

It's All in Your Mind

by Daniel Reid

While I was traveling in Asia in 2013, a young Australian writer, Jason Gregory, sent me the manuscript for a new book he had just completed, entitled *The Science of Humility: The Art of the Masters*, and asked me if I would write a Foreword for it. After reading it, I realized a new voice was calling out to be heard by those who wish understand the core essence of the teachings handed down to us by the grand masters of antiquity, and how to apply these ideas to their own spiritual self-cultivation. Not only did I write the Foreword below, I introduced him to the perfect publisher, Inner Traditions, who will publish this timely book in 2014.

Foreword:

It's All in Your Mind

Darwin was wrong about the basic dynamics of evolution. Evolution is not driven by the adaptive development of bigger fangs, sharper claws, and faster feet. It's driven by the evolution of consciousness. All of the physical forms of life on earth and the myriad functions of nature manifest and change continuously by virtue of an invisible template of consciousness that is constantly evolving at the source of their creation.

If big fangs and sharp claws determined the "survival of the fittest," then the human species would long ago have been devoured by tigers and torn to shreds by wolves, disappearing without a trace from the face of the earth. Instead, humans have become the king of the jungle, lording it over all other species.

Conscious life on earth evolves in a cyclic spiral of ever accelerating velocity, and we have now reached the point where consciousness is evolving as much in a single year as it once did in a million. The Stone Age evolved at a slow crawl over a period of 3.5 million years, while the subsequent Bronze Age zipped by in only 2,500 years, followed by the Iron Age in just 500 years, and the Industrial Age in less than a century. In the current Age of Information, human consciousness has already evolved more in a mere 20 years than it did in all previous ages combined, and the pace continues to accelerate.

The fast rate of development in computer technology today is one obvious example of how rapidly evolving consciousness manifests in new material forms and functions. It took a million years to come up with a better design in stone arrow heads, but today it takes only a few months to develop superior software for your computer and phone. A major contributing factor in the incredibly rapid evolution of consciousness that we are experiencing today is an unprecedented rise in the vibrational frequency of the entire planet, which began during the last decade of the 20th century and continues to accelerate today. This ambient global frequency is known as the Schumann Resonance, and all life on earth is

subject to its influence. Over the past twenty years, it has almost doubled, thereby expanding the spectrum of conscious awareness, stimulating the development of new ideas, and awakening dormant functions in our DNA. As a result, not only are we consciously transforming the physical world in which we live faster than ever before, we are also gaining new psychic abilities that we never even imagined we had.

Quantum physics has proven that all matter ultimately boils down to bundles of energy condensed into patterns that our physical senses perceive as solid matter, producing an illusory view of material form that we call "the world." In reality, all physical form and function in the world, including our own bodies, exist by virtue of rhythmically vibrating energy. The driving force which orchestrates this vast symphony of organized energy that we know as "the world" is consciousness. By the application of conscious intent, spirit mobilizes the infinite potential energy of the universe to create all the manifest forms and functions of life. Molecular matter is composed entirely of subtle organized energy fields that appear to our minds as physical forms ranging from the size of an atom to that of a star. Each form has its own unique energy patterns, its own individual energetic rhythm, and its own signature vibrational frequency.

Whether we can hear it or not, all vibration produces sound, so this ongoing process of creation manifests first as invisible sound and then as the visible light of form and function. As the Bible states, "First there was the word." The ancient Hindu and Buddhist masters agree with this view by telling us that the world manifests from moment to moment as energy organized into fields of form by virtue of sacred syllables such as om, ah, and hum. Dzogchen teachings state that the infinite potential energy of primordial awareness manifests first by virtue of sound, which then refracts clear light into the five colored rays that constitute the Five Elements of creation. Essentially, the entire manifest universe is an eternal song of life that produces a dazzling light show of infinite complexity.

Truth itself is as simple and singular as the sun rising in a cloudless sky, dispelling the dark shadows of night with the clear light of day. What complicates matters is the human mind, which uses the divine gift of conscious awareness to forge a personal ego that serves only the interests of the imaginary individual self. Arrogant and greedy by design, the ego is driven by what the Buddha called "the three poisons"-- desire, anger, and ignorance--which blind the human mind to the spark of divine light that lies at the heart of all sentient life, linking us inseparably with all other beings. Like a crazy kaleidoscope, the ego fractures the clear light of primordial truth and re-weaves the fragments into complex patterns that reflect its own preconditioned views, suit its own preconceived notions, and serve its own exclusive interests at the expense of all others. The ego always scripts its own story and calls it "reality," constructing an illusory world that conforms solely to its own personal agenda.

Today, as the vibrational pulse of the planet continues to rise and evolution of consciousness accelerates at an ever faster pace, problems which for centuries have been swept under the carpet are crawling out and demanding solutions now. Issues kept hidden within the mind's darkest corners suddenly scream out for answers, and ideas that only recently seemed inconceivable now crystalize clearly on humanity's mental horizons.

People are driven in two opposite directions by this process. Some are drawn like moths to a flame by the luminous glow of enlightened awareness dawning on the horizon, and so they do what must be done to purify and transform themselves as suitable vehicles for awakened consciousness. This is the path of spiritual self-cultivation. Others cringe at the prospect of shedding their personal agendas and shrink away from the task of subjugating their individual egos to the higher call of universal spirit, and so they crawl deeper into their dark lairs of familiar old habits, hiding from the dawning light in personal comfort zones where "ignorance is bliss."

The key to catching this rapidly rising wave of evolving consciousness and riding it to the shore of awakened awareness is humility, plain and simple, and that's what this book is all about. Author Jason Gregory, a young Australian with an uncanny eye for truth and a sensitive ear for the song and dance

of creation, culls the answers we're seeking today from the vast archives of ancient wisdom teachings that have been handed down to us through the ages but are rarely understood. Guiding his readers skillfully through the rich legacy of esoteric philosophy and spiritual science bestowed upon humanity by the world's greatest minds, he presents us with a clear cut blueprint that applies the key lessons contained in these ancient teachings to the current task of our own conscious evolution today, here and now.

At his age, Jason hasn't had the time required to spend long decades in solitary seclusion mulling over these weighty matters, as the old greybeard masters did, so somehow he has learned how to tap directly into newly opened neural links that allow him to download insights from the universal hard drive of Source itself.

"Consciousness is not only the foundation of the universe," he states, "but it is the whole universe." In that case, we all have the potential capacity to connect our conscious minds directly with the universal Source of all knowledge and wisdom, and to search for answers to any and all questions.

The insight that the entire universe is not just an arbitrary conglomeration of inert matter, but rather a living, breathing manifestation of conscious awareness that shape-shifts and transforms from moment to moment in accordance with the evolution of the creative consciousness at work behind it all has profound implications. It means that if we wish to change the world then what we need to change first and foremost is the consciousness within ourselves, not the external forms of the outside world. One of my own favorite precepts states, "Change yourself and you have done your part to change the world."

The text sparkles with gems of practical wisdom that shed light on daily life in the world, such as the observation that love and fear function as two psychic poles in life. The chronic fear that most people feel in life today is really just a critical lack of love, a failure to open one's heart to others and to practice the virtue of unconditional love, which melts fear from the heart like sunshine melts frost from the grass. Thus the antidote to fear--and to all the anger, hatred, and aggression it engenders--is love, a humble truth so simple and clear that it's rarely recognized as the true solution to all the machinations of the ever fearful ego. As John Lennon sang, "All you need is love..."

Gregory has a remarkable ability to integrate spiritual concepts from such diverse sources as India and China, Egypt and Greece, and to distill their essence into simple ideas that anyone who reads English can understand without prior spiritual training. He presents us with a non-sectarian summary of all the great treasuries of spiritual wisdom collected through the ages, and fuses them with supporting evidence from modern science. The result is a seamless synthesis of eastern and western traditions that focuses clearly on the most vital issues facing humanity today.

The insight that evolution is essentially a spiritual rather than a physiological process shifts the primary focus of scientific inquiry from physics and chemistry to consciousness and spirit, and this shift changes the whole picture. It means that consciousness is not a product of brain chemistry, but that brain chemistry is a function of consciousness. It means that you see what you believe, not believe what you see, and that you are more what you think than what you eat. And it confirms the sovereign command of "mind over matter," which means that each of us has the power within ourselves to manifest what we want in life, and to reshape the world in which we live.

In a chapter on The Evolution of Perception, Gregory discusses the vital importance of learning to see beyond superficial forms by opening the eye of eternal awareness and thereby focusing consciousness on the primordial light of Source rather than the superficial forms of the temporal world. In Buddhist tradition, this sort of vision is known as the Clear Light of Great Perfection--Mahamudra and Dzogchen. To achieve this, we must cultivate the intuitive understanding and direct experience of our real primordial condition as formless, luminous beings of infinite potential energy that manifests continuously without interruption. By realizing that in our primordial state we are all one and the same energy, we dispel the illusion of separation of self and other,; and learn to take responsibility for how

we manifest our energy in the world. To do this we must overcome the arrogance of ego and cultivate the virtues of humility and compassion, which allow us to evolve spiritually. True power grows not from the barrel of a gun; it grows from the light that shines from an illumined mind.

The author discusses at length the iconic clash between the way of the Sage and the way of the Warrior, which manifesta in so many ways now throughout the world. In traditional Chinese philosophy, this fundamental dichotomy in human nature is referred to as wen (the literary arts) and wu (the martial arts), the proverbial contradiction between the pen and the sword. The conflict between the two has determined the course of history in human civilization. Though the sword often gets the upper hand, unleashing the dogs of war, sometimes “the pen is mightier than the sword,” and prolonged periods of peace prevail.

These two divergent paths in human nature reflect the polar split between the spiritual and the material aspects of life. This fundamental duality in the evolution of human consciousness represents the clash between love and fear, and the struggle between the two has not only been the driving force in the story of humanity, it also causes major conflict within the minds of all human beings. Which of these divergent paths one follows in life depends upon which basic attitude towards the world one decides to cultivate—the arrogance of the warrior or the humility of the sage.

Modern military technology today has grown so viciously efficient at killing people and destroying our natural habitats that humanity can no longer tolerate the indiscriminate death and destruction of rampant high-tech warfare without running the risk of total extinction. The current prevalence of the Warrior mentality throughout most of the world today is amplifying this looming threat of annihilation to a critical level.

Humanity has reached a crucial crossroad in its evolution. If we wish to survive and continue to thrive as the master species on earth, we must cultivate the virtue of humility and apply it as an antidote to the hubris of arrogance. We must learn to illuminate the darkness of fear that provokes violent conflict with the radiant light of love. On our long and winding journey through life, we must always try to tread the peaceful path of the humble Sage, yielding to others we meet on the way, and to shun the temptation of trampling tribal rivals on the violent trail of the arrogant Warrior.

In the following pages, Jason Gregory adeptly maps the subtle terrain of enlightened awareness explored by the Sages of antiquity, and elucidates the illumined teachings they left encoded for us in the ancient archives of esoteric philosophy. Along the way, he shows us how the simple science of humility serves us as a torch of certainty that lights our way through the darkness of ignorance, and how it functions as an infallible compass that keeps us on the straight and narrow path to the goal. His message evokes the spirit of my favorite Tibetan prayer:

Precious Masters, essence of all buddhas
of the three times,
To you we make this prayer:

For the sake of all beings, please cause us
to relinquish ego clinging.
Please cause contentment to be born in us.
Please cause us to perfect the practices of
illusory body and dream.

Grant us your blessings that we may attain
the supreme accomplishment of the

Clear Light of Great Perfection—
Right now, immediately, here in this very
place!

Now is the time, and here is the place. Let's get started!

Daniel Reid
Taipei
June, 2013