



THE MAGICKAL PASSES

WESTERN TAI-CHI

TENSEGRITY SERIES II

THE CENTER FOR DECISIONS

In the Magickal Passes for the Probationer, we focused on the idea of manipulating energy in order to restore the body and the energy fields that animate it to a more perfect dynamic. Now, we move our focus to another area of the elemental plane, which is known as Malkuth. There is a binding force (Sunoches) that coagulates energy fields into concrete, functional units, such as the human body. This might be akin to what physicists are calling 'Dark Energy'¹. Certainly, this energy creates forms, such as the holograms that are the forms of consciousness that make up cell life and are expressed in the signs of N.O.X.

We will now deal with four more ephemeral energy centers that comprise a subtler plane than the focus of the physical organs of the body. These are intended to help us with the reception of impressions that is the work of creating the Pantacle. 'Intending' is the act of enriching sensory data to bring the point-of-view or one's co-ordinates in the Universe to a state of pure perception. The act of 'Seeing' is to be able to apprehend this energy in the specific configurations that it presents itself. The influx of electromagnetic energy is turned into sensory data by the body and is then interpreted by us as all that exists. But the sensory data is not the energy itself. The Magickal Passes are designed to help us apprehend energy in its actual form.

A note on the Center for Decisions. It is located on an area at the crest of the sternum at the base of the neck; called the "V Spot"² as it is where the clavicles meet; forming a "V". By attracting energy to this area, we get the capacity to make decisions. The Passes found here are designed to attract energy to this area of the aetheric body. The average human being can't make decisions, which is why corporate institutions have been created, to make decisions for them. This is the tyranny of the machine.

Recapitulation – Understanding the Pantacle. There exists in the Universe, an immense conglomerate of energy fields, called the 'Eagle' or 'Dark Sea of Awareness' that we may also call the 'Universal Mind.' This force lends awareness to all living beings, each being enhancing that awareness with their particular life experiences, until a moment when the life force demands its return. These life experiences can be separated from the life force through the process of Recapitulation. In this way, the Eagle gets the experiences and the being is enabled to retain the life force. This is what exoteric religion has called the surrendering of one's life unto God. These experiences need to then be re-counted and discarded. Those who can't do this, die the death as they surrender both the life force and their experiences.

We are composed of a number of separate entities; each a life form on its own; the lungs, the heart, stomach, kidneys, et al. They often work independently and are in need of a greater level of consciousness in order to work in harmony with each other. This is the nature of the work of the Supramental Yoga taught by Mother and Sri Aurobindo. The moment of death unifies them all into one single entity; Death

¹ N.O.X.

² The Vissudha Chakakra

being not an annihilator at all, but a unifier. Awareness then becomes an entry into an evolutionary process. At the point of death, one can be transformed into an inorganic being, which is the evolutionary leap.

This inorganic world is the “twin” world to the organic one; occupying the same time and space. This idea is to send Universal Mind a facsimile of life’s experiences; a facsimile of one’s awareness by inhalation and exhalation. By recapitulating, we re-live every experience we have had to move the assemblage point of the energy field of the soul to the position it had when the event occurred. This gives our ability to perceive, a fluidity to overcome the habitual cognition that is held in place by the assemblage point in the present. The awareness formed from this can then break the bonds that hold it and move to other modes of perception not dependent on sensory data. In order to approach this, one should:

1. Make a written list of everyone you have ever met.
2. Recall every experience with that person, from the last to the first experience.
3. Be sure to recollect all pertinent details, including a complete rendering of the environment within which these experiences occurred (articles in the room—paintings, lamps, furniture, et al.)
4. Project into these memories from your asana.

The Magickal Passes of the Center for Decisions

Making the right decisions is learning how to listen to the -----.

1. Bringing Energy to the Center for Decisions with a Back and Forth Motion of the Hands and Arms.
 - A. Shoot arm out at 45-degree angle down while exhaling. Inhale while raising shoulders and retrieve hands to sides of chest. This should also be done reversing the breathing pattern.
 - B. Repeat again, but with the palms turned upwards.
 - C. Just like first two movements except when hands reach fully extended position, two circles are drawn with hands and arms going away from each other approximately six inches outside width of rib cage.
 - D. Same as above but with the palms turned upward.
2. Bringing energy to the Center for Decisions from the Midsection of the Body, Shoulder Blades and Stirring Energy around the Center for Decisions with a Bent Wrist.
 - A. Arms bent at elbows and held at level of shoulders; fingers pointing towards V-spot, without touching it. Arms move in teeter-totter fashion; from right to left by contracting stomach muscles, which move mid-section from right to left.
 - B. Arms bent as above but the shoulders are rounded so that elbows are drawn forward. Left hand on top of right with fingers held loose and pointing downwards V-spot. Chin juts out and rests on hollow spot between thumb and index finger. Bent elbows are pushed forward, extending the shoulder blades, one at a time to the maximum.
 - C. Hands as above but gently curved. Hands move gently, first left then right, as if stirring a liquid by extending whole arm laterally and bringing it back. Then left and right arms individually strike forward using wrist and back of hand as striking surface.
3. Transferring energy from the two centers of vitality³ on the front of the body to the Center for Decisions.
 - A. Both hands are brought to the area of the pancreas and spleen, a few inches in front of the body. The left-hand, with palm turned upwards is held four or five inches below the right one, which has the palm turned downwards. The elbows of both arms form a ninety-degree angle. The left hand

³ 1. Pancreas & Spleen; left side of the body

2. Liver & Gallbladder; right side of the body

makes two inward circles, one foot in diameter around the pancreas and spleen. The right hand then shoots out to arm's length in front of the liver and gallbladder.

- B. Bring both arms to the right side of the body, reversing the palms and vertical positions. Perform the same circular motion with the right hand around the liver and gallbladder. The left hand then shoots out to arm's length in front of the pancreas and spleen.

4. Bringing energy to the Center for Decisions from the knees.

- A. The left hand, palm facing downwards, the arm drawing two circles about a foot in diameter in front of the V-spot; a bit towards the left. The forearm is then raised to the level of the shoulder and the hand strikes away from the face, diagonally to the right at the level of the V-spot, with a flick of the wrist, fingers curled to palms, as if holding a whip.
- B. Repeat the same with the right hand.
- C. Take a deep inhalation and exhale as the arms slide downwards towards the knees with the palms facing upwards.
- D. Take a deep inhalation and raise the arms overhead, the left first and then the right, until the fingers rest on the back of the neck.
- E. Hold your breath as the top of the trunk teeter-totters three times with the left shoulder going down first.
- F. Exhale as the arms and hands move back downwards to the knees with the palms facing up.
- G. Take a deep inhalation; exhale as the hands are raised to the level of the V-spot, with the fingers pointing toward it and without touching it. Inhale and exhale bringing the hands back to the knees.
- H. With a final inhalation, raise the hands to eye level and return to normal position on the exhalation.

The next three Magickal Passes transfer energy that belongs to the Center for Decisions from frontal edge of the aura, where it has accumulated, to the back and then back to the front. The energy travels through the V-Spot, which acts as a filter, utilizing only the energy proper to it and discarding the rest. It is essential to perform these three passes as many times as possible.

5. Moving energy through the Center for Decisions with two blows.

- A. Take a deep inhalation, exhale slowly as the left arm strikes outwards at the level of the solar plexus; with the palm turned upwards, flat and with the fingers together.
- B. Clasp the hand into a fist and move the arm to strike backwards at the level of the hips. End the exhalation with the opening of the hands.
- C. Inhale deeply and exhale slowly while the open palm taps ten times, as if hitting a round, solid object.
- D. Inhale and clasp the hand into a fist, moving the arm to the front in a swinging punch that strikes an area in front of the V-Spot, an arm's length away. Open the hand as if releasing something held in it.
- E. Exhale and move the arm down, back and then overhead and strike with the palm down, in front of the V-Spot by the end of the exhalation.
- F. Repeat the above sequence with the right arm.

6. Moving Energy through the Center for Decisions with a hook of the arm.

- A. Inhale deeply, and then exhale as the left arm moves forward, with the palm facing upwards. Clasp the hand quickly into a fist and rotate until the back of the hand is turned upward and then strike over the shoulder to the back. The fist palm faces upwards. Open the hand and turn to face downwards as the exhalation ends.
- B. Inhale deeply, and then exhale slowly as the hand, make into a downward hook, scoops three times, as if rolling a solid substance into a ball. Toss the ball upwards to the level of the head and with a flick of the hand and forearm, so that the elbow forms a ninety-degree angle, with the palm

- facing upwards. Turn the hand outwards to form a hook and move the arm to the front and to the height of the right shoulder, with the arm extending and forming a hook, so that the fingers point to the body.
- C. Move the arm down, to the back and overhead, and strike the palm flat and forward, with great force. The whole body will shake as the exhalation ends.
 - D. Repeat the above sequence with the right arm.
7. Transferring energy from the front to the back and the back to the front with three blows.
- A. Take a deep inhalation, and then slowly exhale as the left arm strikes forward, with the hand open and flat; palm turned upwards.
 - B. Clasp the hand quickly into a fist and retrieve as if to deliver an elbow blow to the back.
 - C. Move the hand laterally across the body to the right and deliver a punch with the forearm rubbing on the body.
 - D. Retrieve the arm again, as if to deliver an elbow blow to the back.
 - E. Extend the arm and move outwards to the left side and to the back as if to deliver the fourth blow behind the body, with the back of the fisted hand. Exhalation ends as the hand opens.
 - F. Take a deep in halation, and then exhale as the hand, bent downwards into a hook, scoops three times. Then grasp with the hand as if to clasp a solid object.
 - G. Swing the arm to the front at the lever of the Center for Decisions, and continue to the right shoulder.
 - H. The forearm makes a loop upwards and delivers a back-fist blow to the area in front of the V-Spot, an arm's length away from it.
 - I. Open the hand and move it down, behind the body, then overhead with the palm facing down, and smash in front with a blow of the open hand; arm at shoulder level. The exhalation ends here.
 - J. Repeat the above sequence with the right arm.