



**A Little Book of Discoveries
That Make Planetary Living
As Much Fun As Possible**

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**In Gratitude For An
Ongoing, Wonderful Life!**

Dear Planetary Sojourners, Family and Friends:

Those of you who attended my 70th birthday party received the 'Sky-Pointing Tracheal Flutter' exercise, so elegantly(!) performed by yours truly here: "Purring to Nirvana" <http://www.youtube.com/watch?v=yvyW3-2QSeQ>. And those of you at my 75th received a little pamphlet of my favorite things, which I now update here. As may have become apparent to those who know me, my research and interests remain firmly planted in body energy flows during creative states of awareness¹. So for today, in-between major birthdays, I'll sum up and update my favorite 'solo' bliss-inducing methods by moving through a typical day:

Upon Awakening: I make my first thought: "relax back into the nirvana of sleep via the Awe Breath" – that same relaxed breathing we all do as we fall asleep and the soft palate drops towards the floor of the back of the throat,² triggering a subvocal 'awe' sound. If

you wish, you can emphasize this by vibrating the back of your throat as if clearing your nostrils – or better yet, the in-and-out purr that I demonstrate on Youtube as mentioned on page 1. An alternate awakening exercise is to copy how babies sleep-nurse on their uvula. Sucking is VERY potent³, especially if sync'd to the heartbeat.

Upon Arising: I practice the "Swallow The Sun" exercise, if the sun is visible. A similar exercise was recently popularized by Miyuki Hatoyama, the former first lady of Japan. Here is my version: face the sun, open your mouth and 'swallow the sun' with an Eartha-Kitt-like 'panther snarl' on the inhale: "AHHRRRM-MM!" (vibrating the nasal septum)

Exhale: HREEEE! – gargle a french 'frrr.'

At the same time reach-out, spreading your fingers like claws and "grab" the sun.⁴ Holding your breath, swallow a bunch more times until you are 'all full' – or the attempt to swallow sticks in your throat and makes you

laugh. Lick your lips all the way around. Say 'Meeceyowwwwrrr' to your Beloved in your heart. Do it until you're no longer hungry! YUM YUM YUM! Feeling fat and sassy? End with a satisfied leonine ROARRRR!!!! (if you have understanding neighbors). Or just relax and do some light purring, both in and out.

Upon Leaving The House: Hello the Sun – Hello the Day!⁵ I always repeat the Gayatri Prayer when I start the walk around the block with our terrier Riqui. It's one of the most ancient prayers, chanted in India to the sun at various times of day: "Om, Bhur, Bhuvaha, Svar, Tat Savitur Varenyam, Bhargo Deevasya Dheemahee, Dyo Yo Naha Prachodayat, Om Tat Sat." Or if you prefer it in English, here is my personal translation: "Aum, oh earth, oh air, oh golden light, Oh, that brilliance most adored! We drink the splendor of that One who inspires our heartbeats to quicken with love."

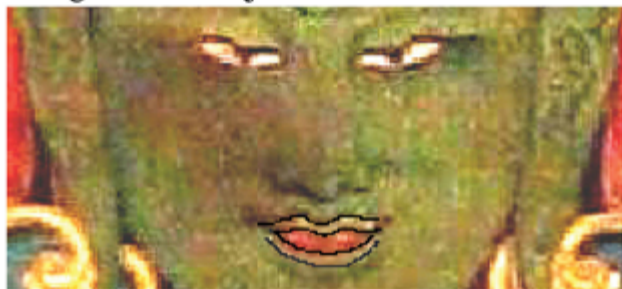
I could go on and on about my brother the sun, to copy St. Francis. But suffice it to

say that I view the sun as a conscious being, creator of all Gaian beings, and my presence here an opportunity to reawaken this forgotten knowledge.

Other Hello's: If you are a post-monotheist transcendental animist pagan sunworshipper (POMOTAPS) as I am (and believe everything is conscious), you may want to greet various other entities such as the wind ("Hi, Wind! Nod-mah!"). I find the wind always responds to a thought in its direction. Truly! Try it and see!⁶ You might even indulge in a brief sky-gazing moment if there's a patch of blue available (ancient Tibetan meditation)⁷. And Sungazing is another ancient technique for quieting the mind that I've practiced for over 40 years, and that recently has become an item of interest on the Internet⁸.

The Walk: This is a perfect opportunity to practice smiles and hello's. I always stop by a rose bush to inhale the aroma of a blossom, and when I pass under a local pepper tree, I

allow a few hanging bunches of leaves to caress my face and trigger a brief peppery tingle that awakens my nerve ends. With passers-by, I offer a 'good morning' if I sense it might be welcome. When not greeting someone, I place the tip of my tongue between my teeth and continue to smile. Or stick the tip out between my lips – I don't mind a few stares. Here's a detail from an Amoghasiddhi Buddha in the Rubin Museum of Tibetan and Himalayan Art: http://imageserver.himalayanart.org/fif=fpx/85901.fpx&init=0.0,0.0,1.0,1.0&rect=0.25,0.0,0.75,0.5&wid=594&hei=700&lng=en_US&enablePastMaxZoom=OFF&page=image.html&obj=uv,1.0&cmd=ZOOM_IN



I emphasized the mouth to delineate how his tongue is showing. If I were to belabor the point, his eyes seem a little bloodshot in a manner familiar to Shaivite yogis who are devoted to ganja for their meditation.

Another discovery: Herman Hesse, in his novel *Siddhartha*, describes the moment of the Buddha's awakening as follows: "Siddhartha sat absorbed, his eyes staring as if directed at a distant goal, the tip of his tongue showing a little between his teeth."⁹

Evenings: Reading or watching TV give me a chance to practice two other bliss-heightening exercises:

• The Thwizzler and Beyond: What first began as an exploration of my facial nerves' sensitivity with various tickling devices (the Thwizzler¹⁰, or the edge of a piece of paper) has now evolved to just allowing some strands of my hair to drift across my nose and mouth. Also, the very lightest touch with your fingertips or nails should trigger a similar tickling

rush courtesy of Mother Nature's creepy-buzzy alarm. Wiggle your toes to keep the dreaded "Shoo-Fly Nose Tweak Reflex" at bay!

"Turn the tickle into a tingle," I tell everyone. "Your insect Early Warning System can make your heart vibrate like a gong!"

Breathe From Your Other End: Your breathing is relaxed if you can feel the, er, center of your bottom moving 'out' on the inhale and 'in and up' on the exhale, a spontaneous version of the popular Kegel Squeeze or, in yoga, the mulabandha.¹¹ "Mother Nature has gentle sex with you on every breath," I tell everyone, although perhaps in a cruder vernacular. Flare your nostrils on the inhale to feel where you're headed, and sigh on the exhale. "Darling, I didn't know you cared!" I tell her.

More Recently: A few years ago I discovered the teachings of Candice O'Denver via the Great Freedom/Balanced View websites: www.balancedview.com. Candice has translated the ancient non-dual message "Thou Art

That" into modern terminology with amazing results that include a world-wide organization and many books, lectures and other tools, all available on line for free. I cannot recommend them all more highly.¹²

Candice's basic advice: "Short moments of pure awareness (more recently referred to as 'open intelligence'), repeated many times, become continuous."

Quoting further:

"What is a short moment of awareness? To know the answer to that question, stop thinking just for a moment. Anyone can do that just for a moment: to stop thinking, without even the thought 'I'm not thinking.' What remains when you stop thinking? A sense of alertness and clarity, that's what remains -- alertness and clarity, the power to know. That's what awareness is, clarity and alertness that is open like a cloudless sky. If we just look at the sky, it's pure and it's vast, and our own clarity is just like that, shining from within everything."¹³

Blinking To Swat Thoughts: Some lamas blink to break out of looping thoughts, and EEG studies show that our thought stream shuts down for a micro-instant when we blink. Go for it! Think of your blink as a tennis racket and the thought as an incoming ball. Swat! You never have to obsess over anything again!¹⁴ This also works with the eyes closed – just move the blink muscles.

And some final thoughts:

Candice: “The purpose of life is for awareness to know itself.”

Ramón: “If you do not have the equivalent of post-orgasmic bliss at your fingertips whenever you want it, you’re not living up to your natural potential. Dissolve all lateral tensions (armor) through purring, which resonates the heart and bloodstream. I can’t think when I’m tingling head-to-toe. Just ask any cat.”

Footnotes

1 The research as well as a variety of exercises can be viewed on my website here: <http://www.raysender.com/ofeata.html>

2 Ujjayi Pranayama: partially close the epiglottis (the windpipe ‘door’ we hold our breath with) while exhaling, making a subtle hissing sound deep in the throat. http://en.wikipedia.org/wiki/Ujjayi_breath

3 “Suck and become the sucking.” The Vigyan Bhairava Tantra, #52. Quoted in *Zen Flesh, Zen Bones*.

4 The Lion Pose in hatha yoga is similar to the swallow-the sun exercise: <http://www.livestrong.com/video/3118-do-lion-pose/>

5 Suryanamaskar – the ancient Sun greeting of 12 poses here: <http://www.yogapoint.com/info/sunsalutation.htm>

6 See my chat with the wind: <http://www.raysender.com/wind.html>

7 Skygazing Tibetan Style: <http://www.themotionmachine.com/sky-gazing-meditation> “Gaze evenly into space with a soft focus... Breathe the sky in and out.” (Lama Surya Das, *Natural Radiance: Awakening To Your Great Perfection*, p. 59)

8 A safe method of sungazing: <http://solarhealing.com/process/9 Siddhartha>, Herman Hesse – *New Directions*, p. 6

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

11 Mulabandha exercise: <http://www.aypsite.org/55.html>

12 For free downloads of Great Freedom/Balanced Awareness books, videos, chats: <http://www.balancedview.org> or

<http://www.greatfreedom.org>

13 http://www.greatfreedom.org/faq_newcomers.html

14 See my essay <http://www.raysender.com/blink.html>

Regarding thoughts, Candice teaches that “To rest completely and unavoidably in the basic state of natural perfection is to instinctively recognize the great wealth of afflictive states. The greater your afflictive states, the greater the benefit to you. The more afflictive states you have, the richer you are in wisdom. Have you ever thought about it that way?”

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

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

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

3. And then there's Gaia herself....

