

DEATH, DYING AND REBIRTH

DEATH, DYING & REBIRTH

Class #1

- I. Death/Rebirth cycle
 - A. Multi-leveled
 - 1. Breath to breath
 - 2. Evening to morning
 - 3. Life to life
 - B. Goal of sadhana: To gain self-awareness of one's projections throughout this cycle.

- II. The Bardo
 - A. Bardo = the intermediate place between two islands
 - B. Its nature: the ability to project
 - 1. Projections can be to the right or left at each chakra
 - 2. Forces of nature are personified
 - 3. Form has shakti

- III. Sadhana, phase one
 - A. Study, reflect, meditate
 - B. Memorize bardo verses
 - C. Commune with Ishta Devata (Yidam)

DEATH, DYING & REBIRTH

Class #1

Control, soften, remove:

laziness
unconsciousness
distractions
confusions

grasping
yearning
attachment

confused emotions
anxiety
fearless of wrathful/peaceful ones

*

**

Sadhana:

study
reflection
meditation

study of projections
reflection on projections
meditation on projections

dream control

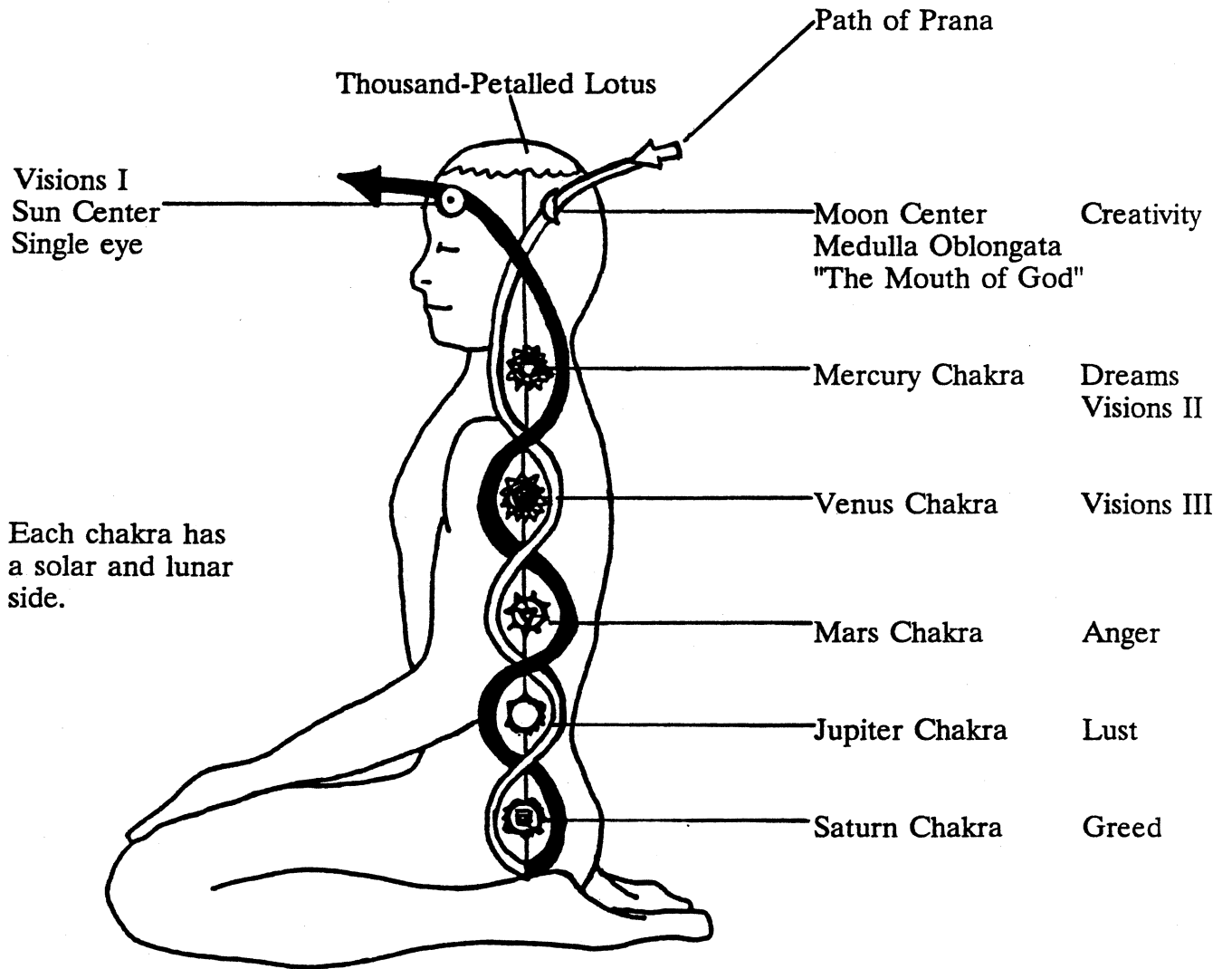
visualization

enter clear light

see vision of the bardo

DEATH, DYING & REBIRTH

Class #1



DEATH, DYING & REBIRTH

Class #1

I will abandon laziness and enter the undistracted path of study, reflection and meditation, making "projections" the path.

When the bardo of dreams is dawning, I will abandon the unconscious sleep, controlling and transforming dreams into luminosity.

When the bardo of meditation dawns, I will abandon distractions and confusions, and rest without grasping, firm in the mystical practice of visualization. I will not have confused emotions.

When the bardo of the moment before death dawns, I will abandon all grasping, yearning and attachment, and enter undistracted into clear light.

Now when the bardo of dharmata dawns upon me, I will abandon all anxiety, I will recognize whatever appears as my projection and know it to be a vision of the bardo. Now that I have reached this crucial point, I will not fear the peaceful and wrathful ones--my own projections.

I will abandon laziness and enter the undistracted path of study, reflection and meditation, making "projections" the path.

When the bardo of dreams is dawning, I will abandon the unconscious sleep, controlling and transforming dreams into luminosity.

When the bardo of meditation dawns, I will abandon distractions and confusions, and rest without grasping, firm in the mystical practice of visualization. I will not have confused emotions.

When the bardo of the moment before death dawns, I will abandon all grasping, yearning and attachment, and enter undistracted into clear light.

Now when the bardo of dharmata dawns upon me, I will abandon all anxiety, I will recognize whatever appears as my projection and know it to be a vision of the bardo. Now that I have reached this crucial point, I will not fear the peaceful and wrathful ones--my own projections.

DEATH, DYING & REBIRTH

Class #2

- I. Sadhana
 - A. Recite bardo meditation
 - B. Use "5th Breath Technique" to project one yoke (2 1/2 feet) in front of you, from the ajna chakra.
 - C. Visualize circle (mandala).
 - D. Inside the circle, visualize Ishta Devata.
 - E. Make the visualization brighter.
 - F. Move it closer to you by from 3" to 18".
 - G. Look at your Ishta Devata's face.
 - H. Have Ishta Devata smile.
 - I. Smile back.
 - J. Have Ishta Devata smile more benignly.
 - K. Effect: Softens much Saturn karma.






- II. The Principle of Transmutation & the Five Families
 - A. Five basic energy patterns (classified as the 5 families).
 - B. Each may manifest as a "poison", or a confused emotion.
 - C. Each poison is a distorted version of a fundamental "wisdom" or enlightened mind state.
 - D. Goal:
 - 1. To apply the appropriate "wisdom", as an antidote to our own particular "poison".
 - 2. To balance each energy source or chakra, and move up to the thousand-petalled lotus.

- III. The Nature of Reality
 - A. There is an objective reality.
 - B. There is a subjective, ego-centered reality.
 - 1. Ego-centered state evolves through five-fold process (the five skandhas)
 - 2. Result: The ego-self becomes locked in a "Room of Mirrors", exclusively aware of its own projections.
 - C. The Fundamental Teaching
 - 1. To recognize one's projections, and
 - 2. To dissolve the sense of self in the light of reality.
 - 3. Result:
 - a. The five components of confused mind are transmuted into their transcendent forms, becoming factors of enlightenment.
 - b. We can remove our "sunglasses" and see reality as it is.

- IV. Liberation
 - A. In Tibetan Kriya Tantra teachings, six types of liberation. Liberation through: hearing, wearing, seeing, remembering, tasting, and touching.
 - B. Definition of liberation: Any contact with this teaching brings a satori, which is organic, contains a siddhi, and leads to enlightenment.

DEATH, DYING & REBIRTH

Class #2

<u>Name</u>	<u>Direction</u>	<u>Family</u>	<u>Poison</u>	<u>Wisdom</u>	<u>Chakra/Color</u>
1) Vairochana	Center (center)	Buddha	Confusion Ignorance	Limitless All-pervading	
2) Aksobhya	East (bottom)	Vajra	Aggression Hatred	Mirror-like wisdom: calm/uncritically	
3) Ratna-sambhava	South (left)	Rutna	Pride	Equality/equanimity	
4) Amitabha	West (above)	Padma	Passion Desire	Discrimination Coolness/detachment	
5) Amogha-siddhi	North (right)	Karma	Envy	Wisdom to accomplish all actions	

DEATH, DYING & REBIRTH

Class #2

II

Confusion/Ignorance

Aggression/Hatred

Pride

Passion/Desire

Envy

I

Confusion/Ignorance

Aggression/Hatred

Pride

Passion/Desire

Envy

DEATH, DYING & REBIRTH

Class #2

THE EVOLUTION OF THE EGO CENTERED STATE OF BEING (The Five Skandhas)

- 1) The first psychological component (skandhas) is "form" (rupa). This is the beginning of individuality and of separate existence. It is the division of experience into subject and object. There is now a primitive "self", which is aware of an external world.
- 2) As soon as this primitive self becomes aware of an external world, the self reacts to its surroundings. This is called "feeling" (vedana). This is not yet a fully developed emotion. It is just an instinctive liking, disliking or indifference.
- 3) Immediately the self grows more complicated as the centralized entity asserts itself by reacting not only passively but also actively. This is called "perception" (samjna). In this fullest sense the self is aware of stimulus and automatically responds to it.
- 4) The fourth skandha is called "concept" (samskara), and it covers the intellectual and emotional activity of interpretation which follows this perception. Concept puts things together and builds up the patterns of personality and thus karma.
- 5) The fifth skandha is called "consciousness" (vijnana). This combines all the sense projections and the mind. Thus the self has now become a complete universe of its own. Now, instead of directly perceiving the world as it really is, it projects its own images all around itself.

The fundamental teaching is the recognition of your own "projections" and also the dissolution of the sense of self in the light of reality.

When this is done, these five psychological components of the confused state of mind (the unenlightened state of mind) are transmuted into their transcendent or purified forms, and thus become factors of enlightenment.

DEATH, DYING & REBIRTH

Class #3

- I. Cutting the weeds
 - A. Purpose: To remove old karmic emotions
 - B. Sequence: Practice prior to Bardo meditation
 - C. Ritual: (remain seated in posture)
 - 1. Mentally stand, holding scythe.
 - 2. Cut the weeds at your feet, while slowly completing a counter-clockwise circle.

- II. Building the Mandala: Phase 3
 - A. Ishta Devata smiles even more friendly.
 - B. Visualize beam of light from Ishta's mouth to yours.
 - C. Mentally chant OM MANI PADME HUM.
 - D. While chanting "HUM" feel prana enter your being through beam of light.

- III. Maha Mudra: The Great Symbol
 - A. Yantra
 - B. Asana
 - C. The subtlest teaching that leads to Universal Mind; the practical instruction on how to meditate on the void.

DEATH, DYING & REBIRTH

Class #3

Alaya consciousness--primordial, universal consciousness. The storehouse consciousness which preserves the "seeds" of mental impressions; supports the formation of habit. It is the root of the other consciousnesses.

Arising yoga--the first part of Kriya Yoga. The yoga of visualization or of creation.

Bardo--the intermediate stage between any two states of consciousness; most basic that between the dying state and the rebirth state of consciousness.

Bija--a special seed sound, syllable or mantra which represents the essence of a chakra, a life principle or a deva.

Bindu--a drop, or "tig le," is the essence of the vital energy from the secretions of the endocrine system, including sexual secretions.

Bodhi-chitta--the bodhi mind. A term used to denote the bindu of the endocrine secretions showing the hidden connection with wisdom and compassion.

Chakra--a psychic center. A mass/energy converter. A center on the nadis.

Central channel--the sushumna. The main nadi leading to samadhi or nirvana, situated in the center of your astral body. All samsaric energies including thoughts are to be converted into transcendental wisdom and spiritual power within this channel.

Dakini--a female deva, a "goddess".

Deva--a heavenly being; an arch-archangel, a "god".

Dharma--It has three meanings: a) the teachings; b) laws; c) objects, being, or matter.

Dharma-kaya--the body of truth. The real body of "the buddha." It is formless, omnipresent, ultimate, void, and all embracing.

Dhyana--a group of pure meditative states, equivalent of samadhi.

Duma--Tum.Mo, the mystic kriya or kundalini "fire" produced in the Mars chakra through the practice of Tum.Mo yoga.

Experience/realization--experience is the incomplete and imperfect, yet real mystical experience; realization is the complete, clear and perfect mystic experience.

Death, Dying & Rebirth
Class #3, continued

Maha Mudra--the great symbol, a teaching that leads to universal mind (alaya), or the dharma kaya; the practical instructions on how to meditate on the void (sunyata).

Mandala--a circle or a center. It is a symbolic geometrical diagram of the phenomenal world. It is a center thus realm wherein the devas and devis dwell.

Maya--the doctrine that all matter is devoid of self-entity; that all phenomena and experiences in the manifested universe are magic plays.

Nadi--a psychic channel which transmits pranic or vital energies; they exist in the astral body. The astral body is also called the yogic body.

Nirmanā Kaya--the transformation body of "the Buddha" which incarnates in numerous forms in the various worlds.

Nirvana--the state of ultimate liberation.

Para Mitas--the meritorious and altruistic actions that enable you to reach the state of perfect enlightenment.

Perfection Yoga--the second state of Kriya Yoga, in which you are taught to dissolve all energy/thought in the innate light.

Prana--the ten energy currents of the astral or physical body: the breath, the vital force, energy, etc.

Prana/mind--mind and prana; prana and mind are two facets of one entity. They should never be treated as two separate things. Mind is that which is aware; prana is the active energy which gives support to this awareness. If you master the prana, you automatically master the mind, and vice versa.

Samadhi--another name for nirvana. On a deeper level, a pure or "transic" concentrative state in which the mind and the observed object are merged into one.

Sambhoga Kaya--the glorious and divine body of "the Buddha," manifested in the pure land and visible only to enlightened yogis.

Samsara--the doctrine of reincarnation; the continual round of birth/death/rebirth.

Sunyata--the void, voidness, "emptiness." The doctrine that all becomings in the phenomenal world are devoid of self-nature, entity, or substance; they are illusorily existent.

DEATH, DYING & REBIRTH

Class #4

The Six Yogas of Naropa

- I. The Yoga of the Kriya Fire (Tummo)
 - A. Techniques to release this heat.
 - B. Heat must be applied to visualization.
- II. The Yoga of the Astral Body
 - A. It must be resurrected.
- III. The Yoga of the Dream State
- IV. The Yoga of the Clear Light
 - A. Flash of light each time you move through any bardo plane.
 - B. Center channel is pillar of light.
 - C. To attune to the light neutralizes karma.
- V. The Yoga of the Intermediate State
- VI. The Yoga of the Transmission of Consciousness
 - A. From one soul to another soul.
 - B. To re-animate (one's own) soul.

Note: All these yogas, to be effective, must be automatic.

DEATH, DYING & REBIRTH

Class #5

- I. Transforming uncooperative symbols.
 - A. Such symbols indicate strong energies, necessary for liberation.
 - B. Willpower is not effective in transforming these symbols.
 - C. Talk to subconscious, with words and symbols.

- II. Passing through the First Portal
 - A. Task: To get Ishta to smile, after exposing negativities.
 - 1. Draw forth Ishta inside mandala.
 - 2. Color mandala according to your "family".
 - 3. See beam of light from your heart to Ishta's heart.
 - 4. Show your worst negativity to Ishta.
 - 5. Ask Ishta to smile upon you.
 - 6. Bathe in that bliss.

DEATH, DYING & REBIRTH

Class #6

- I. Consolidating the First Initiation
 - A. Draw forth Ishta within colored mandala.
 - B. Show negativity.
 - C. Ishta smiles.
 - D. Enlarge, brighten and move mandala closer.
 - E. Ishta grows to fill mandala.
 - F. Surround mandala with a frame.
 - G. Breath technique.
 1. Strong double exhalation of all your hindrances and negativities.
 2. These immediately dissolve in the Ishta's sunlight.
 3. Visualize a colored lightning bolt triangle in the heart of the Ishta.
 4. Inhale (sipping breath) a stream of these triangles, filling your body with colored bright light.
 5. Repeat 3 to 7 times.
 6. Continue process, while "letting breath breathe itself".
 - H. Note: No need to continue to show negativity to Ishta if:
 1. Ishta smiles.
 2. You feel slight elation.
 3. You see flash of light.
 4. You feel no further emotional impetus to do so.
- II. Homework
 - A. Compose a short poem, affirmation, prayer, statement, request or message to your Ishta.

DEATH, DYING & REBIRTH

Class #7

- I. Review entire ritual
- II. Re-examining the goal
 - A. Goal is liberation.
 - B. Liberation attained through conscious penetration of Bardo.
 - C. Prerequisites:
 - 1. Desire to enter Bardo.
 - 2. Techniques to generate needed prana.
 - 3. "Internal allies" in the Bardo.
 - 4. The lay of the land.
- III. "Internal Allies"
 - A. The nature of projection.
 - B. The value of intimacy with Ishta.
 - C. The value of belonging to a "family".
- IV. The Lay of the Land
 - A. To attain and maintain Bardo awareness, one must abandon anxiety.
 - B. A good road map reduces anxiety.
 - C. The nature of the Wrathful Ones.
 - 1. Archetypes.
 - 2. Why are the wrathful ones wrathful?
 - a. They portray a wisdom, clouded by a poison.
 - b. They purify; their fierceness aims to destroy ignorance.
 - D. Relating to the Wrathful Ones.
 - 1. On personality level.
 - 2. On interpersonal level.
 - 3. In Bardo.

DEATH, DYING & REBIRTH

Class #8

- I. The Six Key Bardo Planes
 - A. The Bardo of the Life-Realm
 - B. The Bardo of the Dream State
 - C. The Bardo of Meditation
 - D. The Bardo of the Experience of Death
 - E. The Bardo of the Experience of Reality
 - F. The Bardo of Seeking Rebirth

- II. The Second Portal
 - A. The Journal
 - 1. Buy a notebook and pen, exclusively for journal use.
 - 2. Record dreams on left page, especially noting shapes, colors and appearance of Ishta.
 - 3. Record day's events on right page, especially noting any "firsts".
 - B. The Transition
 - 1. Prepare mind and body for sleep.
 - 2. Sleep with head to the north.
 - 3. Sleep on right side, using right thumb to gently close off right nostril.
 - 4. Bring energies up, and project them out into mandala.
 - 5. Invoke Ishta.

DEATH, DYING & REBIRTH

Class #9

Question and Answer Session

The Six Kinds of Bardo --

1. Bardo of the Realm of Life (Place of Birth)
2. Bardo of the Dream State
3. Bardo of Meditation
4. Bardo of the Experience of Death
5. Bardo of the Experience of Reality
6. Bardo of Seeking Rebirth

The first group of the three bardos for the transformation of awareness in this life

- A) Realm of Life
- B) Dream State
- C) Meditative State

DEATH, DYING & REBIRTH

Class #10

- I. Evolution of Consciousness
 - A. From unity comes duality.
 - 1. The head. Thinking. The Wrathful Ones.
 - 2. The heart. Feeling. The Peaceful Ones.
 - B. From duality comes trinity. Third factor balances the duality. The Bardo. The Bindu.
 - C. From trinity comes tetragrameton. Your consciousness with its four-fold function: "PT-FM", (Perception, Thought-Feeling, Memory).
 - D. From four comes five. The point of intersection in cardinal cross.

- II. The Pyramid Effect.
 - A. Bardo state balances dualities.
 - B. Bardo has time dimension: 7^2 .
 - C. 7^2 indicates elevation effect, necessary to produce balance.
 - D. Due to intensity of inner world, an internal imbalance can only be re-balanced internally.

- III. The Mandala
 - A. "PT-FM" represented as squaring the circle.
 - B. Duality represented as Buddha and Consort.
 - 1. Ishta (Buddha) is the Path.
 - 2. Female Consort (Prajna) is the Goal.
 - C. Trying to bring the Path to the Goal.
 - D. Results in liberation from the suffering of impermanence.

- IV. The Sacred Secret: Aum $\overset{\sim}{\text{A}}\text{H}$ Hum
 - A. Aum
 - 1. Color: white.
 - 2. Location: head.
 - 3. Related to the Sacred body of the Buddha.
 - B. $\overset{\sim}{\text{A}}\text{H}$
 - 1. Color: red.
 - 2. Location: throat.
 - 3. Related to pure speech.
 - C. Hum
 - 1. Color: blue.
 - 2. Location: heart.
 - 3. Related to pure spirit.

DEATH, DYING & REBIRTH

Class #10 (continued)

V. Sadhana

A. Pranayama

1. Establish balance of even breathing.
2. Close left nostril.
3. Long exhalation - through right nostril.
4. Long inhalation - through right nostril.
5. Short, intense exhalation - through right nostril, followed by a long smooth exhalation.
6. Repeat steps 3 - 5 three times, keeping left nostril closed.
7. Close right nostril, open left and repeat steps 3 -5 three times.
8. This equals one round.
9. Practice 1 to 7 rounds per day, with a quiet mind.

B. Mandala

1. Pull currents up and out, and project mandala.
2. Visualize a square within the circle.
3. Place Ishta in square.
4. Silently chant Aum AH Hum three times.
5. Invoke Ishta.
6. May be practiced in sitting meditation.
7. Should be practiced while entering sleep.

DEATH, DYING & REBIRTH

Class #11

- I. To penetrate the dream bardo
 - A. Regulate life style.
 - 1. Avoid rich foods.
 - 2. Avoid over-eating.
 - 3. Avoid exhaustion.
 - B. Draw prana into the body.
 - C. Attunement
 - 1. Recognize similarities of waking and dreaming mind states.
 - 2. Focus mind on Ishta.

- II. The Microcosm
 - A. Five sheaths and three bodies.
 - B. Five worlds of existence.
 - C. Three sets of dual chakras.
 - 1. Talas -- Primitive egocentric states link to thigh area of the body.
 - 2. The Chakras -- The heart patterns -- placed along cerebral spinal axis.
 - 3. The Karunas -- Devas and Ashuras -- beyond the Thousand Petaled Lotus.
 - D. Ego: The gatekeeper that regulates what data we become conscious of.

- III. Karma and its neutralization
 - A. Three Levels: physical, verbal and mental.
 - B. Preferable to balance karma in astral state, through use of color, sound and symbol.
 - C. Function of Bardo is to balance dualities to allow ego to expand into Cosmic Consciousness.
 - D. Ask Ishta for assistance in Bardo
 - 1. Ask for peace.
 - 2. Ask for wisdom symbols.
 - a. Noetic.
 - b. Inspirational.
 - c. "Food" value.

DEATH, DYING & REBIRTH

Class #12

- I. The Composition of Womb-born Beings
 - A. Right hand of being composed of earth, water, fire and drops (ductless gland secretions.)
 - B. Left hand of being composed of wind (prana) and channels (nadis).
 - C. The composition of one's own body reveals the pattern of its decomposition.

- II. The Channels
 - A. Consciousness functions through channels.
 - B. The quality of the death experience is related to which channels are open or closed.
 - C. Each action opens or closes certain channels.
 - D. The channels are clogged by:
 1. Perceptions.
 2. Memory.
 3. Emotions.
 - E. Of the 72,000³ channels; ida, pingala and susumna are key channels.

- III. Clearing the Channels
 - A. Right channel symbolically cleared by self-acceptance.
 - B. Left channel symbolically cleared by penetration of dream bardo.
 - C. In general to remove imbalance, we embrace it and remold it.

DEATH, DYING & REBIRTH

Class #13

- I. What is reborn?
 - A. The astral body (mano-maya-kosha).
 - B. From astral body, comes physical body (anna-maya-kosha).

- II. Mandala
 - A. Visualize the circle, a square within the circle, the Ishta within the square.
 - B. Visualize a dot in front of solar plexus level of Ishta.
 - C. Move the dot forward and expand it to a circle, which encompasses a French cross.
 - D. Move the circle back to a dot.
 - E. Purpose: to balance the quaternary, so ego will open.
 - F. Continue to invoke Ishta.

- III. Bhava Chakra
 - A. Ida and Pingali are curved channels to the left and right of our being.
 - B. Sushumna is central, linear channel.
 - C. The chakras.
 - 1. Mass-energy convertors along spine.
 - 2. Great value in tapping the petals of the chakras.
 - D. Circulation of prana.
 - 1. Prana runs through Ida and Pingala with each breath.
 - 2. When breath stops, prana enters Sushumna at the top of the base of the spine.
 - 3. The chakras function as points of resistance along the spine.
 - 4. If unbalanced, their magnetism throws prana into Ida or Pingala.
 - 5. To suspend the breath is to enter the Sushumna and become immortal.
 - E. Ida and Pingala is the path of the twelve.
 - F. Sushumna is the path of the seven.

- IV. Archetypes
 - A. All thinking and emoting must follow archetypal patterns.
 - B. Archetypal symbols exist within the center of each chakra.
 - C. Two unique archetypal symbols.
 - 1. Personal (mask). Desire for acceptance. Spiritually dangerous.
 - 2. Anima/animus. Energy field related to that which is opposite to you.

DEATH, DYING & REBIRTH

Class #14

- I. Consciousness and Matter
 - A. There is consciousness (Purusha).
 - B. There is matter (Prakriti).
 - C. Purusha functions through an infinite number of forms to produce evolution.

- II. The Movement Towards Perfection
 - A. Within the universe and within you are three primordial forces:
 - 1. Projection.
 - 2. Preservation.
 - 3. Dissolvement.
 - B. Within your universe is the seed of Light of Perfection.
 - C. Through time, our energies age and deteriorate.
 - D. Through death process, we pull our energies within to rebalance...
 - E. only to reproject another "universe", a bit more balanced until perfection is attained.
 - F. The secret is to attune to the seed of light. Within that, lies the perfected universe.
 - G. Mystically, we are learning to move consciously through the death process, to rebalance our energies, within this life.

DEATH, DYING & REBIRTH

Class #14

Key Concepts:

Karma = All is caused

Maha-mantra = "Aham Brahmasmi!" I'm the creative force.

Maha-yantra = Bhava Chakra. The Wheel of Life.

Maha-kriya = Ta.pah. Self discipline and purification.

Maha-tantra = Sva.dhy.ya. The study of physics and metaphysics from the viewpoint of self-analysis.

Maha-devata = Ish.vara.pra.ni.dha.na.ni. The attunement of ego self to cosmic self.

Yoga = Kriya yogah. Is the means of attaining concentrated mindstuff.

Kriya-shakti = The power of mind-action, i.e., thought.

Chittam = Mind-stuff. Three major divisions:

Manah = mind consciousness

Ahamkara = ego consciousness

Buddhi = cosmic consciousness

DEATH, DYING & REBIRTH

Class #15

- I. The Ritual
 - A. Little or no meat. More fruits and vegetables.
 - B. Bardo Invocation, uttered quietly.
 - C. Pranayama
 - 1. Standard alternate breathing.
 - 2. Modified alternate breathing.
 - D. Bardo Invocation, repeated mentally.
 - E. Visualize a circle.
 - F. Place a square inside.
 - G. Cut square from upper left to lower right.
 - H. Make a six-pointed star inside circle.
 - I. Place dot inside star.
 - J. Dot becomes Ishta, filling star.
 - K. Color your Ishta.
 - L. Call upon your Ishta.
 - M. If practiced while entering dream bardo, lie on right side, with head to the north, closing off right nostril with thumb.

- II. Moving from Ego-Self to Trans-Personal Self
 - A. Balance the four elements of the ego.
 - B. Become detached.
 - C. Regulate desires.
 - D. Accept increased responsibility.

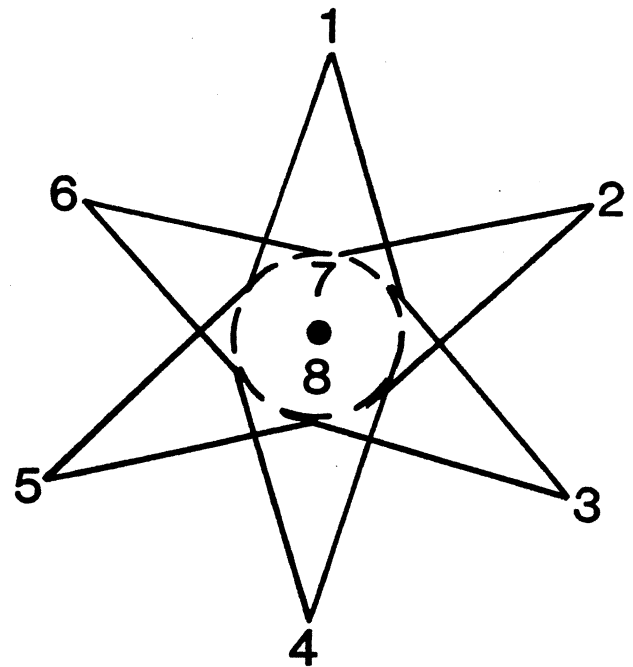
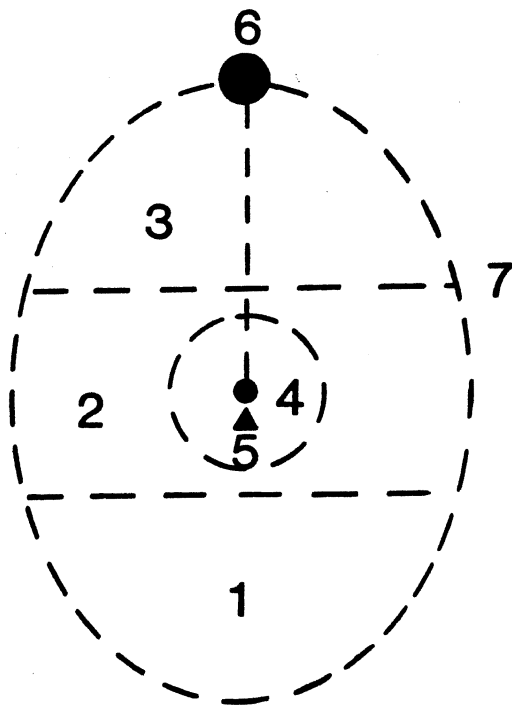
DEATH, DYING & REBIRTH

Class #15

The Ritual: (Little or no meat. More fruits and vegetables.)

1. Invocation
2. Visualize a circle.
3. Place a square inside.
4. Cut square from upper left to lower right.
5. Make a six-pointed star inside circle.
6. Place dot inside star.
7. Expand dot to fill star.
8. Dot becomes your Ishta! Filling star.
9. Color your Ishta.
10. Call upon your Ishta.

(See Chapter IX: Beginner's Guide to Meditation)



DEATH, DYING & REBIRTH

Class #15

Last week's discourse was called: Kriya Yogah.

This was the essence.

- Maha-kriya = Ta.pah
Self-discipline and purification.
- Maha-tantra = Sva.dhya.ya
The study of physics and metaphysics from the viewpoint of self-analysis.
- Maha-devata = Ish.vara.pra.ni.dha.na.ni
The attunement of ego self to cosmic self.
- Yoga = Kriya Yoga
Is the means of attaining concentrated mind.

Today's lesson is called Bhava Chakra.

There are nine key texts dealing with the wheel of life.

The Vedas
The Gitas
The Yoga Sutras
The Upanishads

The Puranas
The Tantras

The Shiva Samhita
The Hatha Yoga Pradipika
The Gheranda Samhita

These texts, their commentaries and their "spin-offs" are to be studied for a lifetime, especially the hora-shastras of the Rik Veda.

These texts uphold the concept of cosmic order... cosmic order that you can understand... and thus make proper actions (kriya).

DEATH, DYING & REBIRTH

Class #16

- I. The Nature of the Bardo
 - A. There is you and the light of Reality.
 - B. This light manifests as an archetypal pattern or maze.
 - C. This universal pattern is modified by your individual memory track.
 - D. The Bardo experience is a 49 stage walk through this archetypal maze.
 - E. The archetypes are potential doorways to enlightenment.

- II. Pulling out of the body
 - A. The optimum path is to ascend from the base of the spine through the Brahma-rundra.
 - B. At each chakra we experience the symbolic dissolution of that elemental world.
 - C. Awareness is sustained through detachment.

- III. Experiencing the light
 - A. We all get to "heaven".
 - B. Self-acceptance and compassion allow us to attune and remain in this state.

- IV. The first 14 days
 - A. A common archetypal basis with unique secondary projections.
 - B. The Peaceful Ones appear during the first week, from vairocana to amoghassiddhi. (See handout from DDR Class 2.)
 - C. Each dazzling archetypal vision is accompanied by a dull light, representing a side track.
 - D. During the second week, the Wrathful Ones appear.
 - E. Peaceful and Wrathful Ones represent particular energies viewed from Ida or Pingala, ascending or descending.

DEATH, DYING & REBIRTH

Class #17

- I. Maya
 - A. The form of the unformed.
 - B. Prana molded to the left manifests as the Maya of goodness, the Peaceful Ones.
 - C. Prana molded to the right manifests as the Wrathful Ones.

- II. The first fourteen days
 - A. The first seven days.
 - 1. The current undulates to the left side of each chakra.
 - 2. Childlike experiences of the heart manifest.
 - B. The second seven days.
 - 1. The current undulates through the right side of each chakra.
 - 2. We perceive how the mind has limited the expressions of the heart.
 - C. The motivation behind an act determines whether it brings balance or imbalance.

- III. There are three ways to balance an energy field.
 - A. Logically.
 - B. Emotionally.
 - C. Ritualistically.

DEATH, DYING & REBIRTH

Class #18

- I. Restructuring attitude.
 - A. Self-acceptance is prerequisite to self-awareness.
 - B. To accept the world is to accept oneself.
 - C. Sadhana is the internal approach to self-acceptance, and therefore greater self-awareness.

- II. Key rituals.
 - A. Sleep fast at new moon.
 - B. Journal.
 - C. Meditation.
 - D. Calling on Ishta.

- III. Homework: Write out expectations for the following intervals:
 - A. One year.
 - B. Five years.
 - C. Ten years.
 - D. Twenty-five years.

DEATH, DYING & REBIRTH

Class #19

- I. Increasing the intensity of the bliss.
 - A. Sit on floor, with left heel pressed against perineum.
 - B. Pull stomach muscles in and up.
 - C. Bring consciousness to ajna chakra.
 - D. Visualize a reverse OM symbol the size of a pea (ॐ), radiating intense white light.
 - E. Now construct the mandala. The reversed OM is at the ajna chakra of the Ishta.

- II. To further increase the intensity.
 - A. Visualize a thin, hot needle in sushumna, at solar plexus level.
 - B. The hot needle rises and elongates, moving up to unite with reversed OM at ajna chakra.
 - C. The needle will melt the OM, and the fluid will descend and bless the lower chakras.

- III. The bliss state.
 - A. Any increase in bliss is significant.
 - B. Bliss state does not produce disorientation.
 - C. To unite the hot needle with the reversed OM may take several months.
 - D. When experiencing bliss, affirm: "I will remember this."

DEATH, DYING & REBIRTH

Class #20

- I. Acting as a spiritual friend to the dying.
 - A. Goals.
 1. To neutralize fear and anxiety.
 2. To intensify and lift the consciousness.
 3. To share fellowship.
 - B. Preparation.
 1. Reflection.
 - A. Where is the other person at psychologically?
 - B. How can I best be of service?
 2. Meditation.
 - A. Center and lift energies.
 - B. Invoke Ishta to assist you.
 - C. Attune to the feeling state.
 - C. Interaction.
 1. Ask if you can be of any help.
 2. Observe verbal and facial cues.
 3. Be gentle. Be warm. Be yourself. Do not proselytize.
- II. To bless someone who is in the bardo.
 - A. Center and lift energies.
 - B. "Broadcast" the shanti vibration.
- III. All is thought.
 - A. Thoughts and chakric petals are demonic or devanic.
 - B. Female chakric petals are energy sources where positive feeling states reside.
 - C. Male petals produce destructive thoughts.
 - D. Yogis seek to transcend the dualities.

DEATH, DYING & REBIRTH

Class #21

Hindu approach to Death, Dying and Rebirth

- I. Attaining Bardo Awareness.
 - A. Symbolization: by attuning to ever subtler symbols and concepts, bardo awareness is attained.
 - B. Devotion.
 - C. Purification from
 - 1. Poisons.
 - 2. Phlegm.
 - 3. Excess food matter.
 - 4. Dark karmic particles.
 - D. Conscious control of dream state.

- II. Key Texts.
 - A. Garuda Purana.
 - B. Katha Upanishad.
 - C. Brihadaranyaka Upanishad.
 - D. Chandogya Upanishad.
 - E. Moksha Dharma.
 - F. Shatha Patha Brahmana.

- III. Key concepts.
 - A. Mastery of dream state linked to mastery of bardo.
 - B. There are specific signs of approaching death.
 - C. Many hells there are established in response to lack of knowledge.
 - D. Death is transformation, not annihilation.

DEATH, DYING & REBIRTH

Class #22

Comparative Study, Continued.

- I. Recurring Symbols
 - A. The dangerous and the narrow.
 - B. The subterranean river of death.
 - C. The demon guardians.
 - D. The boatman.
 - E. The need to gain "magical knowledge" while incarnate.
 - F. The judgment and the scales.
 - G. Transitory heavens and hells.
 - H. The soul's gradual (three days) detachment from the body.
 - I. Initial post-death bliss stage.

- II. Projections
 - A. All mental forces are projected outward.
 - B. They appear as "external" beings.

- III. The Nature of the Judgment
 - A. All judgment is you judging yourself, according to all the "old" religions.

DEATH, DYING & REBIRTH

Class #23

Comparative Study, Continued.

- I. The Manicheans
 - A. Within us there are irreconcilable forces of light and darkness.
 - B. Life is a constant effort to regain the nature of luminosity.
 - C. At death, a guide is needed to balance forces of light and darkness.

- II. The Body
 - A. The five poisonous places of darkness.
 - B. Ritual is needed to illumine these five centers below the head.
 - 1. Breathing techniques.
 - 2. Think noble thoughts.

- III. Death
 - A. Key problem: guilt.
 - B. Guilt is corrected through knowledge.
 - C. It is all one energy, having two faces.

DEATH, DYING & REBIRTH

Class #24

Medical-Legal Aspects of Dying

- I. Know your state laws.
 - A. Options related to emergency measures to prolong life.
 - B. Criterion for brain death.
 - C. Are living wills legal in your state?
 - D. In general, what are the legal rights of a terminal patient in your state?

- II. Know your wishes.
 - A. What type of medical care would you find acceptable when near death?
 - B. What type of funeral arrangements do you want?

- III. Make your wishes known.
 - A. Through discussions with family and doctor.
 - B. Through legal documentation.
 - C. Memorial societies can help investigate and arrange funeral costs ahead of time.

DEATH, DYING & REBIRTH

Class #25

- I. Yoga Philosophy
 - A. Spirit is immortal.
 - B. Forms change to serve evolution of Spirit.
 - C. Techniques of letting go.

- II. Common Attitudes
 - A. Acute or prolonged denial.
 - B. Depression.
 - C. Acceptance.
 - D. Stoic.

- III. Chaplain's Function
 - A. To be with person.
 - B. To provide the support they need and request.
 - C. To facilitate the family.

- IV. Visting Terminally Ill People.
 - A. Speak from the heart.
 - B. Let the patient be your teacher.
 - C. Avoid false good cheer.
 - D. Use active listening.
 - E. Don't fear silence.

DEATH, DYING & REBIRTH

Class #26

OVERALL SUMMARY

- I. The bardo and its projections.
 - A. The bardo is intermediate state between ida and pingala.
 - B. Its nature is to "project" symbols.
 - C. The recognition of one's projections brings the dissolution of the sense of self in the light of reality.

- II. The Ishta Devata
 - A. Form has shakti.
 - B. Ishta is one's chosen symbol of Divinity.
 - C. This key projection carries great siddhi to move us through the portals.

- III. The Portals.
 - A. Self-acceptance.
 1. Ritual to invoke Ishta.
 2. Ishta smiles upon our "sins".
 - B. The dream bardo.
 1. Perform invocation while entering dream state.
 2. Recognize Ishta by form, feeling state and color (in dream state).

- IV. Transmutation.
 - A. There are five primary energy sources.
 - B. Unbalanced, they are poisons.
 - C. When transmuted, they become factors of the enlightened mind.