

Some Helpful Tools (My Personal Favorite Picks)

In personal relationships, study, or career, it is often helpful to have some tools to help things move along more smoothly or for a breakthrough into new territory. We are fortunate that in this age of information and media so many tools are available. Since this website is devoted primarily to exploring Ideas and Experiences, the tools I present here are specifically useful in helping people explore new or old ideas and experiences in their personal lives or in their interactions with their universe..

What I list here are my personal favorites. These are tools I have tested and found useful in one way or another. In the list three tools stand out as truly remarkable and are not as widely appreciated as they deserve to be. These three timeless technologies are the **Transcendental Meditation (TM)**, the **Avatar Materials**, and the **Cobra Kriyas**. You will find that each one is quite awesome if you objectively explore it. These technologies were practiced in ancient Egypt and have origins that go far beyond the space/time of this universe. The main players responsible for the revival of these technologies in our day are Maharishi Mahesh Yogi (TM), Harry Palmer (Avatar), and Sunyata Saraswati (Cobra Kriyas). But we are blessed with many other great masters in our day.

The ancient Egyptians identified eight major areas of life that they considered to be essential components of any individual. We can think of them as eight types of potential, eight “souls” or eight aspects of an individual.

Different tools were aimed to solve problems associated with different aspects of life. Often the tools combined in various ways the various potentials. The overall goal was for a person to achieve a balanced development of all his potentials.

The Egyptians believed in something that is not taken seriously by most of the populace these days: Enlightened Immortality. Such a goal may be a bit more than you want to tackle right off the bat, but I mention it so you can be aware that one of the trickiest aspects of solving a problem is in the way you look at it. A great deal can be accomplished by simply becoming aware of the types of limitations that we place on ourselves and learning how to modify or remove them.

The tools I include in my list are useful for whatever role in life a person would like to explore. Below I list my favorites and what I believe are their Egyptian sources.

Each category corresponds to what many in our era call chakras. In Egyptian a chakra is called an Aat. In my list I give the traditional chakra number in the list, then its Egyptian name, then a brief description in English, and finally the Chakra name in Sanskrit. I simply give the catalog of major potentials and after that I provide a list of tools appropriate for each potential. Then I give a list of special tools that combine different potentials. Finally I provide some Internet links for those who would like more information. These tools are generally easy and fun to learn and apply, although they can be taken to very challenging levels with sufficient dedication. The traditional centers for these chakras are (1) the perineum, (2) the genitals, (3) the solar plexus and belly region, (4) the chest, (5), the throat, (6) the brow, (7) top of the head, (8) about six inches above the head.

1. **Khat (The Science of the Physical Body, Muladhara Chakra)**
2. **Ka (The Science of the Electromagnetic Life Force, Swadhisthana Chakra)**
3. **Sekhem (The Science of Ego Chemistry, Manipura Chakra)**
4. **Ab (The Science of the Compassionate Heart, Anahata Chakra)**
5. **Ren (The Science of Names, Vishuddhi Chakra)**
6. **Ba (The Science of Prana Life Breath, Ajna Chakra)**
7. **Khaibit (The Science of Meditation, Sahasrara Chakra)**
8. **Aakhu (The Science of the Immortal Light Body, Buddhi Chakra)**

1. **Hata Yoga Poses, The Five Rites, Exercise, and Sports.** These maintain flexibility, strength, and tone in the body.
2. **Bandhas: Triple Lock,** especially **Mula Bandha** is fundamental. The Triple Lock improves posture, regulates internal autonomic systems, and activates kundalini. The **Kirana Kriyas** are useful tension and relaxation postures. The Ka energy is fundamentally sexual in nature, and in most people it is bound and suppressed by emotional issues and indoctrinations. The bandhas help release it.
3. **Mudras:** The digestive system converts whatever you eat into either part of you or shit. This is the essence of the ego, which is the mechanism of the will to choose and decide. The mudras refine the will. The Sekhem belly chakra connects to the Ren throat chakra. Some of the most powerful mudras are performed with the tongue. **Kechari** is my favorite tongue mudra. Important lower body mudras are **Asvini** and **Vajroli/Sahajoli**. The hand gestures are secondary except during certain types of meditation and qi-gong (pranayam). For example, the Egyptian **An-Hat mudra** is a powerful tool for uplifting the ego into the heart chakra. Another very powerful mudra is the **Attention**

Mudra, which is actually a part of **Yantra** technology and belongs with the heart chakra. Deliberately place attention on various objects. This can be done as a sequential attention to various details or as **Trataka** focus for an extended time on a single item. (See Harry Palmer's ReSurfacing, Exercises #2 and #3 for more details.)

4. **The Compassion Exercise:** Observe others and notice the behaviors they use for handling the same basic issues you face. How are they different? How are they the same? (See Harry Palmer's **ReSurfacing**, Exercise #17 for details.) **Unconditional Love and Appreciation** is the key to **Yantra** technology.
5. **Mantrayana, Harmonic Singing (especially Tibetan and Mongolian styles), Rhetoric, and Linguistics.**
6. **Avatar Viewpoint, Attention, and Belief Management** is a purely mental practice called the **Creation Handling Procedure** that allows a person to create, manage, or dis-create any type of experience. This technology is powerful beyond any expectation or imagination. **Yogic Complete Breath, Nadi Sodhana Pranayam, and Hu-Sa Breathing** (also known as Hung-sa, So Hum, and other variations) are examples of powerful methods of breath management. **Foveal Gaze Practice** is a special form of **Trataka**, a yogic exercise that enhances the attention's power of focus and also awakens intuition. This is the Eye of Horus spoken of so often in the Pyramid Texts.
7. **Zen Meditation** (Just Watching, Observing)
8. **Service to Mankind, the Planet, the Universe.**

Composite Tools

- **The Senet Tarot Oracle of Ancient Egypt.** The Tarot can be useful for developing intuition. This helps the Ba to open the Eye of Horus. Intuition is the ability to sense an appropriate decision or direction in life.
- **Dynamic Meditation** by Osho. This is a wild exercise involving intense physical exercise, powerful breathing, and creative dance movements combined with high energy African drumming enhanced with electronic and Indian musical influences. It is a great breakthrough tool for releasing limitations and inhibitions.
- **An-hat Meditation** combines the vajra or lotus pose with a special mudra that helps open the Anahata Heart Chakra. It is suitable as a posture for the practice of Transcendental Meditation or Zen Meditation.
- **Primordial Taiji Qigong** is a 20-minute exercise that integrates and magnifies the Ba and Ka energies in a series of simple physical motions.
- **Transcendental Meditation** combines the use of mantras with a deep meditation

procedure. This is the fastest and easiest way to “transcend” and go from thinking to directly experiencing the Higher Self of pure awareness. I recommend initiation by a trained TM initiator because it is a beautiful experience and gives an innocent proper start to a powerful meditation practice. After your practice is stable you can learn all the details of how it works if you are interested. Maharishi also promotes a lot of “Vedic Science” material that is definitely optional and secondary for those interested in Maharishi’s interpretation of classical Indian culture.

- **The Avatar Materials** developed by Harry Palmer present the key to how consciousness works. The theoretical principle is simply that you experience what you truly believe. If you do not believe that principle, it will not seem true to you, and your experiences may seem to arise from some other source – wherever you believe they come from. However, that type of experience simply further verifies that you experience what you believe. The practical aspect is an elegant formula that a person can apply in myriads of ways. The materials sequentially introduce the various components of the formula and ways to apply it for managing viewpoints, attention, beliefs, identities, relationships, health, physical conditions, stubborn problems, creativity, . . . pretty much anything you can imagine, and then quite a bit beyond that. The Avatar Materials are the most complete, compact, and elegant description of the mechanics of consciousness I have ever encountered. And they include an all-around tool for exploring the materials or anything else you like. Although the materials are primarily “mental” meta-beliefs, the application of them involves all modes of perception and action through the various potentials.
- **The Cosmic Cobra Kundalini Kriya Pranayam** of Baba [or Babaji] combines physical postures, powerful bandhas, mudras, mantras, and breath techniques to activate what in India is called the kundalini life force and use it to purify the physical, emotional, and mental bodies and gain access to the higher spiritual realms as well as good physical and mental health. When a person is ready, this tool can lead quickly into High Tantra and Raaja Yoga.
- **Partner Yoga** combines Hatha Yoga Postures with the cultivation of intimate cooperation and trust by practicing the poses together with a partner instead of solo. This is the first step toward High Tantra.
- **High Tantra** is the practice of total intimacy and trust with a partner. All of the above tools can be brought into play including the practice of service in the Higher Self and profound sexual intimacy.
- **Raaja Yoga** is advanced High Tantra in which intimacy and trust is extended to a larger and larger group of partners. To imagine what this is like, feel what it

feels like to function as an integrated body with all your organs operating in harmony and with a perfect sense of intimacy and trust among them. This is the Egyptian principle of the Paut Neteru, the Company of the Gods. The group lives and loves and works together in perfect harmony while still preserving the unique individuality and freedom of each participant to be and do what he or she does best.

For More Information: Links and Resources

- For more information on any of the tools mentioned in these lists contact Dr. White by email: dpedtech@dpedtech.com, Re: Tools.
- **Avatar®**: www.avatarepc.com. Read Harry Palmer's **Living Deliberately** and then play with the exercises in his workbooks, **Seven Pillars of Wisdom: The Avatar Mini-Courses**, and **ReSurfacing®**. **Living Deliberately** and the **Seven Avatar Mini-Courses** can be downloaded from the Avatar website listed above or purchased in book form. More advanced materials require the assistance of a licensed Avatar Master. **Avatar®**, and **ReSurfacing®** are registered service marks licensed to Star's Edge, Inc.
- **Transcendental Meditation (TM)**: www.tm.org.
- **Cosmic Cobra Pranayam and Kriya Yoga**: contact Dr. White or visit Bodhi Avinasha's www.IpsaluTantra.com website. See also Bodhi's book, **The Ipsalu Formula: A Method for Tantra Bliss**, and her classic book written with her master, Sunyata Saraswati, **Jewel in the Lotus: the Tantric Path to Higher Consciousness**.
- **Trataka**: Visit www.meditationiseasy.com/mCorner/techniques/trataka.htm for a simple description of this exercise. The Meditation is Easy website is filled with useful information about various methods and non-methods of meditation. It also includes Osho's translation of the 112 sutras of the Vigyan Bhairav Tantra and his Dynamic Meditation. Here is another site with more details and variations regarding Trataka: www.dhyansanjivani.org/trataka_index.asp. This next site gives a simple visual starter pattern: www.swamij.com/trataka.htm. Yoga magazine intro: yogamag.net/archives/1991/3may91/tratak.shtml. The ancient Egyptians often did the practice by lying down outdoors at night and gazing at a particular bright star or the moon. Harry Palmer introduces some variations of Trataka in his workbook, **ReSurfacing**, Exercise #3, "Disciplining Attention". There are many variations to this ancient practice.
- **Partner Yoga**: Get a copy of **The Book of Partner Yoga** by Mishabae.

- **Hatha Yoga:** There are many good books and websites available on this subject. Muata Ashby introduces his reconstruction of Egyptian yoga poses in his books, **The African Origins of Hatha Yoga** and **Egyptian Yoga: Postures of the Gods and Goddesses**. I will be posting on this site a list of Egyptian Yoga poses that correlate with the Senet Tarot Oracle Cards.