win the lottery, half of them are broke again, another percentage are dead, they got problems they never imagined. It's like it ruined their life. Their system couldn't handle something that big. Had they gradually trained their system and trained themselves to get accustomed to wealth and get accustomed to a certain new level, then they could handle it.

But we're talking about making a leap, and our systems have not been trained and taught to get comfortable with that shift, with that change. And as conscious as we are, as much as we want it, the system is going to take over in those moments automatically and it's going to sabotage us.

So for me that's like the main purpose of the breath. At least mastering this basic exercise. So let's just start to practice it now. Get a sense of it.

Pull a breath that is a little bigger than normal, so you really get the sense you're creating an extra stretch. And then enjoy that stretch, that expansion. And then let go, just like a balloon popping. You don't let the breath out slowly, you just snap it loose, dump it out, set it free.

So we've been using a little device, kind of a little technique and that is two inhales and one exhale. You put one inhale on top of the other. I'll exaggerate it. It's like this [inhale, inhale again, then exhale]

I could turn it around at the first one but that would keep me in my normal state. So what I do is I add to that, instead of turning it around I add to it, then let it go. [inhale, inhale, exhale]. A very deliberate, a very distinct adding of another inhale before letting go. Creating that little extra stretch—one inhale on top of the other, then let it go.

It's also useful to use two different sounds or use two different channels for the inhale and the exhale so that your system really gets the message about what's happening. So you might breathe in through your nose and breathe out through your mouth. Or my favorite is an “ooh” shape on the inhale, and an “ah” shape on the exhale... just to let your system know these are very specific things that happen.

You can practice that while I'm talking. But start to notice some details, like what muscles you use. [breathing] So if you monitor your neck muscles and monitor your shoulder muscles, you want to make sure that nothing is happening to these muscles when you take that second extra inhale.

You don't want to do this, [demonstrates tensing shoulders and neck while breathing], because then you're not creating expansion anymore, you're actually trying to force the breath against muscular contraction. So there has to be an opening as you inhale. There has to be a relaxing as you inhale.

Now if you want to get really good at it you can think in terms of filling up a glass with water. So you get the full yogic breath working for you. When you fill a glass with water, it fills from the bottom up. So maybe that first breath can be lower and you can feel kind of a wave. So it starts at the bottom [inhale], and rises up and

spreads. So you don't want your chest to fill up and expand before your belly has already been filled.

So you fill the bottom first, and some people will think in terms of the middle part of your ribs here and it's expanding from side to side [demonstrating]. So get a sense of the expansion happening around your waist, and your belly, and your lower back and your abdomen, and have that expansion take place in all directions.

When people take a deep breath they very often just puff up their chest [demonstrates inhale and exhale]. But half of your lungs are in your back, and the biggest parts of your lungs are way down low at the bottom. So that's where you want to be focusing energy, and breath, and awareness, to make sure that you fill in the most natural way, from the bottom up.

"Ahhh" is the sound of letting go, so that shape, it does something to your unconscious. That sound, that shape is linked to the feeling of "ah." So the sound is important, but in order for the sound to occur the shape has to happen.

So I move along a kind of continuum from "ooh" to "ah" and I end up with an exhale, right?

And maybe you can pass through an "oh" on the way to the "ah," right. So you're playing with opening, expanding, giving the breath more room to come in.

If the breath meets any resistance the breath will kind of go, "Okay no it's okay I'm not going to force myself." But if you open and relax, the breath will move in and fill the space that you create. So you want to be opening.

And then the experience is such that you're not really pulling the breath in, you are opening yourself and the breath is pouring in: a very different experience. It's

not [demonstrates forcing breath]. I just open myself and the breath pours in effortlessly. There's a shift away from effort that's really important here.

And then anything you can do structurally to support the process... open your mouth bigger, let your throat open, feel your chest and heart open, let your belly soften and open. Anything you can do with your system to allow the expansion: the more of that the better. Get your system cooperating.

Because it seems life happens like that [clap] in a moment. And if in that moment your system doesn't react in the most resourceful way, you miss the moment, it's gone. So the system has to be trained so that in the moment, it opens and relaxes.

Now, when someone projects negative energy at you, the normal thing to do would be to defend yourself, contract, and resist, and maybe even throw some negative energy back at them. That whole way of being in the world has outlived its usefulness. It helped us up to a certain point, but now it's in the way. So someone directs negative energy against you, what do you do? You open and expand, become infinite space. What does the Sahara desert care about one grain of sand? It's irrelevant. It's nothing.

So in that moment when anything negative is directed towards us, we have pop up in that place of the infinite, where it really doesn't matter. It's a bigger space than who's directing the negative energy and who's receiving it, and the negative energy itself. All of that is happening in a bigger space. And that's where we need to go in that moment. We need to drop into that place.

And you might consciously decide, "okay," you taught yourself "this person is really loving, I understand they're upset right now. Be compassionate." But all that takes time. And all that is temporarily overriding the unconscious default, and so it might get us through the moment. But then in the next moment we are going

to have to go through the process again, until something clicks. Something clicks in our system and it stops reacting the way everyone else's system reacts.

And now it becomes automatic, and now we're on a new plane where things are possible that are not possible if your energy is going towards dealing with this and handling that, the energy is just not available. Once it's all handled and you're on this new ground, you have all this extra energy that can go towards some things that are really extraordinary.

When you let of the exhale, you need to identify—locate a muscle and let that muscle go at the same time. Start to make this a real physical process. You could work with your jaw. I haven't met many people, I can't think of too many who don't have some tension in their jaw. So it's a great place to start with.

Your neck, you're shoulders, your spine... you know the places in the body that lock tension, or hold tension, or that hurt when you get under stress and so on. So you can start to work on those places. But be kind of neutral in the beginning. Just pick a muscle like the jaw muscle, and when you snap the exhale loose, release your jaw.

So now you're not just letting go of the breath, you're letting go of the physical tension at the same time. Now something's happening, bringing more into the process. You can do the same thing with your shoulders, right?

Let go of the breath, and let go of the shoulders. Work through your body like that; play through your body. Pick a muscle and at that moment where you snap the exhale loose, dump the exhale out, set the exhale free, focus on a physical part of your body and release that part, open that part, soften that part, relax that part.

We are going to build on this. The basic skill is breathing, and then you start to build on that. And then you might link that breath to a thought. So when you let go of the breath, you're letting go of a thought, letting go of a belief.

In a way, you want to use pleasure as your gauge; you want to use whatever sounds are enjoyable. It's not an accident, it's not a coincidence what you would find enjoyable. So you want to use that. If an "ooh" or "eee" or "ah" sound is more comfortable for you, play with that and use it, trust it.

And then I always like to balance that because I think of a heroin addict for example. Now a heroin addict can't really trust what they find comfortable, they can't. Their systems out of whack, their brain has lost its ability to recognize natural pleasure; and its thing of something that's actually dangerous and killing us as something good.

So the heroin addict starts to feel terrible, so they inject heroin and then they feel good. So I wouldn't give this advice to a heroin addict: "Oh trust your feelings." There's something tricky there.

So all this in one way or another to some degree are kin of heroin addicts in our own way. We tell people to trust their feelings, but in the same way... there's some subtlety there. Maybe just what feels good is just what the habit is. Maybe what feels good is what everybody else believes. Maybe what feels good just isn't good at all. So that's a tricky thing and that's why the inner work is so important.

But with the opening and expanding [inhale, exhale], you're creating space inside of you, creating room inside of you. Using your breath to create a sense of spaciousness, actually space. When you inhale you don't have to imagine yourself expanding, you are expanding. You don't have to get into a head-trip, you are expanding. Track those physical sensations of expansion.

Impress your subconscious with those details. Focus on them in a heightened way, the details of expansion again and again, so that it's recorded deep in you, and your system recognizes the feeling of expansion. And then it can access that feeling when it's required.

So it's open. And if we focus on our heart area when we breathe [breathing] and begin to give ourselves a sense that we're literally opening our hearts with every breath.

And I'm playing with that idea now too because I don't think we can really open our heart. The heart by definition by nature is open. So what we need to do is open what's around it. We need to open the structure and the system around the heart. The heart doesn't need to be opened, the heart by definition is open. So what we need to do is open something around the heart, to allow the heart to express its openness.

So that's our job, it is to work with our own mind body system so that it can open to the degree that our heart is willing to express. So you know that expression: "The spirit is willing, but the body..." I don't know what the rest of the expression is... but it's sort of like that. Our system needs to be gently, persistently, consistently trained to open as a reflex, to let go as a reaction. Because in that moment, if I have to think about it, it's too late, it really is too late.

I've been in this process now for a while trying, working, playing with taking from my military experience the things that were really precious, and useful, and valuable, and leaving the rest behind. Because when I left the military I left it all. I just turned and went in the other direction. And now I've been involved in this process of going back and trying to salvage from it and take from it things I should have taken from it in the beginning, (Some good things were included in what I left behind.)

So one of the things is that everything was so survival based in the military. Everything we did, first and foremost, was based on the whole survival thing. And if we don't get clear of that pattern it will destroy us, like it's going to destroy the Catholic church, which is also locked into that survival pattern.

Look what good people do, really good, good people. They transfer that survival urge which is just natural in them, automatic, and they put it onto the church: "Oh we have to protect the institution." To heck with the poor kids that are getting hurt, it's more important that we protect the reputation of the church, that we see that the church survives."

So our own survival programs can work like that against us. We can end up putting our life force towards protecting something and not us. We can be directing our life force into keeping something alive that doesn't serve us, just because it's all happening automatically through conditioning and programming through generations, centuries, eons.

So you need to do that 100 times a day, a thousand times a day, really. Every opportunity, every excuse... you put a cover onto a jar, let that be a good enough reason to take that breath. The phone rings, don't go right for the phone: breathe, then pick up the phone.

You hang up the phone, and breathe. Look for moments and opportunities where you can begin to program that [new reflex] into your system, because it's going to get you through in a moment when you don't have time to think. And that's one of the things that I'm trying to draw now from my military experience.

I look at the two main times I'd say when my life was literally... it was life or death. And there was no time.... I didn't have time to think. And the reason I survived was because I reacted automatically. And the reason I reacted

automatically is because they made us train in that reaction a thousand times. Because in that moment you can't think, and if your system doesn't automatically react, that moment comes fast and that's it: you don't get another chance.

So that same propensity let's say, or the same tendency for the system to take on a habit, we can use that to our benefit instead of allowing it to continue to work against us.

So my feeling now is that all of the same things that I could account for that work on the level of survival, I can apply all those same things to the process of ascension. So if survival... if some ugly, dirty, difficult, violent force is about to come upon me, on one level the best thing I can do is get hard, contract and kind of resist the force.

And in many situations on many levels, that's exactly the best thing you can do; that's the best way to handle that particular energy in that particular moment. But as a general way of coping with changes and movement in life, that's not the way.

So as we unhook from this old programming of, "Hey a stranger is coming to me, they're coming to burn my village down." We need to wash away that kind of unconscious expectation which results in certain reactions, and replace that with, "Hey here's the Buddha coming to meet me, here's Jesus in person."

Now if that actually happens, your system would react in a very different way, unless it was stuck in an old program. And it is stuck in an old program, and that's why we're not meeting the Buddha's every day, and that's why Jesus isn't appearing to everyone. Because our system won't allow it to happen. It's trying to protect itself from the very things that we want. And it's not good, it's not bad it's just the way it is. But we can change that.

So you see breathing is an action, so when you take a conscious breath together with an intention, you're bringing together the real key to success, or achievement, or anything. Thinking about it isn't enough; you need to take action. breathing is a primal action.

So it's like really difficult for me now to think about something and not do something about it. I either have to stop thinking about it, or I have to do something. I can't tolerate the stress in my system that occurs if I'm thinking about something and focusing on something and I'm not doing something at the same time. I can't handle that anymore, my system it doesn't let me get away with that.

So I either have to stop focusing on children that are starving in India, otherwise I've got to go to freaking India and I've got to feed them. I don't have an option about that. And they say, "well you don't care?" No I do care!

Sometimes just using our hands can help make the experience more alive. [demonstrates an opening expanding gesture with arms while breathing in] I think most humans can relate to that. So if you could do anything with your hands and your arms, and with your body that reflect and express what it is that you're doing with your breath, with your consciousness... Go ahead and use that, do that. Get more of yourself involved in the breathing.

One moment of totality is worth a lifetime of partial activity. So one moment of being total about anything, even if it's violence, somebody who is really total about killing someone they're going to wake up in that moment. They're going to wake up because of their totality. They're going to: "look at me, look at this, look at them..." If they wake can be totally aware of everything and everyone, they can up in that moment...

Everything, every possible act is a door to liberation. Every perverted, twisted, ugly, violent, filthy thing... all those things are potential doors to perfection, just like anything else. They are also opportunities to wake up and realize God; just like sitting in church is for some people.

So when you breathe in, send the breathe to every cell of your body. Focus on it. Be deliberate. Very consciously distribute, send that energy to every cell of your body. The air is filling up your lungs but the energy is going everywhere.

So if you could add consciousness to that reality, it already is a reality. When you breathe, the air that you breathe literally goes to every cell in your body. First it goes to the lungs, then it gets into the blood, then the blood takes it to the cells, and then the cells get it. So it's already happening. You might as well catch up with reality and be conscious about it.

So when you breathe, be very conscious that every cell in your body is being infused [breathing] with light, with air, with energy, with breath, with spirit, with love.

It's a conscious process. You can't be thinking about what somebody said to you and be upset about what happened. In that moment you have no choice: because of your focus, you're sending this breath to every cell of your body. You have just displaced another reality, you have brought another reality in, and it will push, it will clear everything else out.

And if you want to go back to suffering, you have to go back to forgetting that other focus. You can't suffer while you're breathing love and generating appreciation with every breath.... and sending the energy of gratitude to every cell of your body: you can't suffer in that same moment. You have to stop doing one to do the other.

There is the choice. And sometimes we can make a choice and other times our system makes the choice for us whether we like it or not, because of its old programming and conditioning. And because of the conditioning of the people around us.

So I can get my system free but then when I put myself in a group of people their systems begin to alter the reactions in my system. It's how hysteria moves through a mob. It's how violence ignites. Somebody's football team loses a game and they end up burning down a city and tipping cars over. How do you get from there to there?

One person's energy carries over to someone else's, they added their energy to it and then it spreads. And pretty soon the energy that's moving the individuals is group energy. It's not individual energy moving individuals anymore: group energy is controlling the individual.

And you've got to be a very powerful individual in order to balance, match or overcome that group energy, if you want to make a difference. Have you ever tried to hold back a crowd? I don't care how big you are, how strong you are, how many skills you've got. If 100 people are behind you trying to escape a burning building you have no choice but to keep moving. That crowd, that force is going to push you or roll over you, it's going to take you over.

And energy works that way: physical energy and every other kind of energy. So we need to raise our energy up to a certain level so that one conscious breather can neutralize even the mass energy of a crowd. One heartfelt intention can actually match that mass consciousness.

So we get that energy from the breath, we get that power from the breath. We infuse ourselves with it.

You know, when you burn a piece of wood something is letting go in that wood that allows those flames and those sparks to stream up. I mean it's like pouring water upside down. Flames to me look like water pouring up. There's a force at work there and we can surrender to that force. We can train our system to let go of where it's holding on and be caught up in that force.

And just deciding to do it, and maybe doing rituals and so on: those are good steps. First you do this, then you do that, and then you get better.

However, you can just leap. And the only possible reason that we cannot make a leap is that there's some part of our system that is hooked, it's still holding on. and we're not aware of it, we're not conscious of it, we have the best intention, we sure we have certainly but something we're not... something impressed in us by others, something we inherited from our ancestors, something that's pouring into us from everyone else all the time... That something is thwarting out progress.

And letting go is the most frightening thing for the ego. So you can't expect your mind to cooperate in the process. It will humor you, it will allow you to get away with a little bit, but you can't really expect your system to cooperate in its own destruction, which is how your system would see it. It has to be gently and lovingly convince that it's okay. It's okay to let go really. It's really okay to let go.

And so you can use your mind to support the process. "I live in an ocean of love." [breathing] That helps me to relax into my environment, just reminding myself.

So a big thing about responsibility, is to take responsibility for our own conscious evolution. [breathing], The best thing we can do is just to be engaged in a moment to moment process. Returning again and again, I think that's the best we can do. Choosing again and again. And every time you make a choice, every time you make a decision, what a perfect time to take a breath and anchor that

decision or that choice into every cell of your body. So then a choice is actually operating from within you under the radar, and moving you and motivating you...

So in infusing ourselves with certain intentions, thoughts, images... a certain quality of energy. You want to consciously use your breath for that. And use your breath for that as often as you can throughout your day. Interrupt your day as many times as possible to take a conscious breath with a high intention. Bring together a thought with a primal action.

See everyone knows, "Oh I know I should exercise more. Oh I know I should quit smoking. Oh I know I should eat right." We know this stuff, but were we get hung up is actually in the doing of it. And so if you create an intention and you immediately take a breath, you have closed the gap: energetically, dynamically, you have closed the gap between thinking and doing. You're taking an action.

But warning! This is a warning! It gets more and more difficult to have an intention and not take an action once you close that gap. So what you're doing is set an intention of love or peace or joy, and you take a breath in that same moment. You have now eliminated the major obstacle, difficulty that most people are facing in life: how to translate an intention and a desire or something you know you should do, into actual doing. That's where people are getting stuck.

And if you can do it on the level of breath you are taking an action, and you are taking an action in the very same moment you are forming a concept, or making a decision, or creating an intention. In that very simultaneous moment you are an action. And that becomes something you can build on. Then your system gets accustomed to that.

And as soon as you have a thought, energy moves in ways. Physical energies move, other people move. You know... it used to be like... you know... if you're the king, and the king says something, everybody moves. The power of the word

is so... if I say something, well, who are you? But if the king says it, it's the law. Before it is out of his mouth, soldiers are already marching. That's the power that we have over our own reality.

If we can bring together the splits that we have, the split between... some people can sit around and think about stuff forever and not do anything. I don't know how that's possible.

But for the mind that's enough, the mind is entertained, it's satisfied, it says, "oh yeah, someday I'm going to join the Peace Corps, and I'm going to go to India, and I'm going to help start a charity... And it feels good to think about it, it feels good to imagine it. And guess what? Your mind says, "Okay, deed done, you don't have to take any action." It's like, "oh look how good that feels!"

So we can't let our system get away with that. We need to bring our system up to speed with where our heart wants to go, with where our consciousness is going, and our body mind system needs to get included.

My good friend Lenard Orr says that the body wants to be included in the infinite life of the spirit. And that's another big program. We've always been taught that you have to leave your body before you can go to heaven. That's a split that needs to be healed.

Imagine I'm that body. So I'm the body, and you're saying to me, "Okay I'm going to use you, I'm going to live with you for a while and use you up. But then I'm going to go to some higher place, right, and fuck you you're going to live here without me."

Well what kind of reaction would a body have to that kind of intention. It's going to create pain, it's going to block my consciousness, it's going to try to get in the

way of me going to heaven because it wants to come too. Why should I be left behind?

So everything is spirit. Terrorists are pure divine spirit like it or not, see it or not, understand it or not: that's how it is. And that's a little too much for our mind. I can really imagine what it's like to go in places, especially right after something and try to talk about peace and talk about forgiveness. Oh my God, people aren't ready for that.

And maybe they'll never be ready for it. They're just so locked into their position that it doesn't matter how strong the wind is.

So you have to start to look in yourself, what it is. And there's a physical counterpart to every other level of consciousness. So if you identify a place that you can let go, open and expand, relax and loosen. You'll be doing the spiritual work.

Working with your body I mean is a perfect place to start. Here you are, here it is, we got it, what a perfect place to do the work.

So the breath fortunately is taking place in the body. So when you focus on the breath, you're bringing yourself into the present moment, in to your physical reality. And then you can begin to transform some things.