Sealing Flow States with Lucid Intuitions: The Practice Of Radical Openness

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Creation Stage: Invoking Ancestral Archetypes Into Your Lifespace/Mind-Body Space/CNS

- Androgynous Forms (*Deva/Devi*) Solitary/Paired
- Affects Range from Calm, Mixed to Fierce
- Grounded by Link to Positive Mentors & Role-Models
- Include Transformational Family, Mansion & Natural Crucible (*Mandala*)



Body Mandala (Chakrasamvara)

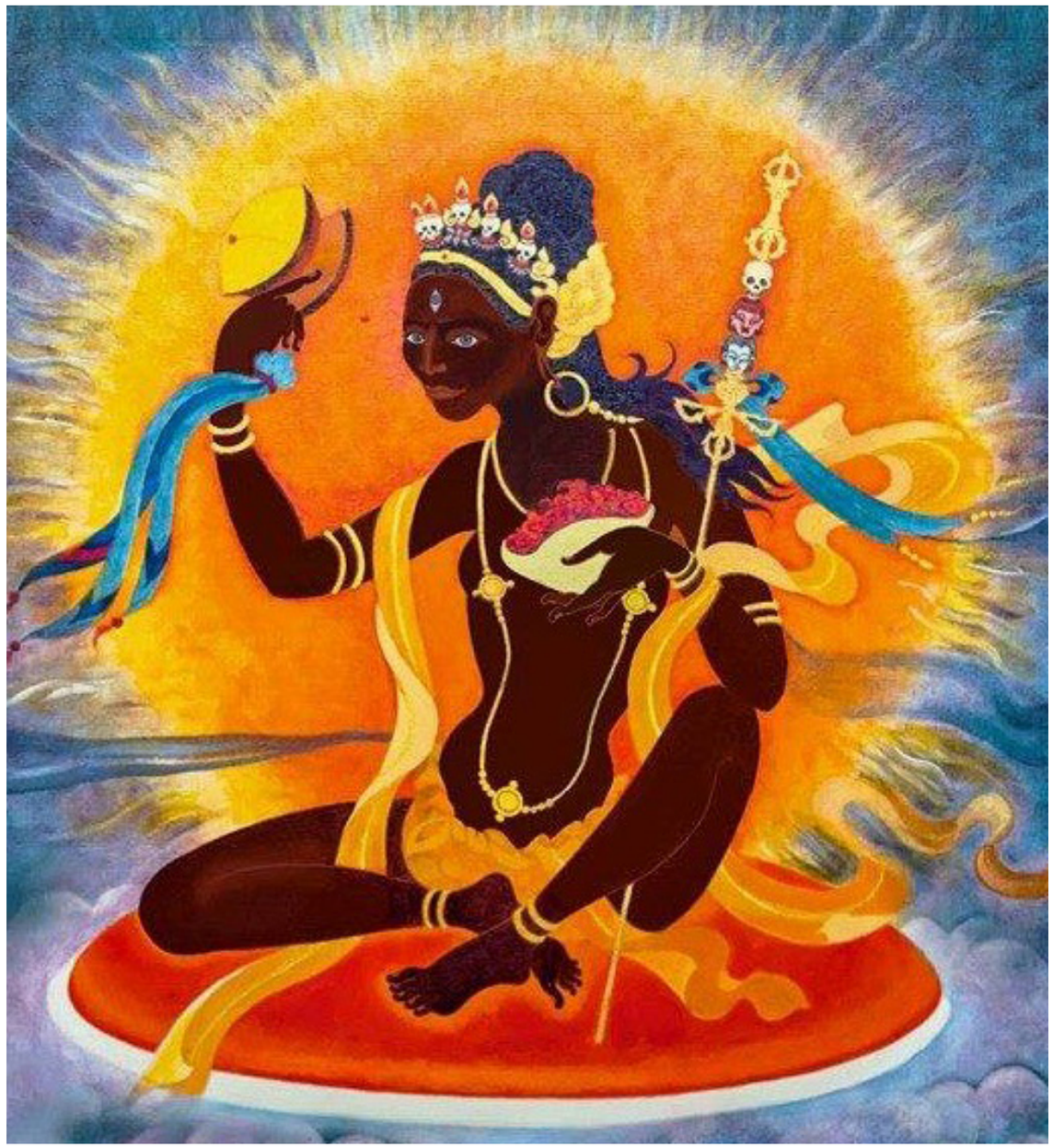
Diamond Sow (*Vajravarahi*): Archetype of Ecstatic Wisdom—Kushali Tsog Offering/Chod





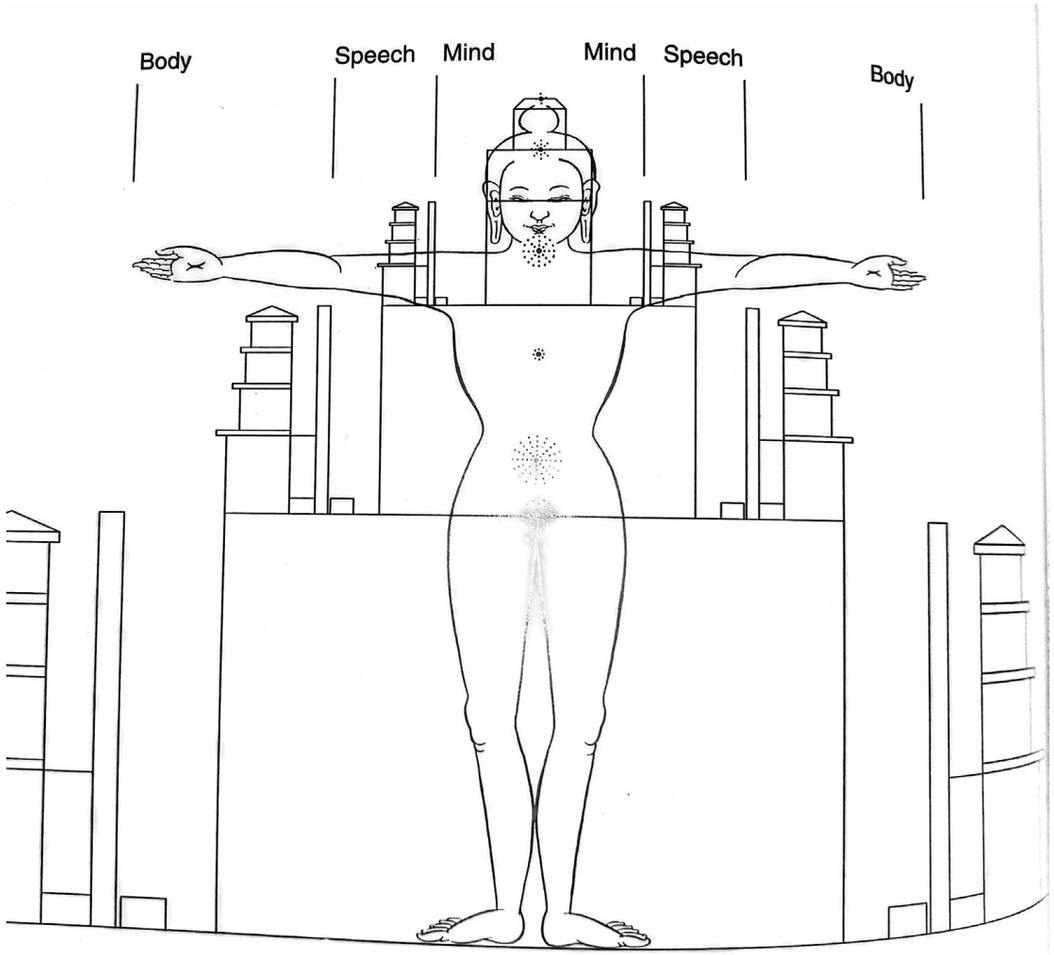
The Yogini Tantras: Feminine Archetypes of the Embodied Intuitive Wisdom of Radical Openness

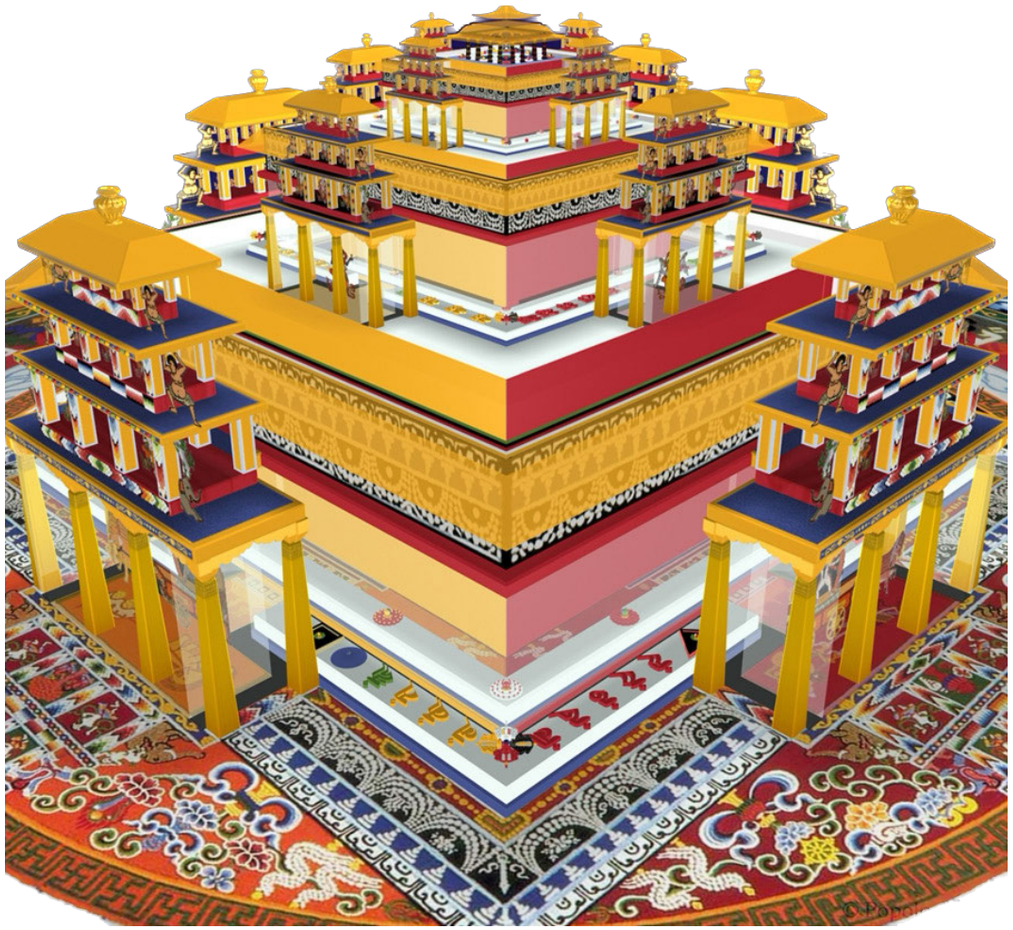
- Paradigm of Mother Tantras
- From Kaplika/Kali Tantra
- Ecstatic Wisdom Tantra
- Two Stage Practice Path
- Six Perfection Stage Yogas
- Imaginal/Real Partner Yoga
- The Great Seal/*Ati-Yoga*



The Black Dakini: Sister Niguma

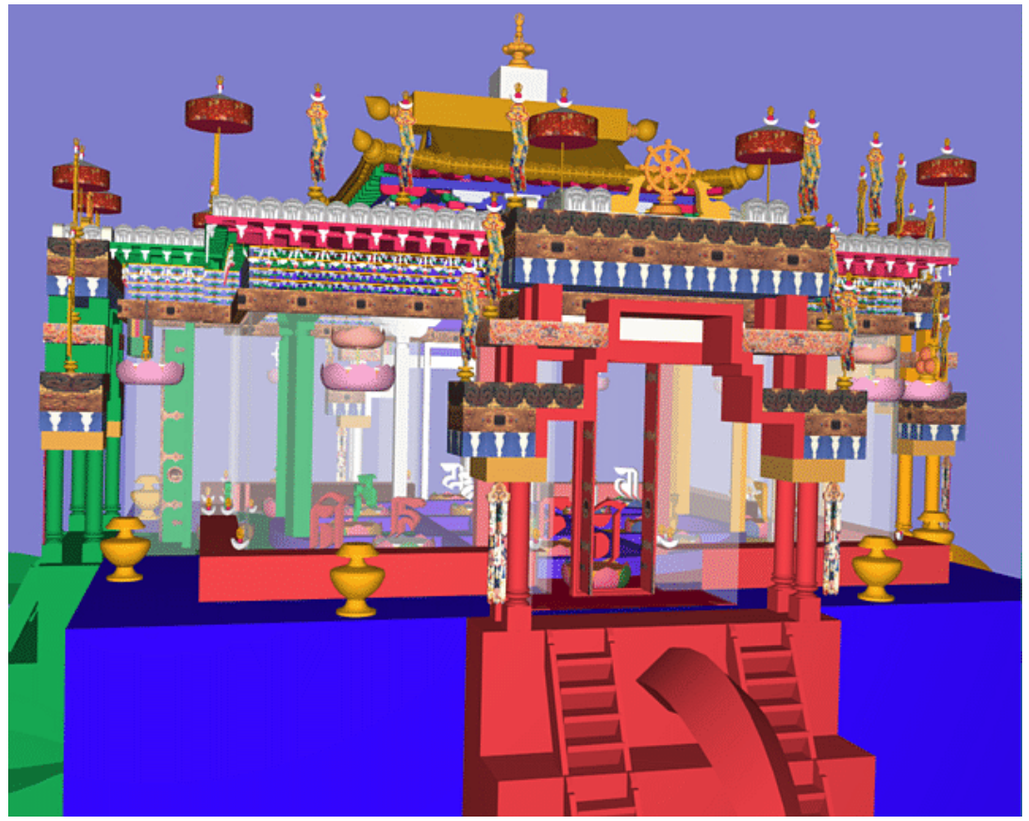
The Clockwork (*Kalachakra*) Body Mandala





The Nested Crucibles of Mystic Communion: Nature, Home, Body, CNS, Meme, Drop

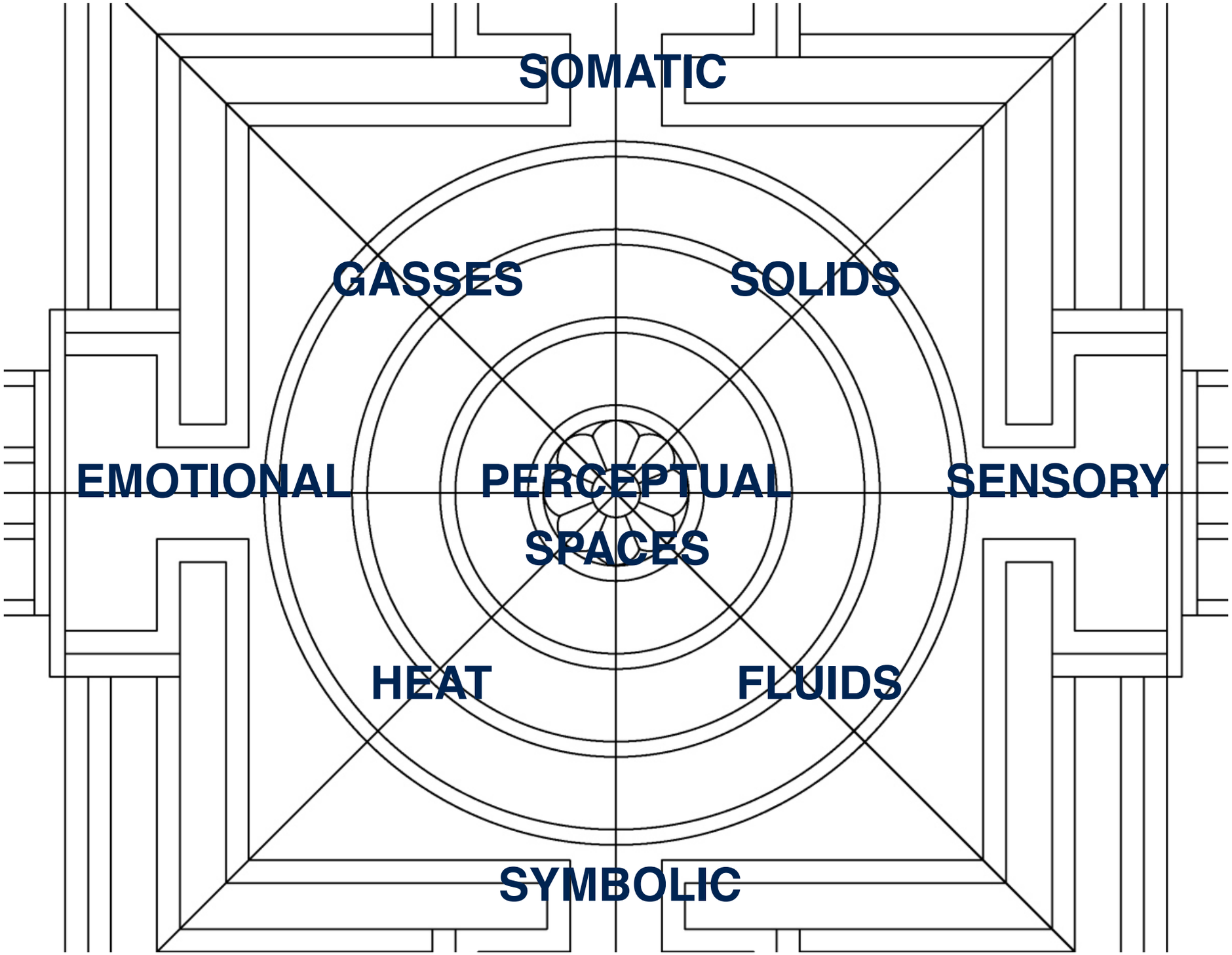




Narrative Self-Transformation Revolves around Three Existential Nodes

- **Transforming death-like states** into paths to embody the realization that there is no fixed self or world
- **Transforming emergent transitions** into paths to embody the joyful expression of self-creation
- **Transforming fully developed life** into a path to embody the joyful energy and artistry of heroic altruism

Basis: Traumatic Mind/Body Systems & Elements



Creation Stage Path: Eight Step Dissolution and Re-Emergence Process of Self-Transformation

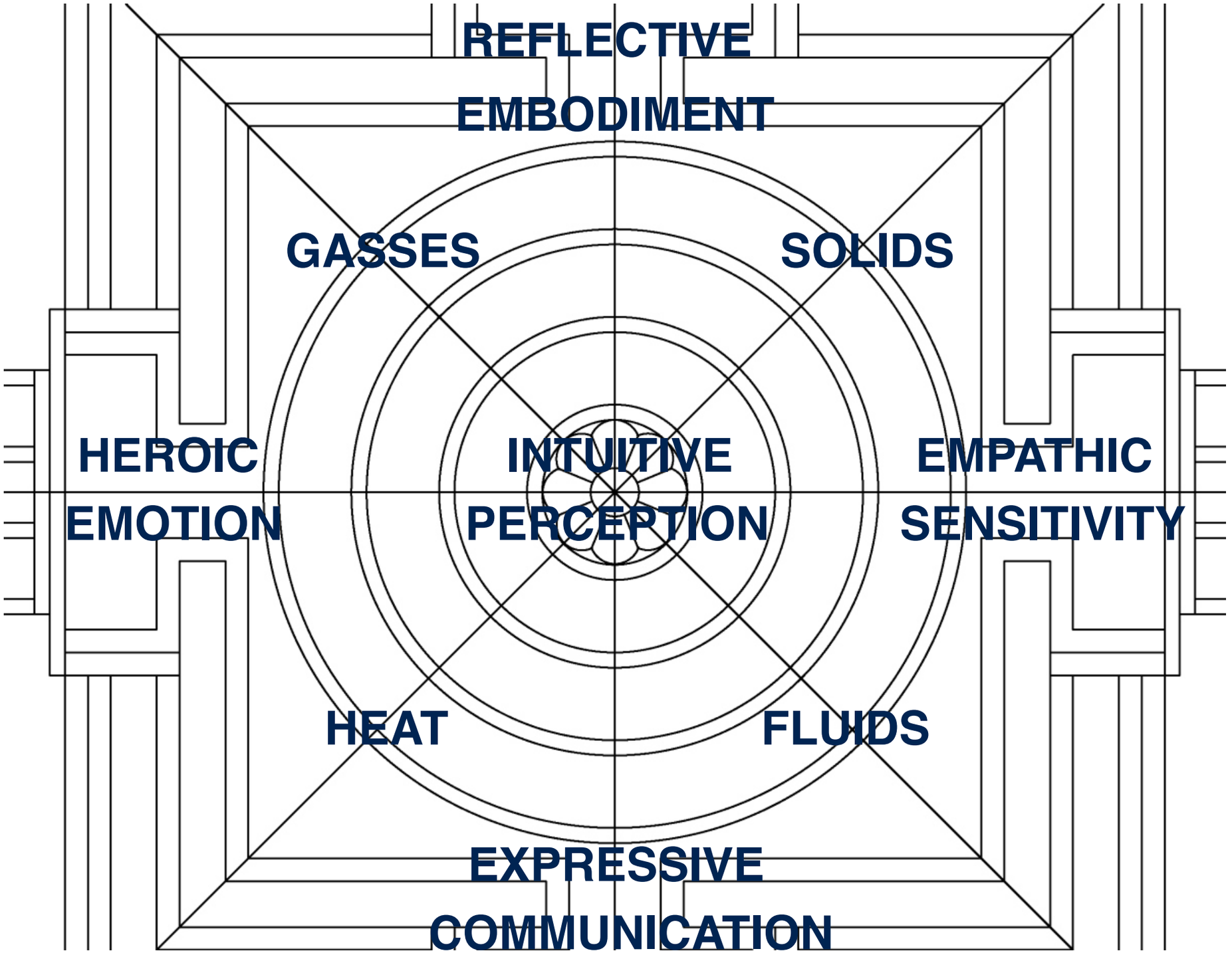
Eight-Step Dissolution

- Solids->Liquids, Mirage/Vision
- Liquids->Heat, Smoke/Hearing
- Heat->Gases, Sparks/Smell
- Gasses->Space/Taste & Touch
- Seeking>Moonlight/Luminance
- Guarding->Twilight/Radiance
- Isolating->Midnight/Immanence
- Openness->Predawn/Translucency

Eight Step Re-Emergence

- Deep Space->Energy/Breath
- Energy->Solar/Bodily Heat
- Heat->Water/Bodily Fluids
- Water->Solid Land/Physicality
- Physicality->Moonlight/Subjectivity
- Lucid Subject->Sunlight/Objectivity
- Objectivity->Breath Sound/Tool
- Breath/Tool->Wisdom Being

Fruit: Lucid Blissful Systems & Elements



Subtle Creation Stage: Accessing the Subtle Mind/Body by Installing Mentor-Archetypes

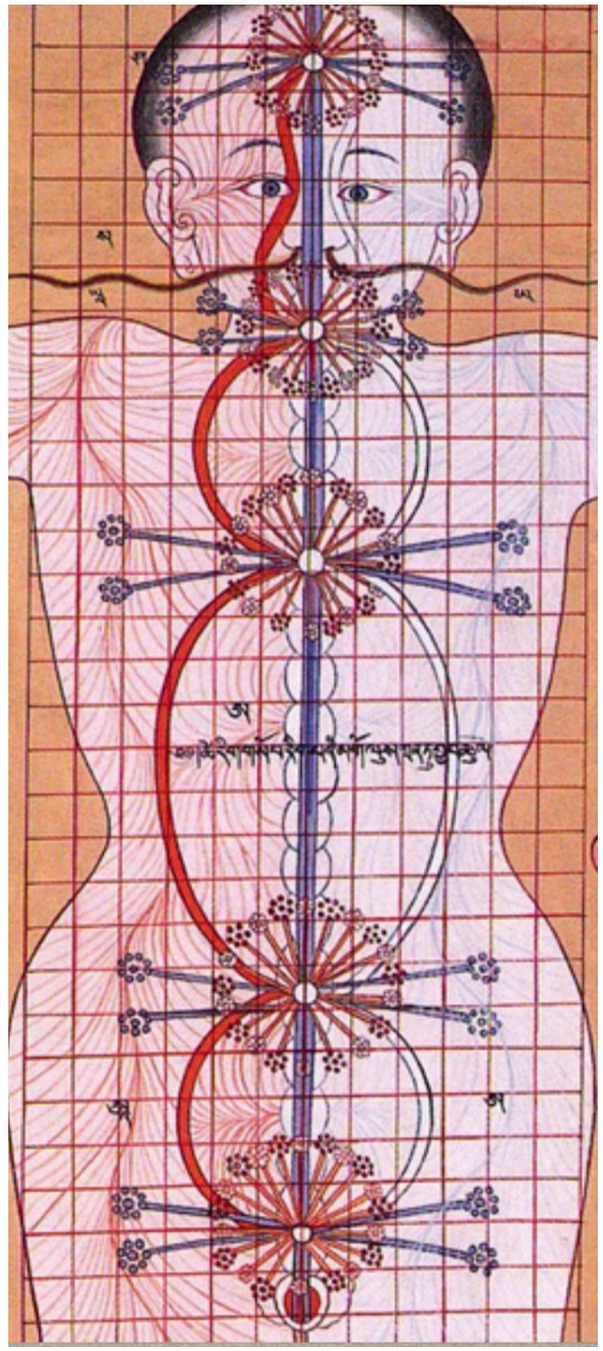


Perfection Stage Embodied Practice Integrates Self-Transformation in an Alchemical Way

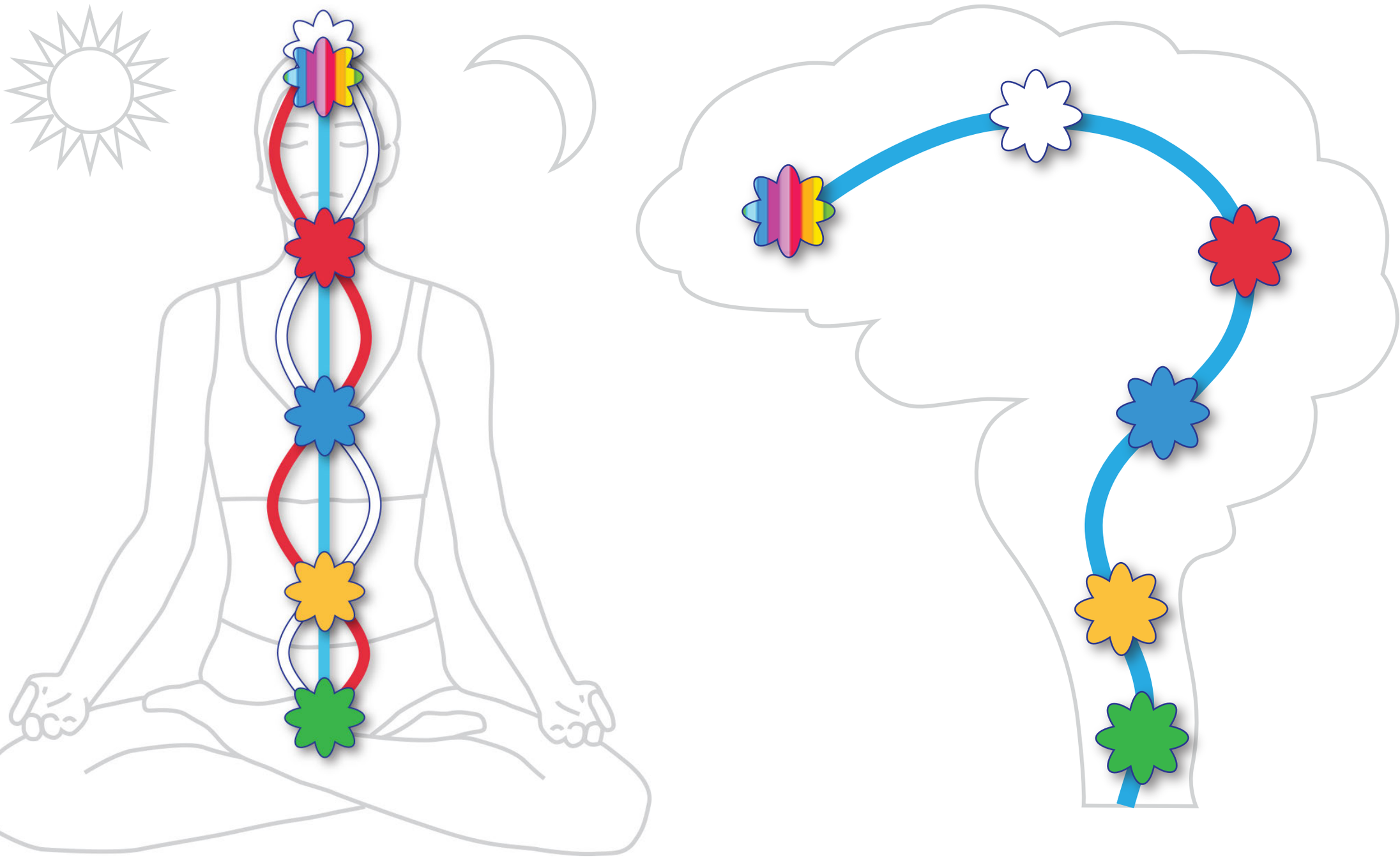
- When role-modeling imagery and narrative have been internalized, the work enters the *integration stage*
- To prepare the way for bottom-up work, this stage begins by installing mentor family/memes in the body
- Now the dissolution process (simulating death) is primed by breath holding, w/ or w/o erotic imagery
- Breath holding is accentuated by upper and lower "breath-locks" helping to elicit the diving reflex
- Psychic "kindling" is achieved by priming dorsal vagal and sympathetic afferents to induce a mixed flow state

The Non-Dual Process Map: The Three Nested Layers of our Interactive Mind/Body Systems

- Coarse Dualistic Physical Body and Discursive Waking State Mind
- Subtle Dualistic Neural Body and Imaginative Dream State Mind
- Extremely Subtle Non-Dual Energy-Chemistry Body and Intuitive Deep Sleep/Orgasmic Mind

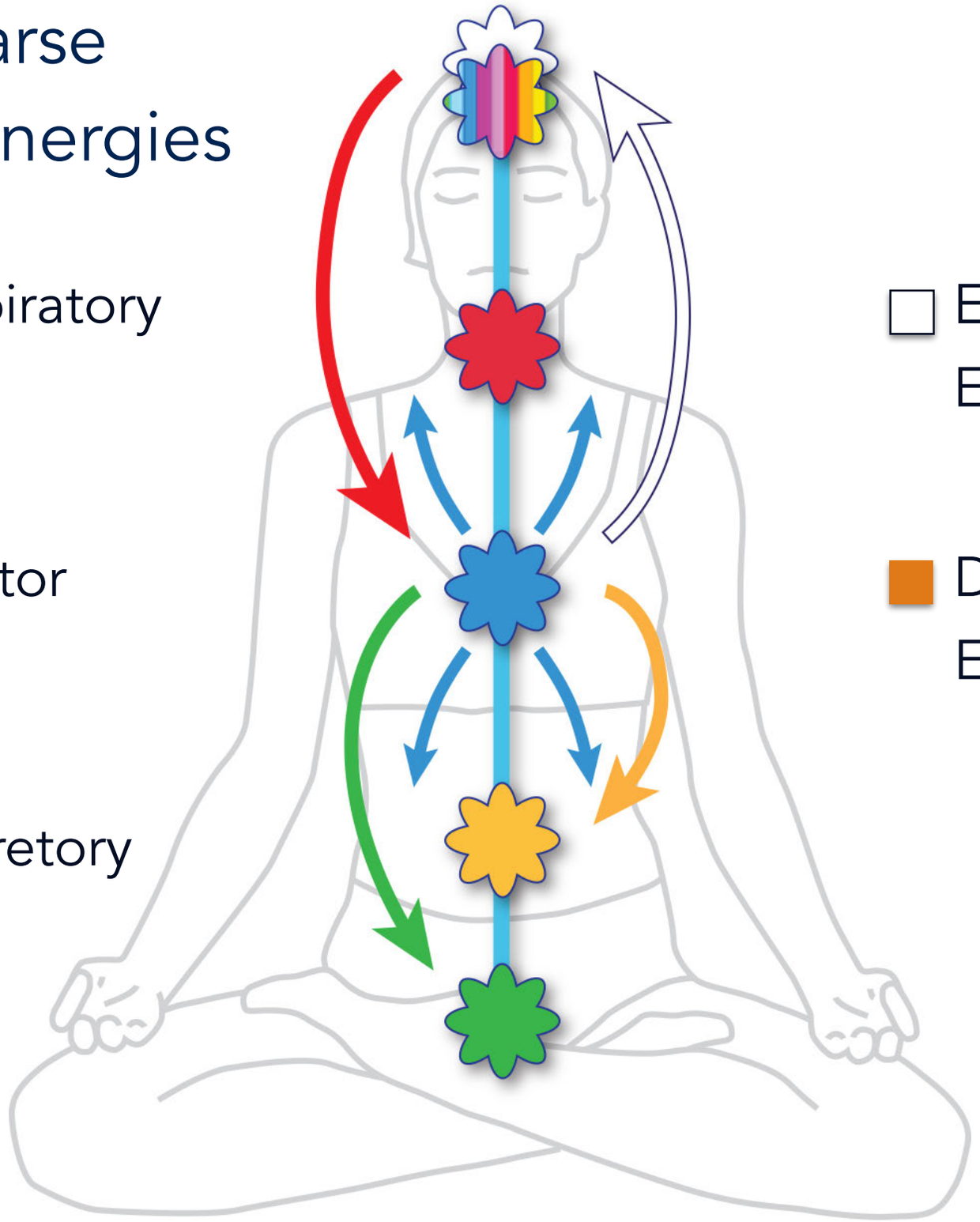


Perfection Stage Top-Down: Uses Interoceptive Map of the Central Nervous System



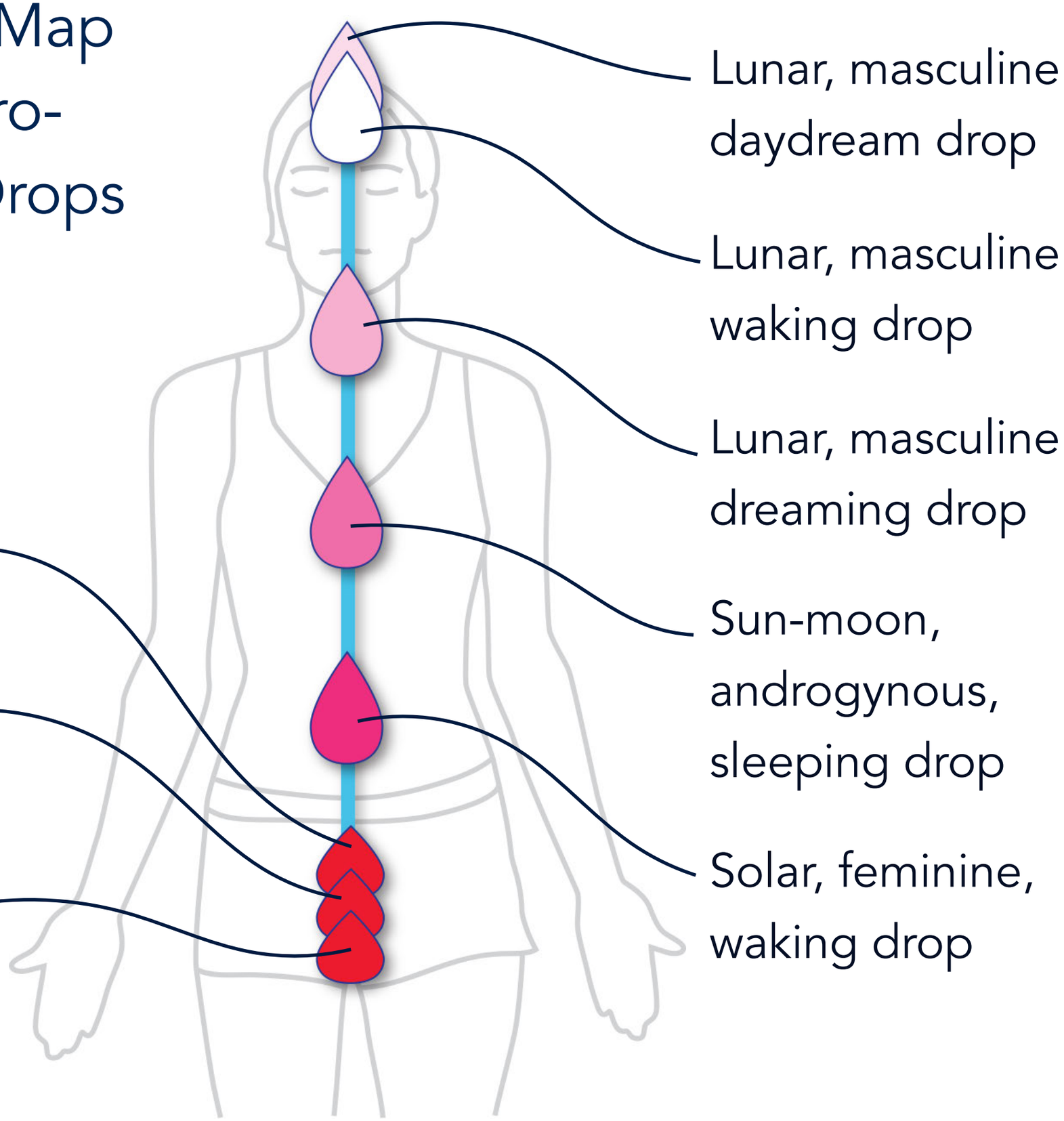
Coarse Physical Body with Five Coarse Mind/Body Energies

- Cardiorespiratory Energy
- Sensorimotor Energy
- Genitoexcretory Energy

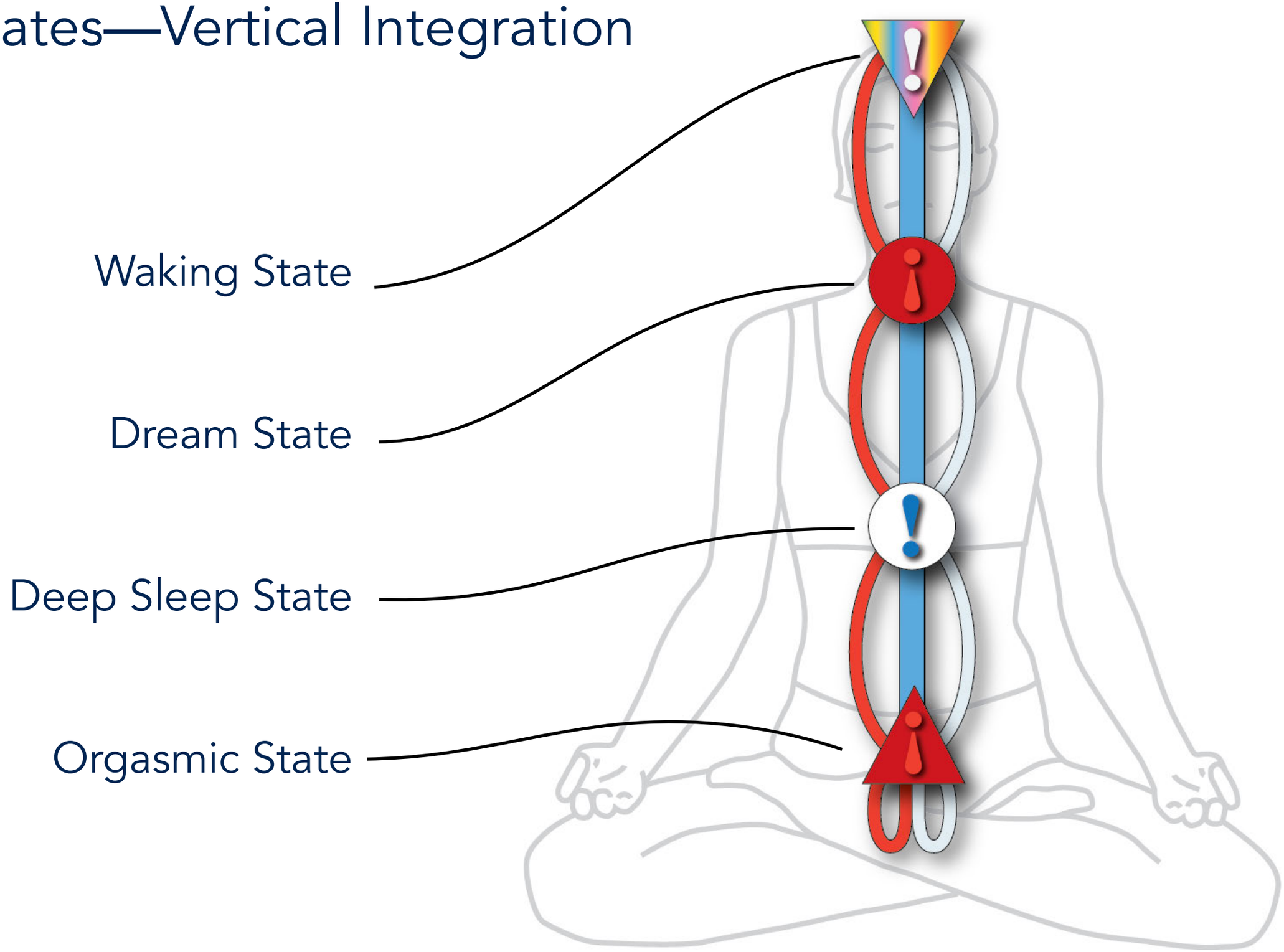


- Expressive Energy
- Digestive Energy

Subtle Body Map of Eight Neuro-Transmitter Drops



Subtle Body Map of Four Mind/Body States—Vertical Integration



Subtle Neural Body with Three Autonomic Channels and Six Core Neural Energy Circuits

Central

Non-Dual Channel

Called “Midnight,” “Released”

Smart Vagal Control of ANS

Right Dominant

Solar Channel

Called “Luscious”

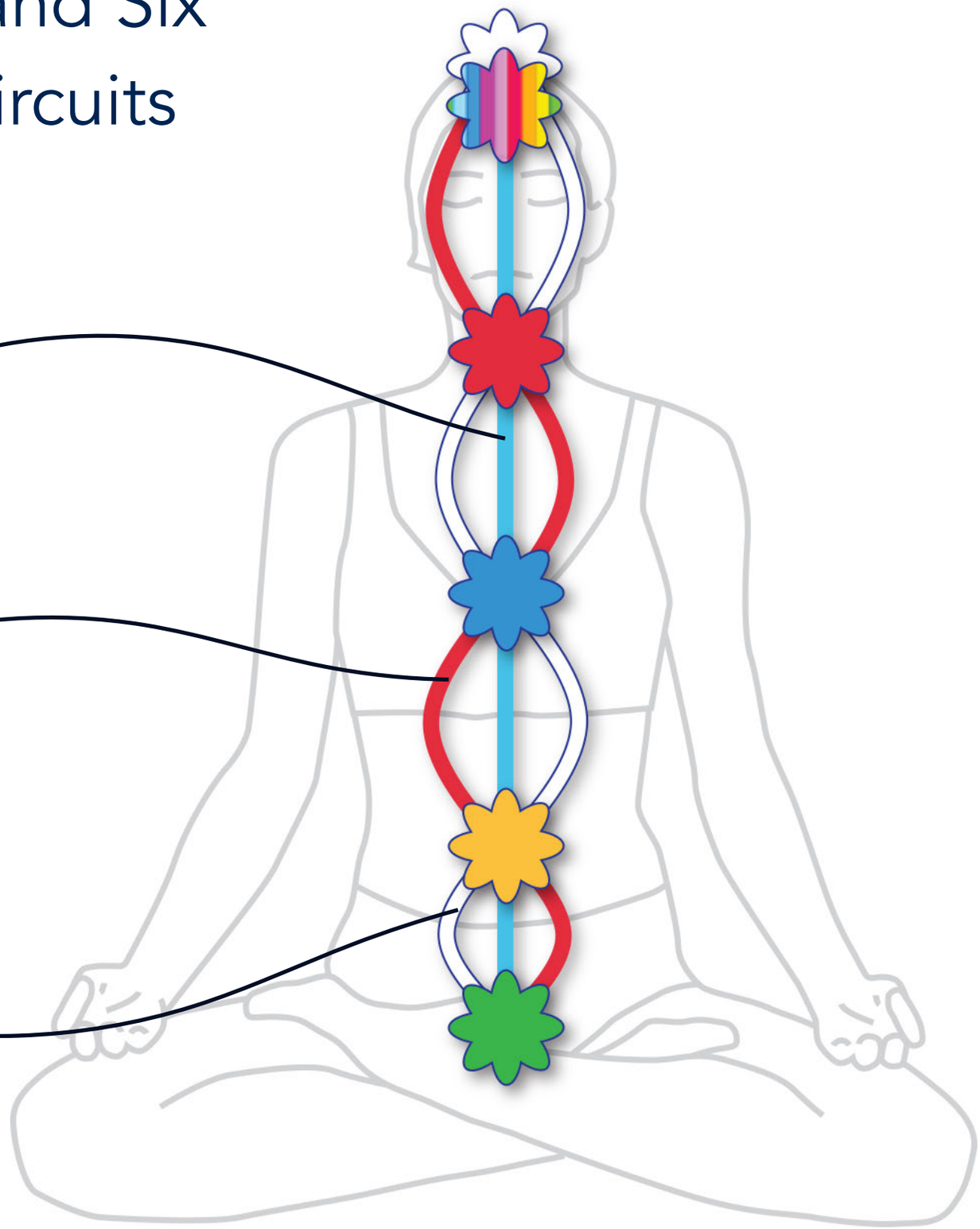
Sympathetic Nervous System

Left Dominant

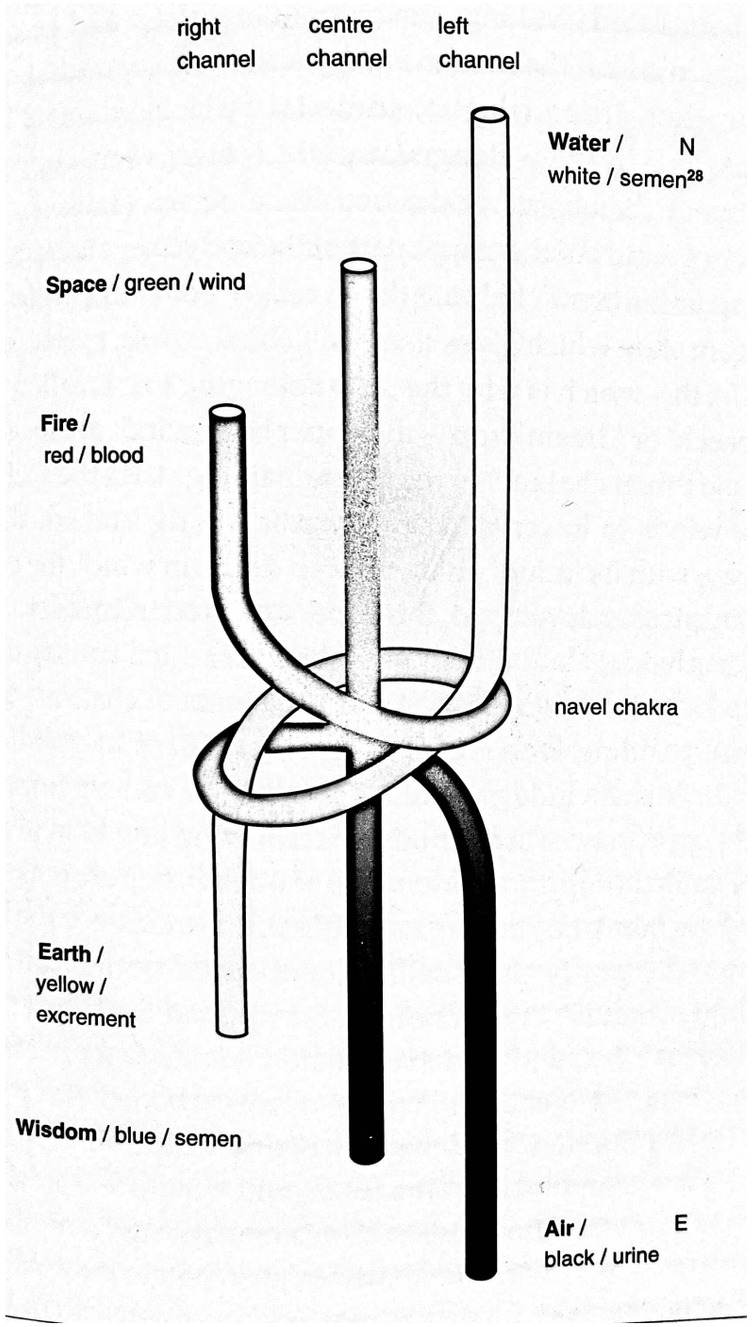
Lunar Channel

Called “Succulent”

Primitive Vagal Nervous System



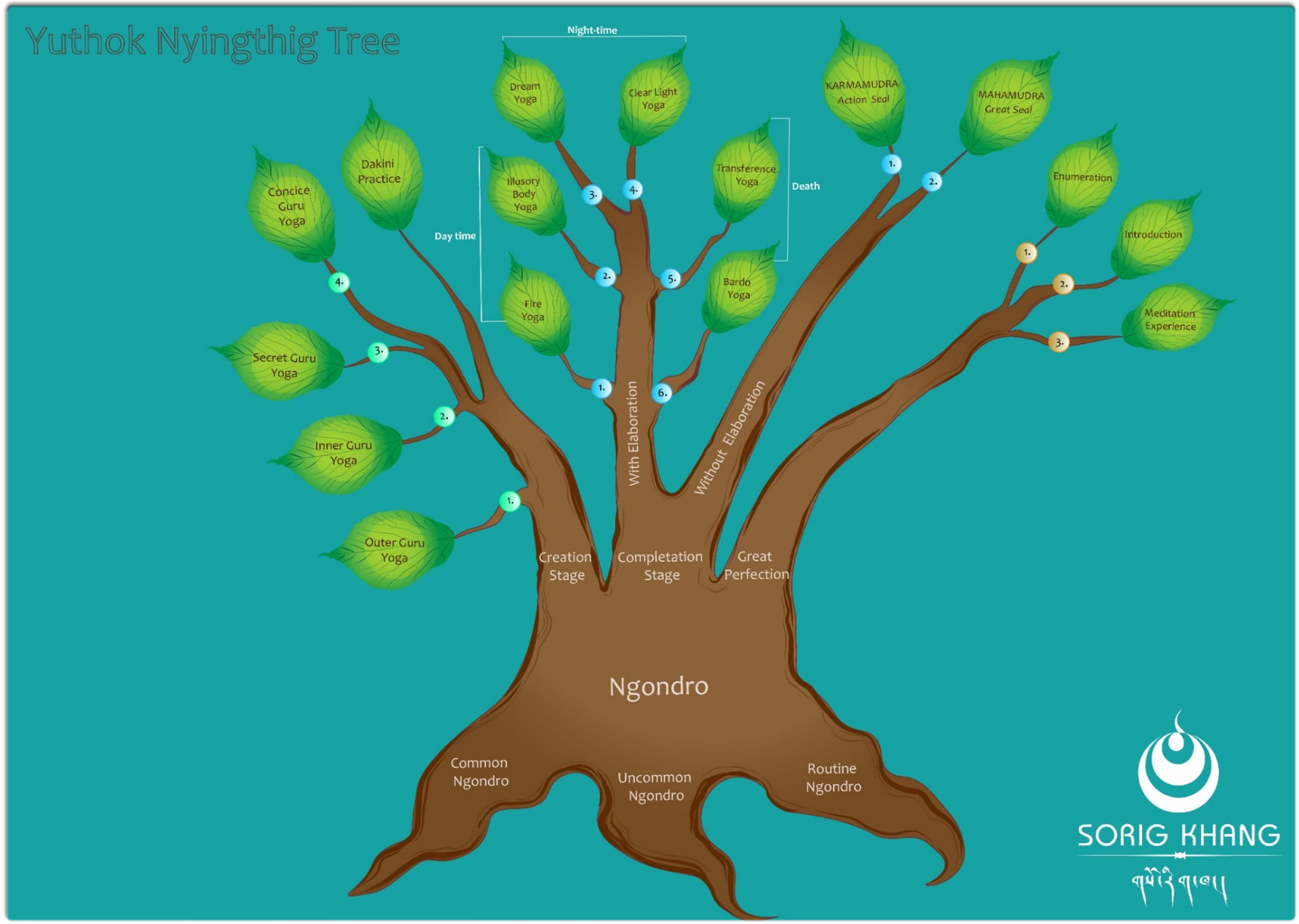
The Central Well-Being Channel “Knotted” by Post-Traumatic Reactivity of L/R Side Channels



THE SIX YOGAS



The Path of Alchemical Transformation: Tantric Yogas of the Creation and Perfection Stage



Dr. Nida Chenagtsang, Mirror of Light, 2018

The Six Yogas of Tilopa, Naropa and Niguma: Transforming Waking, Sleep & Death into the Path

- Inner Fire (*Tummo*)
- Illusory Body
- Dream Yoga
- Clear Light
- Life-Death Transition
- Life-Death Transference



Naropa, Sister Niguma's Partner

Kindling and Blazing: Igniting the Inner Fire—
The Foundational Practice of the Perfection Stage



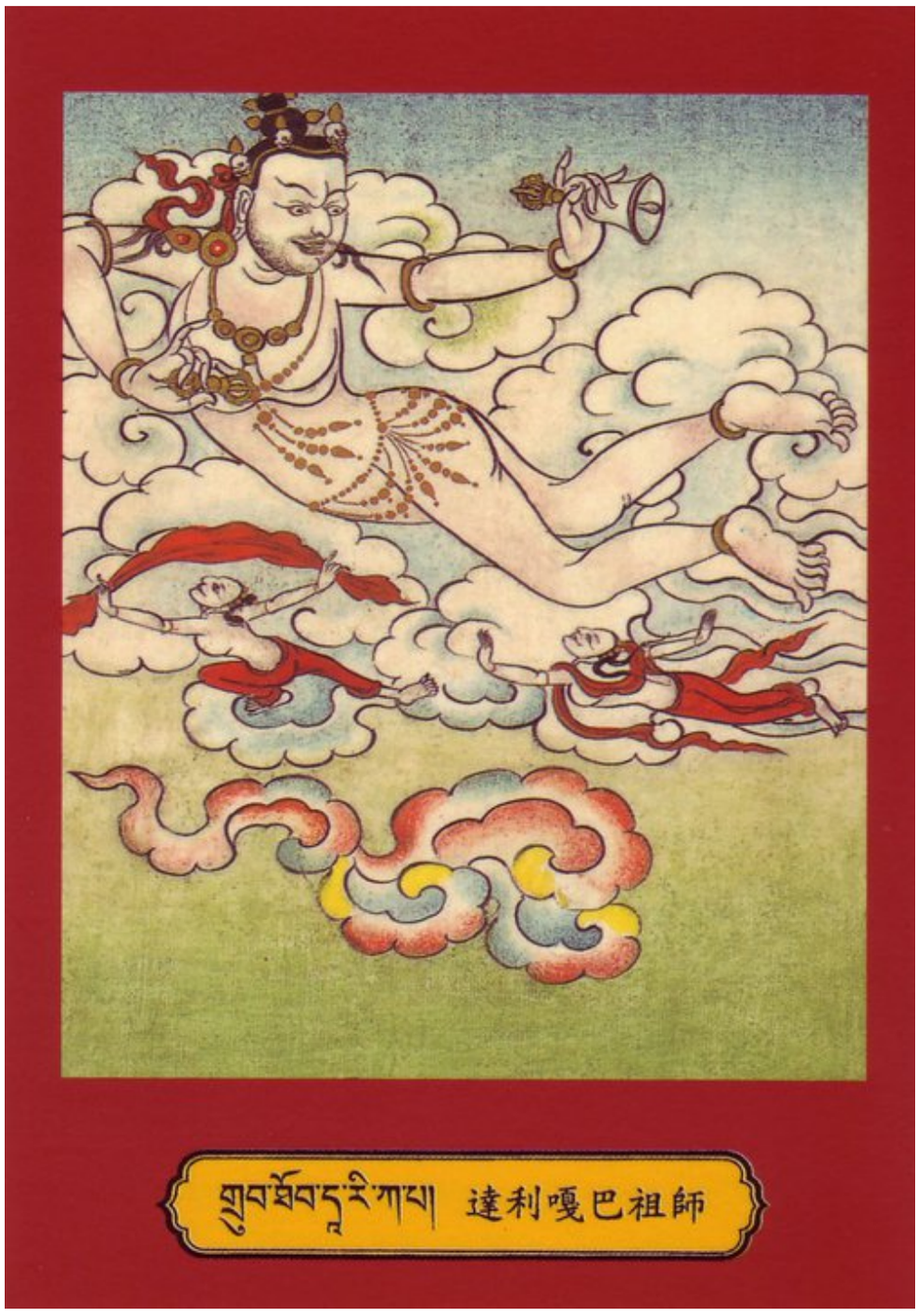


The Illusory/Rainbow Body: All Life Emerges from One Eco-Field/Bliss-Void Genetic Heart Drop



Dream Yoga: Arising in Your Archetype Body





Yoga of Clear Light: The Entirely Free Translucent Intuition Appears Like a Clear Predawn Sky



The Two Yogas of Death and Dying:
The Six Bardos and the Transference Yoga

- Conception to Delivery
- Dreaming to Waking
- Waking to Meditation
- Death to Reincarnation
- Delusion to Awakening
- Existence: Birth to Death



Naropa: Transmitter of the Mother Tantras

The Path: Bottom-Up—Using the Body of Light/ Subtle Body to Map Healing—*Nejang*/Yantra Yoga



Dr. Nida Chenagtsang, Nejang, 2020

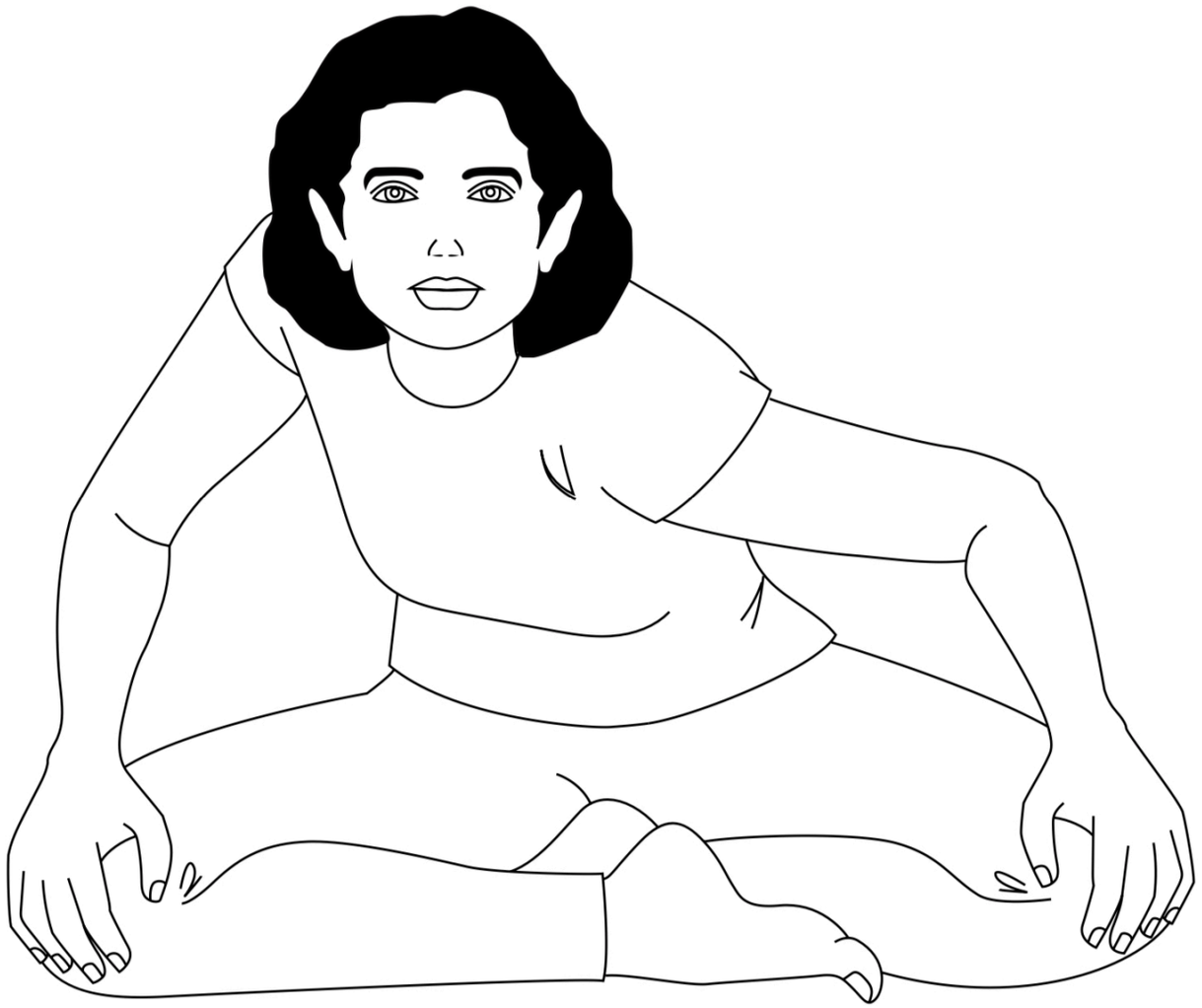
The Path: Bottom-Up Nejang/Yantra Yogas—Five Sense Massage



The Path: Bottom-Up Nejang/Yantra Yogas—Shoulder, Neck and Head Massage



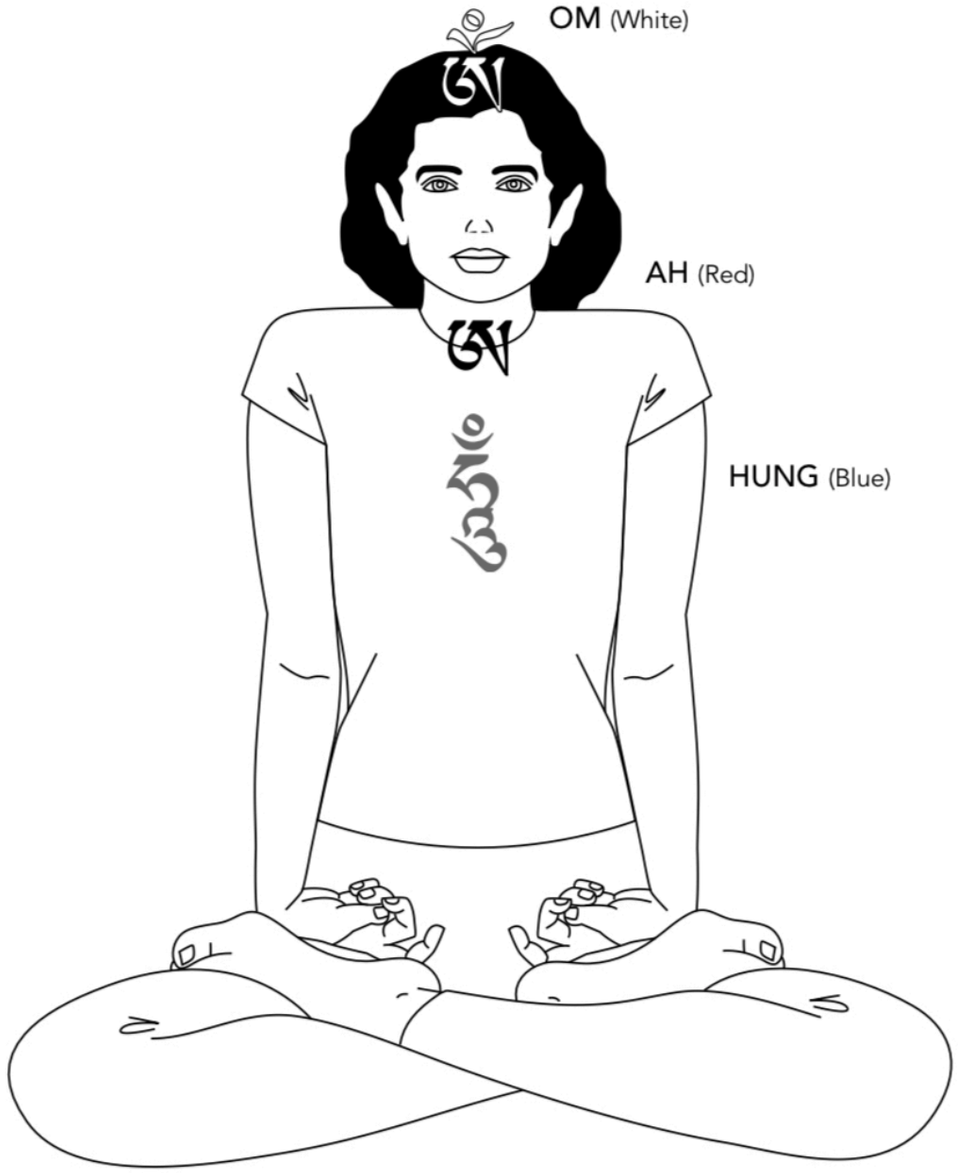
The Path: Bottom-Up Nejang/Yantra Yogas—Chest and Heart Shake



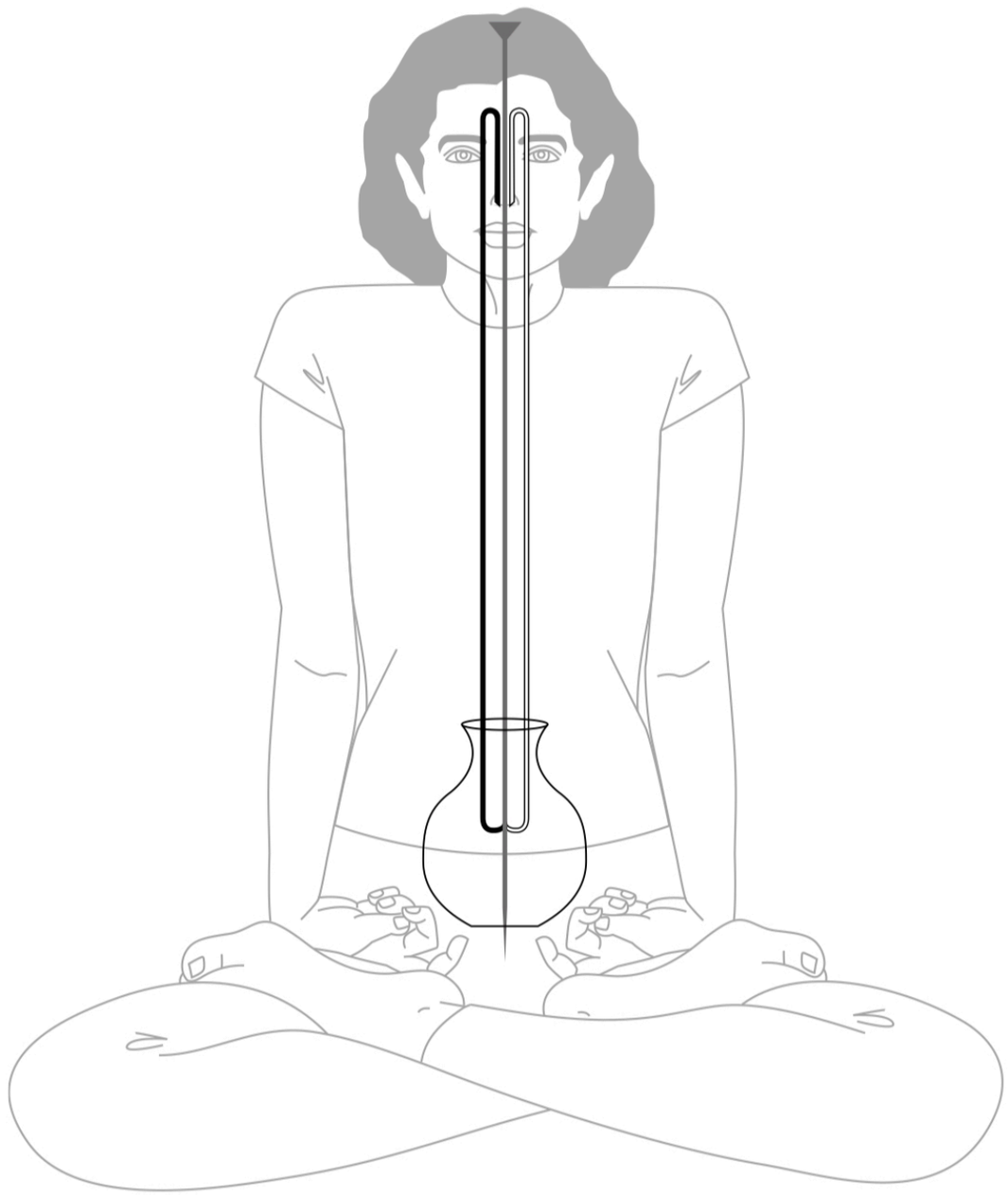
The Path: Bottom-Up Nejang/Yantra Yogas—Abdominal Churning



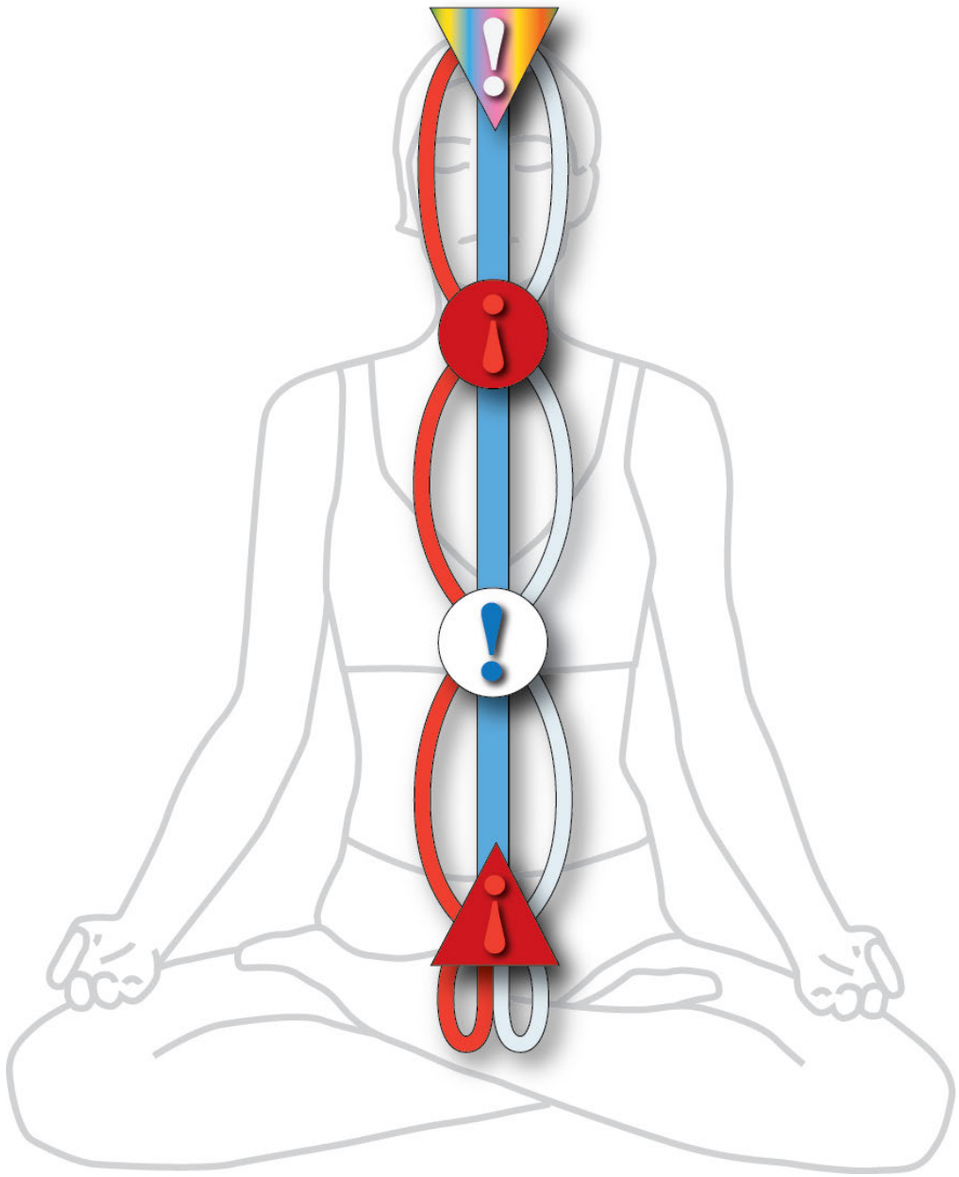
The Path: Top Down/Bottom Up—Using Body of Light/Subtle Body with Breath Sounds—Tsalung/Mantra Yoga—Resonant Breathing



Vase Breathing: The Bottom-Up Somatic Practice That Taps and Harnesses the Inner Fire (*Tummo*)



Breath-Induced “Fire” Sublimates Polar Energies, Releasing the Core Flow of Lucid Bliss-Openness



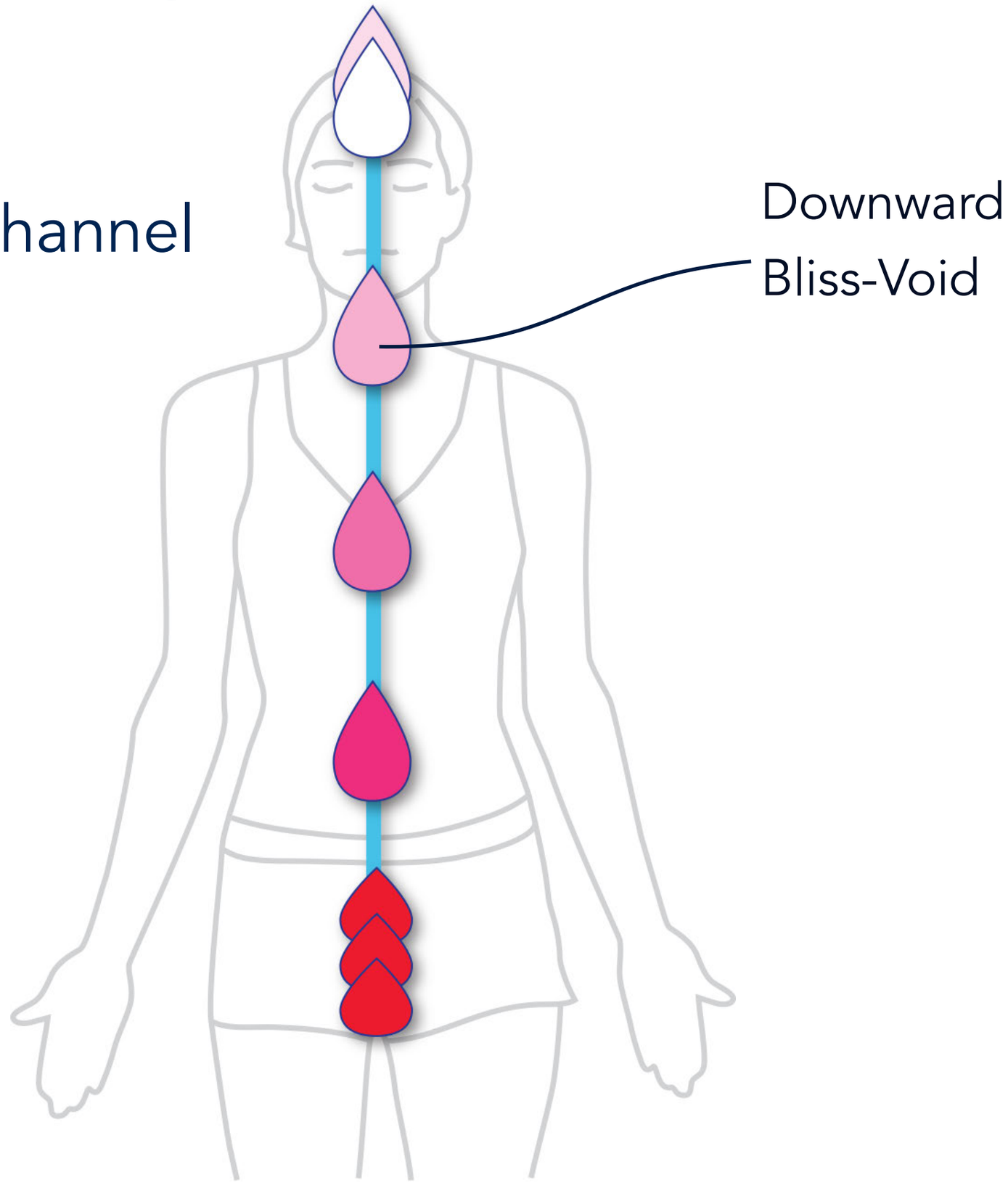
- **Deep abdominal breath-holding** w/ locks kindles a mixed ANS flow state
- **Bottom-up rush** deepens top-down vagal tone to blissful immobilization
- **Deeper dissolution** taps the core network of orgasmic bliss chemistry
- **Heartfelt emergence** harnesses bliss energy/chemistry to altruistic new self

Kindling and Blazing: Igniting the Inner Fire—
The Foundational Practice of the Perfection Stage

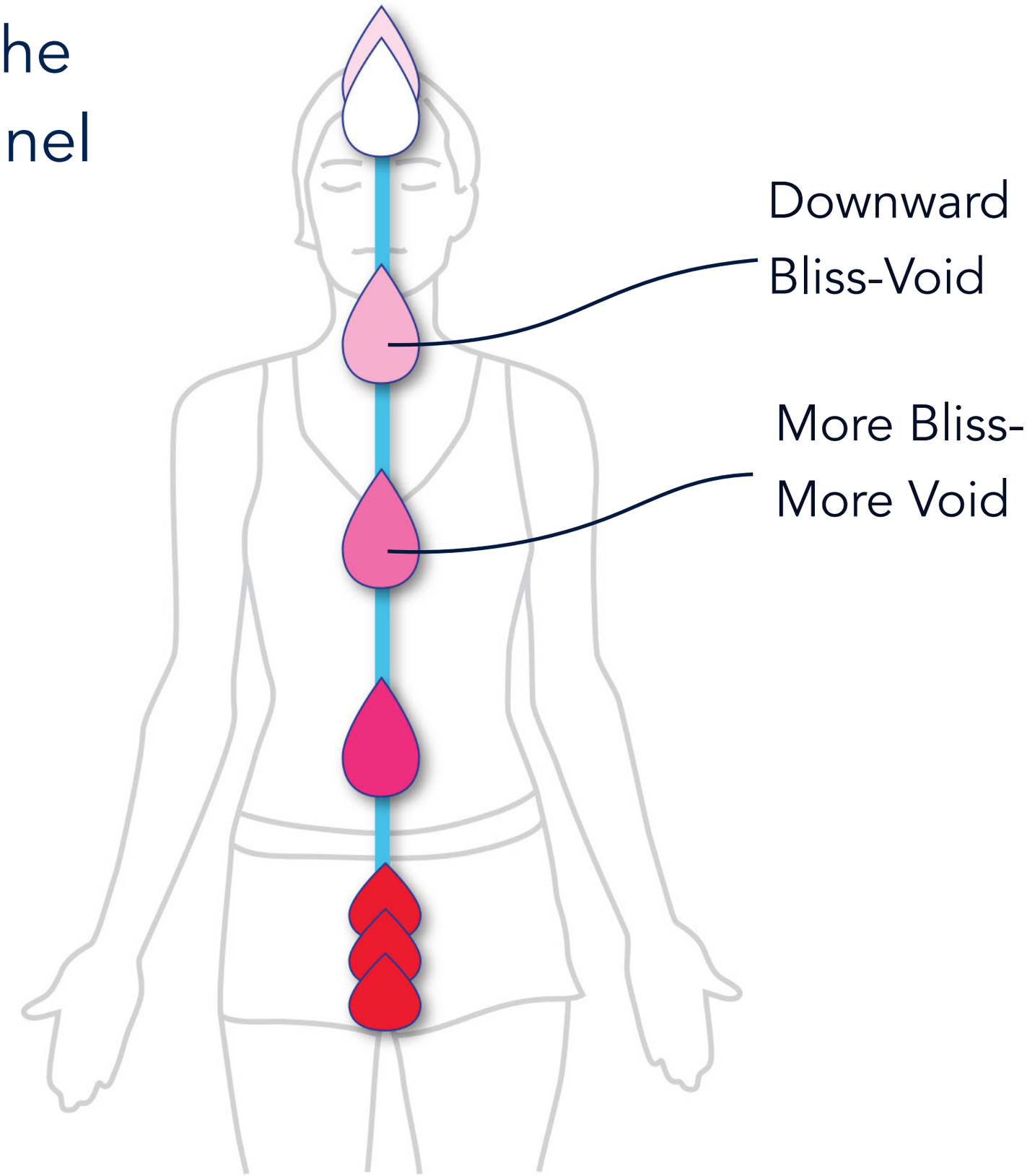




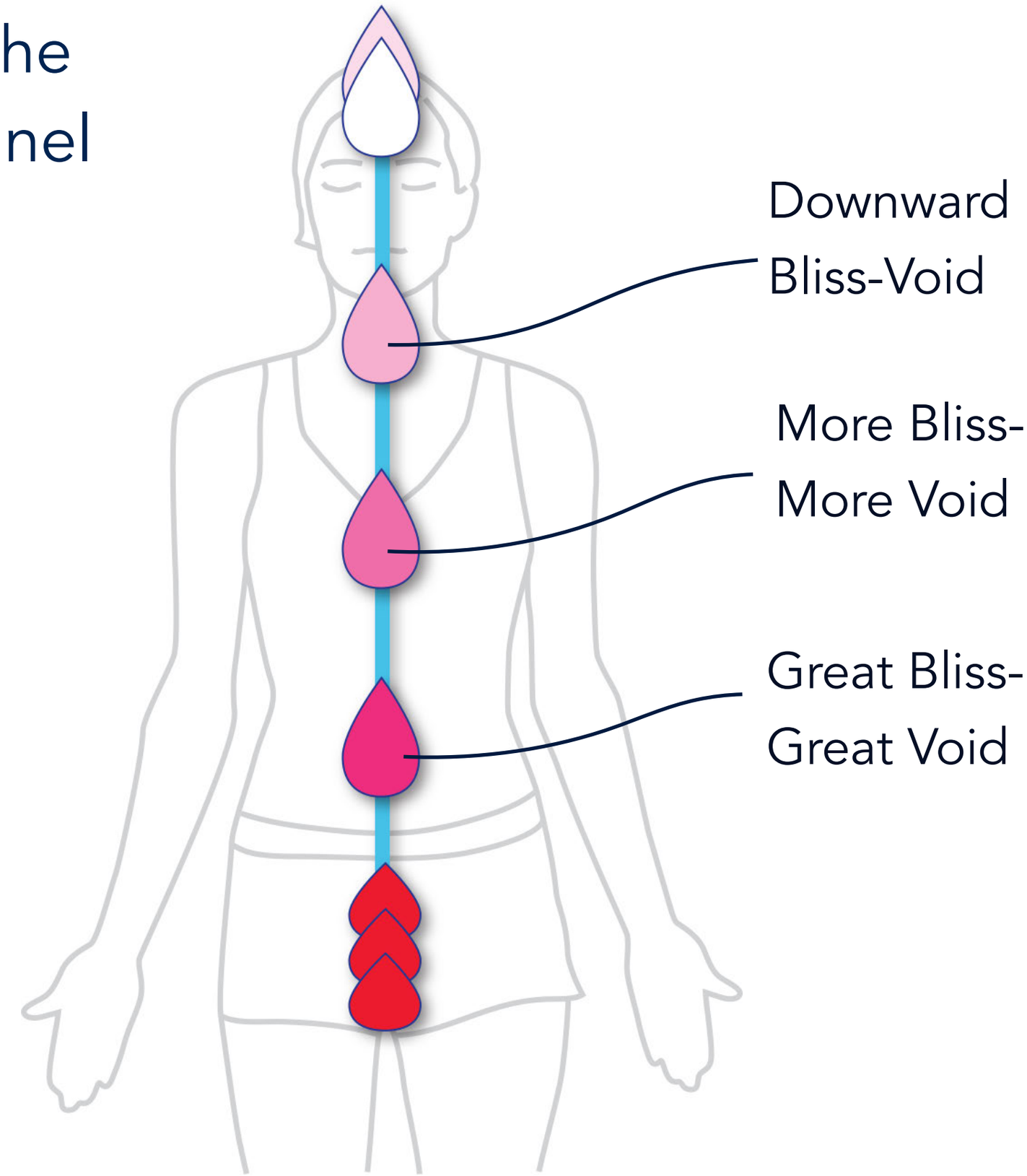
Melting/Channeling
Bliss Flow
Down & Up
the Central Channel



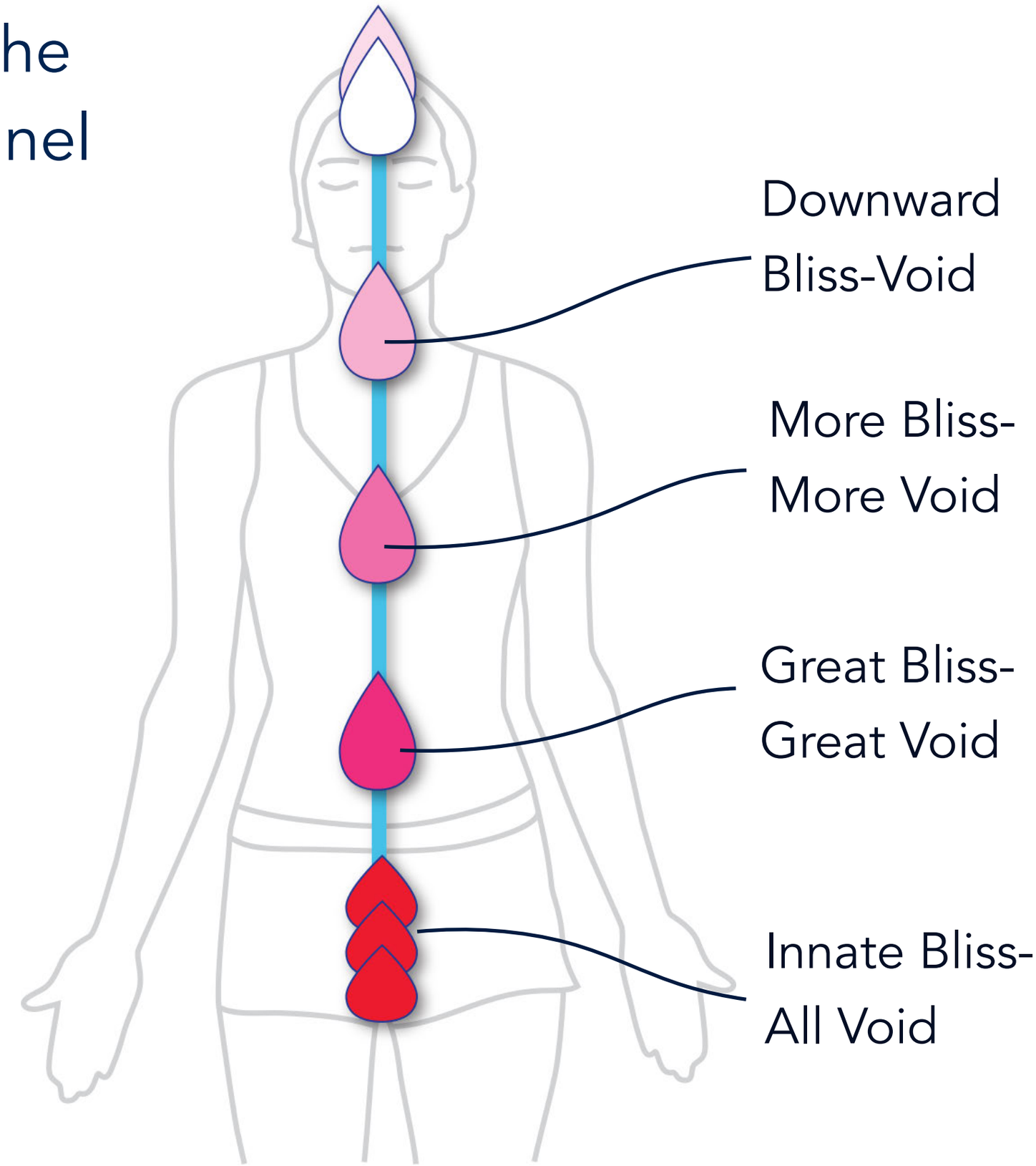
Channeling Bliss Flow Down & Up the Central Channel



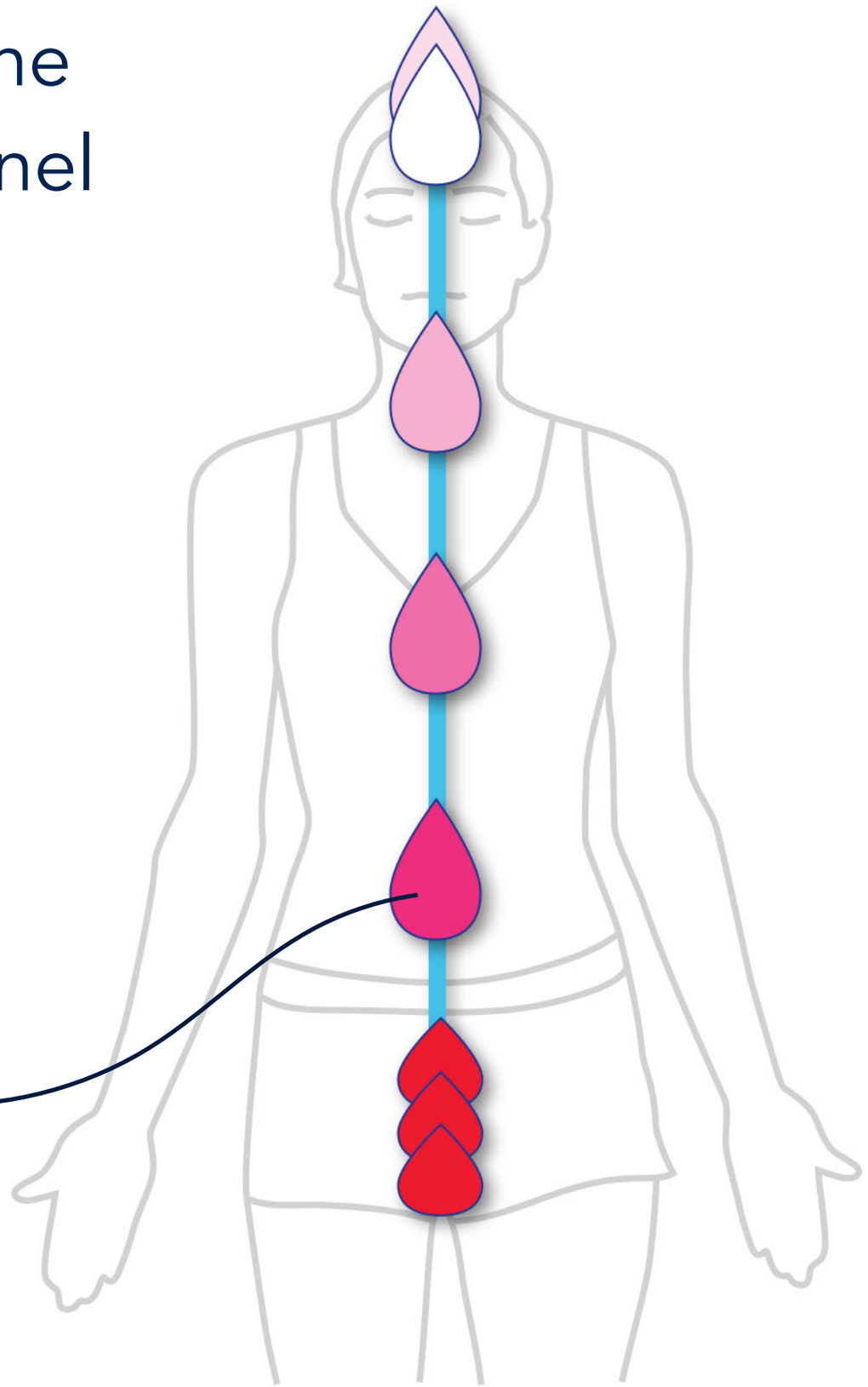
Channeling Bliss Flow Down & Up the Central Channel



Channeling Bliss Flow Down & Up the Central Channel

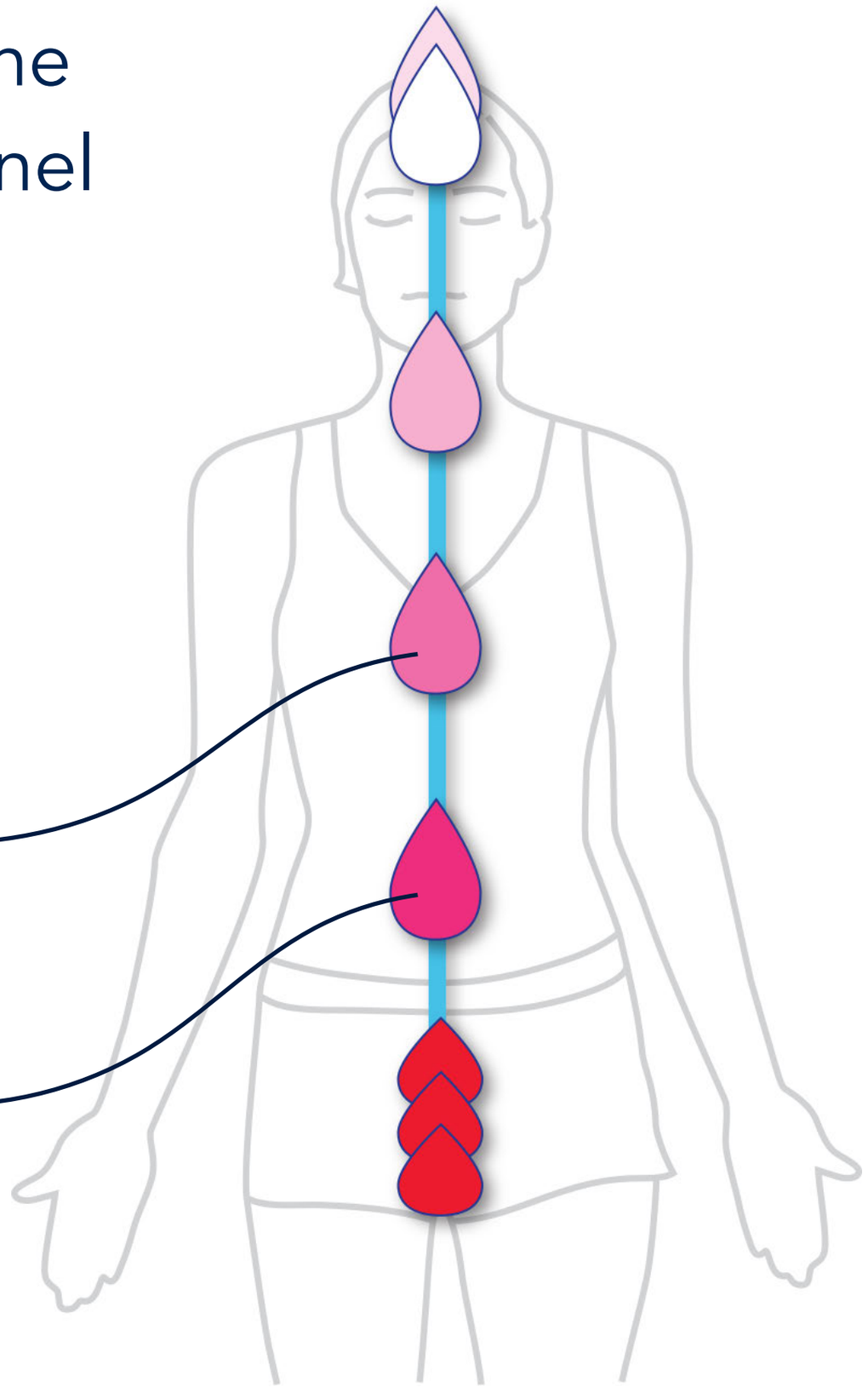


Channeling Bliss Flow Down & Up the Central Channel

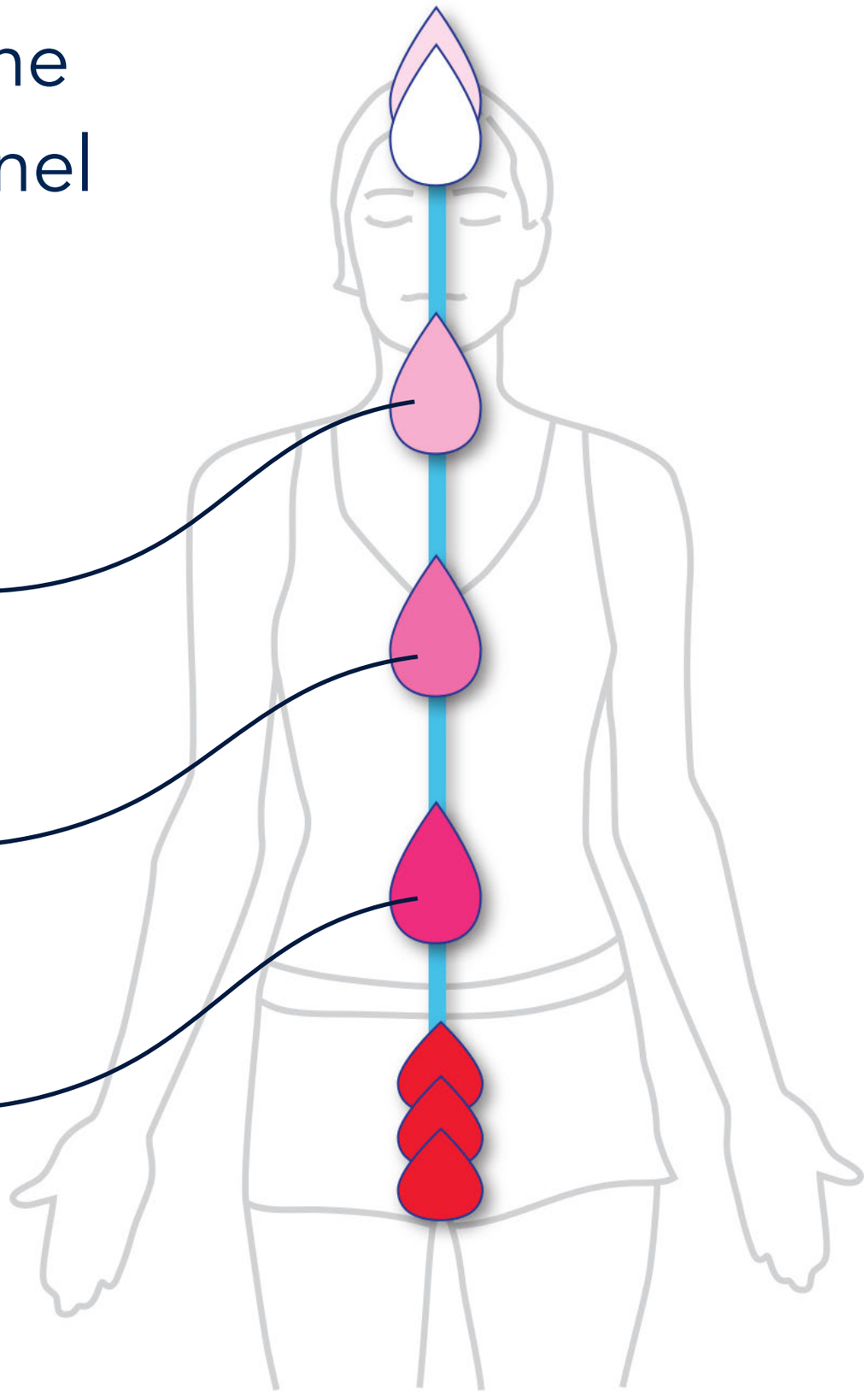


Upward
Bliss-Void

Channeling Bliss Flow Down & Up the Central Channel



Channeling Bliss Flow Down & Up the Central Channel



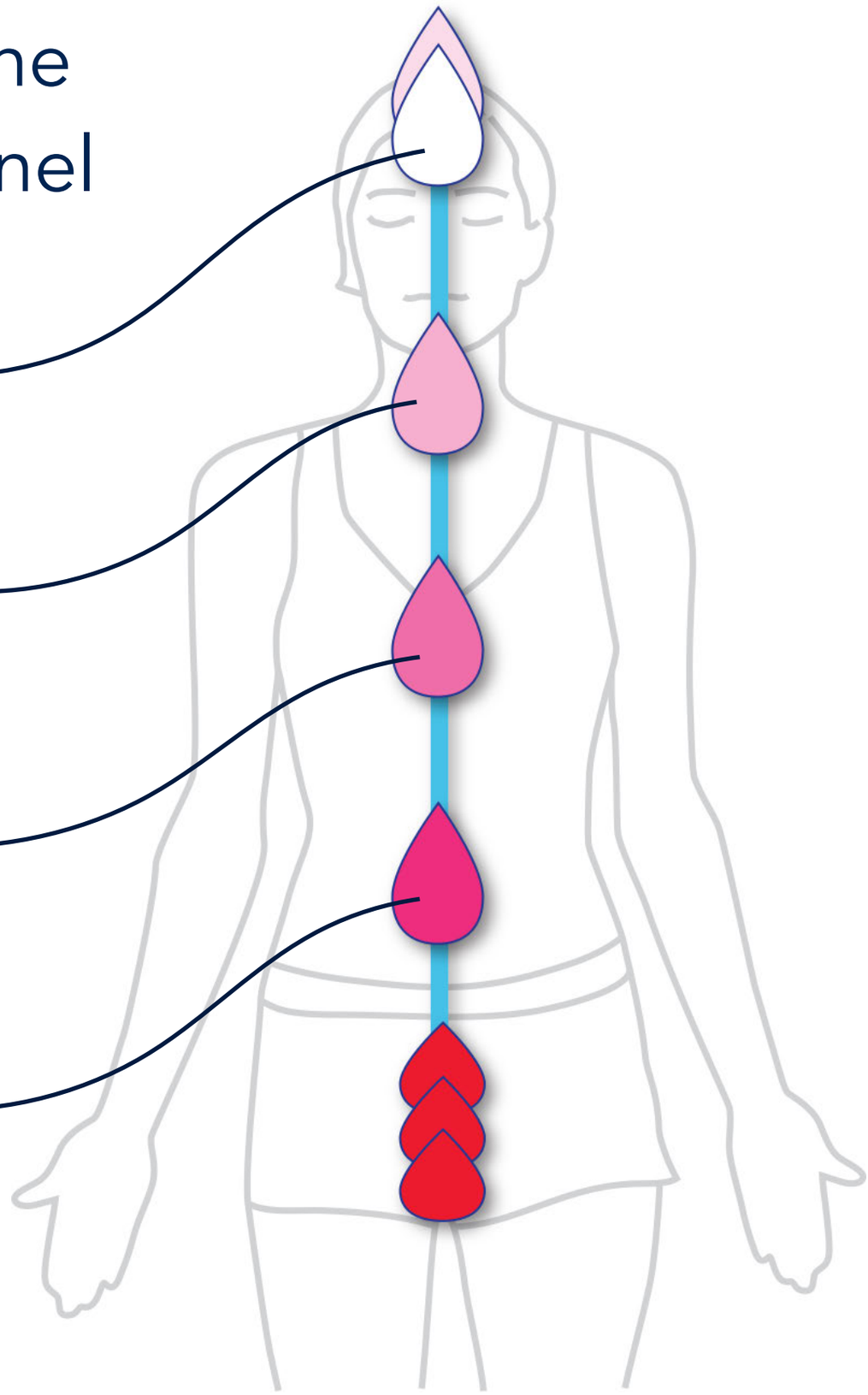
Channeling Bliss Flow Down & Up the Central Channel

Innate Bliss-
All Void

Great Bliss-
Great Void

More Bliss-
More Void

Upward
Bliss-Void

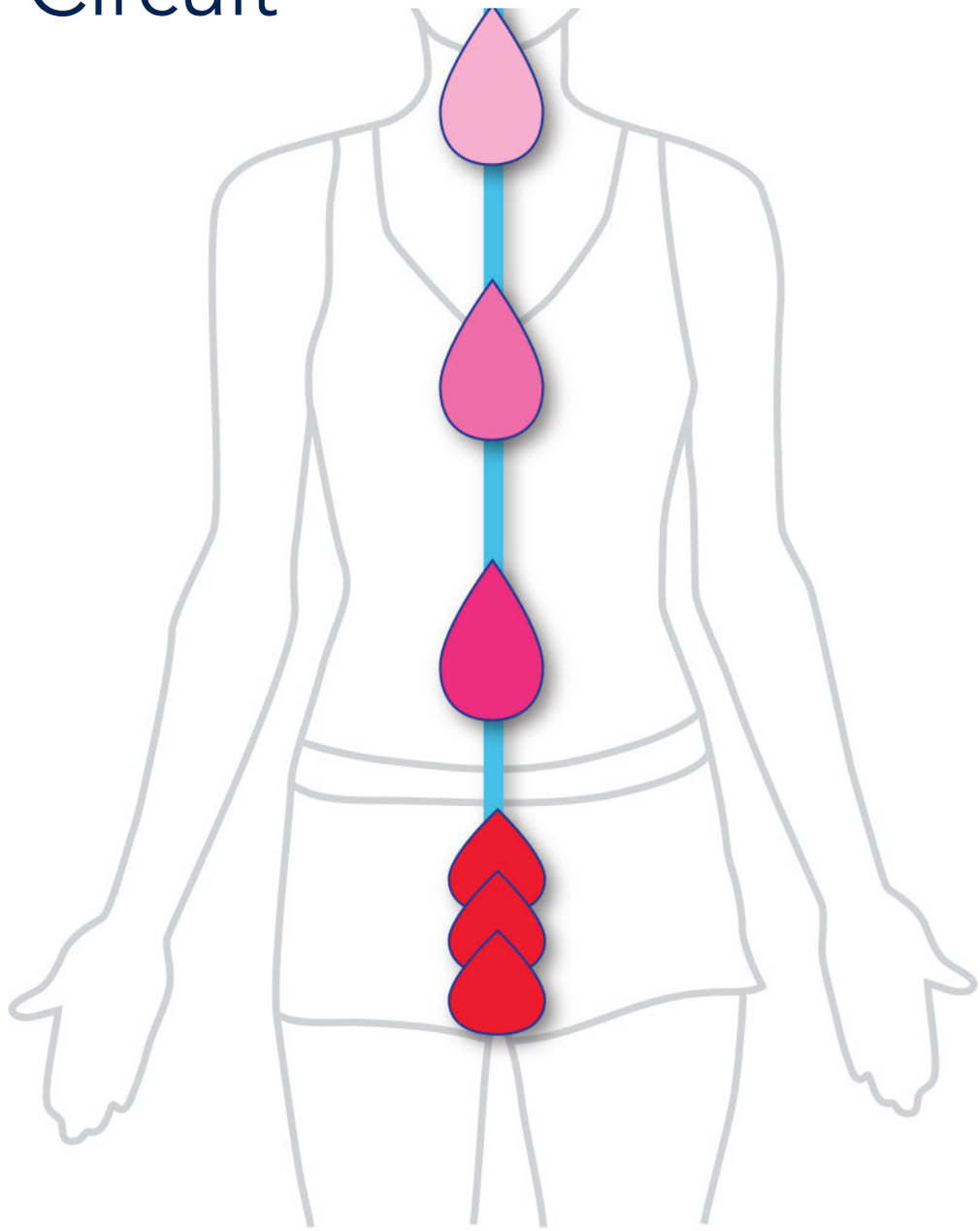


Sublimation: Harnessing Bliss Flow to the Eight Step Dissolution Process of Self-Transformation

Eight-Step Dissolution

- Solids->Liquids, Mirage/Vision
- Liquids->Heat, Smoke/Hearing
- Heat->Gases, Sparks/Smell
- Gasses->Space/Taste & Touch
- Seeking>Moonlight/Luminance
- Guarding->Twilight/Radiance
- Isolating->Midnight/Immanence
- Openness->Predawn/Translucency

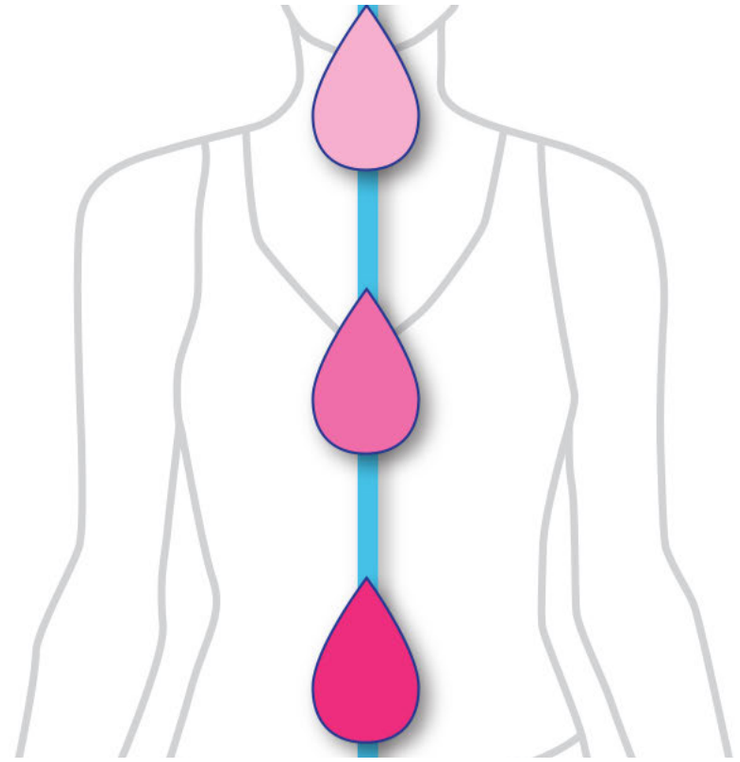
Step One: Mind/ Energy Melts Down from Crown Circuit to Throat



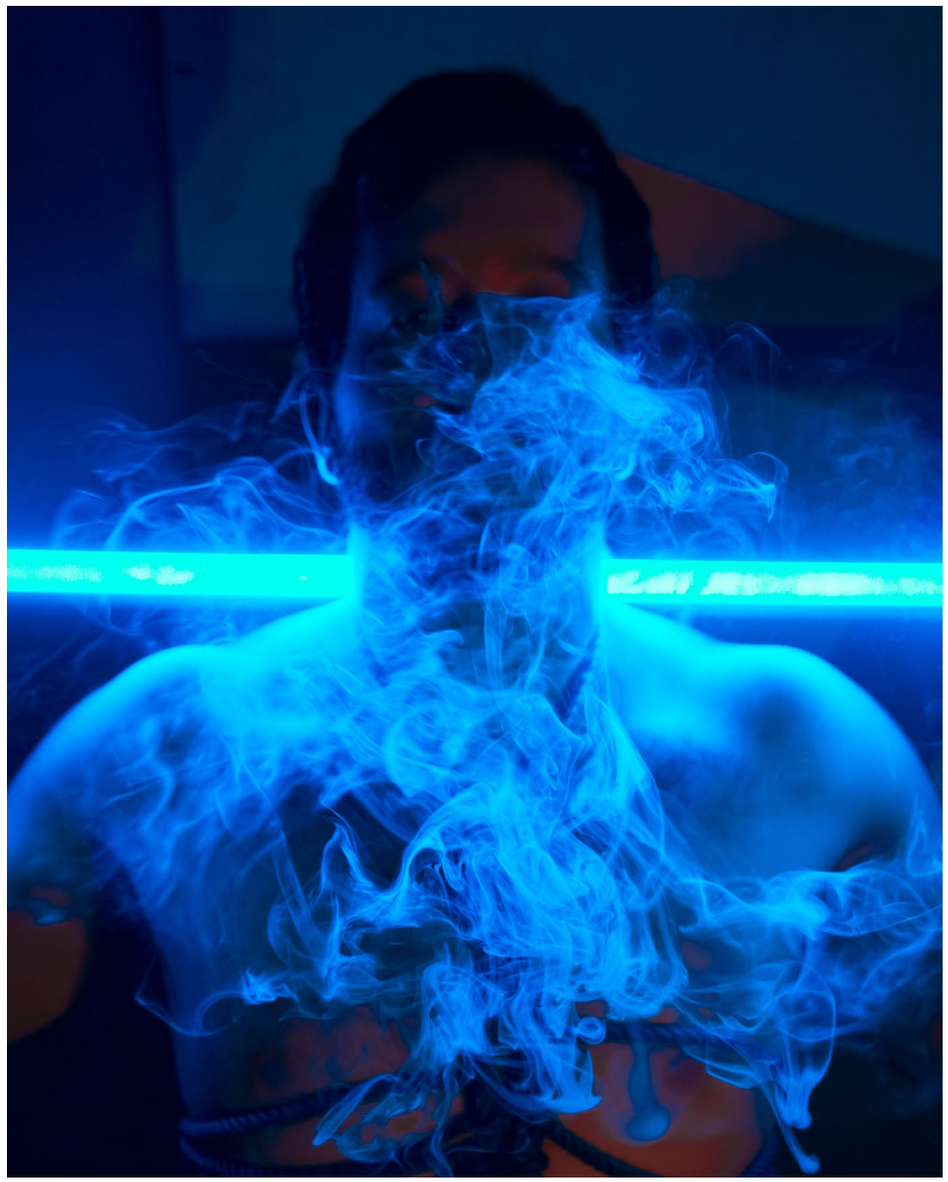
First Sign: Mirage-like Dissolution of Solids and Vision into Fluids



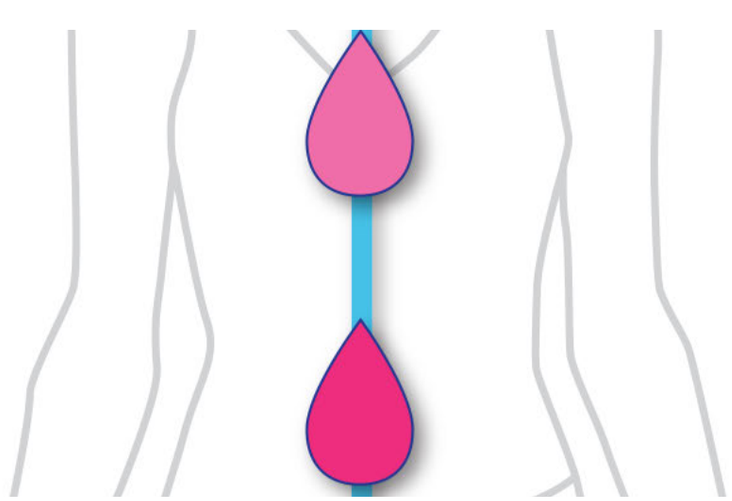
Step Two: Mind/ Energy Melts Up from Sacral Circuit to Navel



Second Sign: Smoke-like Dissolution of Fluids and Hearing into Heat



Step Three: Mind/ Energy Melts Down from Throat Circuit to Heart



Third Sign: Spark-like Dissolution of Heat and Smell into Air



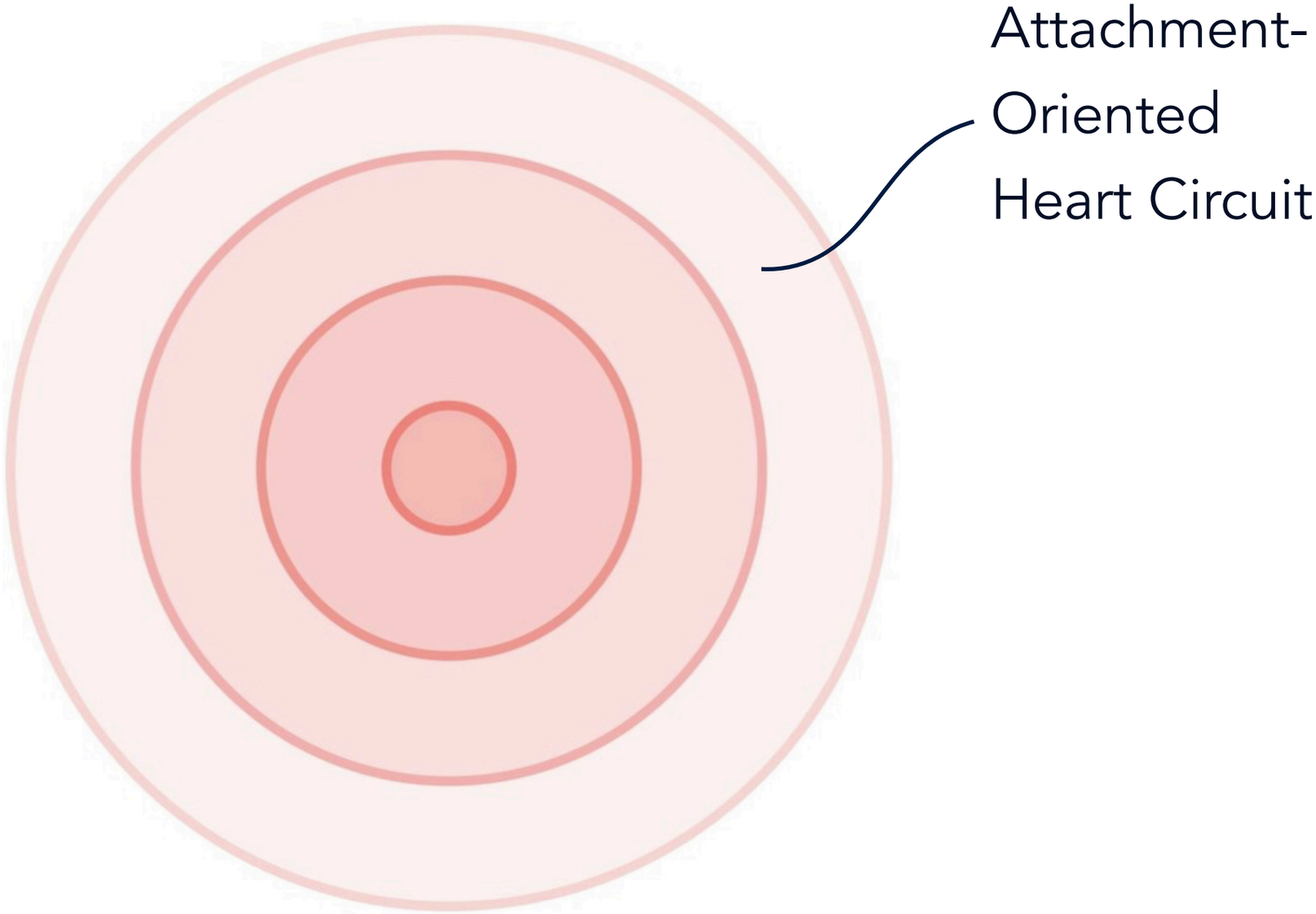
Step Four: Mind/ Energy Melts Up from Navel Circuit into Heart



Fourth Sign: Flame-like Dissolution of Air, Taste and Touch into Space



Step Five: Coarse Mind/Energy Within the Heart Is Absorbed into the Attachment-Oriented Outer Heart Circuit of Subtle Mind/Energy



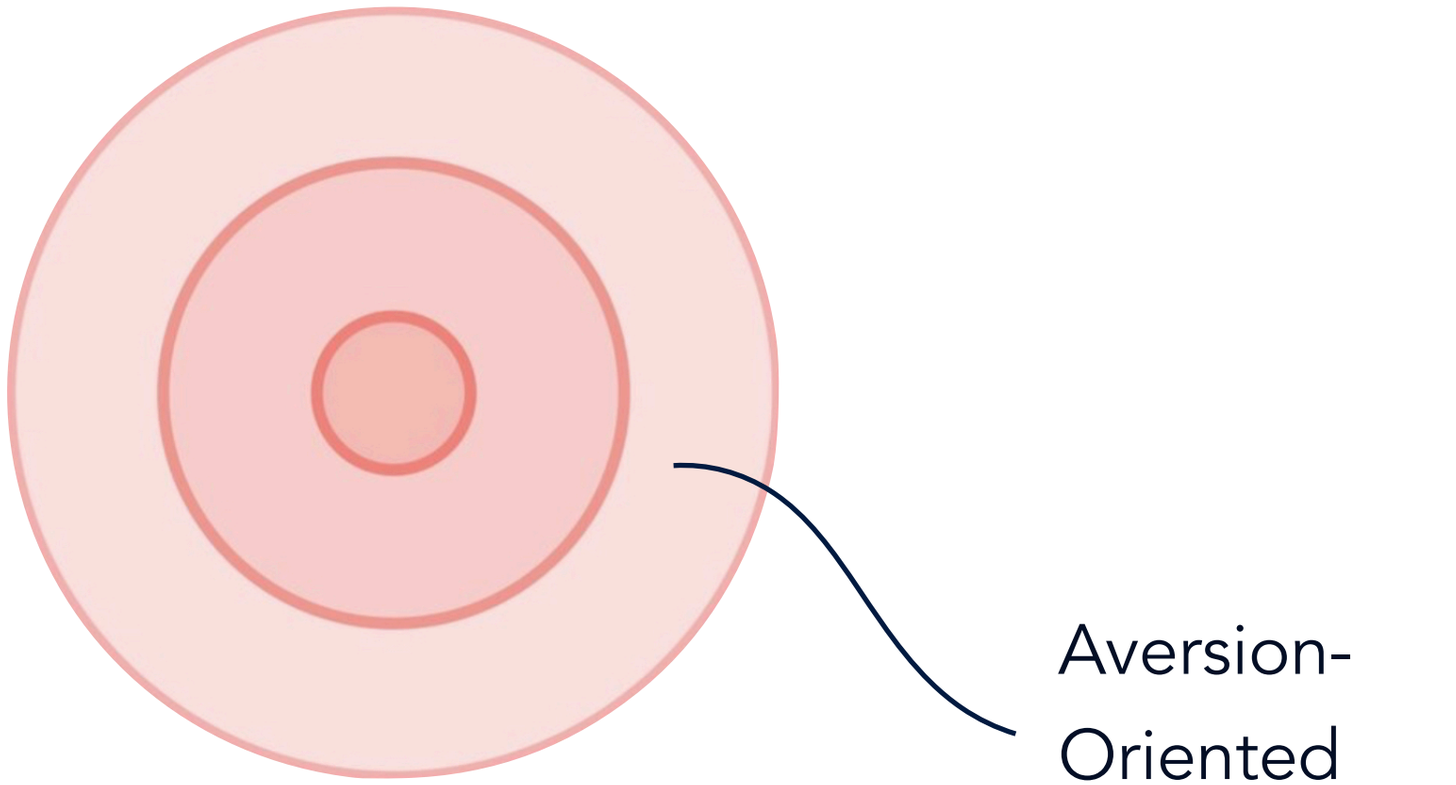
Step Five: Purging Luminous Lucid Mind/Energy of the 33 Attachment-Oriented Instinctive Patterns

- Releasing 3 Degrees of Clinging and 3 Degrees of Grief
- Releasing Instinctive Extroversion
- Releasing Desirous Attachment and Angry Aversion
- Releasing 3 Degrees of Fear and 3 Degrees of Craving
- Releasing Dependency, Passivity, Hunger and Thirst
- Releasing Reactivity to Painful, Pleasant & Neutral
- Releasing 3 Levels of Acquisitiveness in Learning
- Releasing Piety and Sentimental Compassion
- Releasing 3 Degrees of Attachment to Loved Ones
- Releasing Mistrust, Greed and Envy

The Fifth Sign: The Desire-Free Luminous Intuition Dawns Like a Clear Moonlit Sky



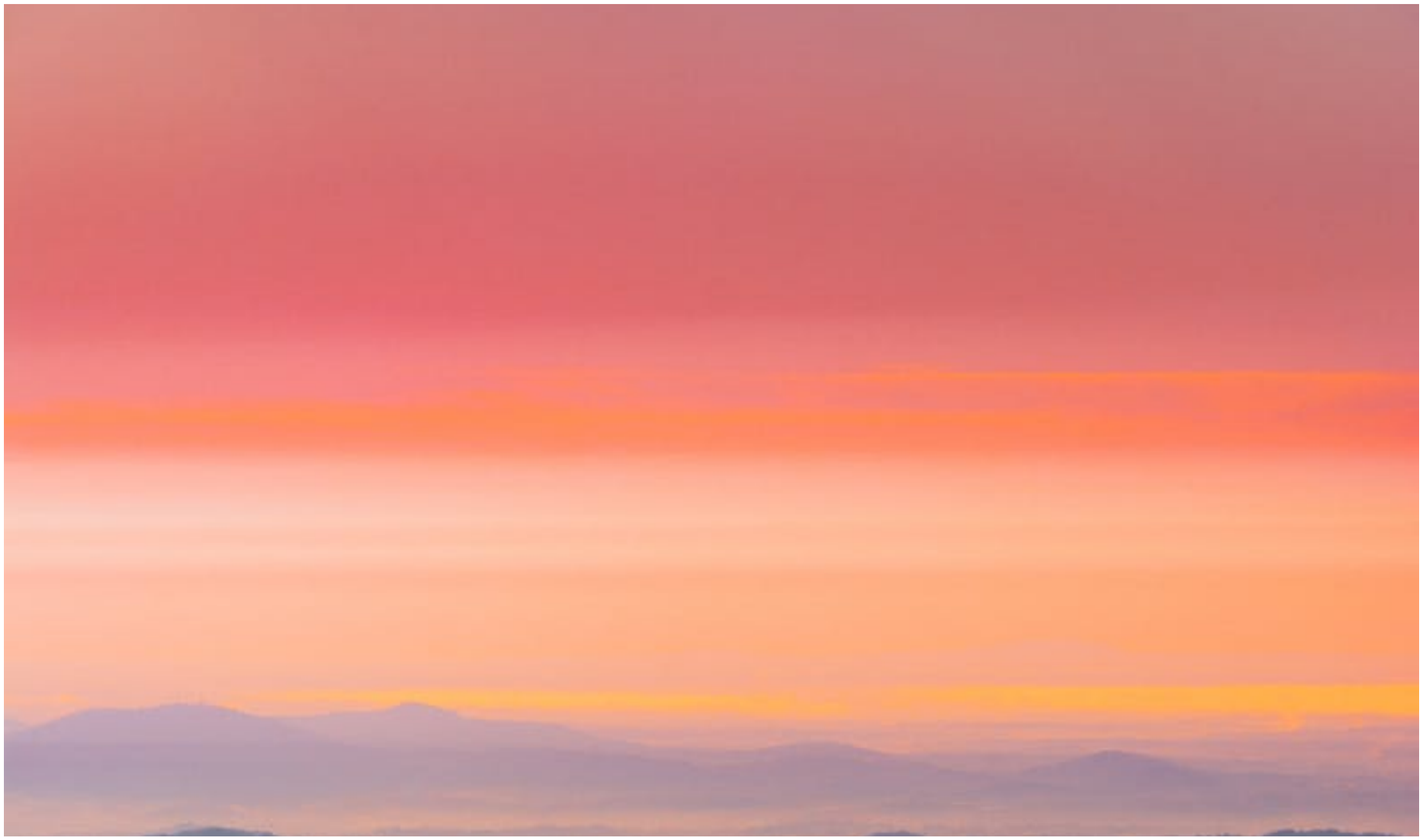
Step Six: The Attachment-Oriented Outer Circuit of Subtle Mind/Energy Within the Heart Melts into the Aggression-Oriented Middle Circuit



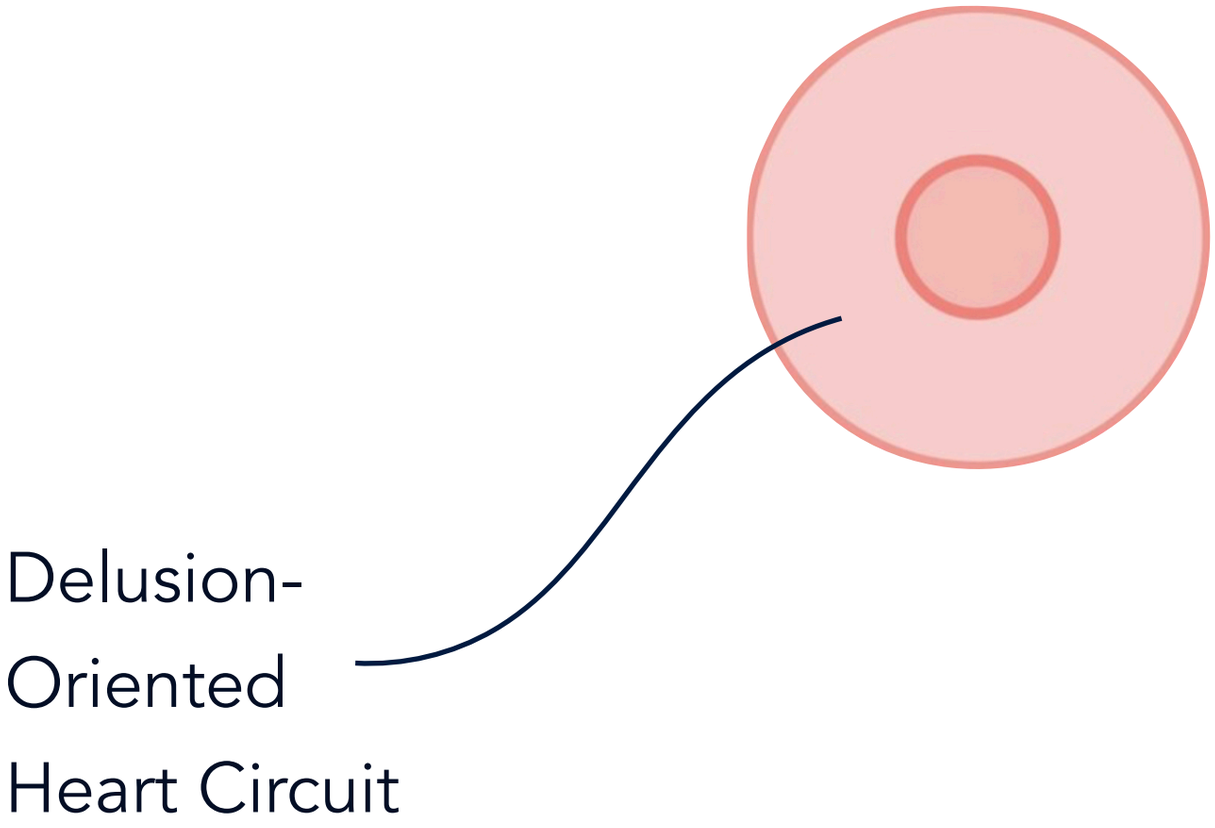
Step Six: Purging Radiant Lucid Mind/Energy of the 40 Aggression-Oriented Instinctive Patterns

- Releasing Romantic/Sexual Obsession
- Releasing Romantic/Sexual Lust
- Releasing the Drive for 3 Degrees of Pleasure
- Releasing Intoxication and Addiction
- Releasing the Drive for Ecstasy, Elation and Satisfaction
- Releasing the Drive for Physical Touch
- Releasing Fixation, Confrontation and Mastery
- Releasing Pride, Domination and Possessiveness
- Releasing Excitement and 3 Degrees of Violence
- Releasing Hostility, Seduction and Resentment
- Releasing Incorrigibility, Deception, Malice and Cunning

The Sixth Sign: The Anger-Free Radiant Intuition Dawns Like a Clear Sunset Sky



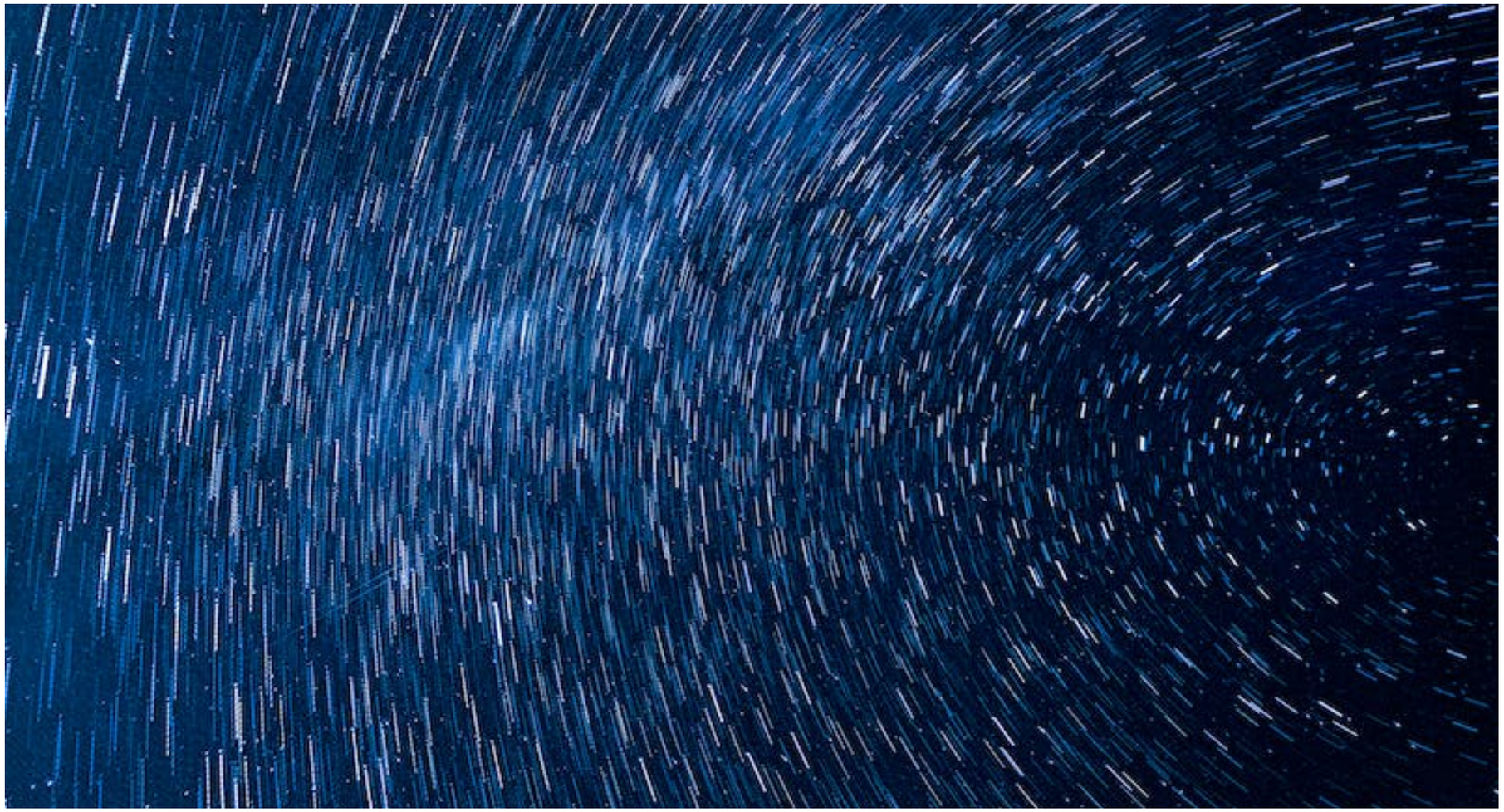
Step Seven: The Aversion-Oriented Middle Circuit of Subtle Mind/Energy Within the Heart Melts into the Delusion-Oriented Inner Heart Circuit



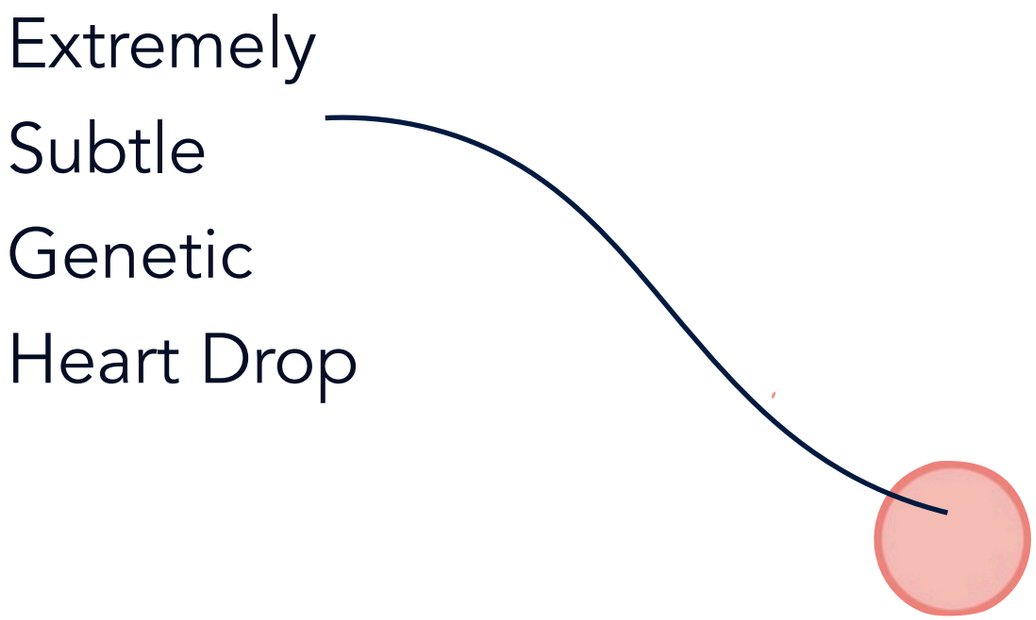
Step Seven: Purging Immanent Lucid Mind/Energy of the 7 Delusion-Oriented Instinctive Patterns

- Releasing Bias
- Releasing Forgetfulness
- Releasing Confusion
- Releasing Withdrawal
- Releasing Exhaustion
- Releasing Apathy
- Releasing Dullness

The Seventh Sign: The Delusion-Free Immanent Intuition Appears Like a Clear Midnight Sky



Step Eight: The Delusion-Oriented Inner Circuit of Subtle Mind/Energy Within the Heart Melts into the Extremely Subtle Genetic Heart Drop



The Eighth Sign: The Entirely Free Translucent Intuition Appears Like a Clear Predawn Sky



Harnessing the Eight Step Re-Emergence Process of Intentional Reincarnation

Eight Step Re-Emergence

- Deep Space->Energy/Breath
- Energy->Solar/Bodily Heat
- Heat->Water/Bodily Fluids
- Water->Solid Land/Physicality
- Physicality->Moonlight/Subjectivity
- Lucid Subject->Sunlight/Objectivity
- Objectivity->Breath Sound/Tool
- Breath/Tool->Wisdom Being

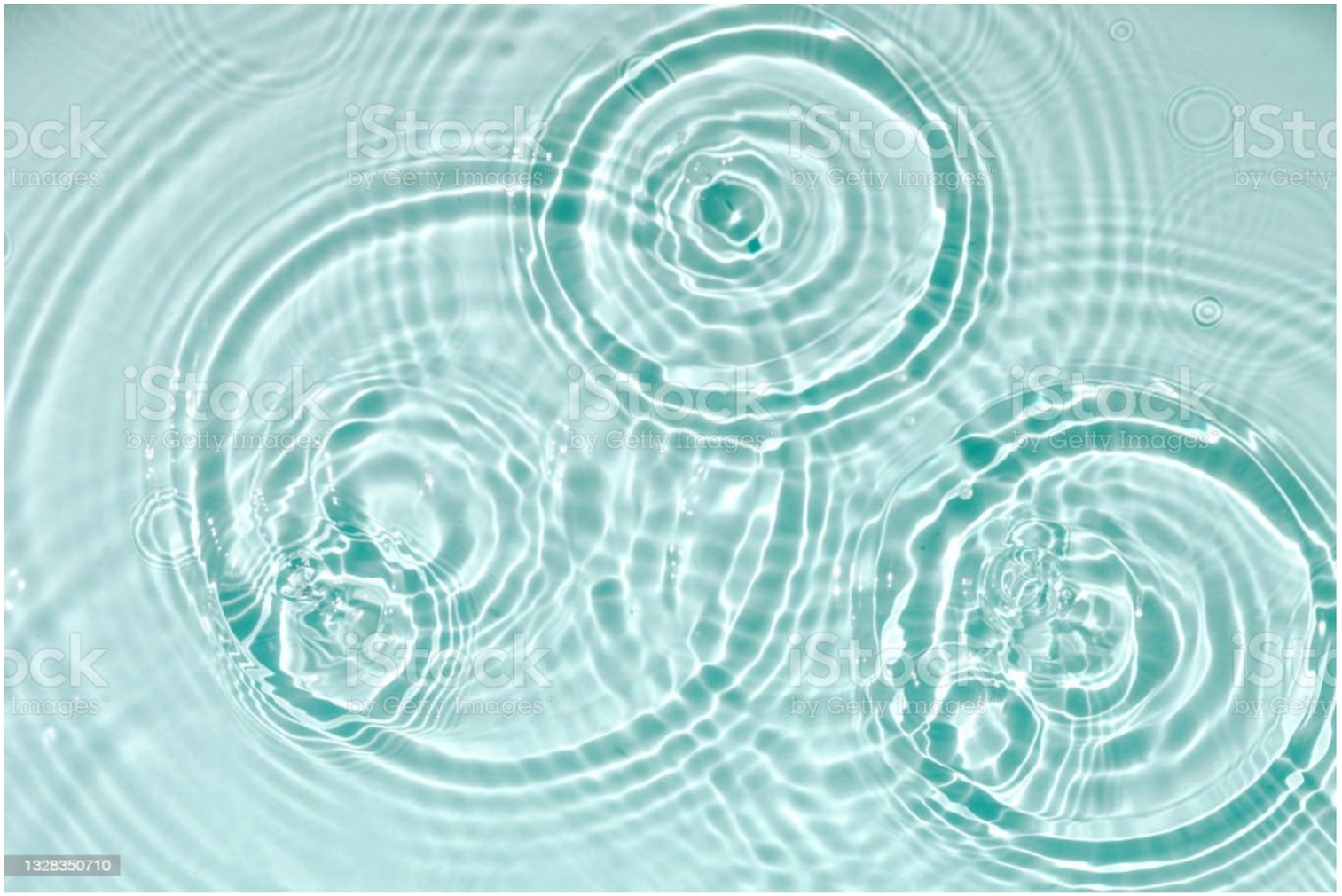
Emergence Step One: Through the Space of Translucency Comes Lucid Awareness of Vital Energy, Taste and Touch, and the First Sign—a Great Gust of Wind



Emergence Step Two: Through Sensing Vital Energy Comes Lucid Awareness of Bodily Heat and Smells and the Second Sign: a Blaze of Fire



Emergence Step Three: Through Sensing Bodily Heat Comes Lucid Awareness of Neurochemistry and Sounds and the Third Sign: a Shimmering Pool



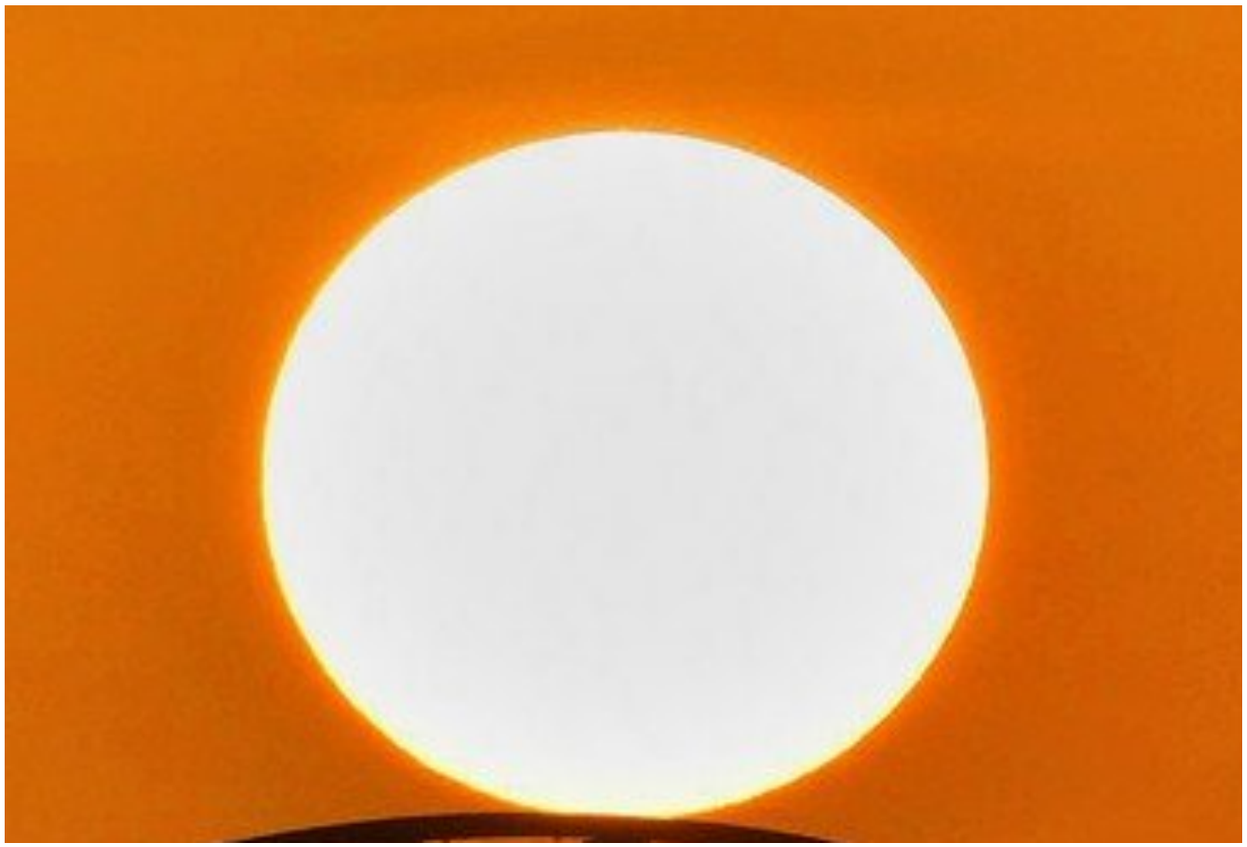
Emergence Step Four: Through Sensing Neurochemistry Comes Lucid Awareness of Physicality and Sights and the Fourth Sign: a Square of Earth



Emergence Step Five: Through Sensing Physicality Comes Lucid Awareness of the Subjectivity and Motivation and the Fifth Sign: a Full Moon Disc

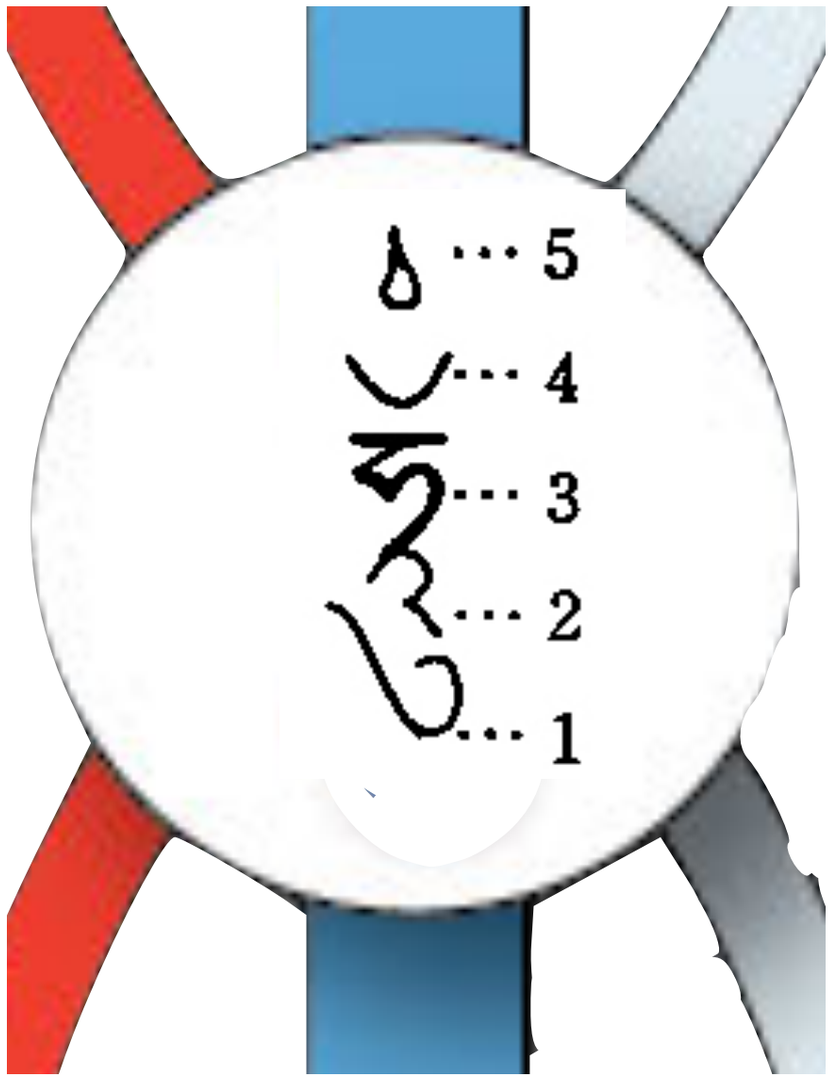


Emergence Step Six: Through Sensing Physicality Comes Lucid Awareness of the Objectivity and Thought and the Sixth Sign: a Full Sun Disc



Emergence Step Seven: The Lucid Interoceptive Mind Infuses the Five Mind/Body Energies into a Spirit Body and the Seventh Sign—the Meme Self

- **5. Intuitive Heart Breath**
- **4. Reflective In-Breath**
- **3. Expressive Out-Breath**
- **2. Empathic Gut Breath**
- **1. Altruistic Root Breath**



Emergence Step Seven: Active Embodiment of Diamond Mastery Through Fully Awakened CNS and the Seventh Sign—the Action Implement

Coarse Embodied Mind

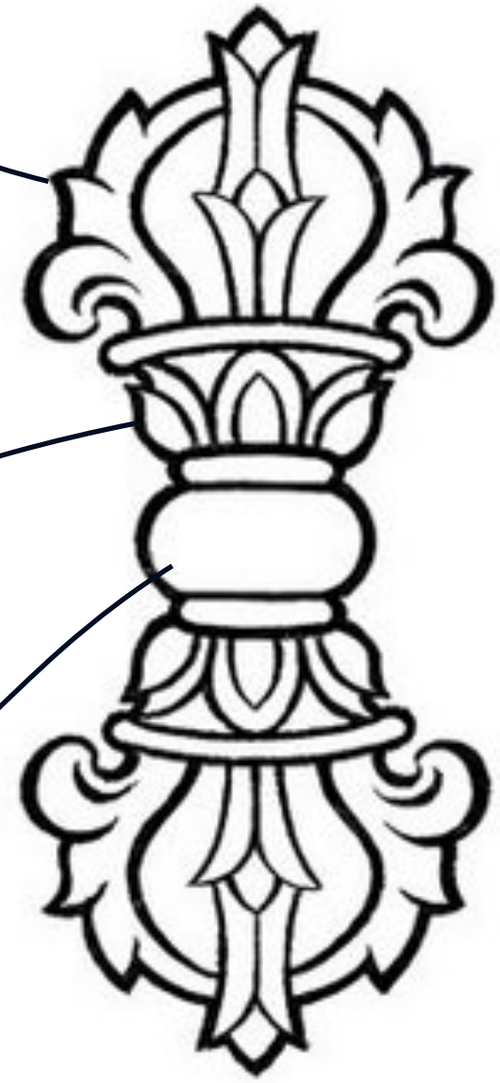
Fully Differentiated Five
Interactive Mind/Body Systems

Subtle Embodied Mind

Less Differentiated Three
Subtle Energy-Chemistry
Channels and Six Circuits

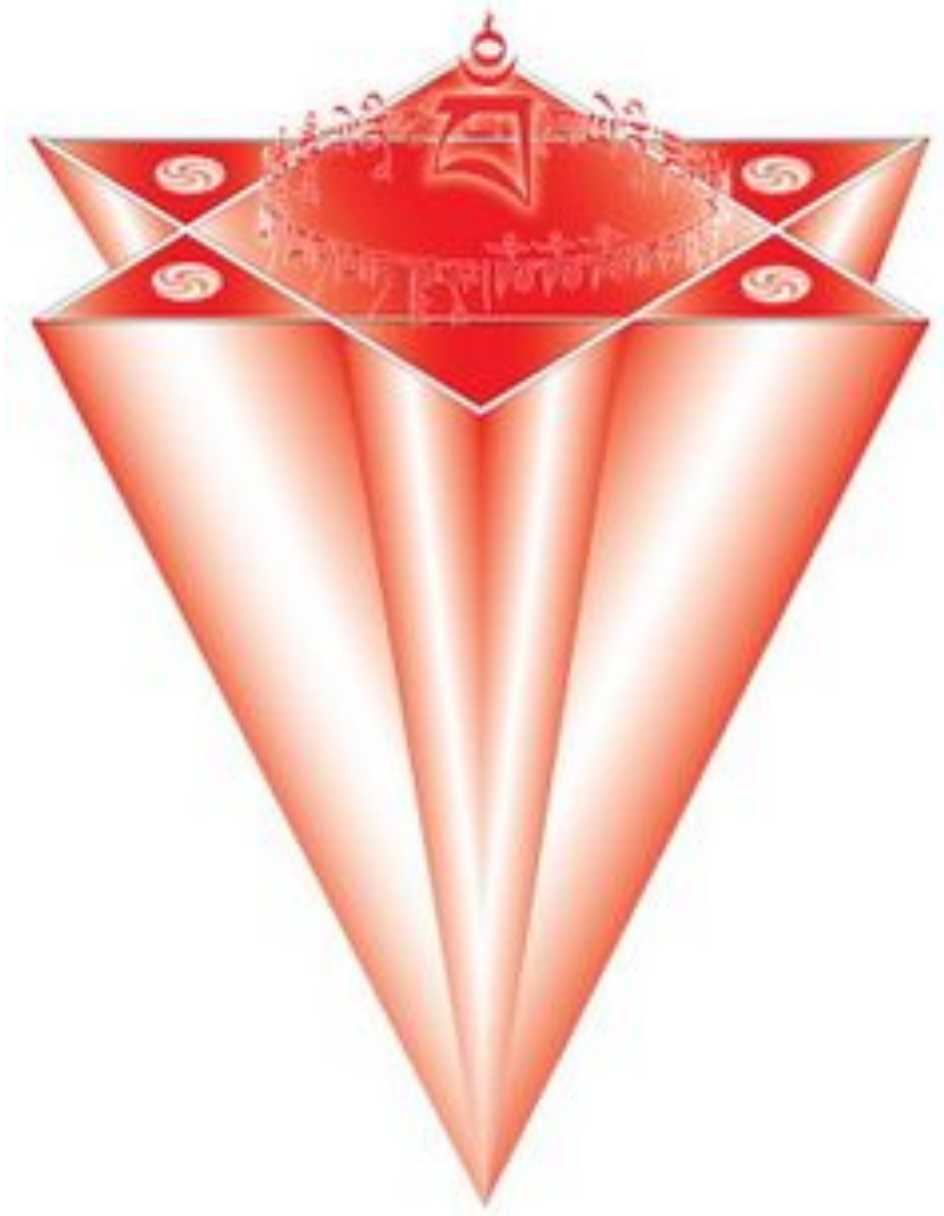
Subtlest Embodied Mind

Undifferentiated, Inseparable
Extremely Subtle Energy-Chemistry
Indestructible Drop at the Heart



Emergence Step Eight: Embodying Enlightened Altruism in Forms Like the Fierce Wisdom Mother





Sublimation: Transforming the Five Traumatic Stress Energies into Embodied Wisdom Energies

SYSTEM/ CHAKRA	TRAUMATIC ENERGY	TRAUMATIC TOXIN	WISDOM ENERGY
PHYSICAL/ CROWN	CARDIO-RESPIRATORY	DELUSION/ CONFUSION	REFLECTIVE IN-BREATH
CONCEPTUAL/ THROAT	EXPRESSIVE	DESIRE	EXPRESSIVE OUT-BREATH
PERCEPTUAL/ HEART	SENSORIMOTOR	ANGER/SHAME	INTUITIVE HEART-BREATH
SENSUAL/ NAVEL	DIGESTIVE/ METABOLIC	GREED/PRIDE	EMPATHIC GUT-BREATH
MOTIVATIONAL /SACRUM	EXCRETORY/ REPRODUCTIVE	ENVY/JEALOUSY	ALTRUISTIC ROOT-BREATH

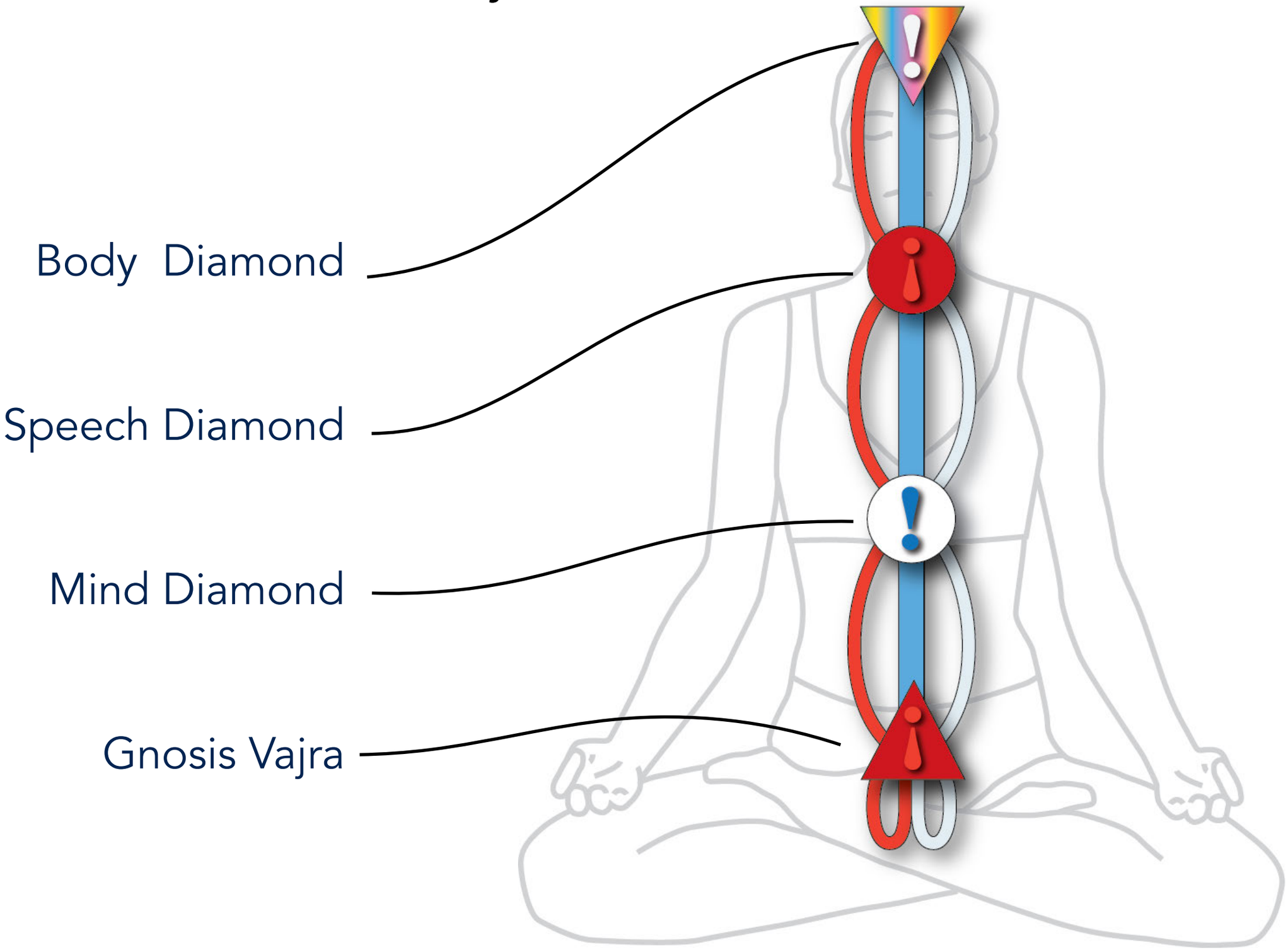
Rainbow/Dream Body: Void-Form Body Emerges from Eco-Field of Five Pure Bliss-Void Energies



Sublimation: Transforming the Four Traumatic Neural Drops/Mental States to Four Diamond Drops/States

FOUR IMPURE VAJRAS	BASIS	PATH	FRUIT
WAKING STATE/ BODY	COARSE MIND/ BODY PROCESS	DEITY YOGA/ CREATION STAGE	EMANATION EMBODIMENT/ BODY VAJRA
DREAM STATE/ SPEECH	SUBTLE MIND/ ENERGY BODY	ENERGY YOGA/ PERFECTION STAGE	ENJOYMENT EMBODIMENT/ SPEECH VAJRA
SLEEP STATE/ MIND	SUBTLEST PRIMORDIAL MIND/ENERGY	CLEAR LIGHT/ MAGIC BODY PERFECTION	TRUTH EMBODIMENT/ MIND VAJRA
ORGASM/ GNOSIS	DISCURSIVE/ INTUITIVE	GREAT SEAL/ GREAT PERFECTION	REALITY EMBODIMENT/ GNOSIS VAJRA

Diamond Body: Accumulating Bliss-Void Drops Until the Four Toxic Vajras Turn Pure Diamond



The Final Condition: Realizing the Fourfold Embodiment of Psychosocial Well-Being

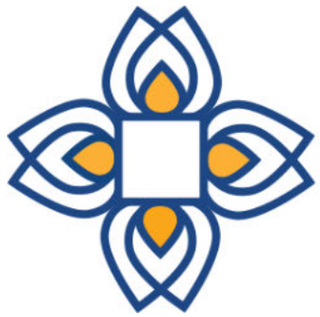
- Emanation/Objective Body—enjoying the artful expression of unconditional care/love through embodied action
- Enjoyment/Subjective Body—enjoying a playful, fluid personality energized by sublimated flow
- Truth/Subjective Mind—consistently embodying an intuitive sensibility of sheer joy and awe
- Reality/Objective Mind—consistently embodying an intuitive objectivity of formless openness to reality as it is

The Rainbow Spirit-Body of the Healing Mentor



The Healing Mentor: Integrating and Embodying the Elixir of Awakened Altruism





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