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Dedication

This book is dedicated to all those
who will come before us, and be different;
to all those who will come after us, and be different;
and to all those who live now who will be different.

Speaks of Many Truths
May 20, 1997

Foreword

For you who are about to read this book, it represents a rite of passage that many of you have cried for for years. You have said, "We have read and read, and now we want to *do*." This book will give you a chance to do things, not only in numbers, but individually. So now is your chance. Enjoy your experience of actual application. Motion with feeling is spirit and Earth incarnate together.

—Speaks of Many Truths

1

Approaching Material Mastery through Your Physicality

Zoosh through Robert Shapiro

August 21, 1997

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 383ff in *Shining the Light IV*.)

neous 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

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 extra-

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 extraterrestrials 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