

HIGHWAY TO THE SUN

Volume Three

<i>TITLE</i>	<i>INDEX</i>	<i>PAGE</i>
1. Introduction (two free downloads)		2
2. Why don't we believe in ourselves?		3
3. Ways of bringing your lights together		9
4. The magic in Chemistry		15
5. Insights into the making of amulets		23
6. An introduction to Dream Yoga		33
7. How can I control my life?		45
8. What is our true function on this earth?		52
9. The practical uses of divinatory dreaming		57
10. More about meditation, the shadow, and death		64
11. Ways of reaching centre-pointedness		76
12. Bardo Yoga – the yoga of Death		86
13. How to find, use and uplift power spots		94

ISBN
978-0-9804743-2-9

Copyright © January 2008
All rights reserved

Consciousness Publishers, P.O. Box 6405 Gold Coast M.C.
Queensland 9726 Australia

INTRODUCTION

In this third and last volume there are many more highly interesting, totally practical and even controversial concepts and statements concerning the spiritual path, which are as stimulating to the reader as the first two volumes. Ferdie's unique approach is full of humour and laughter, but is never 'comfortable' in its effect, as he deliberately makes us look for our *own* inner balance by over emphasising the 'not-so-nice' aspects about ourselves and the situation we're in, an aspect which most other teachers *avoid!* It is a highly effective way of getting us to think for ourselves, and to actually start doing something about it!

He approaches his subject from so many different angles and perspectives that you will find yourself a 'captive audience' – at once riveted and fascinated by the variegated and colourful visual images that he invokes. He has an incredible grasp of the larger holistic picture, and a deep compassion and love for humanity and the planet. However, he can only really be appreciated when you start to actually *practice* the various simple yet highly effective exercises he offers.

We are living in a momentous time in the earth's history. The world is changing rapidly, and its vibrations are accelerating as it moves towards a new era in its own evolution and consciousness. All the methods in this volume (and every other method in all his books or courses) are aimed at 'saving energy', and increasing our rate of vibration, so as to resonate in harmony with these new energies. They are geared specifically for people *who don't have the time to meditate for hours!* Many of the exercises can be practiced during the day while at work in the office, and with regular effort and application, they are extremely effective.

He is thoroughly conversant with all the modern major esoteric disciplines, but draws his *inner core knowledge* from an ancient and powerful sphere of Tibetan wisdom which he has made entirely his own, namely "The Six Yogas of Naropa" or the six (interlinking) ways of reaching perfection. His clear vision and insights are like a breath of fresh air for our confusion and uncertainty!

For more information please contact:

Email: felicity@raisingconsciousness.info

Website: www.raisingconsciousness.info

Transcribed & compiled by Consciousness Publishers,
P.O. Box 6405, Gold Coast M.C.
Queensland 9726, Australia.

WHY DON'T WE BELIEVE IN OURSELVES?

For every bit of food that you eat, you're taking life – something, somewhere died, so that you may live. Those are the facts of life, of being human. The moment that you don't charge properly here in the West for your own hard work, insights and wisdom, what will happen from a life angle? You will suffer, because the food whose life you have taken is 'trampled upon' as a way of speaking. So value your own abilities, value your own talents, and make sure that there is always an even and balanced energy exchange on a monetary level because of the eating principal. Your own evaluation deals with your ability to *believe in yourself*.

In this lifetime, if you overcome this great big obstacle of the 'BIG BAD ME', you will start believing in yourself, or you will not! The single most important thing for a human being to achieve is merely *belief in self*. To be able to sit and TRUST your own intuitive feelings and abilities is the aim, and then to put them into constructive use. The only way whereby you can come to this belief in self, is when you come to understand the *real roots of disbelief*.

Let me first ask you – *why* don't you believe in yourself? It is one of the most important things to know! The reason why we as human beings don't believe in ourselves is because of a simple precept with which we have been indoctrinated from the time we were born! We don't deserve – we lack self worth! One can take all of those feelings to one simple single root – the root of all evil! That which causes the human condition! You were taught something terrible – that it is quite nice and proper to FEEL SORRY FOR YOURSELF. You were told that it is human to make mistakes, and to self reflect. This means that on the right hand side of the aura cocoon there is a yellow mist – the place where you feel self-pity, and self reflect – where you're busy with 'me, myself and I'. Why are we all so busy there? Merely because our attention is TRAPPED, like a mouse cornered by a cat. We say that this kind of attention trap is so ferocious, that an ordinary human being never gets out of it during a lifetime – not until we see what the trap is made of! This is easy – the reason why you reflect on a self or persona, an image of one's own self, or the 'you' that you *think you are* – is because you're 'feeling sorry for the bum'! The more sorry you feel, the more confusing it becomes, because 'sorry' lies very close to that strange and amazing human feeling that we call "love"!! I don't know whether I'm feeling sorry for someone or something, or whether I am 'loving' him or it. This means that the root of all the evils lies in this perpetual phenomenon of self-reflection. In this specific dream that we're now busy dreaming, we're constantly busy with 'me, my-self, and I'.

Self-pity is a being, a demon that lives within us. *It is more real than we are*, believe me, it is! You will surely die, but this demon *will not die*. It is a being whose sole existence is found on the fact that it absorbs 90% of your vital energy. So we're speaking of something that human beings *afflict themselves with* – it is almost an alien form of life that can be seen on the inside of the aura cocoon that looks like a reddish little snake. It needs energy, and the way to get it is *to feed on your emotions*, and the best and sweetest of all the emotions is

the sad one! But realize that *90% of your energy is lost in keeping this demon alive on the inside of the aura shell*. It is called by many names – lower mind, the dweller, and some people prefer to see it as coming from a totally outside source. From my angle, when I see how this thing has evolved as a part of the human condition, I prefer to look at it as an outside force that infects human beings, and then devours them throughout their lives. This means that you can only believe in yourself if you *have enough energy*. If you don't have energy, there *is no possible way* you can believe in your own self. If your energy is devoured all the time, you are always standing at about 10% efficiency, and then there's no conceivable way to be BOLD in believing in yourself. The only way to overcome this is to understand that *disbelief in itself* is the way in which this demon feeds on you.

The only way to overcome self-pity, and therefore overcome disbelief in self, is when you understand that there is very little that one can do about the self that you reflect upon. As a rule of the thumb, the first sector of our lives is spent in just being busy in a perpetual and never-ending way with *the self that we are*. We dissect the glow of our attention, try and probe and look through it – and we can spend our whole lives just being busy with this self that we see on the inside of the aura shell. But all these 'self discovery' events are necessary. Eventually you will believe that you are 'god', but it will *just be a belief*. Eventually you will believe that you're the most beautiful being, and that will be true. You will eventually believe that you are the source of boundless prosperity! But no matter what you do on the inside of the aura cocoon, as long as you successfully structure the glow of your awareness, because the first half of one's life is spent in complete and total self absorption.

One day, you will discover with an enormous shock, that the *real mysteries* in life have got *absolutely nothing to do with you*, as they are lying on the *OUTSIDE of the aura cocoon!* It's important for us to overcome the lower self, and for that we use pure Buddhist *detachment*. This means that at a specific stage you *abandon your own self*, this self that *you think* you are. If you allow enough time to go by, you will become bored stiff with your own self – and then self-abandonment comes very easily! The only reason why you abandon the lower self is to overcome self-pity. This means that if you cease caring about your own self any more, it's *not going to matter* if you feel sorry or if you don't. In that lies a secret, but let me first teach you the four steps that take you to that point.

There are forever two selves present – the one self, for all practical purposes, is the persona that you've identified with – the 'you' that you are. Then there is another reality, another you that most people know absolutely nothing about. We call this other self the 'energy body', and under that heading you can also call it your 'astral body', or 'higher self' or any other name you wish to call it! But we will make it simple, and merely call it the 'energy body'. But it is so far removed from this body and this reality here, that for all practical purposes, it is *un-attentive* of the fact that you are actually sitting here, so vast is the distance between you and your 'real self'. It's thought patterns are completely different

from your thought patterns. This sounds terrible, but it's true. In a lifetime your contact with this body happens only very rarely. Once, twice, maybe three times, and then the real self will depart.

Now, what exactly IS the energy body? How does it operate? Where does it come from? But to start off, I think I must tell you of the horrendous situation of human evolution. But you will need a very strong stomach for this knowledge! Please remember the way in which I teach. I never keep a balance at all. That is what *you* must find within yourself. I have seen over many years that if one teaches people and tells them the golden middle way, they smile comfortably, and forget about it all. What I do is to confront you with knowledge that comes from the FAR side! Then you will have to keep your balance by yourself....!

This is given so that you may understand, and clearly link with this body, so that you may *move forward with your quest!* At the age of four to five years, something happens to a human child – it splits into two beings. This is when the energy body moves away. That is the most dreadful thing in the universe. Before the time, one can see how this child is linked with the spirit, how he or she sees and experiences things that are beyond description! In all the many years that I have been teaching people to see, I have come to understand that all I am basically doing is to teach them what they saw and did when they were three and four years of age! No matter what I teach, the children are doing it in any case. When one observes a human, one sees that something strange happened in our evolutionary lives.

Approximately twenty-five thousand years ago, we acquired an alien grouping of energy that presently sits in the centre of the head, in what's called the 'primitive brain'. It is very weird, and looks like a mushroom. If I look at it from an energetic angle, it is a cluster of ALIEN energy, so it does not belong to our human world or to human emanations per se. It almost blocks off the functions of the mind, separating them from each other. What exactly is this 'thing' that we all have? Thank god for this mushroom, otherwise we would still be in the bush, I can promise you! What happened with that 'implant' was that we developed an intellectual mind that is absolutely staggering, so from a certain point of view, it isn't too negative in its effect. I estimate that if that intervention didn't happen, humans would still have taken about a million years to evolve to the point where we now stand. We have short-circuited time because of this intervention. So, what is this thing? Why does a child split, and why is the energy body so vastly removed from us? Why are human beings just *half* beings?

The reason why you split is that when you were a child, you were hurt in some way or another, when other human beings came along and gave you a really serious reason for being sorry for yourself. Because you suddenly became aware of your own self, you started self-reflecting for the first time and the split occurred. You 'found yourself' as a way of speaking. But here is another horrendous truth. Remember when you were young, you were terribly afraid of the dark, and you wanted the light to be on all the time? You will have to try and remember now! What was it that you saw in the darkness? Usually it's a person

or a 'being', and you were scared stiff – why? You were afraid because it was 'foreign' or 'alien'. We say that at that stage, every human that is born is equipped with a *shadow*. We are not alone in the world. There is a 'sister race' to our own, except that they live in the 'twilight zone', just a little bit ahead of us. Children perceive them in the shadows.

What these alien beings have been doing for the last two hundred and fifty thousand years is *to link with the implant with which you have been born, here in your head*. Then it takes over the 'inner dialogue', or what we call the lower mind functions. You have a little voice that continually runs inside your head – and it is perpetually telling you all sorts of things about yourself. So far, you are convinced that YOU are the one who is thinking all the nonsense to which you are listening! But in the meantime, there is an outside energy, a conscious and aware being THINKING ON YOUR BEHALF! So far, you've identified so strongly with what you've heard inside your own head, that you really believe that it is YOU who is thinking. But when one sees the truth of human existence, one sees that there are *very few human beings who have ever thought for themselves!* There is a perpetual 'yappity-yappity-yappity-yap' going on inside. What does this DO to you?

A nice way of explaining it is to go and visit a battery chicken farm to understand what it's all about. Have you ever been to a 'chickenerly'? A place where all the chicken are housed in little cages, where daylight is regulated, food is regulated and *absolutely everything* is regulated! In the same way, we can say that human beings are 'kept animals'. If we can do it to chickens, then the shadows can do it to us, don't you think? Being the 'kept animals' that we are - every condition in your life is a 'set-up' so as to cause merely ONE THING to happen. What is a shadow's real interest in you? Now we can speak in terms of the 'humanery'! Why will a particular shadow link with you, and think on your behalf? *I wants to take your energy from you*. Shadows photosynthesise or absorb a peculiar kind of light that we radiate intensely. That is why our lives are extremely short. The amount of energy that we give off in our lifetime is staggering! It's an enormous amount of power.

What a shadow will do is to feed you a thought that will cause despondency – it will tell you a whole lot of nonsense, and you believe every word of it! When you become despondent, that is when all your defences are lowered, and it can come and drain you of every bit of energy that you have gained. This means that the Christian religion is quite right when it states that there is a little devil sitting on your shoulder! Therefore there is a perpetual battle going on. On the one side, ladies and gentlemen, we have the 'real you' – who is a three-to-four year old child who never ever thought. What the *shadow* is doing (or the dweller on the threshold is another name for the same thing) with the whole of *its* life force, is *to keep your energy body away from you*. But your energy body isn't a nincompoop – it fights back, and you're in-between.

Let me explain another phenomenon – the way to become enlightened is to attain inner stillness – you know that one, don't you? So I sit still, and I start to meditate. That inner voice just keeps going all the time. Endless thought

patterns come and go, and the way we curb ourselves is through discipline. We keep on telling ourselves to 'shut up' but the thoughts just keep coming, regardless! You can trust your visions, and the noises you hear in the beginning. This body is the most amazing mechanism that is capable of communicating to any conceivable deva, demi-god, or God himself in the Universe. But the first activity of a shadow is to limit you to merely the world that you perceive, and the only thing you can hear in this channel, *is its voice*. It is always this self-reflective nonsense that is going on, and that is how our awareness and attention becomes trapped!

Let's say that you eventually wear the shadow down, after twenty years of meditation. This can be done, because the shadow has a personal weakness. It wants excitement all the time – but by your discipline, you wear it down, so it eventually stops speaking. Now you have this terrible stillness in your head. Your real energy self has returned! This is the peculiar thing in life – you struggle like mad to get rid of this voice, but in the end, you will struggle like mad to talk to yourself again! Why? Because the self you have become *hasn't thought or talked at all* so far in its life! We need to go on a quest to *engage* the energy body, so as to link properly with the other self.

We say that it takes a shadow to catch a shadow – a demi-god to fight against a demi-god. If you feel on the inside of you that what I have said is true, the first thing you do is:

1. To watch what you're thinking, in the knowledge that it is not you who is thinking.
2. The second point is that any time you hear a lot of nonsense being spoken to you – you merely look up at the sun. This is called 'Guru Yoga'.
3. You visualize a radiant sun above your head, and all you do is to focus your attention on it.
4. If you can't see the sun, you can be attentive of the light in the body – a pure whitish light that is flowing through your whole being, and the moment you've done that, you can put up a defence against any shadow. You're activating your shields, as in Star trek!
5. The way to activate your shield is to listen inwardly, because you will hear that familiar background 'zwing' in your ears. If you listen carefully, you'll hear a high-pitched hum. It is not a physical symptom – it is caused by awareness, and the energies of awareness. Don't go and visit a doctor because the 'zwing' is becoming deafening in your ears! It's the song of the emanations that you contain on the inside of your aura cocoon that are gleaming, glittering and humming. Later, you will hear how its tone shifts, but the moment you are listening to the 'zwing', you can't listen to the yakking of the shadow. That is how you raise your shields. Then no shadow can come and rob you of your energy.
6. The moment you have your shield active, the mind will become silent. It is in that 'zwing' that we make the shift, so as to find the energy body – the real self. In Egyptian terminology it's called the 'Ka' – the self that never struggled or suffered, the self that you really and truly ARE. It will make you free, which is *the only quest that is of importance from a*

human angle, so as to reach that self. The shadow's cleverness *separates us* from that self.

7. Do you understand what I've told you about the shadows? Do you understand that you actually don't have any problems believing in yourself, except for this 'being' who is feeding off you, and he doesn't want you to grow! It regards you like a sheep that must be fattened, because you will be killed – food is food! You're definitely NOT allowed to get to your energy body, or else its 'tickets' for him! That is the real obstacle. Your only problem is that you have aligned the world of HUMANS. So far your shadow has taught you very, very well. Try to make this knowledge your own as it forms the basis of what you will discover as energies to your *back*, so as to work against the shadows.

The way to deal properly with the shadows is to use this method of the 'zwing'. A shadow is like a stepmother. She pretends to be a really good friend, but when you're all alone she will come and suggest all kinds of nonsense to you. are the times when you wake in the middle of the night, thinking of the next day, and you become despondent. "I don't want to go to work!" Or you start thinking of how humiliated you were in a situation with other people, and all the emotions associated with it are re-experienced over and over again. Now you're *really* sorry for yourself, and the shadow is *delighted* - another really good feast!! This is the other mechanism they use, by operating through other human beings. They will make sure that human beings will come your way and kick your backside, giving you a really serious reason to feel sorry for yourself. Another name for the shadow is EGO – what we associate with the lower personality. But you also need to start thinking for yourself, and to learn that talking to yourself, your 'real self' should do these things. It's not good for your energy body to be a four or five-year-old. Your energy body must grow up.

When a human being dies, the shadow withdraws, goes away and links with someone else. In the hospital, you see the old shadow merely marching from one side of the building to the other, from the Mortuary to the Maternity ward! So try this method as a first step, and find out for yourself the difference it can make to your inner dialogue – the shadow trying to dominate you for its own nourishment – show it your teeth!

Amen.