Conference 41 from Phase A.

CONF. 41

THE DANCE OF THE DERVISHES AND THE TRANSMUTATION OF THE COSMIC FORCES

The object of this conference is to give us tools so that we can handle ourselves better in the Esoteric Work.

THE DANCE OF THE DERVISHES:

The Dervishes are Masters from Turkey who live in the desert. There are Singing Dervishes and there are Dancing Dervishes. The Singing Dervishes teach the processes of the Consciousness through songs and music. The Dancing Dervishes teach through dances how the body can be in harmony with the Universe with certain movements or Runes, which within us mobilize forces that are very useful for being able to achieve Concentration.

So, the object of these dances is that we may achieve Concentration. We must do it before any practice in order to succeed. In this way, to succeed at any practice: projection, meditation, etc., if one wants to obtain good results, one must harmonize the Physical Body with the inner part. And this is achieved with these exercises.

Those three dances are the following:

First Dance: Open the arms, so that they are straight and perpendicular to the trunk. Put the palms of the hands facing upward and begin to turn clockwise.

This practice is very useful because it discharges the liver, the solar plexus and the emotional area. In addition, it organizes the Seven Chakras and sets them spinning correctly, clockwise. Unfortunately, the poor management of energies and the energetic depletion in which all human beings live cause these Chakras to be spinning in the opposite direction. This exercise aligns and coordinates the three brains, and produces a vibratory phenomenon.

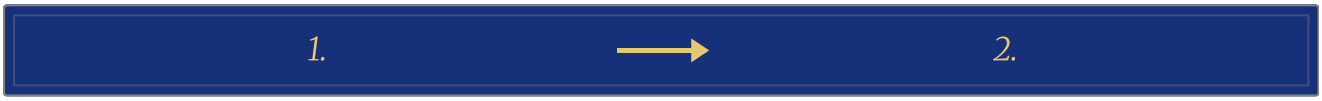
It must be practiced every day. A minimum of twenty-one (21) turns must be made. When one finishes turning, one puts the right foot in front, bending it a little, and places the left arm on the right knee and with the right hand presses the space between the eyebrows, so that there is no dizziness. If it is done for eight days in a row, one realizes that dizziness is no longer felt, or if it is felt, it is very little. Then the liver is being discharged, which allows a better projection.

The Second Dance is for quieting the mind: most people work all day long and carry many worries. Those worries are what keep one from centering oneself when one is going to meditate, or to unfold, or to do any other practice. If we are intellectuals and are seated in an office all day, it is necessary for us to balance ourselves a little, in order to make headway in the work.

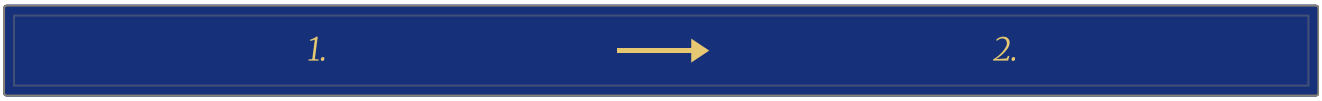
So, it is advisable, for a space of five or ten minutes, to do the dance that we are going to teach. It is a dance that coordinates the three brains: first it quiets the Intellectual, the best way to quiet the Intellectual is by not thinking; it puts the Emotional in the frame of mind that is required to be able to begin any practice; and it balances the Motor.

This exercise is very simple and is carried out like this: we begin to jog in place and at the same time we start to clap rhythmically in front of and behind the body, and to turn the head from one side to the other at the same time. That is the whole exercise.

Undoubtedly, while the exercise is being done one cannot think, because no thought holds up there, so the process of balance begins to take place. If we do this exercise for five or ten minutes before any practice, we will obtain a far superior capacity for concentration.



Third Dance: We begin to jog in place. This time we start to clap rhythmically on the left side and turn the head to the right side. Then we clap on the right side and turn the head to the left side. It is very simple, and it must be practiced until it is very well coordinated. There you have these two exercises. The important thing is to coordinate the three things: the movements of the head, the movements of the arms in front and behind or to the sides, and the movements of the legs. Finally, the breathing is coordinated as well. When one has enough practice, they are done with great ease. Practice makes the master.



THE TRANSMUTATION OF THE COSMIC FORCES:

The Transmutation of the Cosmic Force is a work that we must do consciously. This work is done between Planet Earth, the Microcosm Man and the Sun Sirius.

Before starting it, we must do the dance of the dervishes in order to be able to have enough concentration.

When we do this work, we earn Dharma for the conscious help to the planet. That Dharma is reflected in the strength that remains with us from our participation in this work.

The planet Earth needs our conscious collaboration. The planet Earth also has its Sun within, this Sun is called Melchizedek, the Inner Sun.

In the Sun Sirius we find the Army of the Voice. From it comes all the energy that sustains the Creation. If one imagines the Spiritual Sun of Sirius, one sees a spiral of little lights formed by millions of angels that move the Army of the Voice, of a spectacular brilliance. Depending on the degree of concentration that one has, this can be seen.

A person doing the Transmutation of the Cosmic Force for one hour to two hours can come to see things like these, the opportunity to see it is attained with good concentration.

We do this work by invoking our Being, because for our Being there is no space, nor is there time. That is to say, the distance to Sirius does not matter, the distance from where we are to the center of the Earth, the 6,240 kilometers, more or less, to the center of the Earth, is irrelevant for the Being, He can be there in a second.

We sit with the palms of the hands facing upward. We are going to imagine the vortices of reception and transmission of the cosmic energy that exist in the toes.

So, the work consists of transferring energy from the planet Earth up to the Heart, then transferring it up to the Sun Sirius, then bringing it back down to our Heart and finally delivering that Cosmic Energy to the planet Earth.

The complete circuit is made. We take an energy to Sirius and bring an energy from Sirius to the planet Earth, we exhale it into the planet Earth, expelling all the air from the lungs.

It can be seated or standing, it does not matter. I inhale making the first eight in the center of the planet and I take it up to the height of the heart, the Eight is made, it goes out toward Sirius through the crown of the head, because the crown of the head is the exit point of the planet, of the microcosm. Then we arrive at Sirius, we imagine Sirius, we make the Eight there and we return once again to the heart, we make the Eight, on leaving the heart we exhale and expel the whole discharge into the center of the planet, making the Eight there in the center.

A complete breath –inhalation, retention and exhalation– will last from thirty seconds to one minute, according to the lung capacity that each one has. There is no need to worry about rushing, there is no hurry.

On finishing the transmutation, we are charged with an unimaginable energy to practice projection, meditation, whatever it may be. It is a very special energy, the more one has transmuted the better one feels, and the better one can concentrate to do the practices.

You can imagine the energy as silvery gray, at the least expected moment one begins to see it. The stream of energy that is running through one will be seen, but that is seen during the practice.

The conditions for doing this transmutation exercise are:

- To be barefoot.
- In a quiet place.
- If possible, in contact with the earth. If that cannot be done, then to be on materials that do not insulate, such as tile floors. Carpets insulate.

To do the work of Transmutation of the Cosmic Force, five horizontal Eights must be made, the same as the symbol of Infinity (∞):

- The first Eight below, in the center of the Earth.
- The second Eight at the height of the Heart.
- The third Eight in the Sun Sirius.
- The fourth Eight at the height of the Heart again.
- The fifth Eight, finally we arrive again at the center of the planet Earth.

PRACTICE:

We begin with an inhalation. With the Imagination we gather the energy from the center of the planet Earth, making the first Eight. Then we ascend up to the Heart. We make the second Eight at the height of the Heart. Holding the air, we go out through the crown of the head and go toward Sirius, we imagine Sirius. We make the third Eight in Sirius. We descend to our heart, entering through the crown of the head. We make the fourth Eight in the Heart. Leaving the Heart, we exhale, sending toward the Earth all the energy that we bring, imagining that we discharge that energy into the center of the planet. And we make the fifth eight

End of Conference 41.