



Level 8:Accomplish
Project:Book

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Level 8:Accomplish

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There are no limitations to the mind except those that we acknowledge.
— Napoleon Hill

Get Ready to Receive!

Welcome back to Project:Yourself. Level Eight is called “Accomplish”.

The corresponding level of the Sri Yantra is called the “Giver of All Accomplishments.” In Level Seven you removed everything negative attached to what you want.

The last level seriously broke new ground in getting what you want, as it had you actually projecting. In this level, everything you want and wish to accomplish is being given to you. You are literally at the cusp of reinventing your reality!



Project:Forward

Before you begin this meditation, create your space. Be sure it is a place that invites creativity and a sense of calm. Bring in scents such as frankincense, the color violet and flowers such as the wild rose.

Come into a comfortable seated position with a straight spine in the center of the room. Take a deep breath in and gently close your eyes. As you exhale, release all the stagnant air within your body. Continue breathing in and out of your nostrils, at your own pace, creating your own rhythm. (pause)

Start to imagine a violet light surrounding your head.

Now, imagine your avatar as your mirror reflection here. Notice the light surrounding his or her head as well, beaming into the atmosphere. This bright glow is your divine understanding. Let it encompass your whole body as you breathe it in and out.

In this level you will access your crown chakra and using the color violet to connect to your highest self. (pause)

Visualize the Sri Yantra between you and your avatar.

As it floats at your crown level, let it resonate between the two of you. We will be focusing on the inverted primary triangle at the center of the Sri Yantra whose three corners represent the three fundamental tendencies of existence: Desire, 'Iccha', Knowledge, 'Jnana', and Activity, 'Kriya', bringing you closer to bliss. Think of your desire, what you want, and the knowledge and activity you need to attain it.

At this level, you will be granted anything you wish to accomplish and succeed. Taste the sweetness of this as you breathe in and out here. (pause)

Here, we will be learning Napoleon Hill's concepts around your brain being a broadcasting and receiving station for thought and the simple, yet powerful force of belief.

You will also put into action his Round Table Exercise and "Invisible Counselor" technique to tap into the powerful force of other people's minds to achieve what you want.

Find yourself projecting into your avatar's mind as you breath together, as one breath. (pause)

Let the violet light envelope your crowns together, as a divine power.

Here we will be diving deep into the recesses of your very self to draw on these divine powers.

Continue to breath slowly, mindfully.

Remember, your creation is one that will be abundant...one that fulfills your desires in mind, body, spirit and wealth.

Look into the depths of your avatar one last time as you take a deep breath, before gently opening your eyes.

Project:Reflections

Reflect back upon your journey through Level Eight's Project:Forward and write down everything that you felt and observed. What connection did you feel with your avatar? How does it feel to know you are being granted everything you need to succeed? What abundance are you experiencing? What thoughts, feelings and emotions surfaced? Capture this below...

Connect With Your Spirit Self

Violet is considered to be the color of the “Divine Spirit.”

Surrounding yourself with this color will help expand your Divine understanding, beyond yourself. Leonardo da Vinci even proclaimed that you could increase the power of meditation tenfold by meditating under Violet-colored rays, like you can often see filtering in through Church windows.

And although mostly used for work at the spiritual level, some color psychology experts believe that it provides nourishment to the cells in the upper brain and has a direct link with the crown chakra, which is tied to the pineal gland. Violet is said to be an excellent remedy for neurosis, diseases of the scalp, sciatica, tumors, rheumatism, cerebro-spinal meningitis, concussion, cramps and epilepsy. It's even said to help cleanse the blood that courses through your veins.

Violet's purifying powers don't stop there: you can also use it to purify your thoughts and feelings, giving you greater inspiration to create what you want. **Violet energy literally connects you to your spiritual self, which in turn gives you guidance, wisdom and inner strength.** To top its good effects off, it also enhances creativity and any artistic talent you might have. No wonder Leonardo da Vinci gravitated toward it!

“The purest and most thoughtful minds are those which love color the most.”

- John Ruskin

Just as with other colors, too much Violet can also wreak havoc on you. Too much exposure can give you a sense of disconnection from your higher self and God. You can also become confused, depressed and feel drained of inspiration. Quite often insecurity and dissatisfaction can follow, so surround yourself with this color wisely.

Creation and Unity—Guided Meditation

For this guided meditation focus and meditate on the center point of the Sri Yantra—the central Bindu. This center point of the Sri Yantra is considered to be the “origin” or the point of “all creation.” You will find, as you meditate on the color violet and the central bindu specifically, it will split into three dots. These dots represent three energies—male, female and unity. And the triangle (the focal point of this level) is the basis of it all.

Before you begin again, incorporate the color violet into your space. Be sure it is a space that feels relaxing to you. Play the video with the image of the Sri Yantra, or place the physical Sri Yantra directly in front of you, laying flat on the earth.

Sit in a comfortable seated position with a long spine as you draw a breath in through your nostrils. Exhale a slow, deep audible sound through your mouth.

Do this once more.

Now center your breath, bringing it in through your nose, filling your lungs and belly, and then slowly exhale it through your nose. Continue the breath this way, in and out. (pause)

Lower your gaze to the Sri Yantra. Start to zone into the central point of the Sri Yantra, the Bindu. Let this point become the focus of your mind's eye. Notice that surrounding this central point is the mandala, where creation and manifestation of the Universe is represented. Continue to stare at the Bindu, this point of creation and unity. (pause)

The Bindu is symbolic of the source of the point of light as it is viewed when looking through the tunnel of energy that is leading to it from the triangle. Let the winds of this tunnel fuel your breath.

As you focus in even deeper, remember that it does not matter whether one does or does not “believe in” the Sri Yantra. This symbolized reality is your reality.

Start to imagine a ray of violet light coming out from this point. Violet is the color of the divine spirit. Leonardo da Vinci once said that you could increase the power of meditation tenfold by meditating under Violet-colored rays, such as that of beautiful church windows.

Imagine this light from this central point, this symbol of the cosmos, to be your window to your Divine understanding.

You may start to see this point become “three” as the music allows your mind to go into a trance beyond yourself. Let the feminine creative power and male energy within you merge with the rhythm of your breath and rhythm of the cosmos. This circle has no beginning and no end just as time. It is said that the farthest region of space and the innermost nucleus of an atom both pulsate with the same rhythmic energy of creation. Know that this rhythm is within you and without you. Continue to breathe here. (pause)

Gently close your eyes and allow yourself one last deep breath before you open them once more. (pause)

Element Infused Reflections

As you went through this guided meditation, what thoughts and imagery came up for you? What energy did you feel coursing through you? What new reality is materializing for you? **Use this meditation to connect with your spirit self and tap into the creation powers of the Universe.**

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

The Power of Level Eight: Giver of All Accomplishments

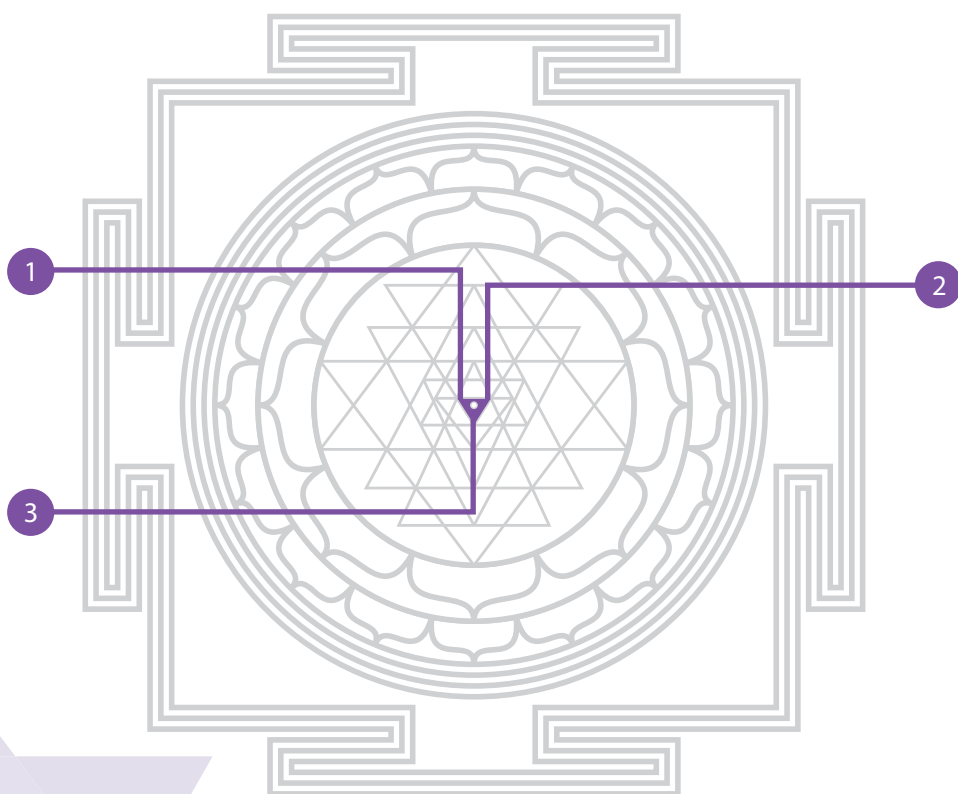
At this level you will be focusing on the inverted primary triangle, with the apex pointing downwards, at the center of the Sri Yantra. This central triangle is also called the Giver of All Accomplishments or the Kama-kala and is considered the most creative point in the Universe. This central triangle is the first “outcome” or effect of the central bindu’s energy flow.

At this level, anything you wish to accomplish to succeed, you are granted (or given the accomplishment.) Now that you have all of this, think about, realize and become aware of the entire package. You have to believe what you just created will give you everything that you want, whether it’s mind, body, spirit, or wealth. The energy of it all fits into this inner triangle!



Touching on Bliss

The three corners of the triangle represent the three fundamental tendencies of existence—these are **(1) Desire** ('Iccha'), **(2) Knowledge** ('Jnana') and **(3) Activity** ('Kriya'). Reaching this point in self-realization brings you very close to bliss.

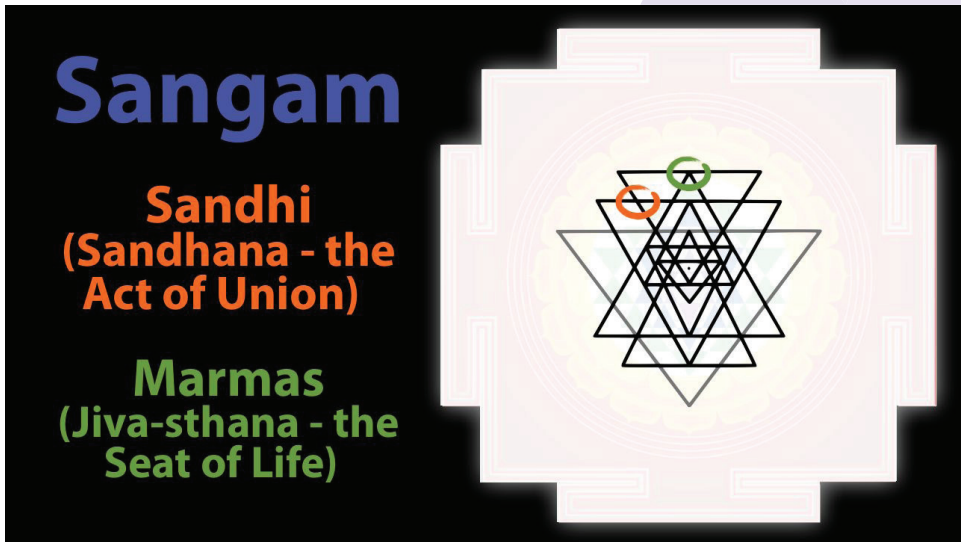


Follow your bliss and the Universe will open doors where there were only walls.

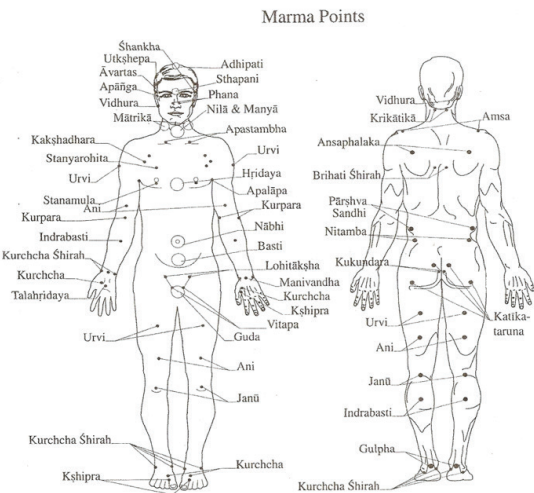
—Joseph Campbell

Tapping Into Your Life-Energy

We haven't talked about it yet, but the points where the lines of the Sri Yantra intersect (the sangam) are also very important. Where two lines intersect is called sandhi and they symbolically indicate sandhana—the act of union. Three lines intersecting are called marmas, and they are vital spots in the body where the life-energy resides as well as accumulates. Because of this, the marma has also been called the “Seat of Life” or Jiva-sthana.



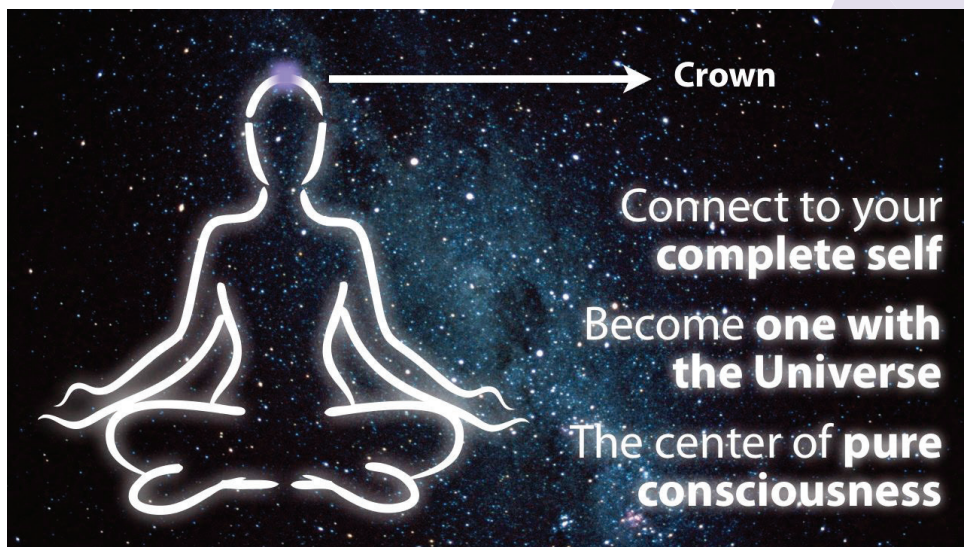
The really fascinating part of this is that many Indian and Chinese martial artists have knowledge about these points, which when struck can cause disability, paralysis or even death. You may have even seen depictions of this in old Bruce Lee movies. The science behind these energy points is that there's a dense accumulation of Prana at those spots that renders them vulnerable to those “in the know.”



Paradoxically, healers can also tap into these spots (with precision) to channel healing energy into the body with much more efficacy than the norm. In the Sri Yantra, all the important marmas found in the human body are represented and, by meditating upon them, a martial artist or healer (and sometimes even you!) can access the location of every vital spot in the human body.

The Seventh Chakra

The chakra associated with this level of the Sri Yantra is by far one of the most powerful...it's the 7th Chakra, or the Crown Chakra. When you tap into this chakra's power you can connect to your complete self, where you literally become one with the Universe. This chakra has power over the three tendencies—Desire, Knowledge and Activity—and is the center of pure consciousness.



All the powers in the universe are already ours. It is we who have put our hands before our eyes and cry that it is dark.

—Swami Vivekananda

Detach From Illusion—Crown Chakra Guided Meditation

This chakra allows you to draw on subtle energies and detach from illusion—allowing you to detach from what you think is reality. This guided meditation will have you using this chakra to project energy out—pulling it through your 6th Chakra, into the Bindu and then out past your skull and into the cosmos.

Begin in a seated position on the ground. Keep your spine straight and long and let your sit bones root into the ground. Take a deep breath in as you close your eyes. Exhale and begin to soften your mind.

As you breathe in and out here, do so at your own pace, allowing your body to let go of any areas of tension...allowing your mind to let go of what no longer serves you in this moment. (pause)

Become one with this present moment, bringing awareness to only your breath. (pause)

Start to feel your root chakra deeply connecting to the earth below you. Letting the earth support you, feel the breath triggering a flow of energy to your spine. Breathe into your root chakra, muladhara, at the base of your spine. Feel nourishment and life force as your breath finds its way to this area. (pause)

Start to feel this flow of energy moving upwards, to your navel, your hara chakra. Let the orange warmth find expansion here as you send this chakra breath and invite empowering energy. (pause)

As energy rises in your body, let your breath enter the solar plexus chakra, manipura, above your navel and in your stomach. Let rays of yellow sun fill your belly here with truth and intuition. (pause)

Arriving at your heart center, take a long deep breath in through your nostrils to your heart chakra, anahata. Exhale with an open mouth, simply letting go. Inhale love in the form of vibrant green, radiating gratitude and protection. (pause)

Now the energy flows to your throat's chakra. Invite the color of the sky, a pale blue light of clarity and trust, with each inhale and exhale here. (pause)

Bring your focus to your forehead, between your eyebrows, at your third eye chakra, ajna, sending your breath there to soften and expand. Breathe the velvety color indigo, as a bright and bold light. This light reflects your deepest intentions.

Send slow, cleansing breaths to your forehead. Let the power of your third eye awaken your pineal gland in your brain, which is activated by light. Send this indigo light to penetrate your third eye, as you physically relax and reap the benefits of its endocrine release of melatonin.

Visualize the Sri Yantra here. Find the central point, the bindu, and focus the energy of your mind onto it. Continue to breathe and send energy to the bindu directly from your mind's eye, as sheer light. (pause)

When the pineal gland is activated, it becomes a line of communication with the higher plain. Start to feel a force of energy rise to your crown, your sahasrara chakra.

You may feel your life force, your prana receive pure energy here as your crown chakra reaches down into its vortex and touches your pineal gland. Let your breath be steady...even in the vibration you may be feeling.

Allow the gold light to fill your mind and as you become non-attached here, just breathe deeply, in and out. You may see this chakra moving as a spiral--with a collective energy from all your other chakras--moving fast and coming out of the crown of your head. (pause)

Send this light out of the center of your head towards the cosmos. With full trust, know that you are capable of anything. (pause)

Allow your prana to find it's way back to your body and all your limbs. Send breath to your feet, your legs, your arms, your shoulders, your back, your neck and finally your head. (pause)

When you are ready, gently open your eyes.

As you just got a taste of in the guided meditation, the 7th Chakra (a.k.a. the crown chakra) connects you to your complete being or self and gives you the awareness that you and the Universe are one.

When your crown chakra is activated, a pathway opens where deep consciousness, inspiration, wisdom and universal knowledge open up to you.

It's here that you can transmute and transform lower vibrational energy back into its highest form and become a force of creation to be reckoned with! As your good ego merges with your higher self, you have the opportunity to receive light and wisdom directly from the Divine or Infinite Intelligence Napoleon Hill talks about.

Cease "becoming" and move into a state of "being."

In Real Life

What do you need to accomplish to be truly happy? What “reality” do you need to detach from in order to get what you want or obtain your desires?

At one time or another, we are all “attached” to our current situations and reality. It’s in this level that you are granted all that you want to accomplish and are given the opportunity to let go of your current reality that is holding you back. Here, you can tap into your higher self and a higher power to create a new reality with the state of mind, body, spirit or wealth that you have dreamt of. However, in order to do this, you have to really think about, realize and become fully aware of the “entire package” of your new reality. MOST importantly, it’s time to detach from the last vestiges of what is holding you back.

It's time to transform the lower vibrational energy of your current reality into its purest, most optimal state of "being." Start by downloading and playing the mp3 track created by Nij Naik, founder of The Alpha Mind System: "Trypnaural Theta Inspirations."

While you listen to this music, focus on the following:

What do you need to accomplish to be truly happy? Don't rush through this. Collectively think through and revisit the Project:Books from the other levels. Was there a consistent theme that you see, that you have been in denial of up until now? Is there a consistent thread or message around what would REALLY and *truly* make you happy?

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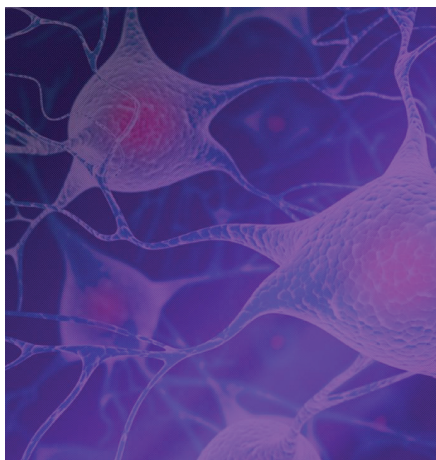
This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

—Simone Weil

Your Radio Station for Awareness

As Napoleon Hill characterizes it, your brain is a broadcasting and receiving station for thought that you can use to achieve amazing levels of awareness.

Did You Know?



It's been determined that there are 10,000,000,000 to 14,000,000,000 nerve cells in the human cerebral cortex, that are arranged in specific patterns? If you think about the magnitude of this, it's practically inconceivable that such an intricate network of machinery was put within you merely to control your day-to-day, physical functions!

Similar to a radio station, our brains are capable of picking up vibrations of thought, which are being released by other brains. As I've talked about in other levels, you—and this includes your brain—have your own unique frequency. This frequency, when in harmony, “or attunement” with other people, or even a number of people, has incalculable value in helping you to create everything you want to achieve.

Just as your brain can be relaxed, through visual meditation, as proved through the Studies conducted and the University of Moscow, your brain can be stimulated to an opposite, more far-reaching effect. When your brain frequency is stimulated, or “stepped up”, as Napoleon Hill describes it, to a high rate of vibration, your mind becomes more receptive to the vibration of thought that reaches it through the ether (or atmosphere) from outside sources. This stimulation takes place through positive, or even negative, emotions. It's through these emotions that your vibrations of thought can be increased.

Remember: make sure you use this power for good by stimulating and backing it with POSITIVE thoughts and emotions.

Increase Your Vibration

Vibrations of an exceedingly high rate are the only vibrations picked up and carried through the ether, from one brain to another. Your thoughts already travel at a high rate of vibration, however, they can be stimulated and “stepped up” through any major emotion. **As you increase the rate of your vibrational frequency, your thoughts can be broadcast from your brain, to another brain.**



You may have guessed it, but the emotion of “sex” (a.k.a. sexual transmutation or vairagya) is at the head of the list of human emotions for intensity and driving force. Sexual transmutation helps stimulate your brain to such a pitch that your creative imagination is highly receptive to ideas. It also gives your own ideas the “feeling” that’s essential for your own brain to pick up thought and pass it along to your subconscious mind.

As humans, we rely heavily on our physical senses. The problem is, in doing this, you limit your knowledge to what you can see, touch, hear, smell and taste. If you haven’t learned it by now, your other, “higher self”, is much more powerful than your physical self!

Opening “The Door to the Temple of Wisdom”

Going beyond your five senses and tapping into your Sixth Sense allows you to tap into what Napoleon Hill called “The Door to the Temple of Wisdom.” This is the portion of your subconscious mind that is referred to as “creative imagination”. It’s also referred to as your “receiving set” (in the radio analogy, where your creative “hunches” or “inspirations” arise.)

The Sixth Sense defies scientific description! That said, some of the great scientists, leaders and inventors of our time have grasped an understanding (not to mention, use) of the Sixth Sense. Thomas Edison understood and used the Sixth Sense when he developed inventions, especially when they involved concepts where he had no previous human experience or accumulated knowledge to help him. Nearly all the great physical and spiritual leaders, such as Buddha, Gandhi, and numerous others probably understood and made use of Sixth Sense.

An understanding the Sixth Sense is only going to come through repeatedly applying the techniques contained within Project:Yourself—the meditations, exercises, learnings and practices that consistently enable you to tap into your higher self and the universal/vibrational energy surrounding you.

**Only by understanding yourself, others,
and the laws of nature, spirit and the
cosmos, will you become familiar with your
Sixth Sense and be able to use it to obtain
real, true happiness.**

Getting past being tied to your physical limitations and moving into the realm of the Sixth Sense brings with it an entirely new level of “powers.” **Here you are stepping into the realm of tapping into “Divine Powers” and becoming truly superhuman.**

In Level Three we talked about the 8 sidhis (or powers) that lie within each of us. These are the powers of smallness, bigness, heaviness, creativity, godliness, subjugation, fulfilling the objective and willfulness. These powers lay dormant until they are accessed and activated. Napoleon Hill believed that powers, beyond even the scope of the 8 sidhis, exist. As Hill shared, “Clairvoyance and mental telepathy are proven powers available to each person who knows how to use their minds to achieve their desires.”

Activating Your Super Powers

At the beginning of the first level of Project:Yourself, you were asked to create and associate to your Avatar. This Avatar possesses the characteristics, traits and qualities you desired. These were probably based around physical appearances and maybe even in some cases, mental capabilities.


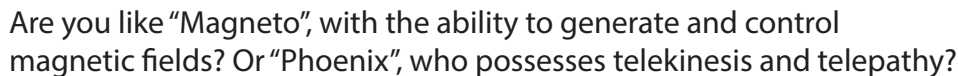
Now it's time to take your Avatar to the next level...

1. Re-associate to your Avatar. **What does he or she look like and sound like? What traits and qualities have you associated with him or her?** Write down the most detailed description you can.

This image shows a blank sheet of white paper with horizontal blue or grey ruling lines. In the bottom-left corner, there is a decorative graphic consisting of several overlapping, slanted rectangular shapes in shades of light purple and lavender. The rest of the page is empty, providing space for writing.

Take a moment and really think about your description of your Avatar. **Are the traits and qualities that you wrote down ones that you “wished” you possessed yourself?** Well, guess what...“surprise”...in reality **this Avatar is YOU.**

er—beyond your five senses—and tap
y **into the recesses of your mind,**
e **imagination” and identify--what**
” **lies dormant within you?** What
bending, teleportation, telepathy,

Two comic book images are shown. The left image is Iron Man, depicted in a dynamic pose with a fiery, orange and red background. The right image is a character with a glowing blue light on their forehead, wearing a blue jacket, set against a dark red background. Both images are presented as if they are photographs or cards with white borders, slightly tilted.

What is still lying dormant within you? Write down this description in the first person..."I AM..."

[illegible]

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Believe...and Achieve!

As Napoleon Hill so famously said, “**Belief is the key power in your mind that turns concepts into reality.**” Everything that you want to accomplish and achieve can be obtained through practices, which before now would have seemed only miraculous to you. If you think about it, you can even cause physical changes in your body by holding a deep-seated belief.

***ANYTHING the human mind can believe,
the human mind can achieve.***

–Napoleon Hill

This is not merely about “wishing” something were true. We’ve all heard the old saying, “Wishing won’t make it so.” It’s true; a wish is not a belief. A wish takes place on the surface of your mind, whereas a **belief is created in the DEPTHS of your mind.** A belief actually becomes part of you.



Create Your Round Table

We've touched on the power of your brain, your sixth sense and the indomitable strength that belief can bring you. Now, here's one of Napoleon Hill's simple tools that you can use to mind-collaborate with others...and ultimately to get to the bottom of what you need to accomplish to be truly happy. This is called the Round Table Exercise.

Napoleon Hill's Round Table Exercise

1. **Sit down with one or more other people.** These can be from your Mastermind, or just a group of friends or colleagues.
2. Go around the table and **clearly state what would make you truly happy.**
3. Begin discussing the **options and potential means for arriving at your focus of "true happiness."**
4. Have each individual **contribute whatever thoughts occur.**

The benefit of this exercise is that it stimulates your mind and places each participant in communication with sources of knowledge outside of their own experience.



Mahatma Gandhi Round Table Conference 1931

Conjuring Invisible Counselors

Take the round table exercise up a notch by practicing a powerful visualization technique Napoleon Hill calls, the “Invisible Counselor Technique.” **It’s here where you will once again go beyond your five senses and the realms of your current reality.**

Hill claimed this visualization technique was the ultimate tool for sourcing skills or information you might need. He claimed he could tap into the mind of anyone for advice, wisdom and guidance: for him this spanned the likes of Jesus, Socrates, Newton, Lincoln, Plato, Edison, Galileo, Leonardo da Vinci and other invisible counselors.

Start this practice yourself by deciding whom you want in your boardroom or at round table. This can be anyone, famous or not famous, alive or dead: athletes, nutritionists, healers, scientists, philosophers, explorers, inventors, writers, business people, musicians... you name it!

Who do you want as your Invisible Counsel? Write them down here:

Next, do the following:

Napoleon Hill’s Invisible Counselor Technique

1. Just before you start to meditate or before you go to sleep, **close your eyes and envision this group of people surrounding you**—again, they can be alive or dead, enlightened beings, people you deem powerful or influential, or just experts in an area that you want advice in.
2. Once you have your counselors, **become the chairman and prepare to lead the discussion.**
3. **Make sure you have a definite purpose for holding the Council Meeting**, such as anything you need to change or improve or just need advice on.
4. **Ask your Council Members for the wisdom and guidance you need.**

As you ask for advice and receive answers, remember to keep an open mind...you are now accessing knowledge that goes way beyond your cognitive senses.

After your first experiences with your Round Table and your Invisible Counselors, take a few minutes and capture the following.


What were these experiences like for you? Write down your thoughts and feelings.

[illegible]

What useful advice or guidance did you receive from your Round Table or Invisible Counselors?

[illegible]

What will you ask or focus on differently next time?



Project:Work— Superpower Meditation

This level's Project:Work is going to take you through guided meditation that will have you accessing knowledge and energy that has accumulated over the previous seven levels. This is a powerful vairagya meditation that will have you engaging all the bandhas and pushing the energy up the spine and projecting it at every level. Here, you are going to be tapping into those dormant super powers that have been lying patiently...just waiting to be unleashed!

Begin in a comfortable seated position. Let your sit bones touch the earth as you bring your spine up towards to the sky. Close your eyes and take a deep breath in through your nostrils.

Exhale and allow your body to root itself into the earth below you. Taking another breath in, allow your chest to expand, your belly to expand and then exhale as your belly meets the spine. (pause)

At the next inhalation, think of what you truly want and tighten your anus. Begin to pull the energy of your desire up into your core as you start pulsating your anus with breath as fast inhalations and exhalations through your nose. Imagine the color red fill your mind with this desire. Continue this breath and pulsing for 15 breath cycles. (pause)

Now, find your center and take a deep breath in and let it out it as an open mouth exhale.

Take another breath in through your nose and then exhale gently through your nose to find your own pace of breath, keeping this area tightened. (pause)

Think of your desire again...what you truly want in life more than anything. Begin to send breath and feel the energy in your groin. Visualize what you want. Hold it in your mind as you breathe.

Now, feel this desire and image a spinning vortex in your groin, becoming fueled with energy. Continue to breathe but contract your sexual area as the color orange spills out of this energy vortex...this is your personal power. (pause)

At the next breath in, notice the vortex of energy deep within your gut. Know this feeling. Harness it. It feels right.

Imagine clear yellow light swirling around your belly, moving clockwise as a 3-D spiral. As you breathe in, picture the spiral moving inward and as you breathe out, picture it externally moving.

This spiral is guiding your intuition here. See what you want before you, shooting out of the spiral, straight out of your belly button and into the world. Lock your core and contract these strong muscles as the energy rises. (pause)

At the next breath feel the warmth in your heart center. Encompass what you want to create with this love.

Inhale and let the energy radiate out of your heart as green rays of light, sending a vibration throughout your whole being.

Picture unconditional love bathing your creation. Feel the pure joy and bliss. Let gratitude fill you as clarity arises. Imagine holding your heart with softness. At the next breath in, feel your chest expand and LOCK your upper body as you flex every muscle. Let the energy move upwards, pushing it with your intention to create. Almost your whole body is tightened now with this energy. (pause)

Now, feel the energy moving up to your throat. Visualize what you want as your breath flows in your throat, commingling with this energy force. Become clear as you chant OM. Allow this chant to put your desires into a physical formation-putting it out into the universe as an action to create what you want in your life.

As you get to the “mmmmm” of the OM...we continue our journey. This vibration should be at the frequency of what you are trying to create. Visualize what you want again. This time also imagine the vibration of what it is and project this vibration into your chant. OMMMM. Let the hum of the mmmm fill your mind as tingling in the back of your head around your cerebral cortex and in your palate. This vibration of creation is within you.

Notice the energy moving upwards still, into your throat and flex your throat muscles. Remember, to picture the energy going up and now lock the throat muscles and flex them. (pause)

As the energy continues to rise, you may feel your body temperature rising... simply feel it and focus on your breath. As you visualize what you are trying to create again, see every nitty-gritty detail. Hear every vibration and tune of it. Taste it, with every taste bud. Let it touch your fingertips, as you feel every crevice.

With every sense, call on your sixth sense now to create this reality. With intent and clarity, picture this going into the Sri Yantra's center Bindu.

Picture this projecting out of your third eye as if it is a true projection in front of you.

Use your human satellite dish to completely project it out of your mind's eye and into the palms of your hands. Imagine yourself holding up your hands and shining them out towards the universe, facing the bindu of the Sri Yantra as a bright projected light.

Allow the strength of your flexed body to push this light all way into your pineal gland, activating it as energy surges through your hands and out through your fingertips. (pause)

Now as you breathe in and out, imagine what you have visualized so far... your desire, your creation...as if it has already happened. Imagine you already creating this, as if you have already been there and done it all. Hold this in your mind.

As the energy starts to move out of your skull, let this image come out as well...radiating above you. This is your reality. It is truth; this is real. (pause)

Breathe at your own rhythm here and release your sacrum, belly, chest and throat to relax. Let it all go. Physically. Emotionally. Spiritually. Just let it all go. (pause)

Bring your hands to your heart center in a prayer position, an anjali mudraas, and gently open your eyes.

Congratulations - you have successfully projected your reality.

***What makes Superman a hero is not that he has power,
but that he has the wisdom and the maturity to use the
power wisely.***

— Christopher Reeve

