

*This Page Intentionally Left Blank
For Original 2-Page Publication Viewing*

-- PDF Optional Viewing Instructions --

At the top menu bar, click...

View, Page Display, Two Page View
Widen or Adjust %age to Accommodate Two PDF Pages

In addition...

Show Gaps Between Pages=unchecked
Show Cover Page in Two Page View= unchecked

Self Discovery Publication Begins on Next Page ►►►

Self Discovery

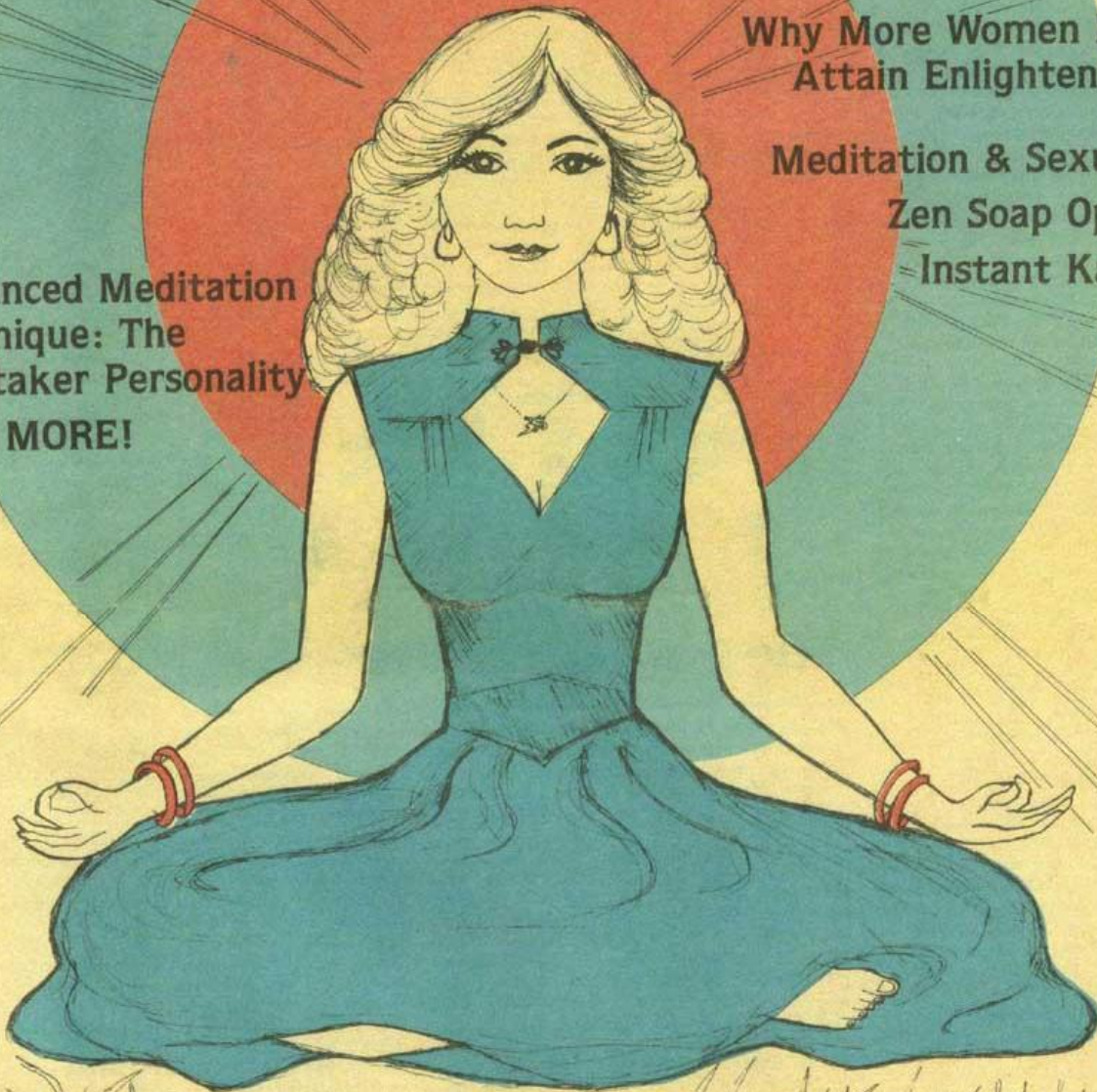
Spring 1982

FREE

Why More Women Don't
Attain Enlightenment
Part II

Meditation & Sexuality
Zen Soap Operas
Instant Karma

Advanced Meditation
Technique: The
Caretaker Personality
AND MORE!



Quote

It is not an easy matter to understand Eternity.
Eternity encompasses all things.
In order to understand Eternity,
we ourselves must be able to encompass all things.
In order to fathom Eternity,
we ourselves must become Eternity.



Karma is the law of cause and effect. Everything and everyone in this world is bound by karma. Karma determines not only the physical circumstances of your life, but also your mental states. As long as you are bound by karma you will continue to experience birth, death and rebirth.

The word *karma* means action. The idea behind karma is quite simple: For every action that a human being creates or participates in there is both a short and long term reaction.

Most persons think of karma in physical terms. They suppose, for example, that if in this lifetime they shoot a person, in their next lifetime they will be shot and killed by someone; and if, on the other hand, they save someone's life, they believe that one day their life will be saved as a result of their previous action.

While there may be some truth to this type of active karma, most karmas have little or nothing to do with physical actions and reactions. Most karmas have to do with a person's mental and psychic states of awareness. These karmas do not take years or lifetimes to affect someone, but occur instantly.

Instant karma occurs at every moment. It is determined not so much by your actions, but by your intentions. If you send love to others without thought of reward or personal gratification then your consciousness will immediately rise to a happier and clearer strata. This is your instant karma. If you send hate or jealousy to someone, from the very moment you begin to transmit these emotions your consciousness will take a nose-dive and you will feel unhappy, angry and tormented.

Instant karma determines happiness and unhappiness. All states of consciousness, moods and levels of awareness are direct results of your mental karma. Mental karma usually follows specific progressions throughout a person's life-

time. Thus, if a person sends love, support and inspiration to others constantly, there will be a dramatic rise in their conscious awareness throughout their lifetime. Persons who send lower energies to others will sink into lower and lower states of depression and frustration.

Some people are confused by the results of their karma. They make a fundamental error by trying to associate their mental karmas with physical experiences. For example, a per-

When you feel love and compassion towards all beings, then regardless of your physical circumstances you will be happy. If you live in a world of hate and selfishness then, although you may be successful in the material world, you will never know what happiness really is. Your instant mental karma is dissatisfaction. You will never be able to enjoy what you have. An endless procession of desires will torment you, leaving you no peace.

Karma is neither bad nor

physical states of being. This can only be done through constant meditation and self giving.

When you meditate you gradually loosen the illusion of Selfhood. As long as you feel that you are a separate individual, you will be bound by the results of your mental states. But when you realize that you are undifferentiated consciousness — that you are limitless and infinite — then karma can no longer have any bearing upon your existence. There is no

world. They will still possess a personality and have a human side. Attaining Illumination does not mean that a person will cease to feel love, happiness and other emotions. It simply means that a person has blended their personal consciousness with Eternity. They and Eternity can no longer be separated. They live in this world but remain unaffected by it. They live in a constant consciousness of Bliss.

Illumination comes in two forms. In one form it is personal. The conscious awareness of an Illumined person is their personality. After Illumination dawns, however, the personality becomes fluid. Like a piece of glass that has been in the ocean for many years, the personality of an Illumined Person loses all of its cutting edges; they become childlike and act as instruments of the Highest Reality. At the same time, when an Illumined Person is not acting through their personality—when they are absorbed in meditation—they vanish into Nirvana and there is no self or personality.

If a person seeks to put an end to unhappiness and frustration in their life, they must only create good karma. Gradually, their good karma will destroy the chain of their bad karma. Once they have established themselves in good karma they will be happy and fulfilled.

Then, from a state of good karma, a person must lift themselves into union with all existence. In Nirvana they will lose and find themselves eternally. Then and then alone is there rest and fulfillment beyond fulfillment. Only then is the chain of karma broken forever.

INSTANT KARMA

The Law of the Universe

son who only wishes others well and dedicates their life to self-giving may find many misfortunes befalling them. They find it difficult to understand why this is so. In their mind's eye they cannot understand the justice of the universe.

They may observe someone who constantly takes advantage of others who appears to flourish. Where, they wonder, is justice?

Justice does not necessarily come into the physical world. Karmic justice occurs in our states of awareness. All heavens and hells are created within you by your own thoughts.

good—only thinking makes it so. What one person considers bad karma may be seen as good karma by someone else. Good karma leads to happiness and bad karma leads to unhappiness. But neither good karma nor bad karma will bring a person to a state of Spiritual Liberation, Illumination or Self Realization.

In order to attain to Self Realization it is necessary to go beyond both good karma and bad karma. Either type of karma binds you to this world. In order to be free, a person must transcend all mental and

longer a "you" to be affected.

When smoke passes through a building it leaves a stain upon the walls. When smoke passes through the clear air it leaves nothing behind. As long as an individual clings to his ego and limited identity he will be affected by desires, moods and karmas. But when a person attains Illumination his ego dissolves and he is no longer affected by the desires, sensations and karmas that pass through his mind.

After a person has attained Illumination they can still exist in the relative

*Self Discovery published twice yearly and distributed free in San Diego, Los Angeles & San Francisco.
Press run: 100,000 copies.
Subscriptions not available.*

Copyright © 1982 by Atmananda-Dr. Frederick Lenz

All rights reserved. No part of this paper may be reproduced in any form or by any means, electronic or mechanical, including photocopying, without permission in writing from the publisher. All inquiries should be addressed to

LAKSHMI
A California Corporation
P.O. Box 2229
Del Mar, CA 92014

Part II

Why More Women Don't Attain Enlightenment

If you are at all familiar with the history of spiritual movements, then you must be aware that very few women have ever risen to prominence as spiritual leaders. While there have been a few notable exceptions, the vast majority of enlightened souls have been men.

The reasons that women have failed to attain Enlightenment are manifold. Women are held back by their economic status, their lack of social mobility, their poor self images, the psychic drain of being constantly bombarded with lower sexual energies, and by lack of awareness of their own power.

Women are far more powerful than men. The kundalini energy is usually much more active in a woman than in a man. It is the essential life force that moves within all beings. The kundalini power is necessary for any type of worldly or spiritual success. The more a person has, the more successful they will be in their chosen field of endeavor.

The kundalini must be channeled properly in order for a person to attain Enlightenment. In order for the kundalini to reach its full power, it is necessary for a person to eliminate any emotional blockages within themselves. The principle blockages within most human beings are their attachments. These attachments—which manifest themselves in the form of desires—cause a person to become frustrated and interrupt their spiritual growth.

Normally a person who seeks Enlightenment will go and find an Enlightened teacher who will show them how to free their kundalini

In order to attain Enlightenment it is necessary to be humble, pure, self confident and receptive. Most women have all but one of these necessary qualities. The central reason that most women fail to attain Enlightenment is that they lack the necessary self confidence. This can only be changed when a woman takes a closer look at her own infiniteness and comes to realize that she is immortal consciousness.

energy. In order to do this, a spiritual teacher will put the individual through a specific process that will gradually clear them of all emotional blockages. When this process has been completed, the individual has eliminated all selfishness, jealousy, depression, frustration, anger, fear and the other blocks to their own happiness, and the kundalini flows freely and quickly raises them into the Supra-conscious States of awareness.

Theoretically, it should be easier for women to attain Enlightenment than it is for men. Women find it easier to accept and embrace existence than men do. They love more, and are not as power-hungry as most men. But the reason that most women fail to achieve Enlightenment is that they make themselves emotionally and financially dependent upon men. They do this because they fail to see and understand their own inner strength and spiritual power.

In most relationships between men and women, men use women as power bases. This concept is quite simple to understand. When a person opens their heart to someone, they place themselves in a state of total receptivity to that person. If, for example, you open your heart to an Enlightened person, you will draw power from them which will help you

increase your own personal power. If you open your heart to a person who is filled with problems and anger, then those qualities will psychically enter your awareness field.

Love is the common denominator in relationships. However, when you love someone, you make yourself vulnerable to them. Just as it is possible to raise someone's energy level who is close to you, it is also relatively easy to take their power from them. Love creates a two-way circuit between people.

Unfortunately, most men take power from the women they are close to. This usually happens when they are making love. In sexual experiences, women tend to surrender their energy to men. When this occurs, a man will absorb the energy of the woman he is with. This would not be a problem if he gave back power in return. But, as a rule, he doesn't.

Women allow this to occur because they love. When most women love, they seek to give and fulfill those whom they love. However, what they fail to realize is that by allowing themselves to be drained of power, they shatter their chances for real happiness, and do not really help men. It is only when women make men reach for their own inner power that they will actually be helping them.

Men have psychically drained the power of

women for thousands of years. They have also oppressed women economically and socially. After centuries of oppression, most women subconsciously believe that men are stronger than they are. However, from the spiritual perspective, this is totally incorrect.

Most women meditate better than men do. It is because they have a great deal of purity in their consciousness. But unless a woman consciously puts an end to the constant drain of energy that occurs to her in emotional relationships with men, she will only bind herself to a limited strata of consciousness.

Through meditation, a woman will become aware of her potential strength. Then, if she can align herself with an Enlightened Teacher, she will soon actualize that strength. It is immaterial whether her teacher is male or female; if she is really working with a truly Enlightened person, then she is dealing with someone who has fully integrated both the masculine and feminine sides of their being.

In order to attain Enlightenment it is necessary to have all of your power. It is necessary for women to begin to reclaim their power from men. This does not necessitate a complete breakdown in the relations between men and women. It does mean that women must become more conscious of the energy

transpositions between themselves and the men in their lives.

If you are a woman and you are seeking Enlightenment, there are a few simple steps you can follow that will help you eliminate this negative energy drain. First and foremost, you must realize how much of your power is taken from you by men. To do this, pay attention to how you feel before you encounter a man you are close to, and then measure how much energy you have left after you have been with him. If you find that you have been drained, then two courses of action are open to you. You must either sever your connection with that individual or emotionally detach yourself from that person. In either case, do not allow yourself to become subjectively involved in anger or resentment toward the person who has psychically drained you. If you feel indifferent towards them and leave no emotional openings in your consciousness, it will be impossible for that person to drain your power.

As more women actively seek and progress towards Enlightenment, we will gradually see a change in the collective consciousness of all women. It is only when Enlightened women take their rightful place in the play of existence that peace and harmony will come to this world. Through meditation and careful analysis of their relationships with men, women will learn how to avoid being psychically drained. When this happens, women will rapidly progress towards Enlightenment, and the Age of Women will finally dawn on earth.

ADVANCED MEDITATION TECHNIQUE:

THE CARETAKER PERSONALITY

Meditation is a process of gradually dissolving the personality. This is not accomplished all at once, but occurs over a period of years. As the personality dissolves, the deeper reality of an individual manifests itself. This deeper reality is the actual essence of the person, and when it comes forth it shines with the light and radiance of immortality. But during the final stages of dissolution it is important to have a sense of identity. This identity is supplied by the "Caretaker Personality."

Meditation and Self Discovery is a process of continual dissolution and reconstruction. Each time a person meditates, to some extent they dissolve their old self. As the old self dissolves, a new and purer self comes into existence. It is only through a constant process of dissolution and reconstruction that a new and higher self comes into being.

In the early stages of the meditative process it is necessary to foster several new identities. Since the old personality is being discarded, it is important to seek healthier models for the new personality. Probably the best archetypes for a beginning meditator to emulate are the warrior and the child. These two personality structures can be alternated as necessity or situations demand.

The old personality is limited. It is like a car that we have driven for many years. It has been useful to us, but it's time is now up. Now it will only limit us instead of helping us to become happy and free.

Before completely discarding the old personality, it is necessary to first have new models to build on. Think of the personality as a mask that we wear for the world. The personality helps us to relate to others. But if our personality is too limited it confines our awareness and ties us to the physical world.

A person who is new to meditation should try to cultivate the mask of the warrior and the personality

of the child. The warrior is fearless, efficient, loyal, humble and powerful. This is the face to wear when dealing with the outside world. When dealing with oneself or persons whom you feel psychically close to, one can assume the mask of the child.

and who is advanced in their meditation eventually becomes ready to move on to a more sophisticated personality form: this is the *Caretaker personality*.

The Caretaker personality comes into play when you begin to enter into samadhi and the supracconscious

you are not really a finite person. Instead, you will see yourself as a fluid awareness, a timeless reality, as God, as nothing, and in a variety of other forms.

Each time you enter into samadhi, more of your old self will vanish. It is like being on an island. At first the island of yourself is quite large. It stretches for many miles. Each time you enter into samadhi your island of selfhood vanishes. In samadhi you go beyond time and space and merge with the transcendental all. When you find yourself out of samadhi you will notice that your "island" of self has gotten smaller. The ocean of Nirvana has swallowed up a portion of your island of selfhood.

You will find that you are unable to start or stop this process. Existence—your essence and substance—is transforming itself in and through you. You will feel strangely unaffected by your loss of selfhood. It will simply be an objective phenomenon that you deal with in either a humorous

be all around you. Most of the time you will be absorbed in it and there will be neither a finite or an infinite you. Then, at times, you will find yourself standing on just enough self to exist in this world.

Unless you have moved into a local cave, you will be, to some extent, interacting with the world. This is when the Caretaker Personality will come into effect. It is just enough personal self to deal with the world, no more and no less.

The caretaker personality appears to run your life for you. Ultimately it is, like all things, an illusion. Not all illusions are bad, though. Some illusions are helpful in dealing with the physical world.

The Caretaker Personality is the sense of "let thy will be done." It is the sense of self as an instrument of Self. You feel that there is nothing to do and no one to do it. You are only an instrument, nothing more and nothing less.

This sense of self as a servant of Eternity prevents you from getting trapped in the maya. Remember, as long as you exist in this or any other plane of being, no matter how lofty, you can still get lost in the maya. Rama, himself, found his personal form caught up in the maya after Ravana took Seeta away. If you feel that you can never be caught again in maya then you are like Narada who told Brahma that he had conquered all illusion forever. As he soon found out, his pride caused him to get caught in maya. So it is good to always feel that maya can catch you—if it is the will of the Infinite. This is the Caretaker Personality. It accepts all without accepting. It rejects nothing while rejecting everything. Naturally, even the Caretaker personality is an illusion of selfhood. But as long as a trace of self remains—which it will as you continue to function in this or any world—the illusion of oneself as an instrument of Eternity preserves one's spiritual integrity. It is the purest of all illusions. It is the last patch of ground between yourself and the ocean of Nirvana. It is Nirvana in manifest form.



The principle characteristics of the child are awe and wonder. The child views all of life as a constant miracle. The child grows continuously by leaps and bounds, and is pure, open and filled with love.

An individual who has mastered these two forms

states. It is a minimal self which gives you just enough awareness to deal with the world. As you begin to merge with the Void in higher meditation, you will experience yourself in a variety of new ways. Each time you enter into samadhi you will see that

or unattached way.

Each day your "island" will get smaller. After entering into samadhi and the supracconscious states many hundreds of times, you will just have enough of your island left to stand on. No more and no less. The ocean of Nirvana will

Meditation & Sexuality

When a person has decided to follow the pathway of Self Discovery, they have reached a state in their spiritual evolution where they want complete happiness for themselves and others. Emotional attachments are like excess baggage that a person must carry on their journey. Unless they dispose of their emotional "baggage" they will be slowed down or they may become so tired that they will give up their journey altogether. For this reason, most Spiritual Teachers warn their students against sexual involvement, fearing that the student will become so overpowered by the volatile emotions that arise in sexual relationships that she or he will lose the clarity and purity of mind necessary to attain true happiness and Enlightenment.

In India, many gurus teach that sexual experiences drain the kundalini energy. They believe that in order for a person to attain Enlightenment it is necessary to direct all of their kundalini energy towards the crown center at the top of the head. They tell their students that sexual encounters drain the kundalini, making it impossible for a person to attain Enlightenment.

Another perspective is offered by the so-called tantric groups. Most of these groups teach that sexual energy can be used to attain Enlightenment. Their attitude is that a person should not suppress their sexual energies, but should instead fully enter into them. By doing this they will eventually work these tendencies out, or, through the proper channeling of these energies a person will be able to bring themselves into higher states of awareness.



Can sexuality and meditation coincide? In the following article the author examines both the short and long term effects of sexuality upon the consciousness of persons who seek Self Discovery.

There is some truth in the preceding ideas. Yet, each of these teachings creates a variety of problems for most spiritual seekers. Persons who try to suppress their sexual energies often end up frustrated and obsessed by sexual thoughts and desires. Those who seek to use their sexual energies to attain Enlightenment usually become obsessed with sexuality. While it is true that sexual experiences can be used to increase the level of a person's awareness, in order to do this an individual must have reached a very advanced level of spiritual practice.

When someone makes love they may become lost in desire. Their attention is captured by desire and sensual sensations and emotions. Unless you are very selfless and can meditate perfectly, you will be swept away by these sensations

and emotions and will not be able to channel the kundalini during a sexual experience. Instead, all your good intentions will be washed away in a flood of sensual experience.

For these reasons it is necessary for a person on the pathway to Self Discovery to adopt a new attitude towards sexuality. While there are certainly large differences in the temperaments of different individuals, probably the easiest method of dealing with sexuality is to be totally unconcerned with sexuality one way or the other.

Moral precepts are an important part of most societies. The idea behind them is simple. Human beings, when left to their own devices, fall victim to lust, anger, hatred and greed. When members of a society follow a specific moral code, they are able to

control destructive emotional tendencies. But moral codes do not eliminate a person's sexual confusion; they only put it in a holding pattern. While moral codes are necessary for the maintenance of an orderly society, they can become detrimental to persons who seek Self Discovery.

Sexuality is of little or no importance in the higher stages of an individual's personal evolution. If you fix your attention on God — on Infinite Awareness — then you do not have to worry about sexuality one way or the other. If your awareness is flooded with the Light of Truth, you will attain Enlightenment. Nothing else really matters.

The reason that sexuality interferes with spiritual growth is that people place too much importance on it. Sexual experiences will not

ultimately affect your Enlightenment. What will affect your Enlightenment is how much you meditate, how much you give of yourself and how much you serve others.

Sexuality is not an obstruction to Enlightenment and spiritual fulfillment. Attachment to sexuality is an obstruction to Enlightenment. If you devote yourself to Light, Peace and Self Discovery, then your being will automatically direct you to the right experiences in life. If it is your Dharma to have sexual relationships then you will have them. If your motives are pure, then how could they possibly interfere with your Enlightenment?

If it is not in your cosmic game plan to have emotional-sexual experiences, you will simply lose interest in them. Instead you will find emotional fulfillment through less physically-oriented relationships with others and through your relationship with God.

Sexual experiences do not really take that much kundalini energy—unless, of course, one individual is draining the power of another. If a person's Enlightenment is going to be interrupted by the small loss of kundalini that occurs in a sexual encounter, then they didn't really have enough kundalini to attain Enlightenment in the first place.

Fix your consciousness on Nirvana—on the Infinite Light. Then trust that you will always do what is right. If your heart is pure and you only want God, then no experiences will interfere with your Enlightenment. Surrender to the higher good and let it determine what experiences you should have in a particular lifetime.

Creation

Eternity is all where. There is nothing but Eternity. When we try to separate anything from Eternity we lose ourselves. We are Eternity all where.

There is both form and formlessness. Both come from nothing. Both return to nothing. We call this "nothing" by different names from age to age. In ages past we have called this nothing God, Nirvana, Brahman, Truth, Love, Satori, the Tao and other names.

However, this changeless reality is and will always be the same, regardless of the names that we apply to it.

It is eternal, everpresent and perfect.

Brighter than ten million suns.

Smaller than an atom.

It exists in all—supports all—transforms all—and yet remains unaffected by its activities.

This reality alone exists forever. Everything else in this and all other worlds and planes is transitory.

Everyone and everything else is subject to birth—growth—maturation—decay and death.

It is not an easy matter to understand Eternity.

Eternity encompasses all things.

In order to understand Eternity we ourselves must be able to encompass all things.

In order to fathom Eternity we ourselves must become Eternity.

Dharma is Truth. Truth is Dharma. Just as there are varying intensities and shades of color—so too there are varying intensities and shades of Truth.

But there is one Truth that shines beyond all other Truths.

This is Dharma.

Dharma is the active aspect of Eternity.

Eternity remains aloof from existence. Like the sun it lights up the world, yet is distant from the world.

That totality of Eternity which remains aloof from creation is Nirvana.

It is the ultimate reality which can neither be described nor experienced.

It is all.

Dharma is the active aspect of Eternity.

The wind blows through the trees, blowing the leaves ahead of it.

We see not the wind but only its effects.

Dharma is the invisible wind that blows all beings and forms to and fro from lifetime to lifetime.

Its shapeless shape is a wheel.

The Wheel of Dharma is endless. It spins all the universes

When a person is absorbed by Nirvana they lose all awareness of this world.

Like a sleeper who has awakened from a dream, the person who is absorbed by Nirvana awakens from the dream of life.

Nirvana

Or you might say, they have become existence itself.

The dream of birth and death vanishes in an instant.

There is nothing but perfection.

Nirvana is not separate from this or any other world.

Nirvana is not a place or time.

Nor is it a state of mind or being.

It is beyond all such things.

Only he or she who is pure in heart will find Nirvana.

All others will move ceaselessly from birth to death and again to rebirth.

All others will know pleasure and pain, happiness and unhappiness, joy and sorrow.

Only he or she who has been absorbed by Nirvana will know complete perfection far beyond the pairs of opposites.

Why seek Nirvana?

Because it is the answer to the riddle of life.

Nirvana is your true self. It is undifferentiated reality—the calm in the center of the storm.

If you are weary of the storms of existence—if you seek a safe harbour—if you wish to bring your existence to perfection—then seek you Nirvana—the shoreless shore.

Higher than the highest. More beautiful than the most beautiful. Far beyond the greatest bliss and ecstasy any being could ever know is Nirvana.

It is all where and no where. Seeking you.

Nirvana is gained only by one who is selfless.

The ego cannot enter into Nirvana.

In order to become selfless it is necessary to meditate on Dharma, purify your heart, lead a life of selfless dedication and study with one who is absorbed in Dharma.

This world is real. Nirvana is real. Dharma is real. There is nothing that is not real.

Some things are more real than others.

Dharma is more real than this world.

Nirvana is more real than Dharma.

There is nothing more real than Nirvana because Nirvana is Reality.

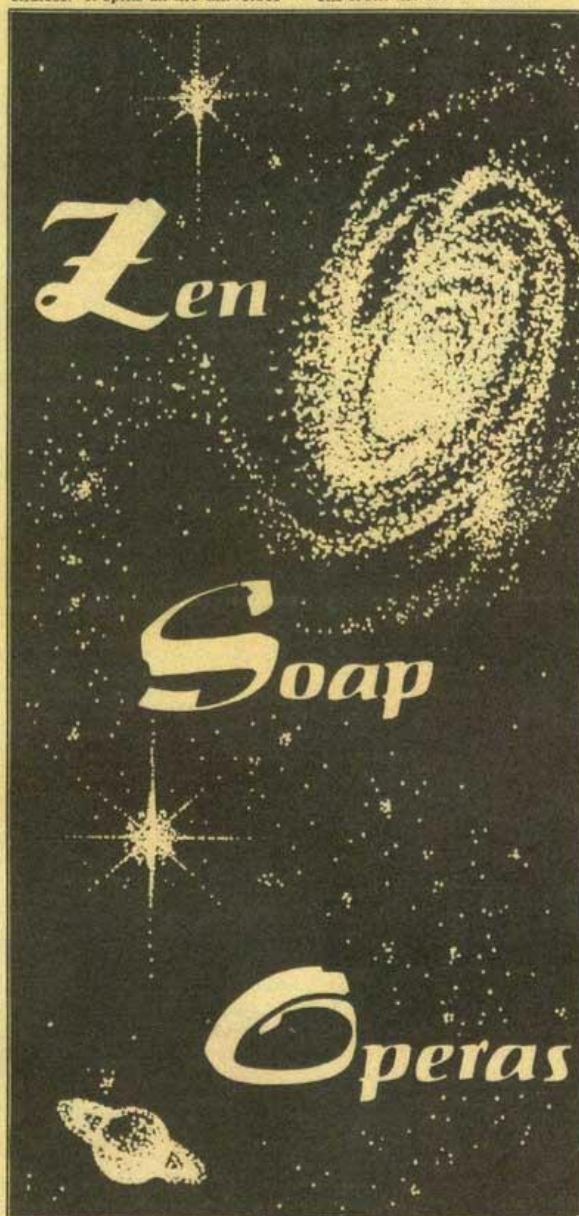
into existence. It creates them, sustains them and transforms them. It gives them birth, death and rebirth.

Nirvana lies beyond Dharma—although you must ride on the wheel of Dharma to reach the beginningless and endless ocean of Nirvana.

For them there are no yesterdays or tomorrows.

There are no rivers or lakes, no streams or skies, no women or men. No worlds, galaxies, spiritual planes or lokas.

There is nothing because they no longer exist.



Self Discovery Throws The Ching

Dear Self Discovery,

Every time I chant the mantra "Kring" to invoke the Goddess Kali, I catch on fire. Is there something I am doing wrong?

— Burning with Aspiration

Dear Burning,

Self Discovery threw the "I Ching" for you and we came up with the following two Hexagrams.

The Answer: Hexagram 111



Bad Karma

The Sequence: In your last lifetime you were a professional poodle hunter. While this in itself was not necessarily bad, you made a serious mistake when you shot Emperor Wang's youngest son before he had finished paying off his student loans. Because of your error, you have transgressed the laws of the universe and have received a heavy load of bad karma. Thus you end up with the hexagram, Bad Karma.

Miscellaneous Note: Bad Karma means you screwed up.

The Image: A man with no quarters who is chained to a Pac-Man machine.

The Judgement: Bad Karma. Nothing that would further. The Ridge Pole is atomized by a turbo laser. If you think things are bad now, just wait. The North is not safe. Neither is the South. As a matter of fact, there is no place you can escape to. The perseverance of a kangaroo won't further. The only thing that you can do is grin and bear it.

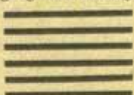
The Lines

Five in the second place: Flying fish pass you by. It's all over now. A lone duck loans you five dollars. But it turns out that he has a counterfeit bill.

Three in the fourth place: The horse you put all your money on turns out to be dead. You lose your shirt and catch a cold. Just when you think things can't possibly get worse, they do. If I were you, I would apologize to the Emperor.

Eight in the Sixth Place: Lots of dragons in the sky. They are coming for you. If you want to know the way out, keep reading.

Changing into Hexagram 222



Fettucini Alfredo

The Sequence: All bad karma is dissolved by throwing an expensive dinner party for the Cosmic Deities. They are particularly fond of Italian food. Thus there follows the Hexagram of Fettucini Alfredo.

Miscellaneous Note: When paying off karmic debts, spare no expense. An outstanding dinner party can make all the difference.

The Image: A large plate of steaming noodles with a fine cheese sauce. In the distance is a hearts of palm salad. Nothing but calories.

The Judgement: When in doubt, eat. Thus by throwing an outrageously fancy dinner party for the cosmic gods, the superior man escapes by the skin of his teeth. No pun intended. The great approaches and the poor eat at home. In times of abundance, take care of your friends. In times of difficulty, hide. Nothing that would not frighten.

Well, Burning, I would say that you got off lightly. In the future, I would meditate on broccoli with hollandaise sauce and pray for protection. Good luck, and keep cooking!

Dear Self Discovery,

When I look in the mirror I don't see anyone. Does this mean I have attained Illumination?

— Count Dracula

Dear Count,

Self Discovery threw the "I Ching" for you and we came up with the following two Hexagrams.

The Answer: Hexagram 99



The Burning Waffle

The Sequence: When all else fails, follow directions. The chef takes the day off and the dishwasher cooks. In his haste he butters up the manager instead of the grill.

Thus there follows the hexagram of the burning waffle.

Miscellaneous Note: The burning waffle indicates a poor choice in restaurants.

The Image: A man throwing his plate at a waitress. The image of the burning waffle.

The Judgement: In days of old the Kings ate waffles on Sundays. On Mondays they ate Sundays. The little fox goes shopping at J.C. Penney's, but if she gets her tail caught for shoplifting before leaving the store there is nothing that would further.

The Lines

Nine in the first place: Spare the rod and spoil the Roshi. The situation is really difficult. That which appears to be is not, and that which is not can't be. Thus the Roshis of old invested heavily in rice futures and kept the rest of their assets formless.

Six in second place: Lox and Bagels. Good manners and heavy tipping will help even the most intractable waitress. Avoid waffles and other fried foods.

Nine in the sixth inning: The restaurant burns to the ground. Thus the owner collects insurance and opens a sporting goods store. Walk softly and carry a mongoose.

Changing into Hexagram 99



The Friendly Tunafish

The Image: A soy tuna burger on lettuce with lots of mayonnaise.

The Judgement: Charlie the Tunafish attains Liberation at long last. If it can happen to him, it can happen to you. Great Good Fortune!

Well, Count, from a careful analysis of the Ching, we feel that while you have not attained Illumination yet, you're getting closer. Good luck and keep trying.

Journey Through The Void

With Atmananda—Dr. Frederick Lenz



ATMANANDA—DR. FREDERICK LENZ

OBJECTIVES

- To find my students from past lives and finish their Liberation.
- To meet new persons who are interested in studying the meditative arts that lead to Illumination and Self Realization.

EXPERIENCE

- 1631-1675 • ZEN MASTER, Kyoto, Japan
- 1602-1671 • HEAD OF ZEN ORDER, Kyoto, Japan
- 1725-1804 • MASTER OF MONASTERY, Tibet
- 1834-1905 • JNANA YOGA MASTER, India
- 1912-1945 • TIBETAN LAMA, HEAD OF MONASTIC ORDER, Tibet
- 1950- • SELF REALIZED SPIRITUAL TEACHER, DIRECTOR OF SPIRITUAL COMMUNITIES in San Diego, Los Angeles and San Francisco

EDUCATION

- 1973 • B.A. with High Honors, University of Connecticut
- 1974 • M.A., State University of New York at Stony Brook
- 1978 • Ph.D., State University of New York at Stony Brook
- Member of Phi Beta Kappa

PUBLICATIONS

- 1979 • LIFETIMES: True Accounts of Reincarnation, Bobbs-Merrill Co., Inc.
- 1980 • TOTAL RELAXATION, Bobbs-Merrill Co., Inc.
- 1981 • MEDITATION: The Bridge is Flowing but The River is Not, Lakshmi Press

LECTURES

Over 700 lectures around the world including:
Harvard • Heidelberg
United Nations, Geneva, Switzerland
UNIVERSITIES OF: Connecticut, Colorado, California, Illinois, New York, Vermont, New Hampshire, Oregon

MEDIA

Over 400 appearances on T.V. and Radio including:
The Phil Donahue Show
The Toni Tennille Show
Good Morning Washington
Chicago Today
AM San Francisco
Mid-Morning Los Angeles
Washington Post, San Francisco Examiner

Travel to and beyond the known horizons of your mind and experience Self Discovery through the personal, spiritual teachings of Atmananda—Dr. Frederick Lenz.

During meditation, he enters into Samadhi and directly channels Peace, Light, Power and Ecstasy to you. This experience adds to your well being and increases your spiritual awareness. You will then be able to enter into the supraconscious states on your own more easily.

Be prepared to experience an incredible evening and even more extraordinary tomorrows by attending the following workshops:

WORKSHOPS

TUESDAYS • 8:00 P.M.

March 2, 9, 16 • Village Assembly

March 23 • Convention Centre

April 6 • Village Assembly

April 20 • Convention Centre

VACATION VILLAGE

1404 West Vacation Road
Mission Bay
SAN DIEGO

April 13

HYATT ISLANDIA • Regency Room
1441 Quivira Road • Mission Bay
SAN DIEGO

Donation: \$4.00

For more information about Atmananda—Dr. Frederick Lenz, send for a free brochure, "Pathway to Enlightenment."

Lakshmi®

A California Corporation
P.O. Box 2229
Del Mar, CA 92014