

The Secret of Osirian Mummy Meditation:

The Wizard's Dream

by

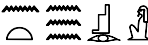
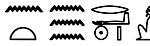
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Introduction to the Wizard's Dream

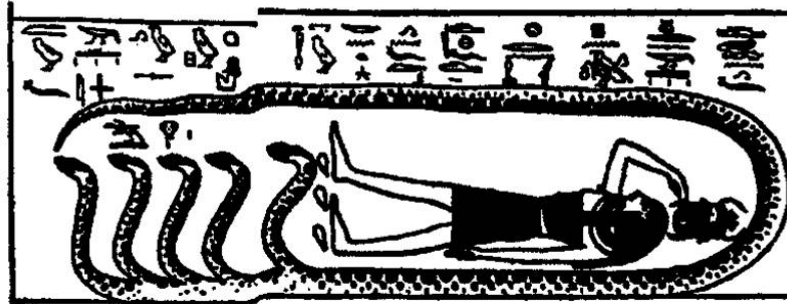
How many of you sometimes have the experience of waking up in the morning and wanting to lie around in bed to experience that languorous feeling of just hanging out? Nevertheless, you feel guilty, because you have many things to do such as going to work or making breakfast for the kids, and lying around in bed threatens to turn you into a lazy, irresponsible person. You end up lying there trying to enjoy the feeling for a few minutes, but haunted by that sense of guilt.

Why not use those few luxurious minutes in bed to accomplish something beneficial for yourself, the planet, and the whole universe instead of spending it feeling guilty or simply forsaking it and trudging to the bathroom?

Before I introduce the details, please note that the information in this article and its possible applications are for entertainment purposes only and are not to replace sound medical advice. Anyone using this technique does so assuming total personal responsibility for any results.

The Wizard's Dream is a technique derived from the timeless Astral Yoga tradition, known in India as Yoga Nidra, and in ancient Egypt as Net Asar  ("The Stream of Osiris", "The Wizard's Stream of Consciousness"), or Net Ra'  ("The Higher Self Stream of Consciousness"). As the mind moves toward deep sleep, it passes through a dreamlike astral region that Egyptians called "Net Ra'". This is the stream of consciousness of the Higher Self. (See the first hour in the "Sha't Am Dewat" or Book of What is in the Twat.) "Net Asar" is a deeper flow of dreams that begins during the third hour of the night and extends into the deepest realms of sleep. These subtle flows are accessible only to advanced Wizards and extend into the realm of Seker, Lord of the Dead of Night. (See the third hour of the Am Dewat.) The sixth hour goes to the root of consciousness, symbolized by Af (the somnolent sun as a completely inert body) reclining within the embrace of a many-headed serpent. Each head represents one of the senses and corresponds to the four elements plus mind. When Af begins to stir, he reaches over

his head and touches the sacred scarab dung beetle Khepera, who represents the creative energy of the Solar Higher Self. This initiates a new cycle of creation emanating from the Higher Self.



Sleeping Af touches the Scarab of Creation

In India the myth became Vishnu as Narayana (or Purusha) reclining on the serpent Seshi and floating in the Ocean of Pure Awareness. From his navel sprouts a lotus on which sits Brahma, the Creator (i.e. Khepera) that generates the universe.



The Egyptians called the budding new universe Nefer-Tem, the beautiful orgasm.



Left: Af as Nefer-Tem stands up. Right: Af as Nefer-Tem Awakens

As Af awakens, he stands up and holds the Ankh symbol of life and the Was symbol of divine power attained through disciplining the body with yoga. The lotus on his head is Khepera transforming into Nefer-Tem and creating a new universe out of the mind of the Higher Self. The nekhebet lotus is the Egyptian symbol for Yoga. The rectangular glyph under Nefer-Tem's lotus is Sha, the ocean of pure undefined awareness. The head of Nefer-Tem emerging from the lotus represents the primary purpose of the creation. The cycle is that Nefer-Tem's head sprouts from the lotus, and the lotus sprouts from Nefer-Tem's head. This shows the intimate relation of yoga to the mind.

Yoga Nidra is the Yogi's Sleep (Astral Yoga) that stands for conscious awareness during all 12 hours of the night. This technology is one of the important disciplines in Tantra (|☿△⊙Tent-Ra`). The science of Tantra originally is a vast and extremely ancient field of study known as the inventory or counting of the blessings of Ra`. Our word "ten" comes from the Egyptian term "Ten" (to count, divide, or apportion) and means a complete count as represented by all "ten fingers". Tantra means a Complete Accounting of Each of the Fingers of the Higher Self. Each finger represents a ray of light from the sun at a particular range of frequency and represents a technology of enlightenment. "Ten" also means to elevate, because the technologies are for the purpose of elevating consciousness. That is why they wrote a finger glyph together with a glyph of a bird flying up into the air. The Complete Accounting includes dreaming and sleeping as well as wakefulness and all the higher states of consciousness. "Net Ra'", the river of the first hour of the Night became the general term used to cover all the levels of dreaming and deep sleep and extended by analogy to include the stages of fetal consciousness and the bardo states between lives.

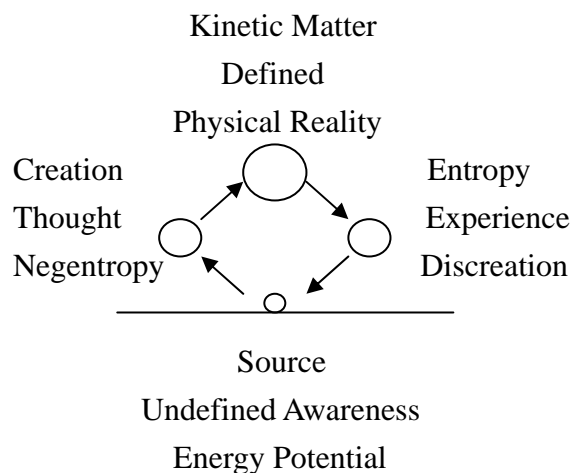
The Wizard's Dream is almost effortless. It will purify your mind and body. At the same time it helps purify the mass consciousness of humanity, the planetary environment, and the whole universe.

The Key Concept of the Technique

The material world follows the principle of entropy. The mental world follows the principle of negative entropy (negentropy). That means the mind spontaneously tends to organize and integrate, whereas the material world spontaneously tends to disorganize and disintegrate. These are the two phases of creation and dissolution. We define creations into existence, and then the creations dissolve back into undefined awareness. We can mentally reverse the natural flow of the material

world by mental attention. Thereby we reintegrate the material flow toward disorder so that it flows back toward a state of orderliness by means of our mental attention. For example, during the Ocean Awareness Meditation (see my article, “The Great Secret of the Solar Boat and the OCEAN AWARENESS MEDITATION” on the website www.dpedtech.com) we reverse the thought process and follow a thought back to its inception in pure undefined creative intelligence. The usual process is for a thought to arise as a subtle impulse in the mind and then become more and more solid and fixed as a reality. Once a thought becomes actualized as a physical reality, it is subject to the dissipating influence of entropy.

Creation and Discreation form a cycle. From Undefined Awareness we use thought to Create a Reality. Reality then Dissolves via Experience and returns to its Source in Undefined Awareness. To get from any particular Reality to Undefined Source Awareness, we can deliberately meditate and reverse the flow of thought toward defined reality. This takes us back to the Source of Thought in Undefined Awareness. The other way to get from a Reality to its Undefined Source is simply to relax and allow entropy to take its course without any resistance by accepting and experiencing the creation. Defined Realities spontaneously decay back into Undefined Awareness as soon as the energy that holds them into defined boundaries relaxes. Both procedures involve deep relaxation, because defining of creations involves the use of will to place boundaries on energy and try to hold it in a pattern. If you want a Reality to continue, you must keep reasserting its definition as a Creation. That is why you have to put attention on maintaining your house, car, and physical body.



The fundamental condition of energy is to be undefined potential. For example, to shoot an arrow, you pull it back on a bow. This increases its potential energy defined in a specific direction. Relaxation allows the arrow and bow to return to their

relaxed conditions of undefined potential. As part of the process, the arrow flies through the air with what we call kinetic energy. This is nothing more than the relaxation of the energy we put into pulling the arrow back on the bow. Once the arrow stops moving, it no longer has any defined direction.

Here is another example. Pick up a ball from the floor and hold it aloft. This defines the ball's gravitational potential energy in a specific direction toward the earth's center. If you release the ball, it falls back to the ground, and we see the relaxation as the kinetic energy of the ball moving through the air. Once the ball comes to rest on the ground, it no longer has any specific directedness. Its energy becomes undefined potential. The time it takes for the relaxation to release the pent up energy depends on the structure of the defined system and the amount of energy that you define for it. The definition is all relative to the viewpoint of a defined viewer and a defined object, and these two are mutually conditioned. However, such a definition is of no consequence from the viewpoint of undefined potential, because this undefined potential of awareness simply exists independent of space, time, and other systems that we may use for storing defined energy as "creations".

The Wizard's Dream technique, although very different from the Ocean Awareness Meditation, works in a similar way to meditation but manages the flow of physical energy through the body rather than the flow of thoughts through the mind. Physical matter flows through a person's body primarily in the form of breath, food, and drink. It enters at the mouth (nose for breath) and exits through the various excretory organs. A deeper inspection of the process reveals that food, drink, and even breath, enter the world of an individual first as thoughts that an individual conceives in his brain. They then attract physical perceptions. Certain physical objects are then drawn through the body, selectively used as energy sources, and then excreted out from the body as waste products.

During the practice of the Wizard Dream technique, we reverse the flow of energy, but not of gross physical matter. We allow an existing energy in the body to flow from the lower part of the body upward and out through the top of the head. The energy initially starts flowing from the anus and sexual organs where it has activated during the deep rest of sleep. As the energy moves upward, it creates a vacuum that draws energy in from below. Eventually the energy flows in from the soles of the feet, palms of the hands, and pores of the skin, moves upward through the body and then exits out through the top of the head. Once you know how to do the process, it continues in an almost completely effortless and quite enjoyable manner.

Steps of the Procedure

- The technique is done while lying on a bed after a period of sleep. Usually this means at the end of a night's sleep, but it could be after a very restful nap.
- The body is deeply rested but not yet stirring into activity. The mind begins to emerge from the deep sleep state into some dreams that drift toward wakefulness.
- You become aware that you are emerging from sleep but have not yet begun to move the body. You may be drifting in a semi-lucid or lucid dream state.
- The body usually is either lying on the back or on either side. Lying on the back is best. The hands can be by your sides or placed on the chest, fingers gently curled, not balled into a fist. Lying on the left side is next best. If you are lying on your side, you may shift your body to lie on your back as long as such a motion does not disturb the semi-wakeful relaxed state. Otherwise stay the way you find yourself, although the effect generally will not be as pronounced if you are in a fetal position or on your side. Experiment with the gentle turning and see if it disturbs the state and pulls you too far into wakefulness. Reduce the movements involved as much as possible. The key point is for the body to remain in a deep state of restful relaxation while the mind very gradually begins to become more wakeful. This condition is an initial stage of lucid dreaming.
- For a man, the best time for this exercise is when experiencing a spontaneous partial or full erection after a period of sleep, because this signals that the yang energy is stirring in the body. In women, this arousal may not be as pronounced, but is still there as a subtle energy that may include clitoral erection, vaginal arousal, and nipple erection. Some very relaxed and sensitive women may find they can drift into this state at other times than after a deep sleep. The key point is that the body is deeply relaxed, but there is an arousal energy that may seem centered in the genital region. This is a very pleasurable sensation.
- When the above conditions occur, you may begin the practice of Osirian Mummy Meditation. The first conscious step for men is to tighten the sphincter muscles of the anus very gently. This stops the downward flow of energy through the body and begins to reverse it to the upward direction. Once you have gently and very lightly squeezed the sphincter, you do not need to keep a lot of attention on it or even to actively squeeze. Just having a faint intention is often sufficient. The second step is simply to be aware of the energy flowing upward through the body. The key organ involved is the prostate. The prostate wraps around the urethra. In men, it is just in front of the anus. In

women, the prostate is in front of the vagina next to the G-spot. Women slightly contract the vagina and the smooth muscles of the urethra. The goal in each case is to gently activate the prostate gland to assist in allowing the sexual energy to flow upward in the body toward the head.

- When the energy reaches the brain, do not hold it there. Allow it to flow right on through and out the top of the head through the crown chakra. This creates a vacuum in the body. The vacuum will tend to draw more “earth” energy in from below. This energy from the physical world will flow through the activated genital region (known in some yoga circles as the second chakra) or the feet and become energized by the life force energy that is lively there. It will carry that enlivened quality up through the higher and higher energy centers and beyond the body to circulate through the universe as an extended field effect.
- You may notice that the inflow of energy is particularly noticeable on the soles of the feet at the “Gushing Spring” (湧泉) acupoint. This is the first acupoint in the kidney meridian system. It leads directly to the urogenital system and integrates with the Life Energy that is already vibrating there.



(Go back to the picture of Purusha Narayana Vishnu earlier in this article and notice how Lakshmi, goddess of the flow of good fortune in the material world, massages this point on the sole of Purusha Narayana Vishnu’s foot, indicating where the energy enters. The word “Purusha” means “before dawn” a hint at the best time for doing the practice.)

- The flow of energy will taper off after a few minutes. The erection and arousal of sexual energy gradually will fade away, and you will become more wakeful and ready to get out of bed and begin the day’s activities. Generally the process will last from two or three minutes up to about ten minutes. Occasionally the process may last as long as half an hour or even an hour. Do not try to keep track of time during the process or to prolong it when it fades. You will often notice an increase in thoughts as the process fades. This indicates that your body is shifting gears into wakeful activity. Then you know it is time to get up. The idea is to enjoy lying in bed for a few minutes before getting up to engage in a busy day of activity. Use that semi-wakeful relaxation time to purify the body and the environment in which it is embedded. You can have a faint intention that you are relaxing for a few minutes and helping the whole planet and the

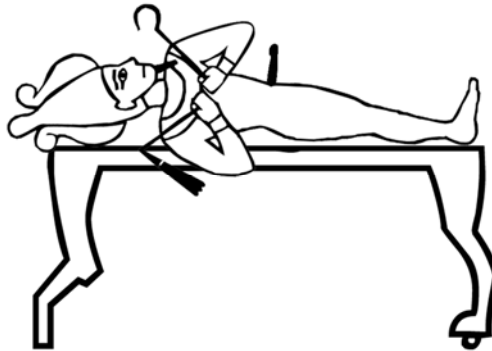
cosmos to purify itself effortlessly while lying comfortably in bed.

Results of the Practice

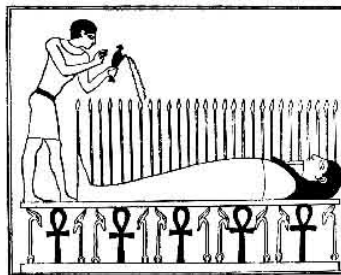
- The Wizard's Dream activates a natural energy circuit in which your body acts like an electrical transformer. Usually during the day life energy flows from the head down and out the perineum and feet as your input to the earth, tending from subtle thought vibrations to gross physical matter and activity. During the Wizard's Dream the process reverses. Life energy of the planet will flow in through the root chakra (perineum) and the soles of the feet. Then it will course upward through the meridians (subtle energy channels of the body), and out through the crown chakra. The relaxed body will allow the energy to flow evenly through all channels, and you do not have to put attention on any channels in particular. You are NOT trying to catch the energy, but simply act as a passive conduit to let it flow through you. As the energy flows by, it will be enlivened by the life force energy that is vibrant in the aroused genital region. It spontaneously will flow upward through the higher energy centers and be purified by your body's cellular structure, its chakras, and meridians at increasingly subtle levels. Then it will move out through the crown into the higher and subtler levels of super consciousness that are not localized in the body. All of this happens automatically when you allow the energy to flow in this manner.
- The few minutes that you do this practice in the morning will benefit your mental and physical health as well as clean house for the whole environment. It will develop a habit for your body to stay more relaxed and subtle while engaged in activity. When you enjoy the Wizard's Dream you also are cultivating the first stages of lucid dreaming. Why be dull and forgetful of your night's dreaming activity? You can enjoy your dreams and take charge of them rather than be dragged around willy-nilly in weird dream scenes that you will later forget for the most part. Success in life is about imagining deliberate dreams and then allowing them to unfold into wonderful realities.
- The Wizard's Dream is a gateway to the ancient Egyptian technology of consciously traveling in astral realms of space, time, and many other dimensions. Also, on a mundane level, the Wizard's Dream provides a few minutes of deep physical and mental pleasure to start your morning. You release forever the guilt you may have had around sexual energy or lying in bed without engaging in any socially risky activity or sacrificing your dynamic lifestyle. All this takes no more than a few minutes from your schedule of daily activity.
- You may find that at times you have a very full bladder as you emerge from sleep.

This may disturb the Wizard's Dreaming process and move attention toward stirring from bed to go relieve the bladder. That is a natural situation. Do not try to hold onto pleasant relaxation if your bladder wants to be relieved. Let the process end and go relieve the bladder. You will have many other opportunities to enjoy the process. You may find that drinking a little bit less fluids close to bedtime will help reduce morning bladder pressure. Also, if you get up during the night to urinate, the bladder may not be so distended by morning.

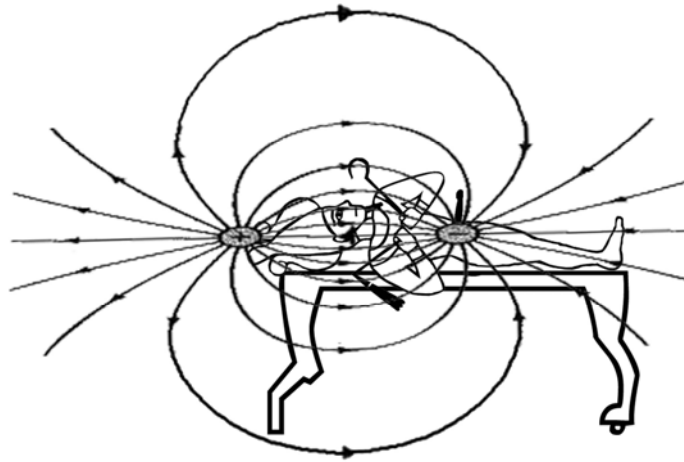
- If you find that you still feel stress about lying in bed because you have important engagements in the morning, you can adjust your evening schedule so that you go to bed ten or fifteen minutes earlier. Once you adjust to that new schedule you will be able to emerge from the Wizard's Dream at the usual time you prefer for moving into activity without a sense of stress.
- Here is an Egyptian-style illustration of the exercise.



Osiris the Wizard lies on a bier or bed as if he has become a mummy. His stiff green phallus sprouts upward like a plant growing from the ground. Some Egyptian drawings show many plants sprouting up from his corpse.



This depiction symbolically represents the cycle of crops that each year die and become fertilizer to awaken and nourish the next year's crops. This picture is also you lying in bed half asleep with an early morning erection. You do not have to hold scepters or wear a crown like he often does. You can prop your blanket up like a tent with your lively tent pole. When the tent comes down, it is time to get up. Each morning that you do this you are like Osiris magically resurrecting from the dead.



In this second drawing I have added some energy lines to indicate the flow of energy during the Wizard Dream practice. The energy pattern resembles the field lines of a magnet.

With OMM you act like an electric transformer to effortlessly shift energies to higher frequencies. You automatically purify your own body and mind and at the same time help purify the mass consciousness of mankind and the entire ecosystem of the planet while spending a few minutes in a deeply relaxed state of bliss.

Important Notes:

1. Some days you will not feel the sense of arousal as you begin to awaken. This may be due to the body's need for extra rest or some other influence on the body's circadian rhythm. Do not try to force the process. Wait for another time.
2. Sometimes as you begin to awaken you will feel bladder pressure and the urge to urinate. Do not try to do the meditation if you have a strong urge to urinate. Go to the bathroom and relieve yourself.
3. Then, if you still have time for sleep, return to bed and continue resting.
4. You may or may not drift back into the half asleep state of arousal after an interruption of sleep.
5. If no energy arousal returns after a bathroom trip or other interruption, let it go. There will be many more opportunities in the future.
6. Remember to stay as relaxed as possible while you witness the body's interesting combination of deep rest, sexual arousal, and energy flow during the Osirian Mummy Meditation.
7. If you have any questions or concerns, you may send an email to me Re: OMM. The address is dpedtech@dpedtech.com.