

As is up, so is down, square, so is round, jin so is yang and, Dragons tooth is fang.

Now in my 8th decade allow me to share knowledge gained through the depths of mortal and Noetic logic and the freedom of out of body travels.

As a post war child in 1946 I stood transfixed in wonder at a red cross etched by the fires of the sun onto the white snow cover of the Jungfrau mountain ranges in Switzerland, my first epiphany into the alter world of imagination that still burns on my minds canvas to this day, The Swiss flag bears a white cross on a red background? This then is the stoking of the fire of imagination and the quasi duality of the universal conscious mind.

The Sixth Chakra

“ AJNA ”

The 3rd eye.



Colours... Indigo –

Stones...[Amethyst](#) , lapis lazuli, and azurite.

The Sound... OM.

Metaphysical - Physical - the Work.

The Metaphysical properties of the third eye are, inner perception, intuition, insight and imagination, leading to the Gateway of Enlightenment. It's principle purpose to be awakened by meditation and the self conscious use of the Kundalini Serpent, also known as the Vagus Nerve to attain the Realm of Higher Consciousness transcending time and space in the state of the constant traveler of the Ether.

The Physical mechanics of image casting are clearly based inside the skull between the eyes and a little above centre of the eye brows, the space outwardly marked by Gurus, Master Warriors, Shamans & Sages as the red bindi point, it is indirectly connected to the Pituitary gland in the centre cortex of the brain, it is the master gland regulating all glands and works in tandem with the 7th chakra Pineal gland. The Pituitary is to the Pineal as reason is to intuition.

The Work, First and foremost, the following dogma is not a rant from a religious text book but a series of scientifically proven * factual exercises you will need to practice repeatedly as you did with your push ups, sit ups, blocks, kicks, squats and strikes as you first stepped on to the Dojo floor.

Know thyself... by being conscious of the very skin you abide in, the very ground you walk on, the very air you breathe and the internal intuitive talk you converse and align yourself with daily.

Now... commence by sitting in Seiza, place your hands in a Mudra, balance the spine and place your centre under the floor to the earth star chakra, commence calmly breathing whilst contemplating the billion trillion atoms comprising each breath. In your wonderment you will become conscious of the little ego talking, do not attach yourself to the chatter but let it now flow by, this is your alter ego creating a conversation in your mind with unanswered questions, be non judgemental do not feed the chatter let it flow by like the surface of a calming stream.

Now... through the power of your imagination and the casting of your mind's eye, create an anchor, visualise an inanimate object to stabilise your self within your internal ether, your birthstone, a ring, or any such item that you consider a form of stability and grounding.

Now... under the guidance of a time piece alarm, your Guru, or the timing of your retainer or chela, be in your breath and rest in the centre of your own universe in the quiet of the Samsara and simply breath without thought or comment and, the truth will prevail. For some there is no easy access to the eye of the mind and will take months sometimes years to master...be patient for the truth will prevail.

Like grains of sand are we the cells of the Master craftsman.

Kaicho Will Fehres 8th Dan ABK Shaman. 27/4 /2017

***The Global Consciousness Project :**

www.sott.net/article/271933-Scientists-claim-that-Quantum-Theory-proves-consciousness-moves-to-another-universe-at-death