



Approaching Material Mastery through Your Physicality

Zoosh through Robert Shapiro

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Il right. Zoosh speaking. Well, greetings.

I have a really big question. What happens when you touch your fingers or move your arms and think about a mountain? What is the energetic or the interaction, the process?

Begin with Intimacy

It's all about intimacy. What keeps most people apart, whether they are casual acquaintances or enemies over battle lines, is that there's no direct sense of that person's involvement with you on a benevolent level. The reason you do not feel that yet is that you have to begin. You can't just begin with a lot of this material we've been giving. One has to begin with intimacy not only with one's own self physically, feeling the warmth (as that exercise goes [see inset next page]), but also having the connection, knowing how it feels to connect to some benevolent form of life around you.

Most people have this through relationships, but for those who are between relationships, the way to do it is to pick out some tree or a wild animal or even some object you feel attracted to and that you can essentially extend into. Do you want to try that now?

Okay.

Fine. Is there some object in this room that interests you?

How about that big crystal or my blue stone?

Practice feeling love as heat in the chest. (You can use your hands over your chest to help focus energy.)

When you can hold this warmth, add the feeling (not visualization) of gold light.

Keep practicing back and forth until you can feel both at the same time, and hold it for at least 10 or 15 minutes.

This is alchemy, and can transform any discomfort that arises for you. You will feel ecstatic; it is the closest feeling to the Creator energy that you are.

(For the full exercise and commentary, see page

Which one do you love the most?

The blue stone, I think.

All right. Then this is what I'd like you to do (a brief workshop).

An Exercise in Extending Physical Consciousness

Let's use your right hand, since that's the hand you build with. Move your arm around a little bit here, move your fingers around. When you do things like this, you become aware of the physical apparatus in your arm.

Now I'd like you to be close to that stone. Focus your attention on the upper part of your arm, from the shoulder to the elbow, but inside it. Move around a little bit so you can feel it, not just on the outside; we want to be

inside as well. No extraneous thoughts.

When you've done that, don't shut this upper part off, but bring your attention from the elbow down to the wrist. Add that.

Now add from the wrist to the tips of your fingers.

Now touch that hand to the rock. Add the rock. Don't go out of your body; just continue extending into the rock. Notice the change of density.

It got thicker.

If you don't feel good, then extract yourself, but if you feel all right, stay with it.

For a moment I felt that I was inside it and it was really big, but that didn't last long.

That's what we want, that feeling.

Like a huge, huge building, a huge something . . .

That's right. Now, see if you can recapture that feeling, and later on I'll tell you what it means.

It's like there's a membrane and you can go through it.

Now gradually extract yourself, thank the rock out loud . . .

Thank you, dear stone.

And go back and relax.

Now I want to tell you what that's about. You see this stone now as it is, but once upon a time it was part of something more vast—a mountain range, even. So when you go through the membrane—and it feels exactly like a membrane—you are extending your feeling self inside some other living being. Granted, the rock does not live in the same way you do, but it is alive in its own way, just as extra-terrestrials of a more unusual nature would be alive in their own way compared to a human being. You could feel briefly in its vastness what this rock was once a portion of.

If and when you decide to practice with the rock more, you will find out something interesting. It is vast *beyond* the mountain and the mountain range. Any piece of rock from the Earth can connect with all other rock from the Earth at any time it wishes, and you would feel the vastness of the entire Earth. And since other planets are largely made up of rock, it can even go that far.

Think about this: The purpose of this exercise, let's not forget, is to be able to feel remotely. But when you want to feel remotely—such as when you look at a picture of a mountain—it would be helpful to have an aid to do so. Build up a relationship with this rock, where it enjoys your energy and imparts feelings and perhaps even visions or words.

First there's the initial touching. You feel what you feel, the rock feels what it feels, you go through the experience you just had. Then you can ask the rock if it would connect you with some other rock, which might be a mountain or even a body of water that is sitting on or running over rock: "Can you connect me in such a way that would be benevolent for me?" Make sure you say that.

Then, I feel, you would have a teaching aid. Ultimately the intention is to help you expand intimacy. This isn't for you alone. Anyone can do this, provided they have respect for the rock. The rock must be approached as you would respect another human being.

I will give you an example. Do the exercise with your arm, feeling yourself inside your arm and so on, with the intention of extending yourself. You eventually might notice, as you extend into the rock, that you don't feel anything. You don't feel yourself either going through a membrane or you don't feel any sense of vastness. There is no feeling, nothing; you don't feel any different.

Then you simply extract yourself back into your hand and say, "Thank you. Excuse me." The rock was doing something else, but since the rock is not made like you, it cannot say, "Excuse me, I am busy." It must communicate in its own way, which in most cases is by way of not imparting anything to you. In some rare cases for some individuals, you might actually feel the sense of, "Oh, it's busy

doing something.” Then you wait and try again later.

You must do this with a rock that you feel personally attracted to, a rock that you love. I use that word advisedly, because if you really love a rock because of its beauty or its familiarity or for whatever reason, it is more likely to feel intimacy from you in a benevolent way. It will feel your love, or at least that you’re attracted to it for its beauty. One does not have intimacy with a rock the same way as one has with another human being, but if one truly wishes to explore other worlds, the easiest way to explore them when you are on Earth is to explore Earth.

It is not an accident that you have such variety here, that you have all these different kind of plants and animals and these different kinds of people—I might add, from many different extraterrestrial origins, including the plants and the animals, too. With that in mind, it is intended that you explore lovingly, gently, respectfully. You have all met people you’ve spoken with and talked to and found out that you had things in common or things that were different that were interesting. But that’s not enough. With your intimates you will explore further physically, emotionally. But it is intended that you be able to have intimacy such as this with a rock, potentially with a tree or even with an animal, if that animal is one you love and, preferably, loves you.

In the case of a wild animal, you do it from a distance. The animal might be fifty, a hundred feet away. Then you simply continue extending energetically. You just extend, you reach for the animal until you can feel it. If it doesn’t run away, then it cooperates in your experience. If, on the other hand, it moves aside or you can tell it does not wish to participate at this time, then you say, “Thank you, excuse me,” and go on and try something else.

I recommend first, though, doing this with stones and trees. Stone is used to being touched, so I would say, touch stone if you can. When you get better at it with stone, you might reach remotely or from a distance to touch it. You can practice with that if you like.

Don’t do it with human beings. That I do not recommend at this time. You can do harm to them unintentionally. More likely, it will do harm to you—unintentionally, of course. It is more complex with human beings. But with what I would call simpler and purer spiritual forms of life . . . not to say human beings are impure; human beings are just more complex. You are here to learn; you are students. The rock, the trees, the animals—they are not students; they are here to help you.

Practice Next with Plants, Then Wild Animals

The progression, then, is from rock to plants. If you are going to do this with plants, try to do it with older, sturdier plants, bigger trees. Young trees might not be able to handle the energy of the human being. But you can experiment. If you feel the plant being nervous (and you will know because you will suddenly feel nervous), then say, "Oh, excuse me, thank you, pardon me," retract your energy and go on and try something else.

Do that with rock until you are very good at it, until you can do this at any time with any rock that welcomes you. Remember, you will know it doesn't welcome you because you either feel nothing or because you feel nervous or uncomfortable when extending into the rock. You always retract yourself slowly, excuse yourself, thank the rock and go on.

The progression is to plants, trees and then wild animals—never captured animals. Captured animals are complex. Like human beings, you can injure them or they can injure you intentionally with this method, so always do it with wild animals. When beings are free they will express themselves in their purest spiritual form. This is what you can do to prepare for the work that this picture book entails.

What you're really talking about, then, is learning to become intimate with the whole planet, being able to extend our energy into the lakes and mountains that we're talking about.

Yes, because ultimately so many lakes and mountains and trees and stone, so many of these beings have such great wisdom and knowledge for you. Wherever you live you can do this, even if you are bedridden. It has advantages, you see. It is something I recommend in general. In time it will help you, as you get good at this—even without connecting with human beings this way, which I do not recommend for you at this time—to understand your fellow human beings.

You must remember that your physical bodies are made up of Mother Earth's physical body. If you can understand the components (that which makes up your physical body), if you can experience it intimately through the work I described, interacting with waters (wild waters, not waters behind a dam) and stone (minerals in your body) and wild animals and plants—all of these things—you will be interacting with the material of which you are made.

As any first-year medical student can tell you, the human body is composed primarily of water, and the rest of the material boils down to mostly minerals. So if you can become intimate with stone in its native form and water and plants (being an application of stone and water) and wild animals (being another application of

stone and water), then you will ultimately be able, without doing this work with human beings at all, to understand your own physical body much better. Since every human being's physical body is made of the same material, once you understand your own physical body, you will understand the bodies of others as well.

But in the context of this book, in aiming at particular mountain peaks and lakes, the ultimate object is for the readers, wherever they are, to extend their energy through the picture to that focal point, that mountain or that lake or whatever, right?

Yes. This book is in the *Shaman* series. Although I do not claim to be a shaman of Earth origin, Speaks of Many Truths is that; and I might stake a minor claim to beyond the Earth. But Speaks of Many Truths ultimately is the one I consult for Earth phenomena like this, because this can only be understood on a feeling, personal, intimate level. As a consciousness, I do not always have that available to me, but Speaks of Many Truths does, and he has the wisdom to know how to apply it.

Has he been a shaman in many lives?

Speaks of Many Truths is one of those individuals who has in previous lives (like all of you) been a spiritual master. But he has been a spiritual master many times. He has also been a material master and a teaching master. It is unusual that a person who has done all of that—of being, if you would—would come here to live amongst human beings. This is not to say that Speaks of Many Truths did not have lessons in this life. After all, his work requires him to interact with other dimensions. He has never been a dimensional master, so he came to the one place where a physical person can learn in practical, intimate terms about dimensional mastery, which is Mother Earth.

Has he ever lived a life that we would recognize through the naming of his incarnation?

He would never, ever say, nor would I betray that. I would say that you would not recognize the name here. There is the occasional person who might recognize it, if they were thinking about it before they went to sleep, and dreamt and then woke up and were still managing that ribbon of thought. So, no.

But we might remember him on other planets.

Yes, you might remember him from other planets, other places, other locales.

Understanding the Physical Body through Interaction with Water
You know, something else I'd like to talk about is water. You said we would not understand our physical body unless we understand our interaction with water.

Of course—you are 97% water, yes?

Can you at least talk a little bit about that? What should we understand?

As you know, water is the one element on this planet that has the flexibility that it demonstrates. It can be in so many different forms, and it can be in those forms naturally. This tells you that not only is water a portion of Earth, not only is it a portion of you, but because it is such a large portion of you physically, water is the single element on Earth that has achieved the highest level of material mastery that a human being or any being can achieve.

Water does not appear here in more than four forms. But water in higher dimensions or on other planets might be more viscous, as you would say—oily. It might be more sparse—not rare, but where the molecules would be farther apart so that the sense of its gaseousness or vapor would have a more personal context—so that if you were very small and were commingled with water vapor that was widely spread out, you might conceivably float between beads of water and as a result have a different relationship with it.

Intimacy, a Major Element of Material Mastery

You are of water and absolutely require the level of intimacy that you have with water. Since water passes through your physical body on the inside every day, this tells you that the portion of Earth with which you have the most intimacy throughout life is water. The fact that you are required to have this water and that it passes through you in this fashion and all around you tells you that intimacy is a foundational lesson of material mastery. That is why water catches your attention. You have to have it. You go through the rain, the snow; it forms ice, it forms vapor. You are exposed to all of these, most of you; you are exposed to versions of water all the time. Using the exercise given above about intimacy and the methods in these books, which are about material mastery or applied wisdom through the physical, you can become more knowledgeable and wiser in application. As far as water goes, you will understand the fantastic capacities of water.

Water is resilient. Water is, of course, flexible. Water can be sturdy—one can build a house out of water in the form of ice. Water can retain, it can release, it can free, it can hold. If you think about it, water is—not just symbolically, but what it can actually do physically—a symbol for everything that you are here to do on Earth. For oftentimes you need to hold, sometimes you need to release, sometimes you need to relax or melt and sometimes you need to flow.

Water is not only symbolically, but intimately and physically the avenue for you to understand material mastery. Water seldom goes

where it is not wanted. Mother Earth has her deserts, and those areas are involved with something. We know that Mother Earth likes those areas to be hot, and the only water she allows are occasional touches, so water does not go there very often. It knows it's not *un*-welcome; it's just *more* welcome someplace else. The key to understanding material mastery is to focus on attraction, not repulsion. You could say that water is repulsed from the hottest deserts, but that's not true. It is simply more welcome other places, so water goes where it is more welcome.

If you could understand that simple thought, then you will be able to quickly assimilate the means to know how, where and when you can go somewhere, because you will know by the way you feel. And physically, the feelings are transmitted along a conduit that supports the magnetic-electrical flows of the body, otherwise known as moisture. There are many different fluids in the body; while you are alive, your body is wet. It's wet on the inside and oftentimes wet on the outside, but ultimately it is wet. So that tells you—fluid.

When I have encouraged you to do the warmth-in-your-chest exercise [see page 2], water is the means that allows you to feel that warmth. The element that links you to your body, which is your soul's teaching tool to understand the divine physical, is water in one of its many forms inside your body.

A simple study of water, then, is worthwhile—not on the molecular level, not with biochemistry so much, but just feeling it. You know that if you don't have water or you're deprived of it for a time, you not only feel bad, but you stiffen up a bit. And obviously, as the joke goes, if you're deprived long enough, you'll stiffen up permanently!

A Water World Is Essential to Learn Material Mastery

I'm giving you hints because I want you to experiment with it. I want you to realize that it is not an accident that you find yourself in a water world where you are learning material mastery. Because Mother Earth is also a teaching master, dimensional master and quantum master, you are able to learn a little bit about those things as well. You are here, however, to learn about self and material mastery. Material mastery is partially mental, but primarily it is physical and feeling and instinctual. (I want to shy away from the word "emotional" because that's the mind's word for something it does not understand, but I will use the word sometimes.)

If you are here to learn material mastery, you are in a water world. You are essentially a water being. You are not a fish, but you are wet on the inside and oftentimes on the outside—sweating, taking a bath and so on. So understand that material mastery *must* be learned

on a water world. And since you had to be *here* as the Explorer Race to learn what you could learn, then the water world was brought here *for* you.

Think about it: if there were other water worlds in this solar system, you would lust to go there. “We’ve got to get there!” You’d do anything to get there. But because there aren’t other water worlds in this solar system, there is no great rush. There is no innate drive within you.

If you are told there are water worlds on Sirius with water beings not dissimilar in appearance to here, and that they can communicate with you with great wisdom and share love with you, you would want to go there, but you know it’s so far away [laughs] that you aren’t too distracted.

The reason I say that you cannot understand (a term really intended for mental application, about the mind) yourselves without understanding water is because your selves on Earth are really your physical selves. The physical body is a much closer demonstration of your soul self than the mind. The mind is a tool, a useful, good, workable tool, but only a tool. It is a teaching aid, not unlike the rock that connected with the mountain in the exercise. This teaching aid allows you to understand, to think, to consider, to apply, to study and so on. You can make the link between the soul self (the immortal personality)—the energy that is you—and your physical water self instinctually, without the assistance of your mind, and become a fully realized being.

If you didn’t have the linear mind, you would go back to what I call specific gravity, or perfect balance, in which case you would completely understand yourself and your world and relate to this environment just the way the animals and the stone and the plants do.

You have been forced to accept the linear mind (though that time is coming to an end) so that you could understand the infinitesimal steps, the incredible intimacy of water, of material mass with soul energy. You are placed inside a vessel (your physical body) for a short time (lifetimes here compared to other places are very short) so that you can experience learning step by step, slowly, gradually, sometimes it even feels creepingly, because the linear mind cannot make the leap to vertical thought. It’s not intended to. It is intended to learn step by step so that you will discover and experience not only all the applications of whatever experience you are having, but—most important for creators in training—all the consequences and results of any physical application.

Dolphins: Fully Realized Beings, Quantum Masters Who Are Your Mentors

That is why you must be water beings. That is why many of you have a natural affinity with dolphins, who preceded the Explorer Race in creatorship training! Dolphins are water beings. Dolphins are spiritual masters. They are material masters. They are teaching masters. They are dimensional masters. They are quantum masters. This means that *dolphins are fully realized beings*. If they wished, in less time than it takes me to do this [snaps fingers] they could immediately merge amongst themselves, become a creator once again and go on about their creatorship. But they have chosen, as fully realized beings, to come and be with you and retain all you do for future reference by your immortal personalities, should that be necessary. They will probably deposit this wisdom, this knowledge, somewhere so that they can do other things someday. But they retain it; they are with you.

Why do they love you so much? Because, as is not unusual, when someone follows in your footsteps to achieve a greater value, as the Explorer Race is doing, is it not natural to be benignly and benevolently interested? Of course. They want to see what you do and how you do it for *your* purposes. They have already done it for their purposes.

Is it an accident that they live in water? Certainly not. They understand the material-mastery element of water. They understand totally your natural affinity with them because you feel them as not only beautiful, cheerful and unusual beings in their own right personality-wise, but the way underclassmen feel about upperclassmen. Of course, when you are in school you understand the admiration. But in this circumstance you don't always quite understand it.

I'm not saying these beings are superior to you. I'm just saying they preceded you in training and had similar training, though they were not the Explorer Race. They were beings who went on a similar path so that you would have a path to follow. How can you find your way if someone hasn't delineated a path for you? Someone had to go before you and leave little markers along the way. How can you leave a marker for someone who does not speak your language and never will in this form?

You would encourage the beings who follow you to see you as feeling beings. Dolphins are feeling beings, so they left markers on the path of feeling. And you are feeling beings, very strongly so. So *the only way to find the markers and find the path is with your feelings*.

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certain similarity to water, in that sometimes parts of you will pass through the human being at various times in various cultures.

There are some cultures in the past where cows existed and were considered sacred. Even today some cultures consider cows sacred and do not eat them. There were also some cultures in the past, just as now, that ate cows and some that ate dolphins. Even now you will eat dolphin sometimes but you might not know it, or maybe you will eat it by some other name because restaurateurs often are aware that if they say, "Here is dolphin for you," many people might not embrace that.

Nevertheless, what is understood absolutely by all material masters is that the foundation of material mastery is love and intimacy. It is so easy to set this aside, especially by people who do not feel they are having love and intimacy in their lives because they don't have a relationship or are not currently being loved by Mom and Dad. You say to yourself, "There's no love and intimacy in my life, although if I could get a love, there would be at least love in my life."

I'm here to tell you that you can have love and intimacy in your life even with a rock. It might not be the loving intimacy you would have with a lover or husband or wife. It might not be the same kind of love you would have holding your child, or as a child being held by its mother or father. This is a feeling that creates a foundation for understanding love and intimacy in this life. Nevertheless, the more you understand your body; the more you understand the water messenger's process in your body; the more you fully realize ("realize" here meaning, think, feel, do, otherwise known as wisdom), then the more you will fully **realize** the full experience of material mastery.

I remind you of these lessons now, not because you don't know them on other levels and not because you don't have lessons like this on other levels, but because at higher levels you do not have the opportunity to be exposed to as many different kinds of life all in one place, with all the different applications you can have with these different forms of life with their responsibilities and consequences. *This* is the great opportunity. This is why souls ask and even plead to come to Earth.

I know you say, "But it's so hard here." I will say, "I know it is hard here." Yet when you have finished Earth school (some of you spend more than one life here to achieve the exact thing you wish to achieve in the larger you, which is ultimately your personality), you will say absolutely and unequivocally, "There is no place else I could have learned this great wisdom."

You didn't mention water as something that we could extend into. How does that work?

Water, Depressed When Contained

Try it in the same way as the exercise with rock, first touching it with your hand. But when you touch it with your hand, use your palm very lightly. The interesting thing about intimacy, as many of you know, is that the lighter touch is often much more intimate than the heavy-handed touch. So first touch it very lightly. Water is alive, it is moving, so try to touch it lightly. It works 99% better with wild and free water than with contained water. Water doesn't like to be contained. Notice that it isn't contained in your body—it comes in, it goes out. It doesn't like being contained.

I understand your desire to have pools or to even take a bath in a tub. But this thing of damming up water: I really hope you get over that, because the water that comes out of a dam, whether it goes through a generating station or not, is usually angry and very often depressed at the very least. And individuals who are depressed, be it clinical or temporary, can often be self-destructive. If it's a clinical depression, which means longer than temporary, it can be not only self-destructive but very often (unintentionally, but sometimes intentionally) destructive to others.

You know you can't say, "Snap out of it" to water. You can't stomp over to the edge of the dam and say, "Hey you down there, snap out of it!" [chuckles] because no one enjoys imprisonment. Once you realize—really understand—that everything is alive, you will realize (in this case, apply) that water, while it might help you to capture electricity temporarily, it doesn't like it. And when it flows downstream it takes a long time before it feels better. This is how long it takes:

Let's say water comes out of a dam and goes through a turbine. So it has not only been a prisoner for a while, but it goes through a mechanical thing that didn't choose to be a turbine in the first place (it was originally rocks and minerals) and is unhappy to begin with. Then it spews out the other side, upset.

Let's say, for the sake of argument, that the dam is in Montana (I want to create a visual distance). Instead of flowing to the sea by a westerly route, let's say it flows south and eventually finds its way into the Gulf, around Texas. It leaves the dam and flows along and maybe gets caught up in the water system of some city, very likely. But for the sake of understanding how long it takes to unload that depression, anxiety, misery and unhappiness from being imprisoned, let's say it takes a month and a half to go through the different places, tributaries and so on from the dam in Montana to the Gulf of Mexico.

Now, multiply the time of that journey by fourteen—that's how long it takes that water to unload all those feelings, and then only if it's had constant interaction with natural life.

When you see water from a snowmelt rushing over the rocks in a mountain creek, it is at its happiest. Since water is evaporating, you might ask, "How does evaporation affect this process?" If it weren't for the evaporation process, all of you would probably get sick and die sometime before your twenty-fifth birthday in these times, because so much water is captured.

Water in Clouds Is Purified and Loved by Spirits

The evaporation process is a shortcut. When water evaporates, it goes up into the clouds or becomes the clouds. It is immediately impregnated, once it forms clouds, with benevolent spirits who are sometimes visible to those who, looking at the clouds, can see faces come and go. These spirits are purifying the water, freeing it up, releasing the depression and anxiety, embracing it—in short, loving it. When it is through the evaporation process and returns to Earth, it lands oftentimes on some natural place—soil, mountaintop, wherever—because there are still more natural things for the water to land on than parking lots. Then it is free when it strikes the Earth. Snow, for instance, or even rain rushing off the top of a mountain is water at its most joyful.

So if you find yourself in a rainstorm up on the side of a hill (obviously protect yourself, see that you are safe and look out for your fellow climbers), if you know this exercise, touch this water with the palm of your hand. You will feel the freedom and joy that you can relate to later, remembering it in your body's memory when you're stuck at the office from eight to five.

Ocean Plants Help, and Hurricanes and Typhoons

What about the water that goes into the ocean? How does that get cleared?

The ocean plants, which have always provided some assistance here, will help. That's why the plants in the ocean are so vital, including the plankton. Once the water is in the ocean, if there were no evaporation and all the creatures in the ocean were still represented (though many are absent because they have been fished out of existence, some destroyed by natural disasters or some just went home to their planet) and the whole system was still working, then it would take that original formula times seven. But because so *much* water evaporates so much of the time, it helps.

You might ask, does Mother Earth have any extra means of evaporating that water, of literally sucking that water up? I'm not talking

about water spouts here, but hurricanes or typhoons. Sometimes in areas where there is more upset, more depression, anxiety and so on in the water (I'm not even counting what the water picks up going through human beings), a typhoon will develop and pull the moisture in the air as well as ocean water. It will amplify the evaporation, especially from the warm waters, and swirl it around. As you know (here's another factor of material mastery), sometimes when you can't have things the way you want them in the lessons of material mastery, there are other ways.

Now we get into vortexes or spinning. The hurricane spins. The tornado spins. Other things spin, whirlpools and so on. Spinning is another means to let go. Even your scientists have a little machine that spins things around.

A centrifuge.

It often separates things—this goes this way, this goes that way. It makes things easier. This strictly imitates nature, a very nice example of technology applied to material mastery. If you could understand water through physical encounters—and you will have those if you're on Earth—then you will gradually absorb a much greater understanding of material mastery. Ultimately, wisdom is beyond thought. It's what you do because it works. Then it changes as time and experience move on.

If a child is inside mother and for one reason or another mother has a miscarriage, of course she grieves, and father too, and maybe the rest of the children. But this mother who has had a miscarriage should know that the child inside loves her, as she loves that child. Inside and all around that child is water. If the child does not have the opportunity or does not choose (as in most miscarriages) to live life as mother and father do, the soul learns so much from the experience of life even on this unborn level. Many times souls who are not prepared to live a physical life (walking, talking) will start out life briefly in mother just to see what it's like, and then that's enough. Know that souls learn a great deal from this and that even though mother has grief over this, the life of the soul and the knowledge and wisdom and love gained and given by the soul is never wasted.

The Sufi dervish practices—when they spin, what separates, what is the dynamic?

I do not wish to speak to the sacred tenets of various religions, but from my perspective, they are throwing off energy that is inappropriate for them. And because energy naturally flows into the beings (all beings at all times), as they spin they tend to throw off that

which is not meant for them or is perhaps not benevolent, and fresh energy comes in. They are freshened up. Understand that this done within the context of religious, meditative experience—prayers and so on—so you have to be ready for it. Yet I feel it can be a good thing. You know, a child doesn't have to be taught to spin. If a child is raised in a society, he or she will ultimately try it at least once without having been shown. That is suggestive.

When you give us these gestures, what is the meaning of the finger positions or mudras in relation to particular topographical forms beyond projecting your energy body and intimately bonding with places and things? Why do we use the hands?

The Purpose of the Gestures: Integrating the Spiritual with the Physical

It is really intended to be an experiment. In some religion-philosophies (I'm saying religion-philosophies because people apply them to life) where mudras, as you call them, are utilized, they actually perform some body function. They put the person into a state of being, if the person notices the physical self. For example, let's say you are lying down and you become very sensitized to your physical body. You can very slowly reach over with a single finger and touch anywhere on your body. You will feel it in that part of your body, but other parts of your body, even though they are not touched, will also have feelings. As you put your attention into those other parts of your body, there will also be feelings.

These gestures are intended to integrate your spiritual studies with your physical self. And I would like those of you who are sensitive to notice how you feel. I will go one step further. If there are other gestures that allow you to feel or connect better with the mountain or the river or the geyser or what-have-you, then experiment. Always experiment. While certain things might be a given—breathing, drinking, eating are givens—very often the expression of the physical self will be a demonstration of the individual immortal personality. Experimentation is called for, so if it's not working for you with these demonstrations, try something else.

One of the biggest fallacies (I understand the seduction of it) that you have to deal with here is the cure-all: "If we could just do this, then this will follow"—the magic formula. Yet in material mastery school, if everyone were exactly alike, you wouldn't all have to come here. You'd simply send one representative who would learn it and return to show the rest of you, and that would be that. But if you are all different in some way, then there is no panacea, no cure-all. You must all try it your own way.

Maybe there is a gesture such as this, a basic gesture—touching

the fingertips together [including the thumbs, held at upper chest]. This gesture is found throughout all cultures even if, as you say, mudras are not a factor. It is a very natural thing to do. But pay attention to what happens in your physical body as you do this gesture, then as you relax and do *not* do it; that is the whole point.

I might add that the reason that yoga was originally begun was not only because people had physical circumstances in their life, mental aberrations and so on that needed help, but also because observant people were simply observing. So we have, first, what is needed; and second, what is there (the two elements, the foundation of yoga), and to take it further, the sacredness.

I suggest that you experiment, and the best way to do it, even with such a study of yoga, is the way the original yogis experimented. We're going to take it beyond this planet. The people who originally experienced this were doing what scientists call basic research: "What happens if I lie down and become totally relaxed and then touch my finger to my body? Yes, I feel my body with the finger. Yes, my body feels my finger, but I also feel other things." It's not so much why but what. And then "what if I do this" and "what if I do that?"



The reason I and Speaks of Many Truths (if I can speak for him, though he might have his own comments) are giving all of these different gestures is that they often work for many people, but if they don't work for you, then you can experiment to see what does.

When I do this one, I get a feeling of heat, of electrical movement and of balance.

Good. That is natural. You don't have to be a yogi to know that, but I will grant that it helps. [Chuckles.]

I had thought it was more that each finger connected to a particular part of the body and circuits were set up. I thought there were esoteric reasons for the gestures.

There certainly could be that, but I don't want to get too far off on a tangent.

So there are deeper levels, but you're just not talking about them now.

There are always deeper levels, as scientists have discovered, sometimes to their dismay. No matter how small a thing is, through a greater magnifying lens they can see that there are always

smaller things. So ultimately, as one discovers the smaller and the smaller and the smaller, there is a tendency to overlook the larger. That's why I'm here. It's my job ultimately to tell you about the larger, not so much about the smaller, although I get to that sometimes.

If this is a tangent, say so. Was the experience of the dolphins in this creation? Were they one of the first two attempts by the Creator to create the Explorer Race?

No.

Are they from beyond this creation?

Oh yes, they're from beyond this universe. They came here, and when they're in this part of the universe they like to live on Sirius. They like it there. There are lots of water worlds and they have many friends there. But they're certainly from well beyond this creation.

From this Orb or beyond?

I will simply say they're from a long ways away. They're from such a far distance that they're in your future. If you go far enough into the past, you will meet your future. This is what various individuals tried to explain to Einstein in the theory of relativity. I can explain it to you this way: It would be an example of going into the past to discover your future. Or let's put it this way: a society evolves and develops a technology. Gradually they see technology from other societies—UFOs flying around. "Gosh, I wonder how they do that? Gee, I wish we could do that." They admire it. Maybe they even acquire some of it. They don't understand it, but they do their best to duplicate it.

Eventually after maybe a thousand years of diligent effort, they duplicate it to some minor degree and then they begin going out to the planets and beyond. Ultimately they might reproduce that entire technology, which will take them off on a bit of a tangent, and they will experience in their own way what the society experienced that originally had the UFO.

I'm showing you in this way that you're going into the future to reproduce the past. How do you go into the past to discover the future? The further you go into the past, you discover microcosms of macrocosms, the foundations or building blocks of what became what you now exist with. If something had the potential for becoming what you are now experiencing, then it could be understood on the level of connecting heart and soul to that thing on the intimate material-mastery level. If you connect heart and soul to it, you see all the things it could be, and one of the things is what you are now. That's as far as I'm going to go with that.

We'll explore that later. It sounds pretty interesting. Is there anything else you want to say?

That's about it. All these are important lessons, you know, because this book is intended to give people hands-on experience.

You see, I have to get enough basics to ask that. I've been just sort of following along up to now. But I understand it much better now. It all makes much more sense. Before, it was an abstract intellectual exercise. I didn't have a feeling connection to it.

Now that we've had the intimacy of it . . .

. . . with the rock here . . .

Now we know what it feels like. And that's what we want the reader to do, of course. We want to dispatch the readers into their world to do it for themselves. I think that's probably enough for tonight. Material-mastery school is out for the day. Ding!

[Laughs.] This was exquisite.

Good night.