

THE RELATIVELY COMPLETE SET OF MECHANICAL DRAWINGS OF THE CROSS
SECTIONS OF THE BLOOD FISSURED AIR WINGS OF THE HEART OF THE MIND GATE

ONE: THE ATTENTION COLLECTION WING SECTION

As you have reached the gate of the breath garden, you may wish to cultivate the way to the heart of your mind.
This is the beginning of Self-consciousness: I find a place where I am alone with my Self. I sit. I hold my Self up.
Using just the muscular tension necessary to sitting, I sense my body. I allow it to rise. I quiet my body.
If I sense unnecessary tension, I place my attention at that place and try to allow it to relax, to melt.
I yearn for my Self to be up. To rise. When my body is quiet and up, I place my attention on my mind.

If I perceive any words, pictures, thoughts, visions, colors, music, day dreams, anything at all in my mind,
I direct my deepest attention to these useless noises until they evaporate. When my mind and my body are quiet,
I place my attention on my right foot. Pulse. Skin. Bone. Nerve. Whatever I am able and present to sense.
Then I move my attention slowly, carefully up my right leg, sensing where I can sense: Skin. Calf. Knee. Thigh.
It's like taking a trip around my Self. When I reach the top of my right leg, I place my attention on my right hand.
And actively, intentionally, I try to sense as deep and fine sensations as I am able to sense of my right hand.
And then with equal care and attention and depth of intention slowly sense up my right arm to the top.
Then I place my attention on the top of my left arm and with equal care and attention slowly sense down
My left arm to my left hand. Then I slowly and carefully sense down my left leg into my left foot.
It is like taking a long gentle trip around my Self. I am in a state of collected attention.

I refuse to be ruled by dogmas and authorities. I realize the world inside of me and outside.

I try to see things as they really are. I wonder how I could have ignored my Self.

As intentionally as I am able to sense, I always try to sense into

The deepest and finest sensations I am able to sense in my Self.

I learn how to get away with being more sensitive.

I realize difference between birds and intelligent human beings:

Birds wish to fly away in all directions. Intelligent human beings wish to fly

Away from all directions. After I have mastered this

I may wish to do this for the rest of my life

Or go on to the next level of being:

TWO: THE ATTENTION RETENTION WING SECTION

After I have mastered collecting my attention, I may wish to see how long I am able to keep my attention
On my right hand when I am out for a walk or talking to someone and I may try to keep my attention on my Self.
This may be very difficult for me when I am near others or distracted by various other outer realities.

Before approaching outer distractions which may pull me away from my attentive ness,
I hold my breath to allow my Self to retain my attention with ease in the face of distraction.
I refuse to be ruled by dogmas and authorities. I look at the world inside me and outside me.

I try to see things as they really are. I have mastered this operation for the retention of attention
When my attention is permanently on my sensation of my Self. After I have mastered all this,
I may wish to do this for the rest of my life or go on to the next level of being:

THREE: THE CULTIVATION OF HAPPINESS WING SECTION

After I have mastered holding my attention, I may wish to cultivate intentional happiness.
I find a place where I am alone with my Self. I sit. I close my eyes before light on something beautiful.
I take in a deep breath of as much air as possible down to the bottom of my belly.
I hold my breath. I sense my genitals and spine. When life forces my Self to breathe, I breathe deeply.
I refuse to be ruled by dogmas and authorities. I look at the world inside me and outside me.
I open my eyes on light reflected on beauty. I try to see things as they really are.
A small glow rises up my spine around my neck and shoulders like
An ecstatic jeweled necklace of Self made sun.

Many times, even when under stress, I may die my breath and then re-birth it.
No matter how miserable the outer or inner circumstances,
Every time I do this, I am as happy as light upon light.

I pass through many many deaths and re-births. I die many breaths before my death.
I am no longer dependent on outer events or gifts for happiness.
I am able to produce a spark of intention al joy in my being.

There are a multitude of things. There is joy.

I will never be miserable again. I am certain.

After I have mastered this, I may wish to do this

For the rest of my life or go on to the next level of being:

FOUR: THE STOPPING THOUGHT WING SECTION

After I have mastered cultivating happiness, I may wish to learn how to empty my mind by stopping thinking
 My thought to render noisy pool of intellect clear by stopping the ripples on its surface. I contain
 In my head or repeat memorized poems, phrases, numbers, etc., inside my head until
 Whatever is in my head is intentional. At times I do nothing and remain empty. I
 Search in silence for a noiseless, deeper reason. I realize it may not be what
 Others call good. I refuse to be ruled by dogmas and authorities. I look
 I search into the worlds inside me and into the worlds outside me. I
 Try to see things as they really are. When I sense new noises begin
 To fill my head, I begin counting or repeating as loud as necessary in my head
 until my mind is quieted. I actively do nothing in a silent mind in a quiet shade. When I have
 Noise in my head, I may produce and hold intention. I
 Real Self-generated actively passive thoughts.
I Am Alive is a very useful thought to hold.
 After I have mastered this, I may wish
 To do this for the rest of my life or go on to
 The next level of being:

FIVE: THE STOPPING FEELING WING SECTION

After I have mastered stopping thought, I may wish to empty my mind by stopping my feelings,
 To render my emotional pool clear by stopping the ripples on its surface. I hold my breath. My feelings stop.
 I search in my inner quiet's emptiness, for deeper feeling. I realize it may not be what people call good.
 I refuse to be ruled by dogmas and authorities. I look at the world inside me and outside me. I strive
 To see things as they really are. When I breathe again, I have a choice to keep my feeling clear.
 Whenever I realize unintentional feelings may erupt, I hold my breath until I feel I'm quiet.
 I search in this quiet for deeper feeling. I realize it may not be what others call good.
 When I have emptied my mind by having no feelings, I may wish to intentionally
 Feel. *I Wish To Live* is a useful intentional feeling I may feel with my
 Entire being. After I have mastered this, I may wish to do this for the
 Rest of my life or I may wish to go on to the next level of being:

SIX: THE STOPPING EVERYTHING WING SECT I O N

After I have mastered stopping feeling, I may wish to learn how to stop everything by learning
To breathe in without breathing out. The first thing I do is keep my mouth closed and then
I take in a fast sniff of air through my nose, then let my breath out as slow as possible.
Sooner or later I learn to keep my lungs full, my diaphragm subtly pressed low into stillness
I do not think or feel. I realize. I cease to be ruled by dogmas and by authorities.
I realize the world inside me and outside me. I see things as they really are.
If you are able to do this, while keeping your finest and deepest attention
Where the line of your spine meets the circle of your breath on a small star
At the back right of your neck for 40 days and nights, You will never sleep again
In a beautiful garden. After I have mastered this, I may wish to do this
For the rest of my life or I may wish go on to the next level of being:

SEVEN: THE BEING DESIGN WING SECT I O N

After I have mastered stopping everything, I may wish to learn how to sense
Intentional hypothetical locations on my being in order to forge a clear form of
Being Field Of Consciousness Light Matrix Weak Screen reflective of inside my Self
And be able in a moment of breath to evoke my being into subtly free new design.
I sense these locations with the particular quality and quantity of touch necessary
To a very deep and fine attention, each individually to the core, while attending
To light, sound, taste, smell, sensation, coming in from reality outside of Self
Until I have the capacity to sense all this at once. To do this I must cultivate
My attention into a fine subtle instrument, be able to breathe with my being,
Have my attention. Have happiness. Stop my breath. Thought. Body. And be.
Not be ruled by dogmas and authorities, realize the world inside and outside,
See things as they really are, know how to, afford to be able to do this from Self.
If I am the property of a persuasion, I may use my own persuasion's locations:
Tree Of Life, Light Wand Spine Crescent, Five Gems, Chakras, Lataif, Golden
Flower, Enneagram, Ray Of Creation, etc. If I am fortunate beyond belief to be
Too bad to be owned by a persuasion, I may try splitting the diamond of light.
After I have mastered all this,
I may wish to do this for the rest of my life
or go on to the next level of being:

EIGHT:

THE BEING SELF W I N G S E C T I O N

After I have mastered designing my being, I may wish to do no thing till I hear from Self, love Self madly,

Not get around suchness anymore, let a song go out of my Self, cease to be ruled by dogmas and authorities,

Be the word inside my Self, realize the world outside my Self, see things as they really are. After I have

Mastered all this, I may wish to do all of this for the rest of my life or go on to the next level of being:

But that is another location, dearly beloved, and this is the open back gate of the breath garden.

NINE:

THE SECRET WING SECTION

After I have mastered attention collecting being, and being Self, and then living from Self, then I may wish to realize the feeling, there is no Self.

THEE. THE. THE. THE. T I P

Stars shine bright on shatter light. Wherever your Self is, get it back.

As you seek humanity inside, outside, and in between Self's deep

Well, quick, slow, alive, or dead for your Self's deep well

Please care well. In life's deaths, beyond time's

breadths, in between breaths-- O K So!

So! So in the end nothing

Remains. So! So

What? Fare

Well.