

# The Most Important 2nd Lesson

*Primer to The Living Magic Way™ Training Programs*

**Cael The Shaman**

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Well Just Fuking great! You again!... Well Good! Now I know you are sorta serious about this thing I'm teaching you... Just maybe I will make a spiritual master out of you yet...KA!

Cael The Shaman  
1234 Main Street  
Anytown, State ZIP  
[www.example.com](http://www.example.com)

*The Living Magic Way™ Training Programs, are all  
facilitated by The Living Magick Soul Tech Academy™, a  
division of Living Magic™*

*I have taught hundreds of students and mentored many!  
But I will - to thank all of you, for it was you who made me  
have the need to write all this shit down! So I could lavish in  
a life of just paying attention to me for a gawd dam  
change...KA!*

*You know I will still move Universes for you so don't you  
EVEN dare to front!  
LOVE*

# Prologue

YOU ARE AMAZING

YOU ARE GREAT

YOU ARE EPIC

YOU ARE PROFOUND

YOU SIMPLY ARE...

Interestingly enough, if we are to make true spiritual progress in the face of absolute anarchy in our world, of soul, mind, spirit and body, we have to have some sort of catalytic statement that allows us to be able to recall why we choose to *one-up* ourselves, forcing a zero-plateau policy within our daily lives.

This is the most important attribute I have observed with highly successful people! They take no prisoners, give no quarters! All out decimation; rules of engagement are: fire at will, neutralize all in your path!

Of course these are strong words when it comes to thinking about personal transformation, reformation and progress. A very different approach to the modern day caveats of lets coddle... lets gently persuade etc... I have had the misfortune of watching this softer version play out over my lifetime so far... and the results are atrocious! The modern generation is hell bent on the "kill if i can get away with it" mentality, because "I befriended you when I saw what you have, that I want to take from you" - position in life!

There is a middle ground between the harsh and the soft approach and that is what this 2nd lesson about about. By following what seems to be completely unrelated, we achieve the goal! Self maintained & regenerative Success, Abundance, Happiness, Fortitude and Freedom.

Let's get into it!

# Chapter 1

## SENSORY AWARENESS:

### Physical



*“Touch me or not, See me or don’t, Hear me or fade,  
Smell me, unscented, Taste me, nectarless, Am I -  
too you”*

Contrary to popular belief, as you read this every part of your mental faculty is fully engaged in the operation of your physical body. You are engaged in blinking, micro-movements of your tongue as you mentally silently read these words, emotive reflexes in your facial muscles as you r body tells you how you feel about the information you are listening to etc.

Contrary to popular belief, you do not ever experience a vacuous moment in your lifetime because, there is always some part of your mental cognizance that is devoted to a part of the overall operation of your physical body! It is a most impressive system and this is something to consider quite deeply!



Every time you blink science says it's involuntary, but I pose this question to you - what if you could control it? What if

you were able to identify the muscles that are responsible for the diaphragm and control its natural arch into a malleable form that is to your will and liking? Well many in the oriental states and in some of the desert topographies dedicate their lives to this study. And it is possible!

This is a form of asceticism, which is the study of removing a component of survival in exchange for personal power. The body is a walking, talking, expressive sensory inducted machine! And so the first place to start the spiritual journey is to be aware of your physical body.

In understanding how each of the physical sensory organs operate and function by the second, then we are able to understand how to negotiate when our physical body is communicating to us about any malfunctions happening within it. When we are paying attention in this way, we can even tell in finite terms, where the disturbance is coming from! Our bodies are that capable of sensory calibration from the physical point of view! Let's briefly talk about some of these.

*Our eyes -*

are projectors... Yup I went there! but according to my mentor we 'see' internally based on our senses. And project what we see out through our eyes. This is the reason that our brains have to turn the picture the other way around from how the lenses in our eyes refract and process images. We are technically blind to the material world and so it is easy for use to completely miss things that are right in front of us as a result of this situation. We can only see what we are aware of within our scope of understanding. If we are not aware of white Toyotas, while driving we do not see them! The moment we become aware of them through the desire to have a different vehicle - from that moment after our first

introduction to that white Toyota, its just about the only thing we actively 'see' on the road!

This is because we are projecting the awareness to be open to what others are projecting! This is why in the practice of manifestation, it is so important to have a 'vision board'! it is because you need to see what it is you are manifesting, and based on that frame of reference then you can project it into the... well into your known universe! And upon taking ownership of it, you are able to facilitate the transfer of ownership of these projections from one person to the other.

When you buy a house, it has already been built! It was projected from that owners mind, and stands solid and visceral and in fixed reality! When you become aware of it through desire, you have the opportunity to claim ownership of it, and by extension 'import' this projection into your framework in order to have it now project from your mind exclusively. This challenging operation happens so smoothly because of practiced repetition!

The logical question is then how do we actually see. Well with out minds of course! It is our physical brain that interprets the sensory input that our physical bodies receive as a transmission and more forward from that point. When the the parts of the physical brain that are responsible for 'seeing', get damaged, it is almost with immediate effect that sight is affected! Even something as a light concussion creates a disturbance in the vision! Internal brain organs are shaken to their core and create something akin to cross-patterning there by blurring the vision.

Light is in waves and these waves are vibration and those vibrations can be created by anything that has the ability and capacity and or sentience to be in motion. And wouldn't you know it? Science has already proven that there is nothing in

our existence that is at a perfect stand still! Everything is ... IN MOTION. And that means that everything is creating vibrations which then create waves and by extension create light! Therefore we are all projecting light! and these light projections are sensory-magnetic and permeable and these two additional states allow them to be transferrable from one sensate to another. That is how we can all 'see' the same thing as a shared projection experience, due to the permeable nature of vibratory light-wave projections!



*Sound is -*

Another beautiful sense that also flows and functions on wave technology! And that being said, it follows a slightly different path that is opposed to the projected articulation of our eyes. Our ears do indeed capture sound and are tuned for receiving these vibrations in ways that have not be explored before.

Our physical brain is still responsible for the interpretation of the frequencies received, as well as the interpretation of the carrier signal that encapsulated the sound waves. These are of course just two parts in combined system that comes together to form a complete sound. I talk more about this in my book and course Step to the 6 Senses.

In the Kabbalistic system of learning, its main focus is on sound and that of the original creative sound that formed the world according to the a slightly altered biblical version of creation in that system. The beauty behind this, is that science today has discovered that the world vibrates and each vibration does indeed have a sound! And the amplitude of each sound in its purest form is something worth crying over! As a Shaman I am taught to have this keen sense of

hearing and also listening. As I do so with my physical sensory tools and ingest the many facets of each individual sound coming from nature. I feel the vibration within and allow each to share its content with me in subtle ways that exponentially are profound! This course is built on the premise that everyone that is engaged in the material can indeed achieve this state of highly sensitive sensory perception without any adverse side effects!



*Ahhh the glorious Nose! -*

Our nostrils are the subject of kings and queens, tailors and sailors, jesters and courtesans, the cultured and the affluent alike. It can be a monstrosity or petite and noir. It has been employed in the most coveted industry on our planet *Eu de Toilet!* The very existence of the word effervescent was catapulted into our psyche because of our nose! It is a status symbol and the focal point of ridicule! The nose is physically in front of you where ever you go! And that is what it is a most important aspect of the sensory system.

Essential oils as an entire industry, almost trumps spirituality in its effectiveness on bringing our body into a state of health. And all because of the application of effective sense of smell accompanied by molecular physical healing properties in these compound fluids!

Let me draw another reference. The smell of freshly baked apple pie can drive your palette crazy to non-stop salivation, or if it was attached to a bad memory or a sad one, it could cause you to burst into tears! This is the power of smell, and as a sense, it must be regarded as one of the most powerful,

as it can also awaken you from a fully unconscious mental and physical state to complete wakefulness (smelling salts).

Every smell we have in our memory catalog is locked onto a very specific event. And the exact way in which we respond to any situation in life that is remotely similar, comes from that original codification of the memory of that first event! This is how powerful the sense of smell truly is!

So allow me to expand on the above statement about the codification. If you suffered a trauma where, you were hurt and some part of you was critically damaged, and it so happened to be near a house where someone was baking a sizeable batch of apple pies, this registers in your mind!

Here is what's even more bewildering, you may not even recognize that there was apple pie being baked! But our senses pick up everything especially in a heightened state where there is trauma! You may never know why years later, you truly despise - apple pie!

Even though this is a stretch of the imaginative abilities... you can draw your own personal references from this, in an attempt to suss out why you truly don't like something or someone in your life. And yes this happens with people too! It is a well know scientific fact that babies even though we believe they may not remember, they are deeply affected by emotional traumas, and they present the effects of these traumas in a multiplicity of ways in adulthood that needs addressing. I'm no stranger to this effect!

*On the note of babies lets talk about Touch -*

Our world today is sooo obsessed with not having it! Touch is essential to life! Experiments have been done many years ago where babies were not giving any emotional touch

and they did not thrive! Meaning that outside of changing their nappies, they were fed without holding them. Yes this is a macabre way of understand the importance of this. However the experiment was for the harsh proof of the importance of touch!

Fast forward to where our sense of touch has been directed in today's world - we are allowed to touch the shit out of screens! This science portends that '*galvanic skin response*' is more important for human livability! Our sense of touch has been meticulously redirected to interacting with an electronic device that only responds by, - taking information!

Here is the problem with this method, the return data is giving visually! Not in the same way it was received. Now as unsavoury as this next mention may sound, it is very important! The Porn industry has always thrived on physical touch and the sensation of it. Properly displayed, it will incite you to do one of two things... mimic or be revolted. I suggest that this is still acceptable in comparison to the subliminal revolt of today's world about touch!

There must be a balance as with all things! We should not be so heavily dependant on ***emotional-tactile dysfunction (ETD)***. This is a term we have coined here at Living Magic as a result of this epidemic!

So here is where the middle ground is on this topic. First, understand the mechanism that is used to facilitate this Galvanic Skin Response use in technology. Our skin is the largest organ in and on our body! If it is not cared for, then we loose the ability to breath clean air within our bodies! Yes your pores in your skin also 'breathe'! And when they are not clean they are indeed clogged! And that stop up the elimination system that is built in!

If your skin is not clean You have immediately cut yourself off from the fastest way of ridding your body of toxins! That's how serious we are talking here! And as your skin gets deliberately muted so does the part fo your brain that is used to sense the organic input from your world around you! So even though it seems like common sense. Keep your skin CLEAN!

The next point is to know that your skin has elasticity built into it. So that has to be maintained. Let me be clear about this.. it is not 'stretchy' or 'saggy' or any other reference that implies this. Your skin is elastic, which is very different in that it will return to its original position with the same tension and tautness before being elasticized. This is what must be maintained... this elastic feature. And to do that ...a great diet is the most of what you need... as opposed to tons of lotion! And if you find that you are pretty obsessed about dry skin it is a testament to improper diet that does not provide your body with the right material to create secretions that act at an emollient to your skins optimal health! Eat right to keep your skin flawless, its that simple.

Ease up on the makeup! Yes I know that I probably lost you with that... but beauty is a nomenclature in our society anyway... so better to have great skin which automatically improves beauty, than to have the latest and greatest make up that is going to for sure destroy your skin... take it or leave it, Only way to know is to see what you look like in 20 years! Just saying...

From the mental and thoughtful point of view, it would be critical to be able to learn your own personal galvanic kind response to stimuli in its entirety! In my practice I have had at least 95% of women that have no idea how they feel when any particular part of their skin is touched!

Let me expand a little on this so you really get this point i'm making.

Sex and sexual activity is not the only reason to know how you feel when touched! But since this is where the majority go in their mind after reading that statement... I will engage!

So you want to have great mind blowing sex with orgasming that rivals those old-school wind up chattering teeth toys! You want orgasms that redefine the meaning of convulsions. You want to experience at least one moment that last so long that you can't tell if it was just one long orgasm, or a series of ever increasing uninhibited full bodied speech impediment inducing flailed eye popping Orgasm!

Well if you have no idea what you feel when you are touched in anyway on any part of your body. How are you going to recognize the build up to that moment so that you allow it to happen! This is what many women who experience 'lock-up', where they won't orgasm with a partner. The careful and deliberate research style information gathering of how you feel when touched on your entire body from head to sole of your feet will cure this. As I have been able to see within practice.

It is a great exercise to engage in with your partner or someone that you can trust to gather the data with impunity and complete the process without actually engaging in sex. Even though the whole process is stimulating, it is this heightened state that allows and afford you the most data of exactly how you feel! That is the point! This brings us back to elasticity!

When as a woman you are emotionally engaged in the freedom to experience sensual touch, for the the purpose of ending in a beautiful orgasming release, your body produced the right amount of viscosity to facilitate a pleasurable

penetration and the added benefit for couples trying to impregnation, the cervix is wide open and easier to thrust into. These are well tested experiences. Now to be emotionally engaged in that kind of freedom you must also have personal self acceptance under control. Which is addressed in the course you are about to participate in! So don't worry we have some amazing tools for you!

*While we are on this subject, let's Taste shall we?*

I love the mouth! It is so invaluable, spiritual, sexual, sensual, inspirational, corrective, constructive, and poignant among other things. I could probably end it there...hahaha! But since I offered to share my thoughts with you on some all-important, pre-conditioned statements in order to learn from my experiences as a Shaman, (taking a breath)... I will continue...

If the above was not a clear enough example of the mouth in action, well let me further explain...

The mouth has a buddy. One who has been with it from the dawn of time. In an infant, it is one of the organs that develops right alongside the digestive track - which incidentally, is the first thing that gets formed after conception... yuppers the old "mouth meets butt joke!" But it is a fact that the digestive track is one of the first to get formed! And once it is fully extended, the head gets a mouth and tongue locked and loaded in the pattern before much else! Our sensory system develops around the thing that is meant to help us Die or thrive! Go figure!

Spiritually speaking though, The sensory effort it takes to hold ones tongue is nothing short of a miracle. When you become spiritually enlightened, injustice will not prevail around you! It just... does not... happen! No matter how you choose to respond, what is noted, is that You Respond!

The mouth is the Earth element in the head. And as such, a result it will always bring to your thoughts is, solidity. And it will make them concrete even when you don't want them to be (verbal diarrhoea).

As far as the universe is concerned, our mouth is an instrument of creative sound. We were and are still to learn

the proper articulation of sound too physically create! In so doing, we will become more adept at corrective living, until we are able to progress to thriving through manifestation.

Just like with the sense of smell, taste, has an equally powerful memory lock. That is why we remember or choose to vehemently forget our first kiss! Or why we refuse to eat broccoli, or have issues with certain food or other palette type textures! It is with the aid of the tongue that these experiences are made possible.

In the Master Healer Program we go in-depth on this as well as in the Master of Practical Magick Program. In my book Step to the 6 Senses, I give details on exercises to awaken all of these senses, including the next up...

*The sixth sense...*

Living in our world today requires savvy! And that is probably an understatement. There are so many languages of an unspoken nature, and in most cases they go unseen to those without the aptitude for awareness, it is at best, overwhelming - or is it??? Maybe the sly and despicable want you to think that it is??? The very existence of this type of phrasing and mindset is the proof that it exists.

You may ask why I bring this up? The answer to that is simple. You have to ask yourself: What is the guiding principle behind the things I do? If you can answer this in a healthy and well informed way then, that gives you an advantage over 80% of the population. Because it identifies that you are an ardent practitioner of mindfulness as it is called in todays world of catch phrases, clickbait and hashtags!

You see mindfulness is that act of being consciously aware of everything about them and in order to be able to be successful at life you must pay attention to it! This way you

will be consciously aware of when things change and you can roll with the changes as they come. When you are paying attention to the world around you, with the use of all of your senses, you can see everything in ways that you have not before. The human psyche is a fascinating thing that can be intriguing to watch or appalling to have witnessed. Even that is dependant on your point of view.

What I'm presenting to you is that your sixth sense - Intuition gives you the tools necessary to formulate a point of view based on all of the 'experiential filters' that you have consciously brought to the forefront of your mind. These filters consist of all of your actions and reactions to the events that were new at one point in your life. They were developed from how you chose to act or react to the new event. You may believe that you had no choice but to act. But the harsh truth is, we all can choose how we act and or react to a situation in our life... But there is also another choice: inaction! Doing nothing also satisfies the required answer to the question - What are you going to do about it?

# Chapter 2

## SENSORY AWARENESS:

### Subtle



*Crafty is cunning and Cunning is wild, but trumps  
them all is a wry smile!*

There is nothing more enticing than a girl who acknowledges you looking at her, with just the slightest of smiles as her head ever so slightly tilts in your direction! She knows to be discreet, and understands the art of body language to the effect where you can both carry a full-bodied engagement and be married the very next day!

This may seem far fetched to some of you. But yes this happened to me with my wife. We did wait a few years to get married though! The acknowledgement I gave was enough to inspire the toppling of kingdoms in her, and she was kind enough to return them before I could complete my grand overture!

When we talk about the word ‘subtle’, we are indeed speaking on the ability to be so sensitively tuned into the world around us, that we innately understand how it works and we know when to abide by its laws and when to become a creator of laws! This kind of inspiration is rarely found in

humans anymore, but where you do find it - it is as rare as a natural red diamond!

It takes real care, and a daring sense of accountability to be that tuned into the world around you. Care is the real juggernaut behind developing subtlety.

Allow me to expand. Let's be real with this ok? If you care about a thing, you pay very close attention to it... there is no rocket science to that. Everyone knows that if a girl is into you... there is very little pursuit! Let me go even further with this thought, to our primal selves - babies! When they get to the crawling stage... anyone who has kids and have had the privilege to be with them during this time knows!!!! They are 1000% in care mode only about what they are looking for or going after! And upon getting or achieving the goal their first order of business is to put that thing in their mouth! (I see it yes... but how does it taste???) It is just what babies do.

So here is the point fo this part of the discourse - You have to learn how to pay attention to the things that are considered otherwise meaningless to others. Because in the universe, these are the things that actually matter! The Sahara Desert sand can be found all the way across the globe in sand dollar crustaceans! because of large winds that blow them to those waters.

We live on a beautiful planet to learn from, that also deserves our undivided attention! It is this skill of observation, that allows us Shamans to learn intently how to pattern our lives into the flow, of a safe and harmonious path toward our own personal success.

In my book Step to the 6 Senses I take you through exercises that give you the ultimate series of exercises that regiment sensory training to an exact science of the arts of real true manifested magick.

So far, if you haven't noticed, I've been giving you blips of understanding about the relationship of the word subtly to spiritual mastership. And that in particular was for a direct purpose, if you have come up with certain questions and theoretical applications of this chapter that you definitely have benefited from this format! Thank you for paying attention!

If you haven't, then its just that you haven't gotten there yet to recognize the vocabulary involved, and that's ok. Sometimes it does take time to get it so don't rush or feel bad about that whatsoever!

# Chapter 3

## SENSORY AWARENESS:

### Mental



*Crept in, Slower that bleeds, Understand: Love in cartage, night capped in frustration; eyes strained  
- Breathe freedom!*

Science is still working through the bewildering plethora of nuances and ‘subtitles’ of the physical brain! Fortunately, it has been mapped and that map is constantly being updated. I share a standard version of this map in the Master healer course as well as the mentorship program.

So we all understand that there is a physical compartment in our body systems that handles ‘central processing’, of the entire conglomerate of the whole body. We also understand that being able to read this content means that there is a sentience that allows or more precisely facilitates the fluidity of this processing. It is the perfect filling system!

Here is something that I found super amazing about this physical connection and mapping. So in the middle of this physical mass are 3 relatable organs: The Thalamus, Hypothalamus and Epithalamus Together with the Pituitary, these are like the 4 horsemen in our brain! They control and regulate sleep, motor signals, sensory input from all sensory

organs in the body, sleep and circadian rhythms! They are in terms of spiritual the golden crux of consciousness! With these 4, we actually have a conscientious way in which we are able to fluidly interact with our external environment! It is with these that we create the most amazing experiences or monotone out existence with pragmatic melancholy! And... everything in-between.

So when you feel lack of sleep, it is for a real reason! You are not going crazy! There are real organs and body parts that are engaged in either avenging your honour, or just on a Caribbean holiday semi-permanently...lol! I know, I know, sleep deprivation is a real crisis for some... but what i'm saying by this is that you should rejoice in knowing what organs are responsible for the disharmony you are experiencing. That is truly exciting! It means that from the perspective of healing energetically there is a way for you to actually get sleep, avoid anxiety, circumvent sleep paralysis and re program your circadian rhythms!

One thing you have to know here is that everything starts with the physical in the context of understanding the tools you are working with. You see, in order to have a clear path forward in anything you have to be able to think clearly. If you are unable to think clearly for what ever reason that deliberately destroys all possibility of success! So understanding this mental aspect of sensory awareness and how your physical brain does signal distribution to and from your sensor input organs is vital... dam near critical! So Understand that even though I may through a funny bit ... or two, I'm very much in tune with how important this topic is.

Having suffered from dyslexia for most of my life, I have a personal vested interest in completing my own cure independent of all medical intervention, invasive or otherwise!



# Chapter 4

## THE HUMAN BODY SYSTEMS



*There is nothing more beyond the intuitive body.  
By its metal, by its bone, by its blood and stone, we  
perceive, move and possess our being!*

These are 12 physical and 14 built of energy. The 12 -

These are:

- Skeletal
- Connective Tissue • Muscular
- Arterial
- Venus
- Lymphatic
- Nervous
- Respiratory
- Digestive
- Endocrine
- Urogenital
- Integumentary

The 14 -

- Lung
- Large Intestine
- Stomach

- Spleen
- Heart
- Pericardium
- Small Intestine
- Urinary Bladder
- Kidney
- Tripple Heater
- Gallbladder
- Liver
- Governing vessel
- Conception vessel

So it's really important to also note that the 14 systems built of energy are named for the dexterity of showing that this is the energy that flows through that system as opposed to the actual organ named.

Every Human body part is responsible for expressing your developing spirituality. As all function of living starts with the control of the mind. And, the mind is controlled through the access of the physical heart that receives the binary program wave vibration from our sentience. That informs our DNA what to do next and the who system does this process billions of times per second!

So given that you understand now that you have to be fully aware of your sensory systems. It should be a foregone conclusion that the physical body systems and organs must also be a part of the consciousness. The most relevant healing system that attempts to invoke this process is called Bodytalk™. It is still incomplete as a universal system but it is definitely on the right path as an introduction to sensory mindfulness. This is a very short chapter because the majority of the soul technology that is applicable is divided

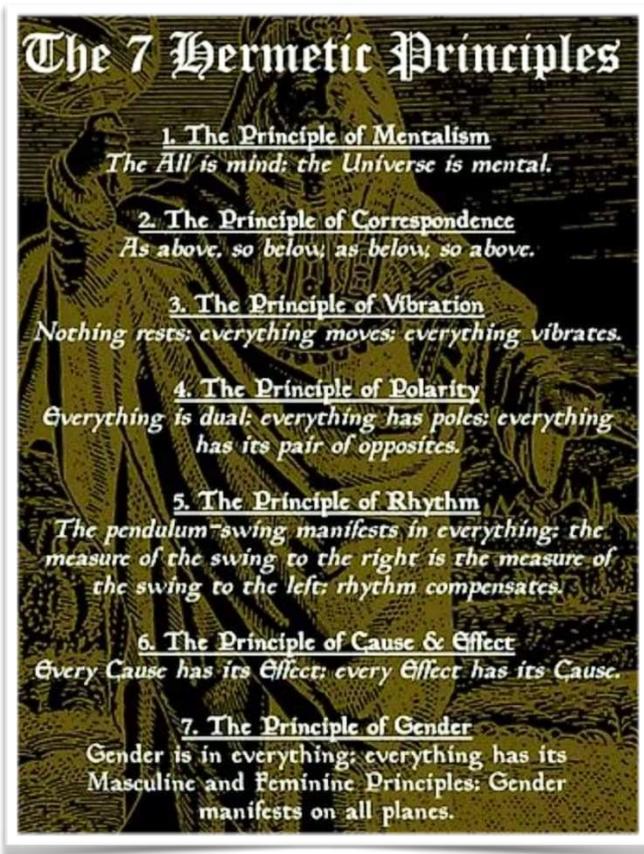
into its usefulness in each program. So this just serves as an appetizer to the main course!

# Chapter 5

## THE NATURAL LAWS



*This is the nature of things, people, creatures and sentience: We all are! We are all! All are we!*



This is one of the dearest topics to my heart. The reason is that when I came upon this information, I had not known about it... not even in passing, and when I read it... So many things in my spiritual life made sense in that very moment! It was like a Quaaludes-hit, timed perfectly to when sckrillix busts out the drop at an EDM 'get together'! For any who've experienced that... You know exactly what I mean!

I want to share some of my personal experiences of these laws in my life with you so you understand a bit better how practical they are in everyday life.

# 1st Law

## *Mentalism*

As I mentioned before, the Sanskrit says that the world is maya - illusion. This was interesting to me because it meant that my life was a lie! I didn't know how to take that. I feel everything around me... it all feels very real, so how could it be an illusion? Tis' a most interesting conundrum! So I did my best to understand it. Then one day I had a break through from my mentor pointing me in the right mental train of thought...

Based on the creation story of Divine Providence, I had to ask... What did existence look like before Divine came... and that is where I recalled the many stories told in the necronomicon - the Lovecraft version! And then, it totally made sense to me as to why those stories existed. The 'old ones' were sleeping in this corner of the expanse, and Divine did not perceive them! They are indeed older than Divine, and that very first iteration required very serious negotiation, because he had to come to terms with them being here first. So this sector became a shared space. It has been that way ever since. Now, here is how that tied into my understanding of the 1st law. It was because the old ones were asleep that there was nothing here. They chose to shut down thought, and disillusioned themselves by going inward. It is this skill, that Divine learned when he came upon the old ones, and struck this deal according to my mentor. When Divine realized that they were indeed that old, and had done exactly what he came to do and prove, he also learned that they were the first to do it! So his bargain was to learn, and they would have shared space to do with as they pleased. Until such time as they felt the prognosis was beyond an acceptable failure rate, the old ones were in charge of

maintaining this space. Of course Divine was eternally grateful for this, and this is how Divine learned that ‘*Space*’ was the key to stability. They taught him the practical application of “perpetual creator-ship”, whereby as long as his mind was completely clear then the art of focus was the result, or effect of such a controlled activity. This is where Divine was able to articulate these 7 principles that created the perpetual liveability of our existence.

Clarity of mind. Which according to our soul Carin birth, means that we - our sentience, must be fully capable of reversing obfuscation! That means, we were born with the capacity to self induce birthing our own sentience, without the soul Carin! Because all it takes, according to the 1st law, is a clear mind! We already know how to do that because it is how we entered our soul’s light-wave body! In our world today, the practicality is that everything that is thought about, if we focus and think it as a well formed thought-construct, it can indeed be manifested.

Think about the times in your life where you just had only a whimsical thought that appeared fleeting to you - but sure as shit, that thought manifested in your life! If you can recall that event, even if it was something that was minuscule, you will be able to understand how powerful this revelation really is. This is the level of power you have personally. I mean to show you how to remember to do just that again! All creatures have this ability, in all 3 kingdoms! And by extension means that all created life in this construct (maya), is made up of sentience! We are just getting started!

# 2st Law

## *Correspondence*

Our world is sadly haphazard about communication! We have limited ourselves to fighting for it, and fighting for the lack of it! Quite frankly it is disgusting. Interpersonal relationships are not what they used to be, everyone has followed the tipping of the balance, by fully engaging in the abject use of the least amount of the 2nd law as possible!

The law of correspondence is all about taking your full awareness and seeing a factual pattern in an action or series of actions and learning from that concurrent event and its effects, in order to create a pattern of success of your own.

This has been done for many many collections of lifetimes and this is how the greek were able to attribute different days to the various gods and goddesses. It is by looking at similarities between more than one thing, and finding the underlying patters, that you can learn to observe those patterns being expressed in other relatable and unrelated areas, and use deductive reasoning that says: based on the facts, when this process is undisturbed 'a' interacts with 'b' and c is a defined result, and you will also discover that it is repeated and repeatable. The law of correspondence then says a defined statement bringing a definition of 'c' into the consciousness. When you want to produce 'c' in your life... you know for certain that you need to have two components - 'a' and it must interact with 'b' to produce that result of 'c' - undisturbed!

This is what magickians strive for! The idea of the perfectly undisturbed thought process, that is clear and concise, and creates masterful manifestations.

As above so below, means that the various worlds are experiencing the same things concurrently, and just as succinctly as our materially slower vibration.

# 3rd Law

## Vibration

Well finally science caught up with this! Even the human form does not hold still. Every particle within us is constantly moving! And even at rest and sleep, we move, and live and have our being! (*a lil bible for you...haha*). But in all seriousness we are in constant motion - ever single cell. Now that is a great thing, and here is why...

So, on the premise that we are in constant motion, we can give ourselves permission to actually take the time, **to calm da fuk down!** It felt so freeing and refreshing to say exactly that!

Trust me we are indeed on a cellular level - in constant motion! So giving us the platform to be free is an absolute gift! The one creation that.



The heart is a vibratory tool as well... and its vibrational sequence is based on o's and i's. I like to dress it up with the music I listen too. But even with that, I am careful as music is the fastest way to imprint a vibrational program to portend control of a subconscious mind. This is one of the reasons that I have developed the tone sequences in our programs. They create a counteractive sequence that breaks the programming that we are barraged with every day, in an attempt to control our decision making processes.

The other things in our daily life that have vibrations... well everything! But the ones that are used the most are radio waves, colours, sound, light waves, resonance. So, always be aware of everything that you 'consume', while

studying, as it does have a direct effect on how you are able to study. Remember that the physical body does have its own karma and is prone to do certain things... that is a part of our mandate as a sentient soul, to harness and reign in this wildwood capsule we have for a low-vibratory physical body! And we are to make it bend to our will. That is why repetition works in establishing a habit or breaking one... the repeat of a process, corresponds to a vibration! Two laws at work at once!

# 4th Law

## *Polarity*

Everything has two sides... stories, conflicts, abiding by the law, breaking the law, darkness, light...

All things have a polar opposite infinitely.

It is this law that governs the truth behind angels and demons. There is no eternal glorious war between them! Never has been and never will be. They are polar opposites and so they must work together to facilitate any request that you ask of either category of being.

Here is how that works: You ask angel 'XYZ' to open the path way for you to obtain a new car, well he or she sends a 'requisition' to his or her counterpart, that he has an official request to open *this road* access that is being blocked to you.

Then, there is that all fateful question from the angel's requisition - are there any *liens* on this individual? Meaning... have you been a progressive human, working towards becoming better and evolving? If the answer is no, then the angel would find out what it takes to resolve the incurred karmic debts. Then they would strike a bargain on how it would be paid. All this time you are waiting for any confirmation that you prayers were '*even heard in the first place*'. This is the trust ,and truth of what actually happens. They both are obligated to assist humans to evolve by any means necessary!

So sometimes right after you ask for this new car, you life turns to shit... then you start thinking well... '*my angels don't love me no more!*' **So not the case!** Remember that guy you cut off in traffic 6 months ago for no good reason? And remember you didn't even apologize? Well guess what? Your antics made him late for a court date, that was an all important event to help him regain custody of his daughter

from an over controlling mother, whose intent it is, on being vicious! You made him late and the judge is a hard-ass, and so he did not give any grace period! He threw the case out and gave custody to the unbridled viciousness of a mother!

This man lost his daughter. So this man now is vehement! and curses you to punishment because he could have made it on time.

The devils advocate part is this: sure he could have gotten up extra early to avoid any mishaps... But what if he did and the magick of this vicious woman was just to influential into his wavelength to combat it...? so everything went wrong and he still ended up leaving the house late and ended up in your path... and you unconscionably cut him off!

See how that played out? So now that you are in your own bind, and ask for help. You will get the help... after the debt is paid... and what ever is left over is what you receive as energy to fuel the energetic purchase of your new car. So , sometimes, instead of a brand new car... it may only be a car that is new to you, or maybe even less, as in, the highest mileage vehicle at the end of its leasing life...

You have to live very conscientiously aware of what you do, as if you were the tiniest pebble being thrown into an expansive, calm, undisturbed lake! Where there is injustice, the law will make it right in the world. And the opposite is true! If there is too much 'white lightery-esque-ness, you better believe anarchy will rise! This is the truth of the 4th law.

# 5th Law

## *Rhythm*

Having grown up in a musical household ,I understand this. And I understood it back then, when I cam across it too! Everything happens at a precise timing. When I do work for clients I tell them this up front. If you ‘hum and haa’ about the service, and the time passes for **me** to help you ... I will tell you to be on you way! I cannot guarantee my work if you mess with that. If you were impressed to access me to perform the tasks for you, then you have to take it seriously that the universe jumped through hoops to help you. It ’s disrespectful to do otherwise!

I love the pendulum reference because, it’s mirrored in the field of music with the metronome. It keeps time, and not only do things have a certain timing in which they are most effective, but they also have an effective maximum potential, as well as a counterintuitive potentiality. These two values must be taken into account, when making projections in your life planning. There is no excuse for lack of preparedness in the universe! Fair warning!

# 6th Law

## *Cause & Effect*

I'm sure that so far you can see that the interaction of all the above laws, and how things work out in life, are designed to be governed by each law individually.

This law is no different! When you made the decision to cut that guy off you were the '*cause*' of his inevitable effect! every cause has an *effect*. So that is one other reason to live your life conscientiously. Or mindfully, as it is said now. It is very important that you understand this and act on it with immediate importance! It's not living out of fear of doing something wrong... It is all about paying attention to being in the moment, and to **not** be reactive on encountering events that are new to you.

Now for those of you thinking well I've never cut anyone off while driving... "I don't even drive..." you may say... while that may be true, I'm sure you understand that the reference is all about mindfulness using this as a relatable experience! So don't try to justify that it doesn't apply to you... Every situation counts, every law counts! Especially the last law, as you will see!

# 7th Law

## *Gender*

As it goes with all things, not only is the dualistic law at work but the fact that there must be direct opposing forces involved with each other is key. And in order to produce something great, the key to the whole system working is Gender. Gender, is the most important aspect of the 7 laws in my opinion, to bring it all together. Just like a battery... you must have both opposites in order to produce power! Real true power!

Remember, in the creation story when i said we are a sentience, encapsulated into the soul capsule? And also remember I said, we came into existence with one other, who is our soulmate? Well this law is ineffably in effect here. Your soulmate is always the opposite gender! Always!!!

That is one of the coolest things about the Natural Law caveat, every facet of our lives contain each law operating in tandem - almost religiously!

Side note... before those of you who are gender sensate go all cray cray on me. Let me tell you this. Every lifetime you choose a gender that you are going to be for that lifetime. It is only in recent times that the upgrades and energy shifts our world is going through, has been responsible for many waking up to the fact that they are one mental gender 'caught up' or 'trapped' in a different body! This really isn't the case. I don't care who say differently! You are not trapped! You are awake in this body and realized that this is where you are. You my friend have the most coveted situation among humans! you are fully cognizant of your sentient gender and full cognizant of your soul's gender and your physical capsule's gender! That is amazing! So what do you do about it? LIVE and ...this is the best part...THRIVE!

# 8th Law

## Care

I'm sure you are wondering if this was a typo... Nope! There is not an 8th law listed but it is strongly implied... allow me to show you how -

When 'the' thought entered your subconscious, it is usually because you have been thinking about how to resolve 'an issue' in your life this is the beginning stages of mentalism (1st Law). Through all of the thought-based activities, you make a decision. From that decision, you employ the ability to facilitate bringing the issue to resolution. You actively create the solution from your mind! This is all mentalism at work!



One of the things that we often do when presented with a problem we desire to solve is, we look around us to see if there was anything of a similar pattern that has produced a successful result. This need for observation is deep-set within us because of the 2nd Law - *Correspondence*. We look for relatable things, that might be used to help us create the solution. We even look for suitable people, with skills that are perfect for helping to complete the resolution! All of these finite activities are within the attributes of the law of correspondence.



If the resolution is going to create a situation of conflict because you are successful, then this is a Vibration, and as the law states everything is in motion. Never standing still.

This means that the ensuing conflict, based on your success, is inevitable. As a result of you choosing to resolve this issue it came with the conflict. And the conflict is a direct result of the vibration. Because of the 4th law there is something you can do about it though!



To balance out opposed forces to your success the law of polarity says that you have the right to exist!

And so does your resolution, as well as your decision to resolve issues! All of that is a legitimate function.

So what you must understand, is that opposition, is inevitable. And it is a natural law construct that allows opposition to increase as your success increases. Why? You may ask, well remember ‘the pebble in the quiet lake’ analogy?

By choosing to resolve the issue that you see as an *issue*, you have chosen to disquiet the whole dam lake! Especially if you choose not to be a lake dweller any more, that decision means, that you are moving out of the lake! This change in density of the lake (think about the displacement theory), causes a void, and your removal then shifts everyone’s ‘*comfortable position*’ out of sync!

That will always cause tension with those who never like to change their vibrational rate! And so it results in conflict! All the occupants of the same lake will cajole you for disturbing the rate of flow.

When you decide to make changes in your life on a personal level, such as *self help, life coaching, Getting a better job, Vying for a job promotion, going back to school, leaving your small town* etc., it is a foregone conclusion that the people around you will not like those changes.

Even when they say they do, believe me, deep inside they hate it. And the proof of that is that they never change along with you! Even if they publicly claim and admire you for the changes you've made. They refuse to be inspired to also allow '*proof of concept*', to influence their '*mentalism*' perception!



Progressively speaking, Rhythm applies when you actually follow through with the act of resolving the issue as you see it, and when momentum builds up, usually you hit it big, provided you have the fortitude to survive the onslaught of polaric-opposition.

In business, the retail industry trends calls this 'riding the wave'. And of course the law of polarity is still at work here because you always have those lake dwellers that sit on the fringe of the lake waiting for something to happen, and when they were displaced by your choice, they did not clamour with the aggressors, because they are opportunist. They will never leave the comfort of the lake, but if a wave hits the lake they will always side with the trajectory of the wave! And that is how they have chosen to live. Always scavenging from opportunity to opportunity. Interestingly the thing that can be learned from them, is a keen sense of when the right conditions are triggered; they know when an opportunity is on its way! So even though you may not like those people in your environment, know this, at the crescendo of the wave, and at its end of agitation, they will still remain in the lake - you will not!

As the pendulum swings, see it this way, you were at the top of the down swing, and when it approached, there is a moment where it pauses just enough, for a millisecond or two - more than enough time to launch yourself feet first at

it! More than enough time to jump on and secure your seatbelt!

And by getting on, you knew your trajectory because it is visibly on the other side: The Up-swing! And that is where you get off and continue your travels. It is in this way that life can be seen as an adventure, of flow and rhythm expressing the 5th Law!



Everything that has happened to you so far came as a result of some important, and catalytic event or events, that opened your eyes to see the need for resolution. That's what got you thinking in the first place! This catalyst however, is not the *cause* of the whole deal of shenanigans that has transpired so far... you are the reason behind the *cause*... in fact, even your decision isn't the actual *cause*! The *Cause* is, you **acting** on your decision! That is the key to this understanding of the 6th Law (*Cause and Effect*)! If you do not **act** there is no *cause* and then there is obviously no *effect*!

It is action that creates cause - Always! Every time, without fail! Action! Action! Action! That is why your actions must be preceded by clear, concise, and focused thoughts! Effects are squarely dependant on it! Please remember this if nothing else!



You may think by this point, there is no way gender applies! How incorrect you are my friend. Because Gender is the reason you chose to rock the boat.

There is one way in which I can help you understand this a bit more. So many of you may have experienced being identified and even triggered by one of the following phrases:

*“You may be a woman in a mans body, **a man in a woman body**, a dreamer who’s been called a loser with no prospect of affluence, **the smallest on the team**, the black sheep of the family, **the least likely to succeed**, to fat, **to skinny**, dead beat dad, **incapable woman pretending to be a mother**, never enough, **too much!!!!”***

Each of these attributes belongs to one of two genders in the universal thought-stream. And that is, *male polarity* and *female polarity*. The balance between them is what makes us a harmonious human tuned into compassion and strength and truth!

Know this, You are not these things, If you ingest them into your energy and have been feeding on these for a while. You will find that you are addicted to being what others want you to be! Here is the great news... You can break free from the addiction of what you ‘eat’! You can change your energetic diet, with only one great thing coming out of it - You! I would know because I’ve had to work through some of the above and much, much more!



Now onto the most important and unspoken law - Care. Everyone gets the same opportunity to see that they can change their lives, Everyone! It is up to you the individual, to internalize the fact that you were made aware of the opportunity. The next step is that you are *inspired* by the

opportunity for more... and that leads too: “I wonder if I can really have that?” The moment you create that question, it leaves you open to making the first decision, which is, “Do I give myself permission to have ‘more’ ?” When that first decision happens, it is as a direct result of you giving a shit about your current situation in comparison to what this opportunity is presenting! You didn’t know there was ‘more’, let alone that **YOU** could have it! That is huge! And it inspired you to *want* that ‘more’ that was shown to you!

The ‘*Care of self*’ instilled in you by the inspiration, and the successful decision, are the driving forces as to why you continue to pursue the resolution! You care to see it through, simply because you didn’t know that there was more to life than just living! You did not know that you had the choice to live elsewhere than in a supremely quiet lake!

Had that opportunity not come along, you would have simply lived out your life in the same lake! And the harshness of that reality comparison, lit a proverbial fire under your ass and got you caring!!!

Here is the kicker if you will, Your decision to act created the catalyst for the whole lake to be displaced and in an uproar! That single decision cause the whole lake to know for a fact that there is more! And now everyone is attentive to your journey, to know if it turns out to be a success! That is what true spirituality is in our world today. All of the conflict today is pushing back, because the lake has been disturbed for a plethora of eons! Welcome my friend to life!

# Chapter 6

## UNIVERSAL PRINCIPLES



So, I know there are scientific laws involved but I'm not taking that approach to this topic. I'm going into the context of how the Universe functions, as it pertains to you, my student and mentee.

I trust that you can see how important you are as a member of the 'lake community'! Every decision will always affect the whole community.

Every community that makes a decision together affects the whole landscape.

Every landscape that comes together in unison, creates a massive tsunami!

In this train of thought, understand that this is why politicians and public figures do everything in their power to get people to believe in **them** and not what they do! If you follow a person enough, you will be the social proof that justifies anything they do - Pres. Donald Trump is a great example, J Edgar Hoover is another, Even Pres. Obama is a fine example of this concept, dare I say Kim Jung Un as well.

It is the thing they all have in common. Let me be clear about my mentions. I'm not siding with what they have done or not done, I'm showing the reason behind the power of devotion of everyone who believes in them.

In the music industry this is the power behind the methods of advertising ones music! All promotions are based on the relatability of the artist and their personal lifestyle to a specific group of people, called a demographic. If they can side with that person, empathize with their journey to fame and fortune - Cardi B comes to mind; and what that person stands for, then no matter what they do in life... in their public life, those patrons will always love them! Michael Jackson, R Kelly, Van Halen, Jay Z, Chris Brown, the list is endless!

Again, this is not about my opinion of their person, because I don't know them personally. It is about the understanding of the methods used to amass a huge following!

This is how the universe works in its intricate parts. And the understanding of this systematic workflow of building an audience is the crux of the power behind many publicly successful people.

“Build it and they will come”, is a very true and widely applicable caveat for a successful life!

# Chapter 7

## MEDITATION PRINCIPLES



*Sit lips! perk up and pay attention!*

The above quote defines how I feel in this moment as I sheepishly rub my hands together for wanting to write this chapter! So many ways in which I can totally mind-fuck this new student to never be the same again... I utter a demonic roar of laughter and immediately put my angelic right hand of power over it not to wake my sleeping wife and daughter in the next room! Shit!... Crap.. maybe they'll go back to sleep...

I begin to mutter utterances of powerful sounds....

...

...

...

...

Success!

Ok non-plebs! let's do this!

Meditation is almost a gawd dam catch phrase on our planet. I fuking hate the way it is monetized! Here is why - It leaves innocent people wide fucking open to believe in some fairy tale...doggy-stuck-fucking... bullshit smeared, un-wiped ass propaganda that people believe in! Let me tell you the

truth about it! this will be one and done! YUP Dragon is out for play time on this one!

We all have the ability and skill to meditate! And we do it several times a day! Meditating is simply concentrated focused thinking! There is nothing so fuckin' ominous about it!. Listen... when you are in full dating mode, and you meet someone that raises your mojo to want fun every 5 mins! that is a fucking meditation... You are fuckin' focused! aren't you? YES?... then you are fucking meditating! its that gawd dam simple!

Ok Dragon gone for a beer... I love when he comes out... its pretty epic watching him type.. LOL truly impressive i tells ya...hahaha!

So what he said...

And to add to that... You don't need to sit still to meditate... when you are driving and thinking about what should I make for supper? You are meditating on that subject... You are focused aren't you? YES... then you are meditating!

When you are thinking about how you are going to impress the boss today that your colleague is a jackass and would fuk up the company in a NY min, and that you are the person for the job legit... You are meditation on the solution to that problem! You are focused aren't you??? YES?... Then You, my friend are... MEDITATING!!!

The reason for the other style of meditation that all the other plebs tout is just to pander to some kind of weirdo shot in the dark that most people will never perceive without having something relatable to work with! That, is what I'm giving you now.

Here is the downside of meditation. If you don't have a good workflow for the subject you are focused on then you don't have clear focus. Again it's not rocket science its just

facts! The next chapter will help to alleviate any confusion on how to create an amazing workflow!

# Chapter 8

## THE POWER OF VOCABULARY



*Booyaka booyaka!*

Jamaican Patois is one of the most beautiful but socially fucked up languages all unto its own. The world over, knows bits and pieces of it. And for those of you who have permanent timeshare in Jamaica... well nuff said!

I am not Jamaican. I am Trinidadian born, and where as it may not feel like I'm suppose to reveal personal things about myself seeing as i'm teaching you this crazy lifestyle I've already broken the mold with what I've told you in book one!

So why does the world know so must about Jamaica and automatically assume that when I say I'm Caribbean... there is an automatic assumption that I must be Jamaican! This is a huge point of contention in the Caribbean. Just so you know. It is a lot more polite to respond with... "Oh awesome, where in the Caribbean?"

And the reason it is respectably polite to respond that way is because saying a Jamaican phrase immediately after our answer - strongly implies that "well how am I supposed to know 'YOU ALL LOOK ALIKE'..." If you feel appalled because you did some dumb shit like that... great.. now you are on the right track! and you've learned a great aspect of

spirituality - Humility! Nope I'm just being straight with you... not an asshole. Of course I could have said it differently but would you have simple understood that I meant it that way or would you have interpreted my words?

So now that i've put you through such a torque driven emotional rollercoaster, let me tell you why. All of those words in that exact order caused you to eviscerate your most protected feelings! That is the power of vocabulary! Remember how I said that if you don't have a good workflow for a subject, that you don't have clear focus? Well this is the effect of the lesson. I was very clear in my expression of this most important aspect of my person. As a Caribbean person and a dark skinned one at that, it is important to me to be recognized as an individual who identifies with the land of my birth. which so happens to be in a region that is frequented by others who have not had the privilege of that style of living experience.

When we black people stand together... we know we all look different. And we want that when you see us that you understand that. The power driven into those words creates a formidable picture that is fire worthy in you, as the reader.

Can you imagine the clarity purpose that can be accomplished, if you had such clear words, to create a workflow to focus with?

What would that look like in your mind? Well that is all a part of the power of vocabulary. In the Mentorship program I teach you the old fashioned way of focus because it is a jump off point. but This is why I'm writing this years later to help you understand that you don't have to over think the exercises. Just know that you are creating the most epic workflow to guide you into a state of unparalleled clarity in

thought that only produces the most pristine physical manifestations in your life!

It is not just possible, it is doable and I'll be damned if you don't get so fucking great at it that it shocks the world! That's how sure I am of my methods!

# Chapter 9

## PRACTICE TO BEGIN BEFORE TRAINING



*Ummmmmm...*

I'm so thankful that you made it through all of that! wheuu! You are amazing! That was the most intense mental assault I have ever delivered on paper! Thank you for getting through it.. I do indeed respect that you did. And here you are at the end of Lesson 2! Who knew you had it in ya?!

Well here is the thing, I think that with all of my words so far I've developed a bit of a rapport with you, You are rubbing of a lil on me.. and that's ok... I don't like very many people so consider yourself in good company!

### Step 1

Take what you have learned so far and actually start applying this way of seeing the world to your life... it is going to really open your eyes to what is around you, who is around you, and why they are your friends, lovers, partners, etc. I promise you, you will have your eyes opened wide to really see people for who they are. You will see the quiet person

who you've never noticed before that they know more about you than you expected!

Begin to truly open yourself to sense your environment, in a way that allows you too being to understand why people act the way they do around you, from the ground up.

### Step 2

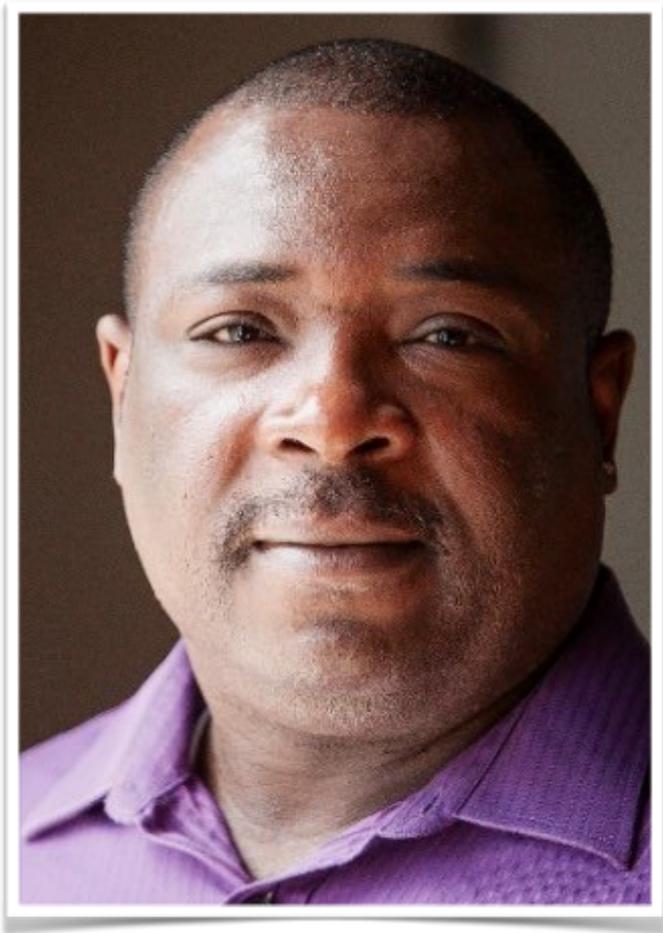
No matter what situations you have been in before relationship wise. Drop the bullshit act and redefine how you love! Now let me be super clear on this point. If you forgive and forget you will NEVER learn! So forgive what is to be forgiven... but never forget your experiences because they made you stronger to recognize how to change that part of yourself from ever attracting that kind of person again! So forgive.... DO NOT FORGET!

LOVE fearlessly and with passion. if the person can't handle it.. they are not in that same place you are.. so don't force them to be.. you are waisting the time its gone take to get to the person that can! Remember the law of Rhythm! everything has an impeccable timing... how about you practice NOT fucking it up!

### Step 3

Never stop learning. I have devised this content to teach you how to recognize the material that is legit! The expressed purpose is to never stop learning! We have one more all important lesson to cover and I will attempt to bring it all together in that one!

# About the Author



The way to love... is first to let go of all the bullshit society tells you love is. Then say the word in your mind - **LOVE**, pause and feel what your body does. Do this everyday for 90 days, and I promise that you will redefine love in ways that you have never experienced before. This is the way to love!

~Cael The Shaman~