

TOUCHING NIRVANA

*Or How I Finally Discovered
"The Universal Panacea"*

Ramón Sender Barayón

#3 in the Little Book Series

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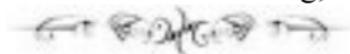


Welcome to the third in my little booklet series! I’m celebrating what I believe is a modest contribution to the happiness of my fellow humans. Am I dreaming? I hope not! Also I offer brief run-throughs of some past discoveries.

I very rarely remember my dreams, but these two remained upon awakening:

“What is All?” I asked the Teacher.

“All is detailed attention to nothing,” was the reply.



A presence – an angel appeared and said, “It’s time to die, Ramón.”

“What?!” I said. “But I’m not ready yet! There so much I’ve still got to do!”

“No, it’s time,” the angel replied. A pleasant presence, by the way, not at all scary.

“Well, this is it,” I thought. I tried to prepare myself, still complaining mightily, and waited for some sort of dying sensation to start.

“I’ll tell you what,” the angel said. “We’ll let you live a while longer, but we’ll have to put you on a different program.”

At that point I awoke.

What program was the angel talking about, I wondered?



Since my last little booklet, and various videos on Youtube¹, I discovered somatic therapist Julie Henderson via a webpage about her² that quoted from her *The Hum Book*. After more than 20 years searching and writing query letters to more than 30 professionals (with only a few replies³), I've found someone on my wavelength! Imagine how delighted I was! Two of her books, *The Hum Book* and *Embodying Well-Being*, can be ordered from her www.zapchen.com website, but require a check to be mailed to her post office box – and a long wait.

The introduction to her website reads: “The practices and principles of Zapchen Somatics are a direct approach to embodying well-being, otherwise referred to as ‘feeling as good as you can . . . in spite of everything’.”

As I said, right on my wavelength! Later on I will mention the few of Julie's easy-to-do exercises that duplicate ones that I use.

Why am I interested in this body-centered approach? Because if my body is blissful, my emotions and mind trot along after it like happy puppies. Also anyone can do the exercises, from bedridden older folks to youngsters who probably know some of them already. A few remind me of things I enjoyed in my pre-teen years, such as poking the rubber tip of my pencil into one nostril to trigger a delicious shiver. Of course this was before my hormones whisked me away into a total focus on my genitalia, all thoughts of other pleasures forgotten.

¹ https://www.youtube.com/watch?v=ZpVqhRJUL_E

² <http://harmoniccontinuum.50megs.com/custom4.html>

³ See friend Will Johnson <http://www.embodiment.net/contact.html>

The irony is that we are born bathed in nirvanic bliss, only to be brought down, gently or roughly, into the illusion that, in our shared Consensus Reality, we exist as separate identities. Basically, I'm suggesting that we remember what we once knew, what Zen Buddhism calls our 'original face.' Zen asks, "What did your face look like before your parents were born?" Wonderful! But I don't think we need to go further back than our infancy when we displayed all the attributes of an enlightened being.



A Brief List Of My Favorite Exercises:

1. Candice O'Denver's excellent one-sentence teaching: "Short moments of awareness (clarity) repeated many times, become continuous."⁴ What's a short moment? Two seconds?
2. Extend the short moment using voluntary blinks to remain free of thought,⁵ then resting there with thoughts.
3. Encourage the self-arising resonant sleep breath, using my whole body.⁶ Inhale 'AH,' exhale 'HAH,' – silently!
4. Julie Henderson's Hum that can be hummed into the body on many levels. (See *The Hum Book* quote.)⁷
5. The Snore (This is where it all started for me in 1968).⁸

⁴ <http://www.balancedview.com>

⁵ <http://www.raysender.com/blink.html> – or see page 20

⁶ <http://www.raysender.com/breath1.html>

⁷ <http://harmoniccontinuum.50megs.com/custom4.html>

⁸ <http://www.raysender.com/snore.html>

6. The In-out Purr,⁹ which evolved from the snore.
7. Julie Henderson's 'Horse lips' (Same as motorboating and the horse 'Bluster').
8. Julie Henderson's 'Blowing A Raspberry' (same as my 'Bronx Cheer') and Wavy Gravy's 'Mouth Farts' ('Bronx Cheer' with paper bag over the head).
9. The Nose Buzz. (See page 7)
10. The Thwizzler Nirvanic Toy (a psychic fly-swatter for 'calming the *caballo*.')¹⁰
11. I-Thou, I-I and I-We dialogue with the Solar Source.¹¹
12. "Grandma's Amused Look" or "Sleep-Nursing on The Lily" (see page 21)



After spending almost all my adult years on spiritual quests, in 2010 I landed on Candice O'Denver's marvelous online talks. Although as a card-carrying Marxist of the Groucho persuasion I'd never join a group that would have me as a member, I respect her organization as one of the best hopes for achieving an expanding puddle of peace on the planet. I've derived great value from her "Short moments of awareness" exercise and listened daily to her recorded talks for some years.

Having at hand both her teaching, the Voluntary Blink exercise to extend short moments, and Julie Henderson's body-centered exercises, I consider myself a very lucky guy!

⁹ <http://www.raysender.com/skypointing.html>

¹⁰ <http://www.raysender.com/thwizzler.html>

¹¹ <http://www.raysender.com/light.html>



Universal Panacea Time?

Ever since my 1960s Morning Star Ranch LATWIDNO (Land-Access-To-Which-Is-Denied-No-One) days, I've pondered our need for a universal remedy, a panacea. We might title it EATWIDNO (Enlightenment-Access-To-Which-Is-Denied-No-One), but it sounds too much like 'Eat With No One', so I chose OBEATA (Oceanic Bliss Easily Available To All). Purring seemed a good panacea candidate, but many people who try purring don't share my experience – and the sound can annoy others. Some simple warm-ups can help melt lateral tensions (armoring), such as Oming a lot or joining a choir or taking voice lessons. Recently I came closer to a universal cure-all with 'Look Ma, no hands' sucking on the soft-palate/uvula. I will discuss this on page 21. under the title "Grandma's Kind Regard" or "Sleep-Nursing on the Lily," if you want to skip other fun items and get to the most important information.

The "Deep Zero Dissolve" of the individual self has been traditionally approached in religions via the two basic 'Vias:' *Via Negativa* and *Via Positiva*. *Via Negativa* (in Sanskrit *Neti-Neti*, "not this, not that") is much favored in traditional Christianity because of the latter's belief in Original Sin. Basically you loathe yourself into nothingness, adding on whatever bodily mortifications you can dream up – painful and difficult, with a possible side trip to the mental ward. The Shakyamuni Buddha tried this path first and almost killed himself. *Via Positiva* is the opposite – a total self-acceptance that dissolves you into supreme Oneness with Everything (in Sanskrit *Tat Tvam*

Asi, “I Am That”). Having had a taste of ‘zeroing out’ with both, I much prefer the oceanic experience of the latter and suggest you prefer the same. It’s more loving, more gentle.

Of course the Buddha provided his own amazing panacea, The Middle Way, but he also said that it would only last for 500 years before becoming too corrupt to be useful – and that was 2500 years ago. Paññobhāsa Bhikkhu (David Reynolds, an American Buddhist monk currently back from 18 years practicing in the Burmese forests, discusses this prophecy on his blog.¹²

The manner in which we close down our sensitivities as we grow up tends to pin our bliss tolerance ceiling at a woefully low level. When adolescence hits, we focus on our new sexual sensations and forget the many ways we used to turn our bodies on as young children. I remember purposefully desensitizing myself to tickles because my older brother wielded enormous power over me by tickling me to the point of agony.

Once I had turned off that particular sensitivity, he could no longer torment me, but at the cost of my loss of a level of sensation that might have allowed me great enjoyment (see ‘The Thwizzler’ on p. 16). It took me many hours of oming/purring to reacquire it by dissolving the lateral chest tensions that the noted Dr. Wilhelm Reich termed ‘armoring.’

¹² <http://thebahiyablog.blogspot.com/2012/09/on-500-year-lifespan-of-buddhism.html>



The Nose Buzz

The Nose Buzz was triggered by a walk with our dog Riqui during which I re-visited the ‘razzberry’ or ‘Bronx cheer,’ a way of energizing the nerve endings around the lips and on the tongue. Babies blow razzberries all the time spontaneously¹³ as a response to something they taste, or just to irritate their parents, so it’s not that unusual, but as grown-ups it’s also fun to do. My clown guru, Wavy Gravy, calls them “Mouth Farts” and teaches them to kids on hospital cancer wards after putting paper bags over their heads to control the spray. Also somatic therapist Julie Henderson includes the razzberry in her book *Embodying Well-Being* (see her web page on page 2).

The Nose Buzz is not yet on Julie’s radar, so I’ll describe it here. Online, in response to suggestions on how to trigger a sneeze, someone wrote: “The easiest way is to put the tips of your fingers over your nostrils and hum, allowing enough air to escape so that you can keep humming, Your nose will buzz and that will make you sneeze. Hope I helped!”

My similar Nose Buzz description follows, and it’s the ONLY exercise I know other than the Thwizzler that is the most shudderingly bliss-inducing:

Place the tips of the thumb and forefinger over the openings of the nostrils so as to block them completely. Start humming through the nose and then loosen the fingertips enough to allow some air to escape. Move the fingertips around until you find the position that triggers an intense buzz that moves up your

¹³ https://www.youtube.com/watch?v=u6vrcI_CLIo

nose, over your head and down your back. Congratulations! You've just stimulated the subtle nerves known in yoga as the Ida and Pingala. Or at least I think that's what's happening. And also it is great way to trigger a sneeze.

Sungazing



Sungazing in shady redwood groves opened a new chapter in my life from 1966 onward. It fed my baby self some lovely light snacks (smile), and I turned around the popular phrase, “Things seem brighter when you’re in love” to read: “When you gaze at our radiant star, your heart melts into no-mind raptures of adoration.” In my ongoing experience, our Creator/Source wants friends and not worshippers, although the latter is my normal tendency because of the splendor of the solar disc. I find when I sungaze, an enormous love spontaneously arises in my heart chakra and all mental thought ceases. Mitra, one of the thousands of names for the Sun, translates as ‘friend.’ It’s one of my favorites and, as a

little child once told me, “The sun is my friend because he’s always looking over my shoulder when I’m playing.”

I had my sungazing sensations measured twice, first by a friend who put an ear to my chest to listen to the change in my heartbeat, and later a biofeedback monitor showed a pulse speed-up and a high alpha reading “similar to Zen meditators.”

Facing the sun, I enjoy an “I-Thou” bhakti relationship. Facing away from the sun, I try to merge with the Solar Being in a nondual “Thou Art That” experience. “No one is looking,” I remind myself. “So why not just pretend to be one with the Sun? No false modesties!” As Stewart Brand (founder of *The Whole Earth Catalog*) once wrote, “We are as gods, so we might as well get good at it.” I would tweak his words slightly to read, “We are Sun children incarnating in Gaia’s Garden of Eden, so we might as well get as good at cherishing Her as She rejoices in the Sun’s outpouring love.”

In 2003 a sungazing guru from India appeared. Although I respected his teaching on how to safely increase one’s sungazing, my own method differs. In the 1960s I lay on my back in a redwood grove fixated on the sunlight filtering down through the redwood branches. Absolutely heavenly! The only problem was that when the sun moved, the light quality changed, and I had to come back to the body and move it. I wanted a sunlight attenuator and tried various ‘mudras,’ finger/hand positions that allowed only a portion of sunlight to pass through. I tried pinholes in dark paper covering a pair of glasses, but finally made a pair of glasses with adjustable irises.¹⁴

¹⁴ <http://www.raysender.com/diagram5.html>

Otherwise, my main practice is to greet the sun in the morning with the most ancient of all prayers, The Gayatri, while gazing for less than a minute. During daily walks with our dog friend Riqui, I enjoy a game of hide-and-seek with the Solar Source, greeting Her from behind the leaves of sidewalk trees, rediscovering the light as I round the corner of the block. I take brief sips of sunlight while I continue, but I do not usually gaze for longer than five seconds of full sunlight.

Reading into the Apollonian ceremonies and processions, I imagine that the branches of laurel carried in front of the face were to attenuate the full sun. Shaking them would trigger a strobing effect that might also have played a part, not to mention the touch of the leaves on the sensitive surfaces of the face (a reflex that my Thwizzler toy triggers). Leafy branches offer an easy and natural method of sungazing in partial sun that no doubt also stretches far back into pre-history when even before hominids evolved, our precursors must have stared in wonder at the sunrise every day. It doesn't take prefrontal lobes to understand that the sun is our Creator Source. The truth literally stares us in the face, and it's only we over-evolved types that think the true meaning must be somehow much more complicated.

I also tried those mirrored 'gazing spheres' that people place in their gardens. These are excellent because no matter where the sun is in the sky, you receive a partial reflection, the strength depending on the size of the sphere. but my adjustable iris-goggles also work very well. More info here:¹⁵

¹⁵ <http://www.raysender.com/diagram5.html>

How excited and happy I am to have discovered recently so many fellow-travelers along the sunlit path!¹⁶ Just remember not to force your meditations beyond what absolutely and positively feels good. One person I know managed to burn his retinas. Easy does it, as twelve-step-pers say! We cannot become overnight solar virtuosi!

Also I view all the ‘beyond the physical sun’ and the ‘logos of the galaxy’ as poppycock. We are tiny tiny cells within the Solar Body, and to achieve solar imprinting is an enormous evolutionary leap. To pretend to be able to do an end run around this necessary awareness towards something stationed thousands if not millions of light years away (the ‘higher logos in Sirius,’ etc.) makes me very impatient, and emit loud “Harrumphs!” My little song to the tune of ‘How Much Is The Doggy In The Window’ explains this feeling further.¹⁷

Sun guru Omraam Mikhael Aivanhov’s legacy was a great discovery for me in 2001¹⁸. His sunrise lectures are published in many volumes of which my favorite is *The Splendour of Tiphareth* (Complete Works Collection, vol.10).

A favorite quote:

“Wherever life appears it is a manifestation of the presence of God. And as all life on earth comes from the sun,

¹⁶ See <http://www.angelfire.com/moon2/isisaz/> and <http://sunlightenment.com/>

¹⁷ We’re all just a flea on an elephant
And the elephant’s a zit on a whale
And the whale’s just a hair on Orion’s Arm
And from all of this hangs a tall tale...

¹⁸ <http://www.prosveta-usa.com/>

surely it is obvious that God manifests himself more perfectly through the sun than through any other creature. Is there any being other than the sun who is capable of nourishing the whole of mankind and giving life and growth to wheat and to the vine?” (*Tiphareth* p. 28)

I've often wondered just what the chemistry is that allows certain herbal substances such as cannabis to lower our photosensitive barrier so that the light-to-bliss connection strengthens. The Sufi teacher Gurdjieff, in his instructive and hilarious book *All and Everything, Beelzebub's Tales to his Grandson*, describes how 'something' went terribly wrong with our species on planet Earth many millennia ago and to fix it, an organ he names 'the Kundabuffer' had to be placed in mankind. Later it was removed, but its 'maleficent influence' still lingers.

I think Gurdjieff's made-up word "Kundabuffer" speaks for itself (the book is full of homemade expressions that alternately exasperate and amuse), implying that the Kundalini energy had to be 'buffered.' A whole tribe could bliss out safely in a tropical forest Eden, but living on the grasslands or in a hostile ice-age environment proved too dangerous to allow everyone to alter their realities. The role of the priest-shaman (frequently an old woman) evolved to have her travel to other dimensions for healing and prophecy while the group focused on hunting and gathering food.

I found the following quote online that confirms my hypothesis:

“In a sense, Kundabuffer is a block to the natural evolutionary movement of kundalini energy.” Author William Bagley (Tenabah) goes on to point out:

“When certain Zen masters were studied, they were seen, after ten years of meditation, to have formed a rhythmic theta pattern. This pattern could be induced by a [brain-wave] synchronizer in about five minutes . . . It does seem that brainwave synchronizers help people to learn to meditate more rapidly . . . The result is that some part of our being is able to leave the restriction of the physical body and roam the cosmos . . . Unlike the use of hallucinogens, there are no negative biochemical side effects . . . ”¹⁹

Many psychotropics – entheogens – moderate the Kundabuffer’s influence and allow various energy flows to be either re-established or at least experienced consciously – Mother Gaia’s way to show us that our bliss tolerance is adjustable. Learning that my ‘Kundabuffer’ had a volume control and that its setting, due to my education and upbringing, was set very low, was a very important experience for me.



NIRVANIC TOYS

My Nirvanic Toy collection include Tron’s Sunstroke, The Donkey Gruntler, The Thwizzler, The Thwisher (“Thwish and make a Wish!”), and Tron’s Sunstroke.

¹⁹ <https://sites.google.com/site/amritayanabuddhism/Home/the-organ-kundabuffer>

The Donkey Gruntler



The Donkey Gruntler evolved from my experience playing a harmonica and realizing that playing a note on the inhale buzzed my chest. I spent some time trying out various reeds and, after creating the best I could put together, wrote an article titled “Enlightenment For The Just Plain Disgruntled” or “Poohbear’s Instructions to Eeyore on De-Gloomification.” It suggested assuming a facial expression that I named “Grandma’s Amused Look” and offered, if the expression failed to ‘gruntle’ you, the one-note “Donkey Gruntler.” The instruction sheet accompanying it read as follows:

“A Mood Enhancer for the Just Plain Disgruntled”

“Are you feeling blue? Can’t chase the Blue Meanies away? Want to quit smoking but can’t? Eating too much? If you find yourself in a disgruntled mood, gloomy like the donkey Eeyore in *Winnie The Pooh*, brighten up with a Donkey Gruntler. If you breathe in and out on a Donkey Gruntler, it will de-gloomify you and help you smile again! Also, any child within hearing distance will smile too – what better way get happy? Kids really ‘quack up’ when they hear you – and dogs get quizzical looks on their faces. As for cats – well, they pretend to have always known about it, and prefer purring anyway. The Donkey Gruntler goes “Hee-Haw!” when you breathe in and out through

it. You can learn to make lots of other silly noises by blowing harder, slower, cupping your hands to make a ‘wah-wah’ sound.

“Need a shiver down your backbone? Close one nostril and inhale on the Gruntler through the other. Also I discovered especially interesting ways to gruntle:

“(1) Pucker the lips, and use one hand to hold the Gruntler between the lips, no teeth touching, then tighten the lips down as tight as possible. I actually feel it in my ear drums when I do this. Quite powerful!

“(2) Hum into the Gruntler on a pitch different from the Gruntler’s pitch. You’ll create a very vibratory effect! You can also inhale and ‘snore’ at the same time.

“Steady pitch exercise: see how “steady” you can keep a particular pitch.

“Sing through the Gruntler and play “Guess This Tune” with friends!

“Times that Gruntling comes in handy: while you are on ‘hold’ on the telephone, reading or watching the daily news — actually watching any TV where you don’t need to hear every word being broadcast. Very good when the commercials come on. Whenever you are caught up in some sort of mindless activity that might be boring, the Gruntler comes in handy. It is the ultimate entertainer because it directly affects your sense of yourself and evokes happiness in your soul. Truly!

“The Donkey Gruntler is one of a set of more or less serious toys and exercises designed to help you snuggle with your deeper Self — the one you become every night when you are fast asleep, but the Donkey Gruntler helps you do it while you are wide awake!”

The Thwizzler



The inimitable Thwizzler reigns supreme among the various ‘Nirvanic Toys’ and can be ordered from me for \$10 – or build your own:

By lightly touching the very sensitive nerves (technically known as ‘unmyelinated afferents’) around my facial orifices – and also the hairy parts of my arms and fingers – I can activate the subtle nerve networks that radiate throughout my body from the heart center. My latest (as of 8/8/14) Youtube video, “Touching Nirvana,”²⁰ takes you step-by-step through this exercise. It all came about by my wondering how the Buddha got enlightened under the Bodhi Tree with all the flies and mosquitos buzzing about. I suppose in samadhi the senses withdraw and a kind of skin anesthesia occurs. But why not just relax into the tickle and use the energy? Tickle energy could run the world!

You can make your own Thwizzler with a chopstick or something similar such as a soda straw. Or use the eraser end of an unsharpened pencil – anything that will create a long-handled tickling device, perhaps just a 1/8th inch-wide strip of paper a couple of inches long taped to your index fin-

²⁰ https://www.youtube.com/watch?v=ZpVqhRJUl_E

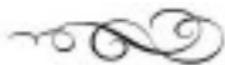
ger. You will need a pair of scissors to shape the paper into feathery tips. Perhaps first check out the video footnoted on page 17.

Put the video on pause at some point, create your own device and then continue watching me go into blissful spasms.

I start with a light touch on the forehead . . . add toe wiggles to keep from going over the edge into the uncontrollable urge to tweak my nose that I call “The Shoo-Fly Syndrome.” Toe-wiggling keeps the dreaded Syndrome at bay! Other ways to control the urge is to blink and breathe deeply. Try the tip on your chin. For me, touching the chin area triggers a heartwave of compassion. Truly! Didn’t you ever do this with the rubber tip of a pencil as a child? Or something similar?

These experiences regress me to things I did when very young. I am reminded of a comment a Bengali guru made when he visited our commune: “Divine infantilism,” he muttered. I’m not sure he meant it as a compliment, although thinking about it later, I decided he was right – we are all children ‘at play in the fields of the Goddess.’ It may be the only level of divinity possible planetside that avoids patriarchal severity! More levity, please! More childlike fun!

What’s great about Thwizzling is that anyone can do it, even bedridden seniors. If you do this at night in the dark, you can play a ‘surprise-me symphony’ on your face because you can’t predict where the touch will occur.



The Thwisher

(“Thwish and Make A Wish!”)

I selected an inelegant container (two plastic champagne glasses taped together with plastic tape) because they are cheap and readily available. I tried various noisemakers inside, used dried corn for a while because of its holy associations, but B-B’s of the sort used in B-B guns have a sharper ring. If you cannot find these, you can use small round beans such as mung or the small white ones, The harder the better. Here’s what you need to make two for ‘stereo’ use:

Four plastic (‘crystal’ quality) champagne glasses (not the ‘flutes’) with circular bottom pieces to hold them upright (available at almost any grocery store – see illustration)



“Thwish and make a wish!”

I prefer the pitch I get from the champagne glasses because it approximates the sound I used to hear all the time (tinnitus) and which I identify as the sound of my nervous system. I say ‘used to’ because, believe it or not, Thwishing has cured me! So for those of you who suffer from ringing in your ears, you may want to try different resonating shapes until you find the one that duplicates the pitch you hear (plastic wine glasses, perhaps).

You will also need:

A few feet of plastic electrical or other sticky tape.

Some B-B's (preferred) or some small beans such as mung or small lentils.

In the illustration I blocked the opening into the stem with a large bead glued into place but this isn't necessary. Place a handful or so of your BB's or beans in one glass, up-end another and tape around the edge of both to create a sealed chamber with the BB's/beans inside. Tape securely, and carefully so that no tape is exposed inside the rim (the tape will collect B-B's on its sticky surface.)

Voila! For stereo, make another, hold one in each hand and shake. You're all set! Don't forget to make your wish!

The Voluntary Blink

As mentioned earlier, I use voluntary blinks to swat circling thoughts whenever they don't disappear on their own. I learned this by watching the Dalai Lama and noticing he blinked about four times more than I do. So I mirrored his blink pattern, and realized that my thoughts stopped for an instant when I did this. Later I talked to a Vipassana meditation teacher, and he told me that some Tibetan lamas use blinks for breaking out of thought loops. Then I found a researcher in the U.K. who studied voluntary blinks. He agreed that when we blink, our thoughts stop for a micro-second but our brain knits it all together so that we are not

aware of the gap. By the way, you can blink with your eyes shut by just squeezing the blink muscles. See my complete article here.²¹

Someone wrote to me that “Eckhart Tolle, in one of the DVD’s of his retreats, talks about blinking to get rid of a (persisting) thought.” Someone else wrote: “This practice kind of stems from noticing video lectures of Eckhart Tolle. Notice how he blinks quite a bit. . . . Essentially, each blink disrupts a thought, and possibly allows access to the now or present moment.”²²

We tend to think someone is lying when they blink a lot, but I think they are blinking to keep from thinking “I am lying.” Of course an unblinking, steady stare is also a dead giveaway

Tron’s Sunstroke

Tron with his sunstroke first appeared as a neighbor of Morning Star Ranch in 1966. We quickly became friends and he demonstrated the delights of his hand-held light-interrupting device. I immediately fell in love with the amazing visuals it triggered, similar to an electric strobe but even more colorful in my estimation, and quickly built my own. When Alicia Bay Laurel and I wrote *Being of the Sun*, a companion volume to her best-selling *Living on the Earth*, we included a drawing and instructions on how to make one. I also include it on my website along with a design for a solar-cell version.

²¹ <http://www.raysender.com/blink.html>

²² <http://forum.davidicke.com/showthread.php?t=158029>

**My Suggestion For The Universal Panacea
'Grandma's Kind Regard' or
'Sleep-Nursing On The Lily'**



Akshobya Buddha (China) Sui Dynasy (581 to 618 C.E.)

It began some years ago as a spin-off from that same photo of the Chinese Akshobya Buddha sculpture I mentioned earlier. The Buddha's eyebrows are slightly raised, eyelids drooping, the corners of his mouth turned up in a half-smile.

"Do these icons contain teachings?" I asked myself. Perhaps their postures, expressions and gestures are a preliterate way of distributing important information and should be copied, as per Dr. Felicitas Goodman's research into the trance-inducing posture statues of ancient shamans.²³

²³ <http://www.cuyamungueinstitute.com/>

I tried the Akshobya Buddha's facial expression and, lo and behold, it triggered a strong energy wave. This led to my investigating facial expressions as displayed in various Buddhist icons, but I always returned to the Chinese Akshobya Buddha's smile, and began to formulate my own answer:

I believe the Buddha is meditating on a real void – the vacuum created by sucking gently on the space between the back of his tongue and his soft palate, or nursing on his uvula in time with his pulse. Try it! I may have to go into hiding to escape dedicated Buddhists who would view this as a sacrilege, but try it before you sneer (a facial gesture I have yet to explore).

Originally I named Akshobya Buddha's smile "Grandma's Kind Regard" after a favorite phrase: "Cultivate the sense of wondrous Kind Regard that exists anterior to thought." But studying his expression further, I realized he was sucking on his soft palate or uvula the same way babies do in their dreams. Many parents have noted their little one's tiny throat movements and contented 'sleep-nursing' sounds as they slumber (view the 'sleep-nursing' video links on p. 24).

I renamed the exercise 'The Lily' in honor of Lilly Rivlin, our filmmaker friend. During her recent visit, I finally "got it!" Also I view the tongue as the upper petal of the heart lotus, so thank you so much, Lilly! "Sleep-nursing on The Lily" has become my absolutely final break-through nirvanic exercise because it can be done anywhere, anytime. It also appears in the Vigyan Bhairava Tantra list of Shiva's recommended exercises: "Suck and become the sucking."²⁴

²⁴ http://www.oshorajneesh.com/download/osho-books/Tantra/Vigyan_Bhairav_Tantra_Volume_1.pdf (Ch 5 p. 59)

Also read the following paean to The Great Mother:

**Hymn For Her On Finding The Rabbit's Horn or
Is Your Uvula The Mythic Jackalope?²⁵**

O Ma, first-manifest from the Unborn,
Your thirsting children, lost in forgetfulness,
Roam the desert caverns of mirror worlds
In search of dimly remembered infant bliss
Obscured 'neath moldering piles of sacred texts.
Nuzzling your flank, they cannot find the source,
Or recognize your sacred musky scent.
Great Isis (“Eesees”), Mother, Ray Cow, Vak!

O Aditi, Kosmos-creator, guide them
With your radiance to your effervescent
Breast's love-nectar, filling empty hearts.
With infinite compassion, you placed
Your nipple permanently behind their tongues,
But no one seizes it except in dreams.
The rabbit's horn that Patriarch Wean Ing²⁶ scorns
Exists! Nurse on your uvula, oh waifs!

Weaning yourselves no more, awake!

²⁵ More than you want to know about horned rabbits at
<http://en.wikipedia.org/wiki/Jackalope>

²⁶ “To seek enlightenment by separating from this world
Is as absurd as to search for a rabbit's horn.”

Hui Neng, (Wean Ing) The Last Zen Patriarch
The Platform Sutra

Here are some links to some short sleep-nursing videos of babies doing what comes naturally (no reversed tongue):

33 seconds of Eli Sleep Nursing

<https://www.youtube.com/watch?v=NZaNj0-otWY>

6 seconds Sleep Nursing

https://www.youtube.com/watch?v=nc7GO_v8bJM

11 seconds of Brennan Sleep nursing

<https://www.youtube.com/watch?v=mPTrGmT0Z7Y>

1:25 some throat movement

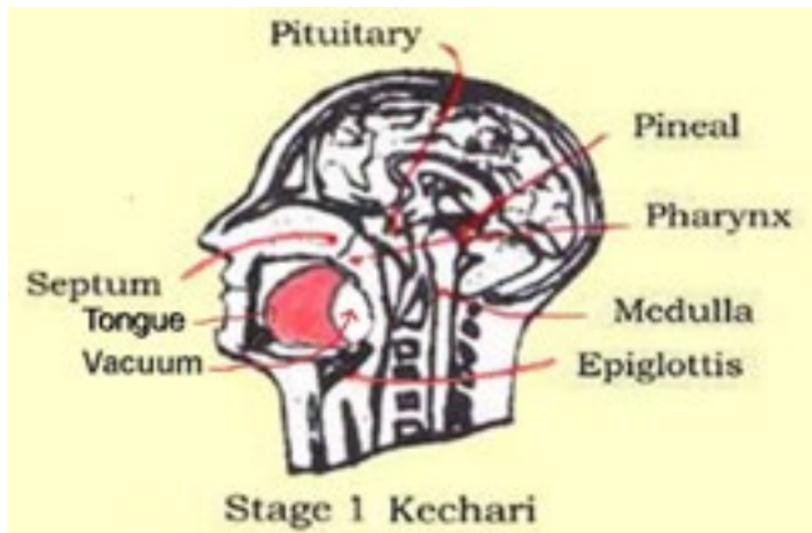
<https://www.youtube.com/watch?v=ofAZ93lR-2Y>

52 seconds of Laura sleep-nursing

<https://www.youtube.com/watch?v=e333uOFdKo8>

How To Practice

Reverse the tongue to remember to sleep-nurse.



Reverse the tongue so it points towards the back of the throat, lips closed but jaw loose. Make the sound “Guh-guh-guh-guh-guh” as far back in your throat as possible. Repeat it, with rhythmic sucks that make a clucking sound. Make sure that you’re creating a vacuum between your tongue and your soft palate. Pulsate the vacuum on the clucks so that it pulls on your soft palate and uvula. Do it gently because otherwise over time your tongue will become sore. Do this for a while and see if it effects your overall sense of well-being. For me it triggers a ‘softening’ sensation around the heart area. How thrilling!

This tongue position in hatha yoga is called ‘Kechari Mudra Stage 1.’ More about Kechari can be found at the Advanced Yoga Practices website²⁷, but personally I am not interested in tongue-lengthening exercises. I’m happy to stay just at Stage 1 and use the reversed tongue as a reminder to continue sleep-nursing. Also I now prefer the sound ‘Huh’ deeper in the throat.

Quoting an expert:

“When the divine goddess comes up, the tongue rolls back.”

– Sri Ramakrishna

I would suggest a slight edit of the quote: “The uvula/soft palate is Mother’s doorbell. Push on it and see what happens.”

Also of interest to me: according to Dr. Rick Strassman, the pineal gland develops from the roof of the fetal mouth before migrating to the center of the brain.²⁸ Perhaps sleep-nursing massages the pineal?

²⁷ <http://www.aypsite.org/108.html>

²⁸ Strassman, Rick J. MD (2001). DMT: The Spirit Molecule. p. 61

A Few Final Notes

Mentioned on the inside front cover but it bears repeating: Swami Vivekananda (founder of The Vedanta Society) wrote that keeping awareness on the heart or the empty mind for 12 seconds [24 blinks- R] is called a ‘Dharana’ (concentration), and a particular kind of wave arises²⁹. 12 such Dharanas make a ‘Dhyana,’ (meditation) and 12 such Dhyanas make a ‘Samadhi.’ I’m happy to have this explained so succinctly by the master (and other teachers)!

12 seconds = (two relaxed breaths in and out) a Dharana.

144 seconds (2 minutes, 24 seconds or 24 breaths) =
12 Dharanas or a Dhyana.

1728 seconds (28 minutes 48 seconds or 288 breaths) =
12 Dhyanas or a Samadhi.

Combining with Eckhart Tolle’s no-thought blinks, then 3456 blinks should take us through to the other side!



Everything that is worth anything I learned from watching animals and babies. When my youngest son was six months old, we lived with another mother who had a boy his same age. They were of course great pals, and one day I came upon them sitting and trading what I realized were nursing sounds. My son, breast-fed, was going “Geh-duh, Geh-duh,” duplicating his tug at the nipple. His friend was bottle-fed, and his rubber nipple had a hole in it so large that he basically just glugged down the formula. The sound he was making was “Gul-lah, Gul-lah.” They would repeat their sounds to each other and then laugh hilariously.

²⁹ <http://blog.kkaggarwal.com/2014/04/spiritual-prescription-meditation-vs-concentration>

Working with seed syllables over the years, I came to realize that many names of God were based on the final sounds we make at the time of death. You're apt to assume you're going to heaven if you die with God's name on your lips. I believe that the Jewish name for God, "Yahweh," derives from the sound of the breath, while "Al-lah, Al-lah, Al-lah" from the heart-beat, the two last sounds your body makes. As for "God" (the primordial "Guh"), could this sound relate to the death rattle?

I mentioned purring several times earlier, but it deserves a few words more because resonating my trachea, both inhale and exhale, remains my favorite way to dissolve any accumulated tensions. If I find my mind overactive when going to sleep, ten or so good purrs and I'm out of my mind, my body tingle.

Recently I was delighted to discover the following online:

CAT PURRS HEALING POWER by Gemma Busquets, Barcelona

CATS CREATE PURR VIBRATIONS WITHIN A RANGE 20-140 Hz ARE MEDICALLY THERAPEUTIC FOR MANY DISEASES.

- STRESS BELIEVER**
Petting a purring cat calms down & lowers stress
- HEART HEALTH**
Cats croon have 40% less risk of heart attack
- WOUND HEALING**
The vibrations are helpful for healing tendons and muscles
- MUSCLES HEALING**
Cat's purr can heal infections and swelling
- DISPNOEA**
Cat's purr lowers dyspnoea symptoms
- BONE HEALTH**
Frequencies of 25 & 50 Hz are the best and 100 Hz & 200 Hz the second best frequencies for promoting bone strength
- BLOOD PRESSURE**
Lowers blood pressure by interacting with the cat & hearing the purring sound.

Source: gemma-busquets.com

Something Else Just Rolled In

Australian nondual author Colin Drake's book, *The Happiness That Needs Nothing*, contains an addendum that I find worth sharing. Born in 1948, and meditating since 1978, in 1996 he 'broke through' to a nondual awakening. The book is available both as an e-book and a paperback from:

[http://www.lulu.com/shop/search.ep?key-
Words=Colin+Drake&type=Not+Service&site=search=lulu.
com&q=](http://www.lulu.com/shop/search.ep?key-Words=Colin+Drake&type=Not+Service&site=search=lulu.com&q=)

ADDENDUM - "Love Loving Itself"

Here is a practice for 'sensing' the Absolute, through which the lover – pure Awareness, consciousness at rest – and the beloved – the manifest universe, cosmic energy, consciousness in motion – can 'know' and love each other. Thus the Absolute, consciousness in both modes, can know and love Itself.

[These instructions have been edited to be recorded or spoken.

Also try the reversed tongue sleep-nursing exercise with it.]

Lie, or sit, in the most comfortable position you can possibly find, with your eyes closed. Make sure that the phone is off the hook and that the 'do not disturb' sign is on the door.

Notice the sensations (and feelings) in, and on the surface of, the body. Sink into these sensations, really luxuriate in them as much as possible. Ignore all other sense impressions and thoughts except these sensations. (If it appeals you may mentally repeat 'Feeling you my love' as you do this.) Realize that these occur, are detected by the nervous system, and are then 'seen' by Awareness – i.e. you become 'aware' of them. So the body/mind is an instrument through which Awareness-consciousness at rest, the lover – can feel the external world – consciousness in motion, the beloved.

Notice the sounds, occurring in the body and the room. Mentally repeat ‘Hearing you my love’ as you do this. So the body/mind is an instrument through which Awarenessconsciousness at rest, the lover – can hear the external world – consciousness in motion, the beloved.

Notice the aromas occurring in the room. Mentally repeat ‘Smelling you my love’ as you do this. So the body/mind is an instrument through which Awarenessconsciousness at rest, the lover – can smell the external world – consciousness in motion, the beloved.

Notice the tastes, occurring in the mouth. Mentally repeat ‘Tasting you my love’ as you do this. So the body/mind is an instrument through which Awarenessconsciousness at rest, the lover – can taste the external world – consciousness in motion, the beloved.

Open your eyes and notice what is seen. Mentally repeat ‘Seeing you my love’ as you do this. So the body/mind is an instrument through which Awarenessconsciousness at rest, the lover – can see the external world – consciousness in motion, the beloved.

Close your eyes and notice the thoughts, occurring in the mind. Mentally repeat ‘Thinking of you my love’ as you do this. So the body/mind is an instrument through which Awarenessconsciousness at rest, the lover – can contemplate the external world – consciousness in motion, the beloved.

Notice the mental images occurring in the mind. Mentally repeat ‘Imagining you my love’ as you do this. So the body/mind is an instrument through which Awarenessconsciousness at rest, the lover – can imagine the external world – consciousness in motion, the beloved.

Therefore the body/mind is an instrument through which Awarenessconsciousness at rest, the lover – can experience, engage with and enjoy the external world – consciousness in motion, the beloved. Thus the body/mind – itself an ephemeral manifestation of consciousness in motion, the beloved – is an instrument, or conduit, through which the lover can ‘know’ and love the beloved.

Now notice that through this practice you are ‘aware of Awareness.’ This means that the mind notices the presence of Awareness, the beloved noticing the lover. Investigate this Awareness so that the beloved can ‘get to know’ the lover better:

Observe whether any effort is required to be aware of any thought/mental image/sensation. This readily reveals that this Awareness is effortlessly present and effortlessly aware... It requires no effort by the mind/body and they cannot make it vanish however much effort they apply.

This Awareness is choicelessly present and choicelessly aware. Once again, it requires no choice of the body/mind and they cannot block it however they try. i.e. If you have a toothache there is effortless Awareness of it and the mind/body cannot choose for this not to be the case. Be grateful that there is no effort involved for Awareness just to be . . . such ease and simplicity . . . which is not surprising because, at the deepest level, you are this Awareness!

Observe whether you can ever experience a time or place when Awareness is not present. Even during sleep there is Awareness of dreams, the quality of the sleep, and bodily sensations. Once again be grateful that the mind/body is never required to search for this Awareness, which of course is not surprising because one is this Awareness.

Next notice that this Awareness is absolutely still, for it is aware of the slightest movement of body or mind. We all know that to be completely 'aware' of what is going on around us in a busy environment we have to be completely still, just witnessing the activity. The natural conclusion to be drawn is that Awareness is always in a state of perfect peace because complete stillness and total silence is perfect peace.

Notice that Awareness is omniscient, because every thought/mental image/sensation appears in it, exists in it, is known by it, and disappears back into it. Before any particular thought or sensation there is effortless Awareness of 'what is,' and then when it has gone there is still effortless Awareness of 'what is.'

Finally notice that every thought/mental image/sensation is 'seen' by the 'light' of Awareness, i.e. Awareness is radiant. Now we have reached the 'Radiant, still, silent, omnipresent, omniscient, ocean of effortless, choiceless, Awareness' which, at the deepest level, we all are! Thus the mind, an expression of the beloved, has come to 'know' Awareness, the lover.

Therefore, the body/mind - itself an ephemeral manifestation of consciousness in motion, the beloved - is a conduit through which the lover can 'know' and love the beloved, and through which the beloved can 'know' and love the lover. Thus the Absolute, consciousness, the union of lover and beloved, can love itself in both 'modes' - at rest or in motion - each 'mode' loving the other.

Feeling you my love. Hearing you my love.

Smelling you my love. Tasting you my love.

Seeing you my love. Imagining you my love.

Thinking of you my love. Knowing you my love.

Loving you my love.

As you arise from this exercise, let it continue effortlessly as long as it may, treating every thought and sensation with, and as, love. This will ultimately culminate in being totally in love with existence itself, in which there is nothing but love . . .

In this there can be no separate 'saying',
The universe is the Lover and Beloved playing.
What appears to us as 'you' and 'me',
Are expressions and instruments of the Reality.
Between Awareness and the Manifestation,
There can never be any separation.
For the Lover and Beloved are always one,
Appearing as the many, just for fun

The Happiness That Needs Nothing – Colin Drake



At the center of your being you have the answer; you know who you are and you know what you want.

Finally, upon the deepest dimension, this conscious universe is truly hilarious, so please do keep in mind Saint Wavy Gravy's words, "If it's too serious, it ain't funny."

With loving beams amidst gracious nods and winks,
The Grandma Poohbear of the Pool of All Possibilities
(channeled via her local representative Zero the Clown
while She surfs the Now wave in the Ocean of Bliss.)
"Hey, c'mon in! Surf's up!"



A very final note: After all the careful directions given on how to "Sleep-Nurse On The Lily," on page 22, I realized that the easiest way to do this is to imagine you are sucking on a lollypop – or just go out and buy one!

Don't tell me that I'm the only person in the world who goes into bliss doing this! Please!

A Brief Promo For My Collected Short Pieces

My published stories and essays titled *Planetary Sojourn* deal with themes similar to those discussed here. The book is available from Folio Books in San Francisco's Noe Valley or the ever-ubiquitous www.amazon.com. Also many of the same writings are posted on my website and listed here, including the one you are reading:

<http://www.raysender.com/chron.html>

A Run-Through of Personal Peak Moments

- 1956 – First non-genital energy discharge via Reichian therapy.
- 1957 – Mt. Tamalpais sunset peak experience during a solo campout.
- 1958 – A Via Negativa dissolve and hearing God’s voice.
- 1963 – My friend Mescalito helps me dissolve (Via Positiva).
- 1966 – I relive the Via Negativa on LSD in a cave and imprint the sun.
- 1967 – Semi-shade sun-gazing helps me access the ‘no-mind’ state.
- 1968 – OMs gradually transform into motorboating ‘horse lips.’
- 1974 – Exploring the snore resonance, I discover the human purr.
- 1976 – I write about the sheriff’s department closing our ranches.
- 1980 – Novel Zero Weather published, urban living reconnects me to my darling wife-to-be, Judith.
- 1982 – A summer in Spain recovers my birth mother Amparo’s story.
- 1998-2004 – Administrative director of The Noe Valley Ministry.
- 2001 – A look outside my office window triggers a glow that spreads into my fingertips. My chair stands exactly under the bell-tower’s ‘orgone collector.’ Teachings of sun guru Omraam.
- 2002 – My booklet “Enlightenment For The Just Plain Disgruntled” introduces The Donkey Gruntler (single-reed ‘harmonica’).
- 2003 – How did the Buddha deal with flies, mosquitos? I create the Thwizzler to investigate, and am delighted by what I discover.
- 2004 – For my 70th birthday, the “The Sky-Pointing Tracheal Flutter.”
- 2005 – The Thwisher – another bliss-inducing ‘Nirvanic Toy!’
- 2009 – For my 75th birthday, I offer my “Little Book of Discoveries That Make Planetary Living As Much Fun As Possible.”
- 2010 – Great Freedom organization’s one-sentence teaching:
“Short moments of awareness become continuous.”
Wonderful! Nonduality in American!
- 2013 – Realizing that purring doesn’t work for everyone. I find
“Sleep-Nursing On The Lily.” YAY!

The two most important discoveries that I did not include inside this booklet:

1: How amazingly lucky I am to have a perfect life partner and wife!

2: How amazing it is that our star is a conscious being that inundates us with the love-light that makes Gaia a garden paradise for living things.

3. And then there's Gaia herself, who needs cherishing....

