

PART II

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CALIBRATION

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Welcome-

As life, as the mysteries, as evolution of any kind. It takes us ever deeper as we open to it- it opens to us.

We find that it's not so much that each cycle of change levels the ground of yesterday. So much as it builds upon it.

The Calibration Guide, is the introduction point, that opens to you, as you stepped beyond the entrance.

Hey now-

Hacnad



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THE PRACTICES

These practices initiate your engagement with the field that governs your perception, decisions, and presence.

They're the back-end work to begin connecting with your own internal architecture and extend that coherence outward into the environments you move through.

The more precise your awareness becomes inside your own field, the more responsive your external conditions become.

You may begin to see others more deeply and engage or navigate this deeper seeing in kind.

To sense yourself more deeply and navigate through things in ways that are more efficient, effective, clean.

These are foundational operations for reestablishing coherence — for learning to hold charge, direction, and personal command through stillness and concentrated awareness.

Done consistently, they develop what can be described as personal presence as a field event — the capacity to converse with, even affect your environment through resonance alone.

You may notice, the practices are simple.

They aren't overly involved or sophisticated.
We make things more difficult than necessary.

What is it like when we cultivate presence in natural mechanisms?

We're already breathing — what happens if we cultivate focus there?

ALL TIME IS NOW.

The past, present and future converge in each moment.

What happens if we practice concentrating ourself more and more into this moment, dissolving into the next?

The past is seen in a more clear way, the future shows its potential, and the present touches skin with us. Again, the natural field wants to be informed by us.

Though as long as we're living in dissonance with who we are, the field is being informed by a distorted matrix of what we came here to live.

Causing a disconnect between what's delivered to us and what we thought we really wanted.

Resulting in the pervading idea that to correct this, we must learn to command power over the field.

That we must drive into life, plow through it, iron fist our will into being—

This is a path, yes.

Though it isn't a path that leads to wholeness and the true power, synthesis and living efficiency we hunger for.

I dare say, we hunger for it because something within senses that this is our rightful and natural state.

I know power over is so much sexier.

We want ultimate power above the rest, because we carry a seed of smallness and insignificance within the human condition.

I wonder if this seed is formed from the knowing in some small part of us that never forgets our origins.

The smallness that grows, overcompensates and says:

DON'T YOU KNOW WHO I AM? DON'T YOU KNOW I AM THAT DIVINITY EVERYONE'S ON ABOUT?

The smallness growing in the daily experience of being mortal now, living in limitation, condensed in this small vessel that has to put one foot in front of the other just to cover distance. & fuck does it inch along & speed by absolutely gratuitously in equal measure.

The drama of overpowering and the immunity of floating on divine clouds above the maw. Very cool in comparison.

Though truly, it's as your left arm heralding its second coming to the rest of the body.

As you look at your gangly left arm exalting itself — do you not give a little giggle at its deluded grandeur?

Let them have it, right?

While you release the tethers of theatrical divinity and tend to it within you. To explore what that human impulse and hunger toward purpose fulfilled, to touch on- what is this all for?!

You may realize that there's no one better to ask, than yourself.

HOW TO USE THIS WORKBOOK

This guide is a set of foundational operations.

Each practice builds coherence in a different part of your architecture — breath, perception, presence, charge, and cognition.

You do not need to master anything. You only need consistency. Start with 10 minutes a day, to begin reorganizing the field.

- **Breath stabilizes your internal signal.**
- **Meditation expands perceptual range and restores command under pressure.**
- **Concentrated focus trains functional awareness through sensation, emotion & perception of the field itself.**
- **Tantric practice strengthens containment and magnetic range.**
- **Contemplation clarifies your inner architecture and reveals the mechanics of your own mind.**

USE THIS GUIDE AS A QUIET DAILY CALIBRATION.

A way of returning to the origin point beneath the noise — the place your decisions, direction, and authority actually come from.

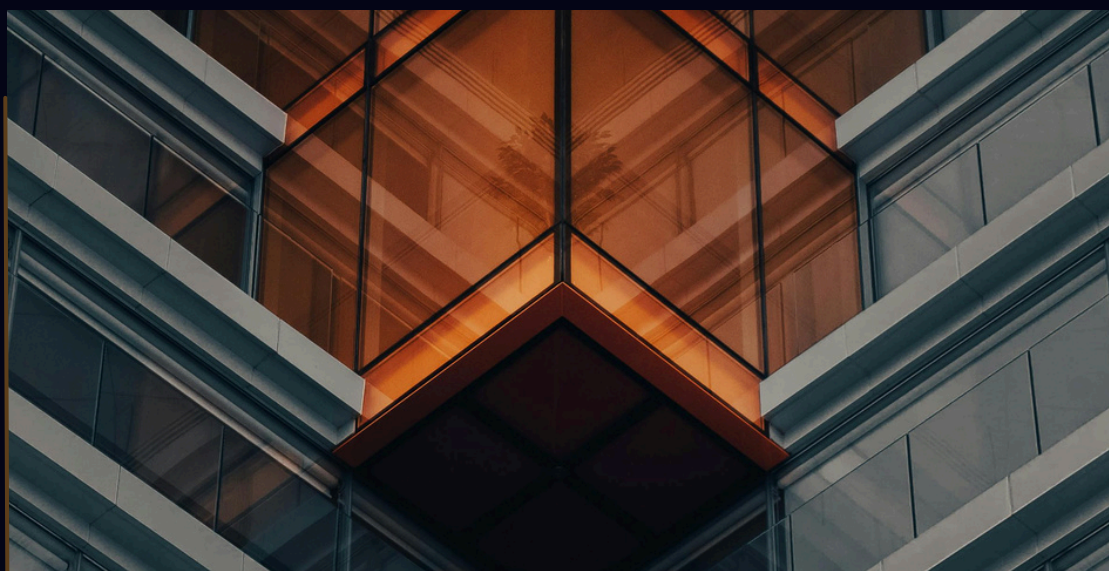
Everything built from here is coherent.

Everything built from here is yours.



3 BODIES OF INTELLIGENCE

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This work operates on the premise that every individual is built through three bodies of intelligence:

- The Spirit body
- The Soul body
- The Manifest body

These three bodies form the architecture of your internal field — the actual mechanism through which direction, intelligence, and power move.

Collectively, we operate without ever learning how this architecture functions.

We only feel the symptoms when it fractures.

This guide gives you a clearer view of that system, and how the calibration practices begin to restore coherence.

SPIRIT BODY

Origin Intelligence

The Spirit body holds your original codex — the highest store of intelligence you carry.

IT IS THE ORIGIN POINT OF:

- **your innate direction**
- **the architecture of your potential**
- **the intelligence you were designed to express**

It is the blueprint for how your system is meant to function.



SPOTLIGHT:

While your Spirit body is an individuation of the Source substance. Truly it's governed by the first trinity. That is the foundational structure enabling creative procedure.

THIS ORIGINAL TRINITY IS REFLECTED THROUGH:

- **Creator-First Passive Principle-First Active Principle**
- **Creator-First Mother-First Father**
- **Father-Holy Spirit-Son**
- **Ain-Ain Soph-Ain Soph Aur**



WHEN THE SOUL BODY BECOMES OVERLAID

-Through inherited patterns, pressure, fragmentation, repetition, trauma, role-conditioning — the translation distorts.

You still move.

You still produce.

But the direction no longer comes from you.

IT COMES FROM:

- external pressure
- expectation
- accumulated patterning
- the performance of identity
- the survival architecture you outgrew years ago

THIS IS WHERE MOST OF MY CLIENTS FEEL THE FRACTURE:

They can execute, yet internally they feel increasingly absent from their own life.

The work begins here — on the Soul body — because this is where distortion sits.

THE SOUL BODY

THE TRANSLATOR

“The Soul body is the intermediary field.”

ITS JOB IS TRANSLATION:

To take the codex held in the Spirit body and deliver it into lived function — your perception, timing, clarity, decisions, and the internal currents that move you.

When the Soul body is coherent, the translation is clean.

Direction feels internally founded.
Signals arrive without interference.



THE MANIFEST BODY

THE ORIGINAL MATRIX

Beneath all overlays, the manifest body holds the original matrix:

- the pure template you were born with
- the structural intelligence of your lived field
- the individuated body of intelligence of the manifest world itself

BEFORE ANY DISTORTIONS WERE INTRODUCED, THE MATRIX WAS
COHERENT.

Your system operated in direct conversation with the world around you.

When the Soul body becomes fractured, that conversation breaks.

Your manifest life stops responding to your internal intelligence and begins responding
to conditioning, to pattern, to stakes set without you.

You start living from the outside in.



THE 3 BODY GATE

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Your 3 expanded bodies of intelligence, interface with the physical body system through three primary centers.

Each seat has its own role, its own domain of authority, and its own contribution to living coherence.

THE SEATS ARE:

- Crown – Spirit Seat
- Heart – Soul Seat
- Root – Manifest Body Seat

Together, they form a channel through which your will, your emotional architecture, and your generative force are unified.

CROWN GATE

Seat Of Spirit

PERSONAL WILL / EXPANDED WILL COMMUNED WITH SPIRIT

The Crown is the seat of direction. It's where your personal will interfaces with the expanded will of Spirit.

WHEN COHERENT, THE CROWN HOLDS:

- clarity of aim
- accurate perception & focussed, inspired vision
- alignment between your internal directive and the larger field
- the feeling of “this is where I’m meant to go” or a sense of serendipity. As if the world around you is reading your mind.

When this center fractures, you lose signal. You second-guess yourself. You act from effort instead of guidance. The Crown organizes the vector of your life—when it aligns, everything else becomes simpler.





THE HEART GATE

SEAT OF SOUL

Emotional constructs & conditions / overlays / natural programming and living expression informed by the expanded will

The Heart is the seat of emotional intelligence.

THIS CENTER HOLDS:

- the emotional constructs and conditions you've internalized
- the overlays that distort or constrain your natural expression
- your innate programming
- the living persona that forms when the Soul is informed by expanded will

When coherent, the Heart becomes the bridge that enables expression of will unified with the creative force in the root seat.

When fractured, it becomes a filter of distortion, protection, or inherited programming.

THE ROOT GATE

SEAT OF MANIFEST BODY

Inner store to realize aims driven by personal will / transmutation & generative force to exert will in creative communion with the living field.

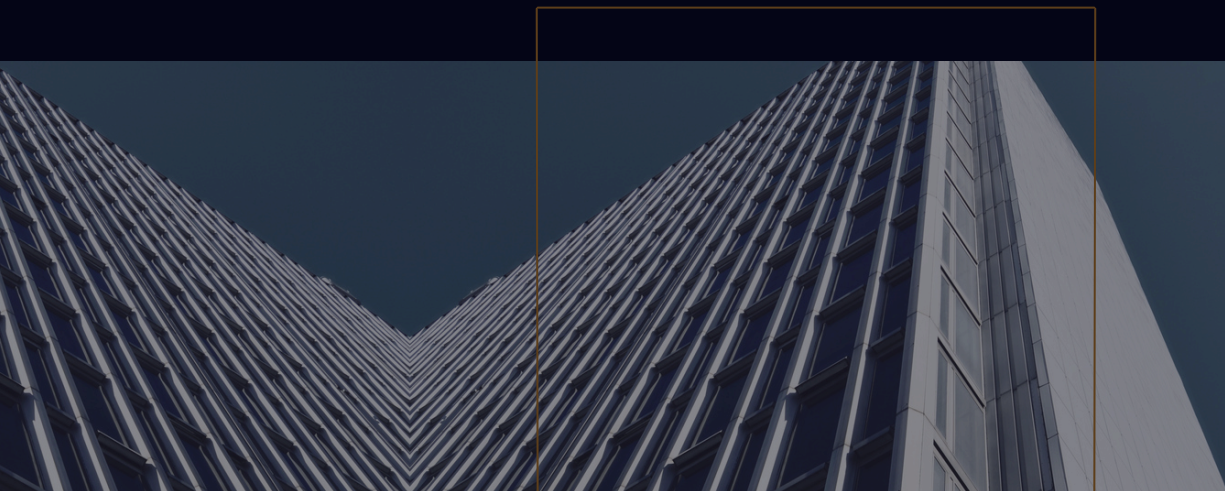
The Root is the seat of power and execution. Where the vision in the crown, concentrates into creative form. The acting out of vision in crown gate into form, filtered by conditions/programs & identity sets governed by heart gate.

THIS CENTER CARRIES:

- the raw force required to realize your aims
- the capacity to transmute pressure, conflict, and resistance
- the generative energy that allows you to express will in direct creative communion with the living field or exert it
- your ability to actually make what you see... real

A coherent Root gives you momentum, discipline, creative force, and a state of personal boundaries- a personal realm of self to govern & influence the field around you.

A fractured Root leaves you exhausted, reactive, defensive, unable to form your ideas or conjure the will to realize them, a lack of stable center- easily swayed or influenced by others or outer circumstances.



RESTORING COHERENCE

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THE MORE COHERENT THESE THREE BODIES OF INTELLIGENCE BECOME,
THE MORE ACCESS YOU HAVE TO:

- internal authority
- natural drive
- expanded capacity
- accurate perception
- sustainable power
- life responding to you rather than pressing against you

*Your Spirit body informs your Soul.
Your Soul informs your manifest life.*

When the connection is intact, coherence becomes your operating system.

WHEN THE SYSTEM IS FRAGMENTED, YOU EXPERIENCE:

- exhaustion
- numbness
- pressure without meaning
- success without self
- the feeling of living inside a life you built but no longer inhabit

Recalibration restores the architecture.

COMMUNION VS CONTROL

We're taught to create change through control — by forcing the world to bend.

When your system is coherent, you don't operate through control.

YOU OPERATE THROUGH COMMUNION:

- Your Spirit intelligence informs you.
- Your Soul translates that intelligence cleanly.
- Your manifest body reflects it.
- The natural world responds to you because you are an extension of it.

This is the original state your system is built for.

Not performing power.

Not managing identity.

Not holding together a life externally while fracturing internally.

But functioning from the inside outward — where your field informs your world.





WHAT THE WORK DOES

Each session engages the Soul body directly — where fragmentation and overlays sit.

THE WORK:

- mends distortion
- restores translation
- clears overlay patterns
- reestablishes coherence between the Spirit and manifest body
- brings your original codex back online
- reorganizes your system so your life can respond accordingly

You stop being driven by inherited architecture & parasitic overlays.
You begin operating more & more- from origin intelligence.

We can spiritualize it, until the cows come home. Though it's the mechanics informing the life you're living right this moment. It's free of morality and religious doctrine.

Freeing ourselves of these misunderstandings that keep us fragmented from ourselves. We return to cultivating resonance, communion and balance. You see that the words stand alone-

It's up to each of us to find the point of balance & the like within our own system. We each carry different concentrations of life giving and destructive qualities in our design. There is no universal good or bad.

I know, shit.

It's a free for all. Though also, wonderful ground to build into self responsibility, and personal integrity. I have hope for what that could fruit into the world, if let loose.

HOW THE PRACTICES SUPPORT YOU

EACH PRACTICE IS DESIGNED TO:

- strengthen your ability to sense and hold internal signal
- widen your perceptual field
- engage the architecture of your three bodies of intelligence
- build the concentration needed for deeper work
- give you structural access to stillness, presence, and clarity
- begin reconnecting Soul and manifest bodies
- bring the system into a measurable level of coherence

YOUR FIRST POINT OF CONTACT

This guide is your entry into the system.

It will help you feel the mechanics behind the work and give you direct experience of the internal field you'll be operating from inside formal sessions.



MEDITATION — THE BLACK FIELD

DARKNESS PRACTICE

Focus behind the eyes.

With each inhale, draw attention inward into the blackness behind your eyes.

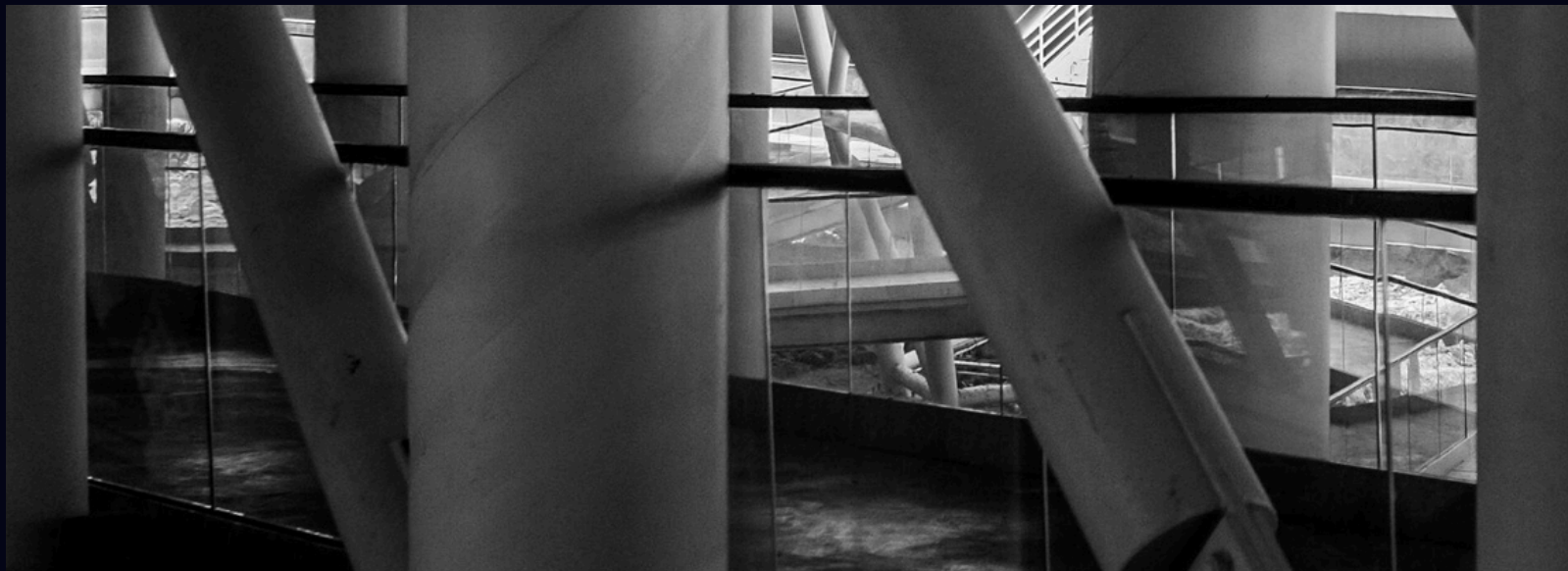
With each exhale, expand your awareness within it.

Notice thoughts or images. Practice letting the thoughts & images be present, without engagement —

Practice noticing when you engage, and return to the breath and darkness.

Your place is expanding presence in the breath. Inhaling, exhaling into the darkness behind your eyes.

This develops perceptual range and stabilizes awareness under pressure.



BREATH — THE ELEMENTAL CIRCUIT

Cycle: Focus on one element for 3–7 days before moving to the next.

Elements:

AIR, FIRE, WATER, EARTH

PROCEDURE:

- Sit upright, spine neutral.
- Return to the darkness practice. When you're able to hold the darkness behind your eyes. Begin seeing the element you've chosen to work with, as an orb building in the darkness. When you have a stable hold of this-
- Inhale the current of that element into:
 - The center of the brain — 7 breaths
 - The center of the chest — 7 breaths
 - The point between the pelvic bones just below your naval — 7 breaths
- If visualization isn't natural, connect through sensation — remember the last contact you had with this element. See if you can fill the darkness behind your eyes with the sensation of that memory. When you have a strong sense of it, continue to draw that sense into the three centers.
- End your practice in stillness. Choosing one of the three centers to seat that stillness into. Holding awareness of the presence of the element you've cultivated forward within you.

FUNCTION:

Behind the formed elements, are foundational forces that are the building blocks behind the living field and our own living matrix. In calibrating with these elements within, we cultivate toward the ideal of conversing with those elements, even influencing them, without.

MEDITATION — CONCENTRATED FOCUS

APPLICATION:

Breath • Movement • Observation • Sensation

What are you that is present behind the condition state, behind the flesh and its own mechanics, behind identity, what are you that's in there?

Focus on a single point of awareness — a breath, a movement, a physical sensation.

Alternate between open-eye and closed-eye focus to refine the precision of attention.

Once stable, bring the same focus into body sensations and emotions.

Begin observing the internal mechanics of response — rage, lust, grief, fear, powerlessness.

What happens in your mind, in your body, in how you express yourself when these emotions and states surface? Explore this.

Simply witness these as conditions arising in the field, noticing how they move through the body.

Learning to hold awareness here trains command under pressure — where reaction becomes choice.

This practice creates operational clarity — awareness that stays functional in intensity, rather than fragmenting under it and reacting from conditioned response or expectation.

PLEASURE PRACTICE — CONCENTRATED DESIRE

This practice strengthens containment and direction — the body's ability to circulate and harness life-force.

PROCEDURE:

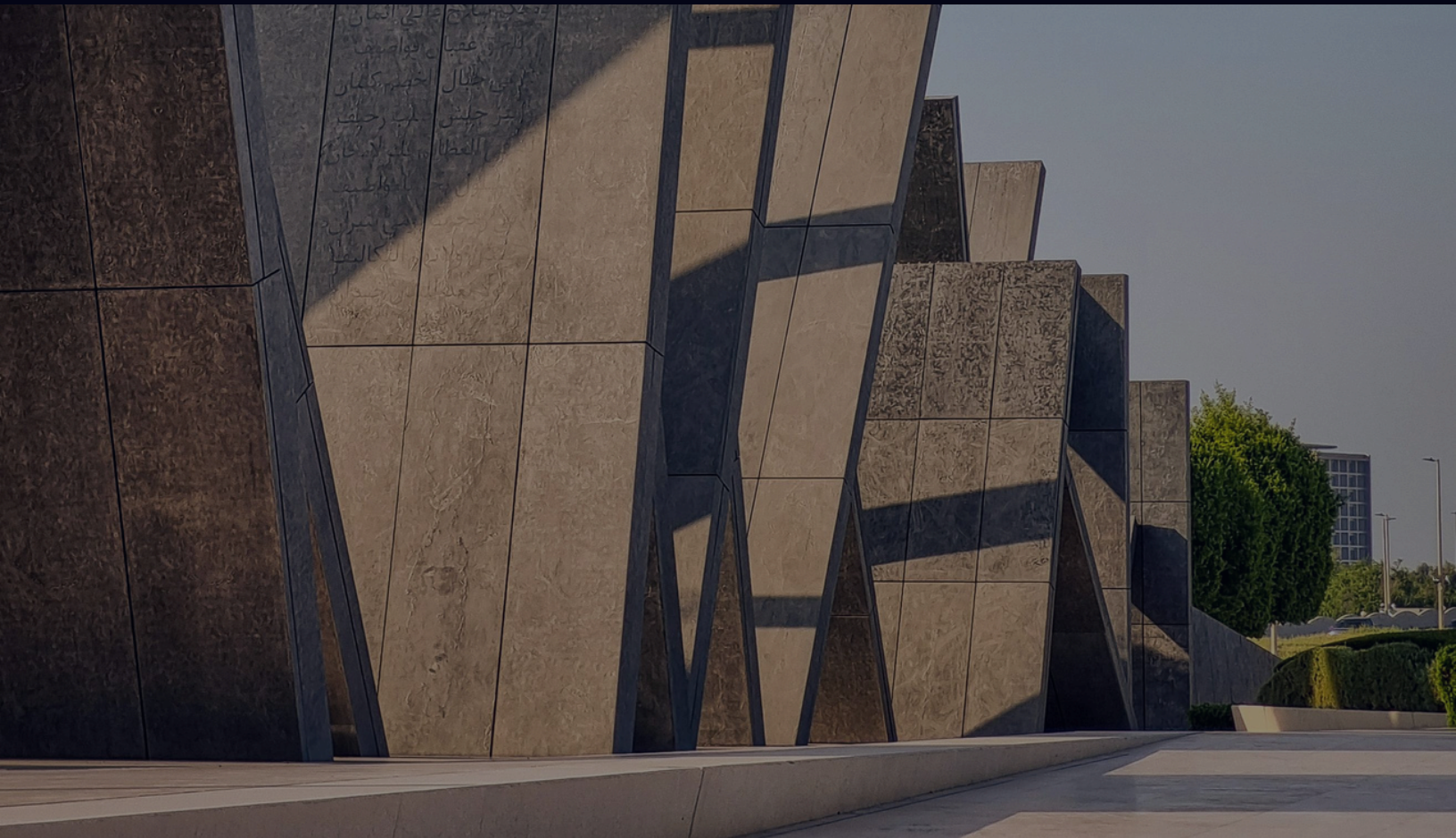
- Sit or recline comfortably.
- Bring attention to the perineum and the point about an inch below your naval.
- Breathe slowly, directing the inhale and exhale between these two points. Begin to build pleasure with yourself or a partner. Slowly, indulgently. Letting go of any finish line at all. This is where your concentrated focus practices come into full affect.
- As arousal builds, explore through concentrated focus, the slow build and expiration toward the edge of release without crossing it. Getting a little closer each time. Using your breath and slowing down or coming to a stop. Moving touch to other parts of the body, until your can continue.
- Cycle like this for as long as you can stand it, and go one more cycle beyond that. You may find if you don't release and focus on cycling this pleasure to the edge repeatedly. An altered state sets in that can be akin to chemical highs. If you do release, you may find its intensity to be heightened and prolonged.
- When finished, massage the sensation through the body: chest, arms, thighs, palms, and soles, head, feet, face. You catch my drift. Using the other practices to ground this experience.

PLEASURE PRACTICE — CONCENTRATED DESIRE

FUNCTION:

The harnessing of sexual energy is a practice that hides itself in plain site across religion and is weaved through the mystery traditions the world over. Sexual energy is the force that creates life. That sustains it. It is our vital energy. In the collective program that tends toward shame and suppression. The other side that is compelled to balance this suppression. Pushes a program to freely express this energy, leading to the waste of it and obsession with it, that takes strange forms.

What is it like if we release both extremes, and learn to harness it?



CONTEMPLATION

Choose a question, statement, or point of inquiry.

Examples:

- “Where is my authority leaking?”
- “Where am I living in opposition to my natural design?”
- “How can I actively work with my bodies of intelligence?”

State it internally through your concentrated focus practice or darkness meditation. Then leave it alone.

2. Release It Into the System

No need to sit and think about it.

Your mind will want to “solve” it. Though practice letting that be without actively engaging the mind in solve mode.

You’re giving instruction to your deeper intelligence — not the intellect. Let the inquiry fall into the background and move through your day.



CONTEMPLATION

3. Stay in Active Conversation With the World

Use the other practices in this guide — breath, concentrated focus, awareness — to stay present enough to catch the signals.

Let the world speak back to your inquiry:

- A phrase you overhear
- A sentence in an email
- A comment from a stranger
- A small friction or unexpected ease
- A pattern you keep noticing
- A memory that surfaces without relevance

These aren't "signs" in the mystical sense.
They're data.

Your field responding to the question you placed.
This is how the system teaches — through micro-shifts in perception that organize into clarity.

Open a new note and record what you sense, see, any inklings, memories, ahas, stream of consciousness that begins. Choose a period for the contemplation. Then go over the notes again.

You may find that you begin to see the difference between the intellect offering rational feedback, always useful VS something deeper revealing something that opens you in ways that the rational won't ever be able to.



CONTEMPLATION

4. Night Practice — Inquiry Into the Subconscious

Before bed, bring the same point of inquiry back online.

Focus only on the statement.

Repeat it like a countdown from 100.

If you tend toward insomnia or obsessive thought:

Loosen the pronunciation.

Let the statement blur at the edges.

Mumble it.

Let the sounds fragment.

Let the words slur.

The point isn't to stay awake holding the question.

The point is to drop it into the subconscious — where the deeper field processes it through dream communication.

This is one of the most potent methods of learning and developing the internal intuition. That genius people are always talking about.





PRACTICE

THE CORE PRACTICES:

BREATH – MEDITATION – BODY AWARENESS – CONTEMPLATION

POINTS OF FOCUS:

Using these practices to begin forming conversations and connection with the triads introduced in the video presentation.

Their seat in the body, leading to the expanded bodies of intelligence, leading to the dimensions and the divine functions that govern them. We'll go over each briefly in the following pages.
Before getting into the practices.

Calibration

I HOPE THIS GUIDE WILL BE A
VALUABLE RESOURCE TO YOU.

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