



The Starlight Technique
Peter J Pilot

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Peter J Pilot

*Connecting to the core of
Quantum pulse
The hero of the heart*

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Cover

Original painting, 3'x 5', oil on canvas,
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I The First Movement

The Introduction

CAUTION

STOP

GO

TRAFFIC LIGHT TRAFFIC LIFE CAUTION STOP GO

Do you feel like you are in traffic much of the time?

Is the highway of your life busy, congested?

Do you feel like your mind is sometimes driving you?

We have gained so much convenience to speed up our lives, many of us have lost control of the time and the life.

**Crowded and controlled by convenience!
How ironic!**

What have we done? Have our plans backfired? Is it we who have created the stress, the lack of ease, the dis-ease?

Many people think this planet earth is on the verge of self destruction. Many individuals feel they are personally experiencing such.

**THERE IS A WAY OUT OF THE
CONGESTION AND CONFUSION
AND THE WAY OUT IS THE WAY IN.**

**YIELD
THEN
MERGE**

**Learning to relax to a state of being able to yield,
to let go, is a good start.**

But yield to what?

**How about yielding to an aspect of the
Universe that is always available to you, right
inside you?**

You may have just momentarily forgotten it.

But you can start remembering right now!

YES NOW!

**Because NOW is the only real
time there is.**

**Remember your connection, your connection to
that core of self, your connection to all that is
and all that is becoming.**

Not that there is ever any real disconnect, just the forgetting of it.

It's like a type of amnesia.

Take some time to remember who and what you really are and who and what you are becoming.

You are not the stuff with which you've been trained to identify. You are not the stuff the television and magazines and latest CDs and priests and politicians tell you, or what they say you should be, or what to eat, or what to wear, or how to behave.

Those things are not your real identity. You know that.

Yield to that place inside yourself that is calm and free, free from all the external brain training and brain draining.

Yield to that place you call your inner self, then merge with the feeling you get there.

Surrender to your quiet inner self.

Feel it.

You can turn the dial of a radio and listen to sound waves moving through media in space at frequencies perceived by electronic technology and made audible to you.

You can turn the dial or press the remote of a television and pictures appear to you, signals traveling through a medium in space and translated by electronic technology.

And you can adjust the dial of your own awareness to translate waves from your brain

and other parts of your body that carry sound and very fast moving pictures and symbols onto your conscious screen inside you.

You can choose what pictures will be displayed on your screen or you can allow random pictures to surface in stream or dream. You can also choose a blank screen and leave it blank and rest. Turn off your inner screen, your monitor, and relax for as long as you want, when ever you want. And when you wish to resume function, turn on the power of the will with greater clarity and possibility.

This power, this ability, has always been available to you and you have always been able to receive waves and signals from the expanding universe, as well as create your own.

In other words, you are capable of much more than what you've been taught.

You can also go beyond this ability, to that calm core of connection with the quantum pulse, that underlying and all permeating vibration that allows for the potential of everything else, all within that place you call your self.

MERGE.

Merge and stay immersed in that core where the door of peacefulness opens and welcomes you for as long as you want.

Merge with that core, the portal to peace that knows not separation because it is beyond calculation.

REMEMBER YOUR CONNECTION

**And when you are ready to emerge,
to make your re-entry to measurable time
and distinguishable space,
you can translate any signals you have received
into some type of meaningful communication of
your experience if you so choose.**

**The Starlight Technique is a tool for helping you
to yield to the power inside you
so you can merge with your core of connection
to the ever expanding universe.**

**The Starlight Technique is an exercise to
accomplish personal focus and empowerment**

**in your own private space,
at your own individual pace.**

**There is no organization to join with rules and
regulations, creeds or rituals.**

**There are no ecclesiastical, academic, or
political hierarchical egos to serve or from whom
you must gain approval.**

**There is no competitive conversion process to
any type of belief or blind acceptance. There are
no fears or guilt or other emotional
manipulations.**

**It is all about you
and your ability to get in touch
with yourself**

**then to go beyond that self
if you so choose, to your place of
no beginning and no end.**

**Yes you can experience that place
now while you are alive.**

Right Now!

The Starlight Technique is also about your freedom and potential for unlimited creativity in expressing that self and what you can discover beyond.

YIELD THEN MERGE

RECEIVE AND TRANSMIT

But what is this “I”, this “self” that does the receiving and transmitting?

What is this “I”?

When a baby is born it is sometimes 18 inches, 22 inches long, sometimes more, sometimes less. Then this child grows to 2 feet, three, four, five, six, and often times more by adulthood.

But no matter the size or the age, from day one to one hundred and one years, inside the muscular skeletal framework of the body, there is an awareness that is referred to as, “I”, “Me”, or “Self”. Throughout the physical, emotional, and intellectual development there is always this “I” that witnesses the growth, the changes, this “I” that does the experiencing.

When this “I” becomes aware that all of its thoughts, its perceptions, and its experiences are constantly changing, except for its own presence, the I then begins to become aware of itself.

This self awareness is something independent from all the changes, the constant flux, the business of daily life, and when one becomes self aware, one begins to feel part of something much larger, part of a much bigger picture. Eventually, when this I becomes so conscious of a bigger picture, like an ever expanding universe, it can also become aware of unlimited ability and freedom to experience unlimited creativity.

There are no boundaries except for those that a false, usually fearful ego, may place on itself from time to time, until that too is realized as part of the illusion.

Will this new found freedom of human potential and discovery upset the hierarchical schemes that have been ruling, governing, and controlling our world?

Hmmmm!

Let's do a little history next and let's take a look at the development of these controlling hierarchies. They've been around for a quite a while.

Once upon a time.....thousands of years ago, people thought the earth was flat and all bad things came from underground, like snakes and spiders and darkness, and all good things came from above in the heavens, like rain and sunshine, moon and stars.

The more people thought about it, the more they looked for explanations, the more their imaginations started creating powerful beings they called gods whom they said created the good things from above and the bad things from below. Of course no one ever saw any of these gods, but when good things happened they said it was from the good gods, and of course bad things were from the bad or evil gods they called demons.

Certain people began to teach these ideas to the rest of the tribe and set themselves apart from the others as the teachers of the good gods. This gave them a position “higher” than the others for if they were teachers of the good gods, they must be closer to the gods. And everyone knew that the good gods lived straight up where the good things like rain and sun came from. Of course there is also the very real possibility that people on earth have from time to time been visited by more consciously evolved beings from other planets and dimensions. But because of the limitations of communication, and transgressions over time, oral history has become quite unreliable. Its remnants however, may hint at actual events, regardless of how grossly inaccurate the descriptions.

Now while these “god brokers” were securing their lofty positions, other members of the tribe started to stand out as good hunters and strong warriors. They also set themselves apart from the rest and began to assume leadership of the tribe. These became known as “chiefs” and “kings”.

So was established the society of the god broker priests and the policy maker kings. There were many benefits to being the priest or king. People were taught they must show respect and gratitude to the gods and make gifts, sometimes sacrifices. In return the people would be blessed with rain and sun for good crops and leadership and protection from enemies.

The priest and king became very comfortable with all these gifts. They didn't have to work hard anymore. They just had to keep the people believing in their powers, and the people would continue bringing gifts.

So people realized that if they could invent elaborate stories and seemingly good explanations of the gods, the earth, and their powers, they could get gifts from those who listened.

As the populations of the tribes grew into nations, the stories of the gods became more elaborate, and to make sure the priests and kings kept their power over the people, they

made up all kinds of rules and regulations, and created “sins” if you went against them, and “rewards” if you obeyed, always saying, “This is the will of the gods”. Of course it was the will of the priests and kings that were really being served.

And this has been the foundation of all the religions, royalty, and political systems up to this very day. They, not any god, created a step by step hierarchy, a ladder which everyone should aspire to climb, if one wants to receive favors from the gods. Or if one wants a good political appointment from the king, or the president, or the dean, or the CEO.

Whenever someone comes along and questions the hierarchy, they take it as a challenge, they feel threatened. Those who dare to question are called sinner, ignorant, blasphemer, heretic, traitor, criminal or insurgent.

Socrates, Jesus, Joan of Arc, Copernicus, and Galileo, are just a few of the famous names of people who were persecuted, imprisoned, and sometimes tortured and killed by the high

priests and politicians of the times in which they lived. There were many others in many different cultures also.

In the time which the man called Jesus reportedly lived, the people were suffering a double oppression. First they had the many years of lying, manipulation, cheating and scheming by the priests, and they also had the occupation of foreign troops, the Roman soldiers, who forced their type of government on the people and for nearly 100 years tried to rid the land of insurgents, those who resisted their invasion.

The favorite punishment of the high priests was stoning. Any time someone did not obey the priests or give enough money, land or food to them, the priests had them whipped or stoned. Many were stoned to death. These were horrible times and horrible punishments for defying the priests who made up all kinds of laws to control the people, and since very few people could read or write, the priests used their favorite power play, saying the laws were written by a god and then they would add their laws to sacred scripture. Scripture was simply writing. Nothing

else. That's what the word scripture means. People thought it was sacred because none of them could do it. So the priests were able to get away with their lies. Until someone like Jesus came along. If Jesus did exist, and if we follow truthfully the reporting that has been handed down to us, it is clear that Jesus knew that the priests had written those laws; that they had not come from any god. He had the courage to stand up to the priests and politicians of his time and challenge them. It is reported that he told the priests he had come to fulfill the old law and to bring a new law, the law of love, the whole of the law.

Of course this greatly threatened the hierarchy of the priests who immediately called Jesus a blasphemer. And when they discovered that people were following Jesus' new law, they became frightened that they would not have enough money and power for themselves. So they began to plot his death. Roman government officials overseeing the territory had found Jesus innocent when they had tried him, but fearing the priests would start trouble, with political repercussion from Rome, they gave in to the pressure of the priests.

Not much has changed today. The priests and ministers and pastors still do not follow the whole of the law, the law of love as Jesus taught. They've manipulated the Christians to leave Jesus' law and once again retreat to using the laws of the high priests. Why? Because Jesus gave all the power and glory to love, which he called god. The priests and ministers want the power and glory for themselves. So they use Jesus' name, they shout it from the pulpits, but they use it in vain, for their own vanities, while employing the old laws of the very high priests who killed him. They have seduced millions of Christians to do their bidding, instead of following Jesus' whole of the law. A good example of this is the Christian persecution of homosexuals in America. No god ever wrote that homosexuality was a sin. But the high priests sure did. They wanted to control the population, to increase their numbers, and build a nation. So they made up the laws and disguised them as sacred scriptures from their god. The mass movement to get Christians in America to deny equal rights to American homosexual citizens is one of the most anti-American, and anti-Christ

acts being committed at the time of this writing. The priests and pastors are more concerned with building their Vatican nations and Evangelistic empires than following the whole of the law of love that Jesus supposedly taught. And the selfish, greedy politicians of the times bend to that pressure out of fear they will lose votes or that the truth of their own lives will be exposed.

The rulers don't want things to change. They've created a comfy hierarchy for themselves, with those at the top getting most of the goodies.

They've even created a hierarchy for 'afterlife', a hierarchy of powers that no one can see but one that they've managed to hold over the minds and hearts of the people for millennia. The belief systems were thus invented to support the hierarchy that developed into one big control technique, created by fear, selfishness and desire for power. It has been forced on the human consciousness with such ferocity that it actually has created psychological traits and profiles that direct the lives of people living today. And these traits and personalities have become so accepted as "normal", that a type of amnesia has

blanketed the societies, keeping them unknowing of anything else.

How to wake up from this amnesia? How to be free of this ignorance? How to be free of the control of emotional manipulation? This is part of the purpose of this writing.

Once it is realized that the earth is round instead of flat, the sense of upward direction changes. For example, if someone is on the North Pole and launches a rocket, one might think it is going up. But if someone is on the South Pole and launches a rocket, one might think it is also going up. But the person on the North Pole would think the South Pole rocket was going down, and vice versa. So instead of measuring the direction as up or down (the model for hierarchy), perhaps a more accurate description would be “going out” from the earth, or “away” from the earth. The old linear model based on the flat earth is now replaced by a radiating model based on a round earth. As of this writing, the radiating model based on a sphere and other geometrical forms, seems to

exist throughout the universe, in both the micro and macroscopic, in both particle physics and astrophysics. Of course all that is also subject to change as an evolved consciousness can understand newer models as well as the model less.

As consciousness shifts from that of a flat earth to a round earth, what was thought of as having come from above really comes from out there in many different directions, many different angles, as well as from within.

Omni vector dismantles linear hierarchy and we are seeing increasing evidence of the latter's disassembly as we calculate ourselves into this 21st century.

In other words, the old school, the old world order, is disintegrating. It never had a real foundation.

Is this not a major cause of problems on this planet today? Are we not seeing the collapse of old structures, nationally, financially, academically, philosophically and scientifically,

as well as personal systems of family and relationships? It's happening all over the globe and people are having a difficult time coping with the changes because they have been brainwashed with the old false mindset for so many centuries.

The big promise the priests and politicians and academicians have made to you has not been kept! They never intended to keep it. They couldn't. It has merely been a ploy to suck you into the chasm of their control.

But you bought in to it. We all did. So all that traffic you find in your life, remember the traffic life we talked about in the first couple of pages of this writing? Well a lot of that traffic is starting to jam and when you finally have enough of it, and you finally start to yield, you begin to learn a very big secret.

**IT DOESN'T HAVE TO BE
THIS WAY; THERE IS A
MUCH GREATER REALITY
THAN THE HIERARCHICAL
MODEL THAT WAS
PREACHED TO US.**

**Say it over and over and over.
Shout it! Scream it!**

**Mmmmmmm feels good! Take a deep breath.
Take several deep breaths.
Then shout it again!**

**IT DOESN'T HAVE
TO BE THIS WAY;
THERE IS A MUCH
GREATER REALITY
THAN THE
HIERARCHICAL
MODEL THAT WAS
PREACHED TO US.**

Good! You've taken a big step towards your personal freedom.

Feel it. Feel it well.

And you will again begin to learn by feeling.

What you perceive as out there, may come from within. The “out there”, both identifiable and unidentifiable masses and areas of space, may be projections from within, until you arrive at a consciousness that is a unity of inside and outside. Some people like to call that unity, “the Oneness.” But one is a number, a bound calculation. Why not call it the Numberless, a boundless non- calculation?

But before most people can enter that consciousness where measuring seems to have little or no meaning, they have to find the door.

Ok, so where/what is this within inside everyone keeps talking about?

What is this inner portal to the ever expanding Universe?

Is it something in the brain?

Is it something in the heart?

Perhaps it is the unlimited ever growing field of consciousness?

Does it consist of only that which exists inside the muscular/skeletal framework?

Or maybe the field of consciousness includes everything that is outside the body too.

Are the outside and inside actually one and the same place? Maybe the differences that we see are just various arrangements of molecular structure controlled by the perception of a trained or chained brain or runaway train.

Maybe there is a common denominator of unperceived energy forms that is foundational to all the perceived differences.

Like the pulse of quanta.

Quantum pulse.

Do calculating words/terms become irrelevant here?

Some people think that the Universe is measureable by its rate of expansion, and that the reverse can be measured also; that is to say, that the universe can be collapsed to a single point of origin.

But what if the so called point of origin is also (and always has been) expanding? Perhaps that which is called origin is expanding even faster than it's seemingly emanating parts. And the only way the emanating parts can expand is if they have a medium which is the ever expanding origin itself.

The term origin becomes irrelevant. So does the term finality. Constant transformation seems to be more appropriate. And perhaps, conscious constant transformation is one of the foundational movements of the evolution of life.

The Quantum Pulse.

Even in its seemingly silent stillness.

Maybe this is why the mental field of accumulated perception (knowledge) forms an ego block. It fears transformation because it mistakes it for finality (death). That's how it's been programmed, linearly. It strives to hold on to its calculations, its descriptions, all of its identifications. It does not want them to be permeable and temporary. Defending this ego is

the basis of fear, which is the foundation for hierarchical control, competition and rivalry, dispute and disease. Although it is seemingly powerful and real, fear is as illusory as the hierarchies. There is no need for either. And once their uselessness is realized, you can break from their grip, and begin to freely learn and enjoy your true self.

Well, one thing I feel certain of right now is that which we call “the Universe” including the nature of this planet, will continue to surprise and maybe even amaze us indefinitely.

So keep your window open. You don't want to miss out on all the fun!

There are lots of educational tools out there to help you. There are all kinds of schools, workshops, study groups, seminars, books, cds and dvds now available. This book is one of many. There are lots of teachers with various methods, systems, and techniques for discovering inner peace, love, healing, universal connection and personal empowerment, abundance, etc. etc. etc.

THEN THERE ARE YOUR VERY OWN LIFE EXPERIENCES.

Perhaps you are your greatest teacher and the best book you can read is the journal that you write.

LEARN TO PAY ATTENTION TO IT.

That's one of the things the Starlight Technique can help you do. Help you to pay attention. That's the only payment you have to make.

Many people do not search for help or answers, or even bother to question for that matter, until they have a broken body or broken heart.

Many do not search until they grow weary of the unsettling and deteriorating conditions of the world, their relationships, their finances, etc.

Some people wait until they get in trouble.

Then there are those who always knew there just had to be something more to life than what they perceived around them.

Then there are those who are simply curious, and those who like adventure and discovery, those who like to get “high”.

Some people feel they have a “calling”, and respond to various types of inspiration.

Personally, I relate to all of the above.

Whatever your reason for being here right now, this book and The Starlight Technique are a couple of more tools you may find useful.

I didn’t want to write a book with tons of information, lots of pages with lots of words.

My goal was to keep this presentation simple,

a simple, streamlined bridge for people of any educational or life situation background.

But most importantly, I wanted to help the reader to have an actual sensory experience in addition to a cyber intellectualization. That's why I wrote it sort of along the idea of a musical composition, in movements. I hope you can feel it.

And I wanted to offer the reader something tangible with which to work, something to take home or wherever one goes, a very simple practice.

Here is a very simple tool for a simple life cycle.

**Inhale---inspiration
Exhale---expression**

The Starlight Technique is a simple exercise you do with your body and consciousness. You learn to focus your attention on real light and sounds, and their emanating vibrations that you can actually feel. They seemingly generate from the head region of the body, but they have been reported to exist everywhere.

This process of focusing within the muscular/skeletal framework has often been called meditation. I don't really like to use that term because many teachers refer to their visualization or imaging techniques as meditation also. THIS IS NOT A VISUALIZATION TECHNIQUE. The Starlight Technique is not about inventing an image to focus on. Imagination, or as I like to say, imaginaction (image in action), is an entirely different procedure, one that can be very powerful, useful in healing and manifestation, among other things. The Starlight Technique helps you to focus on light and sound that are already there. They have always been there. How you translate that experience later in your personal life, in your personal way, is totally up to you. So instead of learning to meditate here, you are learning to do The Starlight Technique.

No use of imagination is required. You actually see the real light and hear the real sounds within that which you call "I", "me", or "self."

Keep it simple, keep it clear. Please do not make a religion out of it, nor attempt to commercialize it for some type of abundance or healing scheme.

Welcome to the Space Age, to the expanding physics, the expanding universe, and your expanding consciousness.

Welcome to The Starlight Technique.

The only requirement for learning is being able to understand a simple instruction to engage a very simple process. It has to be simple in order for it to be universally accessible. The sincerity of your openness to learn and your commitment to your self is the portal.

Like everyone else, I am a receiver and transmitter. I am information. So are you. I don't like it when people just unload their belief systems on me as if they were absolute truths. I seldom use the belief process anymore, preferring simply to say "I think" or "I don't think" or "I know" or "I don't know". Sometimes I say "I wish" or "I hope", but most of all, I prefer to say "I experience" or "I don't

experience”. It can be very trying to accurately describe the truth of one’s experience but I think the effort is so worthwhile because there is so much to gain just from the process. It took me a long time, often a difficult time, to learn that.

I started to keep a journal of my experiences with the Starlight Technique, quickly jotting down descriptions of my perceptions as clearly as I could. It is not an easy task, and I apologize if I have not achieved accuracy in that endeavor. But here are some excerpts.

“So why do I do it? I like the feeling of focusing freely. I feel relaxed and energized at the same time.”

“I do the technique because the light is beautiful; it attracts my attention with its changing patterns.”

“The creative potential simply bursts into articulations I’ve never even imagined. I have not experienced any type of limitation here.”

“I just sat for two minutes. Just two minutes focusing on the light and I was so inspired to communicate.”

“I’ve always had a problem letting go. I carry things that are sometimes detrimental to my evolution, like unnecessary baggage. Practicing the technique lets me feel where I am right now without interference. And from this now, I can make more conscious choices.”

“I think the Starlight Technique is a portal to the holographic universe, whatever that really means, perhaps a multidimensional electromagnetic field that uses magneto-resistance to continually open new and yet undefined potentials and maybe some that have been in existence for a long time but have not yet been perceived.”

“When I focus on the light inside my head, I feel connected to something much stronger than any of the particulars that take my attention outside. I realize the transient nature of what is sometimes called external phenomena, man-made or not, and this helps release me from

some fears by realizing the transient nature of fear itself.”

“Watching the light makes me honest. I guess that’s necessary to get to the state of a perfect now. There’s some kind of good feeling that comes with that. That’s all I can say about it right now.”

“It’s like, just sitting there and focusing and letting go. Sometimes I just burst out laughing, or quietly giggle and physically tingle. I just let the light get me high or whatever and I don’t have to pay for it or worry about getting sick or when it’s going to wear off. Most of the time I just drift into this love feeling.”

“I focus on the light simply because I see it. It’s not a metaphor, nor just a “visual”. It’s a matter of physics. Sometimes I struggle with it because I get very bored and I’m good at procrastination. When I realize it is me who is boring because I am paying attention to the constant replay of my mental recorder, I focus on the technique a little more intensely and just let the mind wind down. No use in fighting that one, fighting the mind just feeds it. Trying to use the analytical mind

here just contributes to more stuff in the way. I refocus on the light for clarity. Focus. Relax into it. The light definitely seems to be some sort of liberating mechanism.”

“Sometimes I have difficulty seeing it. I have to really focus and be patient and it becomes a truly difficult challenge and this is when the most growth seems to take place. Then I start to relax from my effort and let the light take me and, man, the peace, there’s nothing like the peace. I realize how much I love peace and that’s why I came here. And I received the gift: the power of peace is positive patience. Positive patience is the focus, much more than just relaxing.”

“I often get very enthusiastic after I spend some time focusing and I want to express it but it’s such an individual thing and so unique that I find myself lacking adequate language to describe the experience. It commands so much respect in its simplicity that I don’t want to hype it or lay any concept on anyone. Sometimes I think the best thing to do is just smile or laugh and let each person find out for her/his self. It’s probably different for each person anyway given each person’s variety of life experiences.”

“Focusing on the light is like putting up an antenna. I used to feel that way with various substances, alcohol, speed, marijuana, LSD, etc., like they were catalysts. Now when I want to expand, or when things get out of synch, I focus on the light to increase my power of realization. It definitely works.”

“Sometimes I do the technique because I get tired. Focusing seems to get me to my true self, independent of all the stuff that’s out there, all the accumulated information. I just need to go inside sometimes and find the oasis.”

“It’s sometimes like taking a mental laxative. It can reveal a lot of crap you got hanging around. Fortunately it also helps you to gently eliminate at your own personal pace, in your own personal space.”

“I experience continuation when I am in the core of quantum pulse; a timeless now that can actually be experienced by feeling, without the language of intellectualization. This I call peace. This I call love. This is what some call god. Yet,

**all those words are inadequate and unnecessary.
It is the actual experience that is the reality.”**

II The Second Movement

The Technique

A. You have probably heard from someone, or read in a book, about the technique of paying attention to your breathing. Just about everyone who is participating in evolutionary teaching and/or stress management, discusses this technique. There are many variations. It's easy to do, it's "natural", and it works. Some people will tell you to breathe deeply, count so many times while inhaling, hold the breath for so many counts, and exhale for so many counts. I don't count because counting activates the calculating mind and that is counter productive to our purpose in doing the technique in the first place. We want to quiet the mind. We want to let the mind unwind. But if you truly must count, think of the counting as "training wheels" to be used for only a very short time, until you learn to breathe consciously, without counting. Counting is really unnecessary and can get in the way. However, you find what is comfortable for you, what works for you. Some days my mind is very active, fast and vivid, so if I have difficulty getting started with the breath awareness technique, I simply breathe as deeply and as loudly as I can to focus my attention.

The thinking process of what we call the mind is very powerful. It's been receiving our attention most of our lives. It doesn't want to stop. It has been programmed by the survival instinct of the ego as a defense mechanism for itself. It thinks it will die if it stops thinking. Of course this is all an illusion. What we call mental activity, the mind, is not really an independent entity. It is a cyber function and sometimes it can get out of control, and often does, and merely appears to have a separate identity. It is such an illusion of separateness that causes problems in just about every aspect of life, biologically and socially. By taking your attention away from the thinking process and putting it on connecting to the core of quantum pulse, your center, your true or higher self, your god, whatever you want to call it, the peaceful feeling you experience will reprogram your ego and various thinking mechanisms to be subordinate. Subordination here only means integration, merger. The more you experience the peaceful vibration, the actual feeling, the more your core will regain its conscious creative sovereignty, not in the old term of hierarchy, but in an expanded understanding of equalizing and integrating.

Biological systems will flow, circulate, and operate at the optimal pace that is conducive to the survival and improvement of the organism. Disruption of this flow causes dis-ease. It is separation that causes disruption and disease. Re-integration is the purpose, the plan of remedy. You now can begin to truly understand the old phrase “made in the image and likeness of god.” If you drop all the religious connotations and ambiguities, you will discover an actual event in physics, in physiology, where just as waves created by pulsing quanta produce light and sound, there is even a more subtle vibration that connects your “I” identity to itself, which is also the medium, or origin of the ever expanding universe. The feeling that one can experience with this most subtle vibration is very calm, clear, peaceful, hence: peace lies within. A well used phrase, perhaps over used, but none the less it is founded in experiential reality. Some people think that this is the foundation for the old story of “the fall of man”. Out of control cyber function developed an illusionary existence called ego that is seemingly separate from its source. Removing your consciousness from ego identity and re-integrating all life processes with the core of quantum pulse, or

source, is redemption. It's actually a very simple story for a very simple process. It has only been presented as complex by the less knowledgeable, and by those who have costumed it to manipulate others to serve their various agendas.

No one gets to the universal except through the individual is the same as Jesus' alleged statement, "No one comes to the father except through the son." The translation of his words was not meant to start another religion or kingdom. His words were meant to connect the conscious individual to its ever expanding universal medium which is also its source. It is a real event in nature, but due to the misunderstanding, and sometimes selfishness and greediness and fearfulness, the religions have become blanketed by a self induced amnesia, lying for the most part useless and infertile. They have been left with only the ability to conjure up emotional experiences through ritualistic behavior whose participants mistake it for spirit or super-consciousness. This is why preaching and screeching and musical manias are so often used in their gatherings and ceremonies. Those things are neither the creations nor the directions of their founders, be

it Christian, Buddhist, Muslim etc. However, the followers have to use some type of emotional stimulation as a control technique to fill the void. By definition, no god needs any type of praise or worship. Nor has any god ever asked for such. These things are merely more of the old control mechanisms of the old hierarchies. The emotional experience that participants call spirit is actually far removed from the fully integrated experience of peace that they could be having with their source. But such emotionalism remains as a very powerful experience because no one has taken them deeper. It is all they know. They have been trained to succumb to the power of the emotions because it is here where the priests and pastors and politicians have most control. They have had hundreds and in some cases thousands of years of practicing their art of emotional manipulation. Enough about religions, they will do themselves in by their own cheat and deceit and eventually meltdown, evolve and transform. Only then will the real light of the Christ, which is the core of quantum pulse inside each individual, shine. You don't have to call it Christ, or core of quantum pulse or anything. You can experience it without any language identification what so ever. I write

about the man called Jesus only because he allegedly was a genius, a master physicist, leader and liberator of the people. He never was, and still is not, a participant in the religious schemes of the ministers, priests, and politicians. Those people have tried to make a whore out of Jesus, using him and his teachings to build their church empires. And they are coming to an end. The whole world has been suffering from a big hangover. The cultural hangovers from the old order as domineering forces of political power are almost over. They served their purpose and have had their day. The celebration of true cultural diversity on a global scale is about liberation, learning, and community, not control and domination. Although for some time, many will continue to be seduced by the emotional manipulations of the wolves who dress in sheep's clothing. There are many of those people who have truly been sincere, beautiful, very beautiful people. Many have been very helpful in the evolution of life and this planet. It is not their fault they have been lied to and seduced by emotion devotion. Thank them and forgive them for they know not what they do. Some of them. Some know very well what they do and what they have done. Forgive them too. Forgiveness is a

very powerful healing tool for you as well as them. Don't forget to forgive yourself. We have all been tainted with the selfishness of disconnect at one time or another, and we may again. We all have the power to forgive one another even though that is also part of the illusion. Guilt has often been conceived and used as a control technique, one of the most vicious and violent weapons ever manufactured. Acknowledge it, let it go, and let you grow. Those who wish to remain within the illusion, the amnesia, the old hierarchical order, are free to do so, but they must respect the choice of others and not interfere with the evolution of others who are becoming liberated and are beginning to radiate in greater alignment with their source.

Those who have the courage, conviction, intelligent understanding, and compassionate desire to reintegrate with their source, the foundation of their consciousness, will at their own pace, leave the control of the priests and ministers, rabbis and shamans, gurus, llamas and masters, imams and ayatollahs, and once again merge with the natural processes that have always been available. No conversion or

propagation is necessary. The keys to your happiness, your fulfillment, are indeed within you. No one else holds those keys. The Starlight Technique can help you use them. It is one of many ways. I hope you will find a way that is comfortable for you. Enjoy them all if you want. You are free to do so. Just be careful not to lock yourself up or let anyone seemingly lock you up again with powerful illusions. It's easy to get confused and lose your way.

So when my mind is very active, I breathe deeply and loudly, until the focusing process begins. You will know it because you will feel it. Just listen to the sound and feel the inhale and exhale. It feels good, almost immediately, even if you only practice for a short time. Let your mind wind down and your breathing will get quieter and deeper. You might think it is shallow because it is quiet, but it is not. Just listen. Listen very closely. There are sounds beyond the breathing. There is space beyond the words and mental pictures. Even the silence is an illusion for deep within the silence is a very soft, subtle hum. It is a gentle vibration, one that is so delicate, yet so powerful. It is a sound that cannot be spoken or chanted, or reproduced by

musical instruments or other technology. When you hear it, you know you are beginning to use what has been called, “the inner ear”. It has nothing to do with the outer ear or inner ear sensory organ and its auditory channel and equipment. Yet you will begin to hear like you’ve never heard before. Let that which you call your self merge with this sound vibration that you hear and feel, for that is the ultimate purpose of all the varieties of breathing techniques; to yield, then, merge.

So you can sit in a chair, go for a walk; lay in bed or bathtub, wherever you are comfortable. Some teachers require certain sitting positions and certain hand positions called mudras, etc. If you enjoy those things, if you find them helpful, by all means feel free to do them. But they are not necessary. It’s the “feeling free” that’s important. Simply quiet down, where ever, when ever. You can close your eyes if you want. Begin to be aware of your breath; breathe consciously. That is your birth right, your natural ability. You may have forgotten it because your attention gets taken out into the world so much, the all important business of our daily lives. I’ll let you in on a little not so secret here. Seek ye first the

core of the quantum pulse, and the business of your daily life will probably follow in a much more comfortable and sometimes surprising fashion. If you don't understand the term quantum pulse, it's ok. Substitute it with a term or symbol that's meaningful to you. Or don't use any; just feel.

You can start your conscious breathing for five minutes or even one minute at a time, then progress at your own pace. Feel your way. It is totally up to you. It is your life. Sometimes I practice five minutes, sometimes a couple of hours or more in one sitting. It's fun to try to practice while doing activities too. You discover which ones are conducive to conscious breathing and which ones present a problem, like talking. Enjoy.

Many teachers teach a "tongue technique", gently folding your tongue backwards so that the tip rests on the roof of your mouth. I learned this from a Buddhist sect. Different teachers claim various benefits to this and I have found it especially helpful while driving or while doing some type of stressful activity, or any activity that simply requires my concentration. Many

activities are much easier to accomplish if you remove your “self” or your ever chatting mind from the situation. It is also more pleasant and even fun to do during leisure activities. So if you want, you can fold your tongue back, and breathe consciously.

There is no need to compare or contrast your experiences with anyone else. You can share if you want to, but there is no competition. Your experience is as valid for you as anyone else’s is for him/her. It is yours. Enjoy the experience you get. It’s tailored made just for you.

Sometimes the body tingles, a little like the pins and needles sensation when your foot or some other body part falls asleep. Let it happen. It is a sign that you are moving into a more subtle energy field. Instead of moving from the center outward, you are moving back towards the center. Now relax some more. There will be surprises for sure, but nothing to fear, nothing can harm you here. It may take a few moments or even a few times of practice in order to get accustomed to this. You were never taught this before by your family, teachers or clergy because they did not know it. Very few people did. It is

only now becoming understood, practiced, and experienced by many people all over the world due to the efforts of merely a handful of dedicated teachers. Relative to the six billion (and growing) people on this planet, the numbers who are practicing techniques such as this are still very small, but not insignificant. You will learn that even one is very significant. This is why it is so important to get this information out there. While many still are seemingly content to be with the amnesia, many others are waking up and asking for help. The peace of the world, between nations, within communities and families, within friendships and other relationships, can only come about when individuals are peaceful. Ending a war or dispute is merely a treaty; it is not the experience of peace.

So let your body tingle. This is part of your consciousness. You are not dying. You are merging with a greater field of awareness that is peace based. Feel it. Enjoy it. Your mind is not used to it. It will react because it is not accustomed to winding down this way. It is used to being “revved up” by the stimulation of your external environment. This is why the practice

of techniques such as this sometimes seems to require discipline. Sometimes the practice seems to yield disappointment. But that is only because one is measuring the mind's activity and the very process of measuring it feeds it. So forget about discipline and measuring. Just focus on the technique and let the mind do what it wants. It eventually has to wind down. Your attention is its source of nourishment. Put your attention on something else and the mind has no fuel. What you call your mind or mental field will adapt and start blending with the subtler vibrations. Sometimes it happens quickly, but for most people it is a gradual process. You've been spending most of your time reacting to your external environment, including your job, your school, your relationships, and all the various media input, television, film, internet, books, newspapers, magazines, CDs etc. You are now letting all that wind down. It's a lot, and for some, a lot of years of it. You are having a new experience with self stimulation and the knowledge you need in your life will start coming to you. It has always been available to you. All of it. This is the real law of attraction. You don't need to buy any special programs, seminars, CDs, DVDs, etc. You don't need to do any special

visualization techniques. You can always make up your own if you want. Many people who push those things are trying to make a buck, for some, many bucks. That's how they attract their wealth, by extracting it from you. There are however, many sincere people who are simply sharing formulas that have worked for them. If you enjoy those things, go ahead and enjoy them. Some of them can be inspirational and fun and can keep you occupied while you are waiting for whatever it is you want. Just remember, your foundation is the vibration of peace within you. Seek that first.

B. After you've been doing the breathing technique for a comfortable time, move right into the next part.

LET THERE BE LIGHT

**And there is light.
Right inside of you.**

Take the index finger of either hand, gently placing the tip of it between your eyebrows, but just a little above the eyebrows (photograph I page 103). Rest your fingertip there. I have a small concave area in the center of my forehead where I rest my finger. Many people do, but if you don't, it doesn't matter. Just gently place your finger there. Close your eyes. You may want to practice in a darkened room at first so that external sources of light do not interfere. Focus your attention, with eyes still closed, on the spot where your fingertip is resting. Don't look for anything. Just focus and relax. A very subtle light is there. It's always been there. You will see it faintly emerging. Sometimes it will be bright. Sometimes it is pure white, sometimes golden, sometimes you will see a blue hue. If you don't see it, don't worry about it. Don't even think about it. Just practice the technique and let things happen. Do not visualize. Do not use imagination, do not create. That will come later as you go about your daily life. For now, just relax and stay focused on the spot where your finger is resting. Once you feel firmly focused there, you can remove your finger and put your arm down. Stay focused. Relax and do your breath technique at the same time if you want.

When light comes, just let it happen. You will eventually feel it as you see it. Some people say, “Is that all it is? I’ve seen this all my life.” Yes, some of you have. It’s always been there, but now you are learning to focus on it, to work with it, and to let it work with you. Sometimes it moves around. Through the years, I have heard so many different descriptions of what people experience. And I have heard people say they see absolutely nothing. Well, absolutely nothing is certainly something to see! When I ask them to describe the nothingness that they see, they realize that they’ve been seeing something all along. Try describing nothing. The power of realization! Sometimes it has no descriptive language. Remember, many of you are just waking from amnesia, like ole’ Rip Van Winkle’s 20 year sleep. You are now using your “I” to see, rather than the ocular orbs that are set in your skull. That “I” hasn’t been used much except in cases of “will power”. For most people this has not been part of a regular conscious exercise. This “I” is beyond will power. It is the power behind the will. Take your time. No need to hurry. No one is testing you or rating you. You will notice measurable changes in your life at the pace that’s right for you.

Focusing on this spot between your eyebrows helps you to realize that consciousness is always expanding. This spot has often been called “the third eye.” It doesn’t matter what you call it or if you don’t call it anything. Sometimes my whole body, my entire consciousness fills with light, until there is nothing else, except for the subtle sound and vibration that I hear and feel.

Sometimes I feel like I am in a spaceship and from one end to the other there is a huge window through which I can see all these stellar-like forms while listening to and feeling the ship’s engine. I just relax and let it happen.

Just about every religion has mentioned this light; for most it has become a metaphor, something symbolic. In the Christian tradition, Jesus supposedly said, “make thy eyes single and your whole body shall be full of light.” I doubt very many Christians including their priests and ministers know how to do that. Jesus was talking about a very real light, the light you are learning to see now. It is not merely a symbol or metaphor. Will he come again and with a snap of his fingers everyone will automatically see this

brilliant light? Perhaps he will, perhaps that will happen. For those of you who think that, here is something tangible with which you can practice and prepare if you want. Practice and learn to trust it, and you will learn to love it, whether your particular hero returns or not. Practice and you will behold your hero right inside your heart. This is the visible source, the visible form of the electromagnetic spectrum that carries the energy we call love. It stimulates itself in every cell in the universe, especially in the neural cells (yes neural) of the heart where there is an increased concentration. This is one of the reasons why attitude and emotion can play a part in heart disease and heart healing.

C. Many people, including various scientists and teachers, talk a lot about the hemispheres of the brain. A lot has been said and written about brain waves and how one can align with them to reap the most benefit. The late Robert Monroe,

author of the famous, Journeys Out Of The Body, and founder of the Monroe Institute, developed a process called Hemi-Synch with which one can use headphones and listen to synchronized sounds that alternate from each side of the brain to achieve balance and various specialized functions. His successors have developed many CDs and other tools to stimulate the brain for a variety of benefits.

While I very much enjoy listening to the CDs using the Hemi-Synch technology every now and then, I feel it is very important to learn how to accomplish this alignment with brain waves without the external technology. The tech is actually built within. You can learn to stimulate the brainwaves and balance the hemispheres with a very simple technique, and much of the time I have found it more powerful than the external technology because the effort one makes is part of the balancing process. With the external technology, one does not make the same effort and misses out on the benefits from that process.

Look at the outer ear in a mirror. You will notice a little curved flap of pliable flesh that extends

from the sideburn area of the face towards and partially over the ear opening (photograph 2 page 104). Gently stretch this flap over the holes of both ears, with a finger or thumb. It may take some of you a few tries because it is new, but it is very easy and very comfortable to do. Once you do this, relax and just listen. Persons usually report first hearing sounds like air rushing, some have said blood circulating. Just listen. Those sounds usually fade after a short time. Remain focused and you will hear other sounds beginning to emerge from the left or the right ear and sometimes both at the same time. Some of these sounds are high pitched, some sound like pieces of metal clanging together, some sound like generators at power plants. It is difficult to describe them and I have not found them reproduced even by a synthesizer. Some people describe sounds like that of flutes, bells, and sitars and I also have heard such. This is not like the ringing in the ears that one hears periodically in one's life. This phenomenon I am trying to describe has been called, "music of the spheres", "celestial harmony", and "divine harmony" etc. I just call them inner sounds. The left side of the brain has been called the analytical, the calculating side, while the right

side has been called the creative side. I have also read and heard the left side of the brain referred to as the masculine side that helps one deal with the day to day business of practical life, and the right side of the brain referred to as the feminine side which helps one develop the creative potential including super extending the intuition and organs of perception. Just recently I read an article that stated the reverse was true, that it was the left side with the feminine attributes and the right with the masculine. Well, I'll let the spiritualists and behaviorists debate that one while I simply report my own experience as best I can. I spend some time listening to what comes from the left side, some time listening to what comes from the right side, and some time listening to both sides at once. When I first started practicing, sounds from the left side were dominant, now the right side is dominant. Scientifically, I have learned that I am developing the use of alpha and theta waves. So what do I experience beyond hearing these sounds? I experience clarity, clarity of thought, clarity of decision making, clarity of planning even simple daily chores. I experience something I call alignment, alignment with my body, its physiological processes, and alignment with my

external environment. Yes, I often experience extended sensory abilities, what many call psychic powers. So can everyone. I tend not to use the term psychic powers due to its ambiguity and the often misleading information surrounding such. I experience both control and a relaxing surrendered trust at the same time. I am developing a love of listening to these sounds free from mental description. Some times I have a hard time sitting still because I get very, very creative and just want to begin doing this project or that one. This is a great exercise for procrastinators. Then I usually spend some time listening to the sounds while focusing on the light and breathing technique with my tongue placed on the roof of my mouth, all at the same time. I feel so present when I do this, so full and empty at the same time, so individual yet so connected to everything that is and what ever is becoming. It is difficult to describe because it is beyond language and calculation. The experience is so peaceful, so free, because it is the presence of now, the only place presence can truly be.

So that is the Starlight Technique. You now have the foundation, a simple practice, for the most profound experience of the unlimited human potential.

Please keep it simple, honest, and enjoyable. It belongs to you, it belongs to everyone.

Some teachers require their students to promise to keep their techniques secret.

I want to make two points absolutely clear. First, I do not, nor will I, ask you to make me any type of promise or keep any thing secret. Those are old control mechanisms that are no longer necessary. You are free to explore, experiment, and share this information. Let's hope it will make our individual lives and our planet, a little more peaceful, a little more conscious.

Secondly, I have never revealed any other teacher's secret techniques. Never. I know several. The Starlight Technique is a different variation with some similarity, but it is unique to it self.

From working with several different teachers through the years I have learned that it doesn't matter who the teacher is, or what their techniques are. The only thing that matters is what you do with them. It is up to your effort, your desire, and your commitment to yourself.

If you hear of some teacher claiming his/her way is the only way or the best way, you might want to walk away. Their attitude of superiority is breeding ground for counterproductive competition, not peace.

I am not a teacher. I simply received a very nice recipe that I love and I am simply sharing it.

If you have difficulty connecting with this book, or if you feel the need for inspiration other than your own, there are many good teachers available. I recommend those who teach freely, without the baggage of cultural hangovers, rites, or rituals. Some of them have worked very hard to streamline their approach to deliver their message of peace and possibility with clarity and integrity.

Please remember that the power of peace is positive patience. Remember your mission and your abilities. Try and be gentle instead of judgmental, empowering instead of overpowering. Stay alert, yield then merge. An incredible experience of freedom with an unlimited, peaceful, creative potential awaits you. It's all right inside of you, and it's always been there.

III The Third Movement

The Journey

My earliest memory of “the light” was when I was a very small child. I used to like to dig in the back yard with a spoon and fill my mother’s pots and pans with dirt. One day my attention was brought up to the sky. I remember so clearly how blue it was with this golden light that seemed to be filling the air and I saw the face of a man and a woman staring at me from the sky. They were smiling beautifully and wore some type of band or crown on their heads. It is the only time I saw them, yet the light remained with me and I used to put my finger on my forehead and I remember wanting to touch others there also. Through the years, many babies and young children have put their fingers up to me in this way.

I began to read and write at age three. I always credited this to my parents reading the newspaper while rocking me. I recall pointing to words and asking about this one or that one. At age four, the Catholic Sisters of St. Anne took me to their school where I increased my ability

to spell, to read, to do math, and to pray. They indoctrinated me with their religion big time. The first prize I ever won was for saying The Lord's Prayer the loudest. Then I surprised the Sister when I told her the complete story of Jesus in the desert. She was amazed and brought me to several other classrooms. Because of my small size, she put books on top of the teacher's desk and had me stand on them and tell the story of the temptation of Christ to the other students and teachers. I was allowed to wear a blue ribbon with a gold medal on it for half a day. They believed in rewarding children but not overdoing it. They got me; this religious indoctrination preoccupied my attention throughout childhood, although I still managed to participate in most of the other youthful activities with neighborhood kids. We had a wonderful childhood for which I am still so very grateful. At about age 13, I really got bored with the repetitiousness of church liturgy, and began to see through the emptiness of its drama. Besides, sex and cigarettes were becoming a lot more attractive.

It wasn't until my late teens, when I was in college, that I started to see the "white light"

again. Those were sporadic moments induced by substances taken orally. I experimented with everything and knew that there was a lot more to life, to consciousness, than what we were being told, more than what we “normally” perceived. I began to realize that if we could use substances like LSD, alcohol, caffeine, marijuana, meth, etc., to alter NSF (nervous system function), then we should be able to alter that functioning by consciously controlling it, through will power, etc. without relying on external stimuli. At this time I thought the entire NSF was controlled by a mechanism located in the brain.

It wasn't until I had a very serious mixed substance overdose that I found something better. The experience of the overdose was horrible. It was very painful and frightening. One night as I lay on the hospital bed, I knew I was going to die and I actually heard what has been called the “death rattle” in my own throat. But I did not want to die. I did not want to. I did not want to and I yelled loudly “No! There are other things for me to do!” My entire field of vision, my body, my hospital room, filled with a white light and the most beautiful feeling of peace, of clarity, of cleanliness, came over me

and I had this new, very definite sense of service, something for me to do. I got right up off the bed and walked down the hall to the nurse's station and smiled. I was perfectly healed.

From that time I became so surrendered to a greater power, what seemed to be a much larger consciousness than what I called mine. I had a sense of a very, very big universe; that this whole planet was merely my backyard, a place for me to play, a beautiful gift. I began to look for opportunities to “serve”, always hoping to see the “light” again. I felt so relaxed; it was never a frantic search. I started to put my poetry to music and began hitchhiking all over the United States, a little in Mexico and Canada, carrying the “People’s Peace Treaty”. Sometimes I had a companion, most of the time I was alone. I could fill books with stories of these journeys including the many seemingly paranormal events occurring during this time.

One particular afternoon, while camping with a friend on a bird refuge island off Miami’s Coconut Grove section, the white light totally engulfed me and lifted me out of my body which I could still see laying on the pine straw of the island. It’s hard to describe. I had the feeling of

being pretty far out and saw all these swirling gasses. I felt like I was witnessing the creation of the earth, like I was in some time warp, very amazing, a little frightening, the power was awesome yet subtle. (I realize my words seem contradictory at times and that is because they are so inadequate.) Then things calmed, and I was riding some type of orange, golden vehicle through space that was dark yet illuminated by various unidentifiable masses. I really liked this; it was very pleasant, very enjoyable. Then I heard a loud hum, like the sound of a jet, and as I started to re enter my body, there was a very clear voice, “You stand equal with all things. You stand equal with all things. You understand only one. You understand only your father. You are here to serve.”

Following that event I became super sensitive to life and realized I had no right to cut off the oxygen supply of any oxygen breathing creature except in self defense. I stopped eating animals. At first it was out of compassion for them, then it became out of compassion for everyone. Every time I saw the carcass and smelled the stench of a dead bird or cat laying by the side of the road somewhere, I realized that

this is what we actually put into our bodies. Not steak or Big Macs or drumsticks or nuggets, we are eating decomposed flesh and blood that once belonged to some healthy, happy, oxygen breathing animal that was enjoying its life.

I continued searching for a way to connect with the light whenever I wanted to do so. I studied and practiced religions, scriptures, and various cultures. I started doing yoga, chanting, prayers, healthy eating, and worked as a youth advocate and counselor in a variety of community and social service programs. I met many teachers, read many books and studied physics, astronomy, biology, anatomy and physiology, neuroscience, as well as that which is called the occult, and the arts. I traveled to India, lived very briefly in a couple of ashrams, met some mahatmas, and learned various techniques of meditation, including light and sound techniques. I spent a lot of time as an activist for political and social reforms as well as assisting various teachers deliver their messages of peace and enlightenment. But it wasn't enough. There was still some sort of "calling", a longing in my heart, for something more. I was very aware of the suffering of sentient beings in this world, and

the enormity of a population of six billion people. I knew there was something else for me to do. It was 1997, and I was in my garden behind my house, meditating while frustratingly trying to clean the pool, (yes, at the same time), and I just yelled very loudly once again, “What should I do? What is this longing?” A warm, energetic feeling rushed over me and I began to remember the finger technique for light that I knew as a child. Then, the voice came again, “Call it the Starlight Technique”. That was all. I immediately went into the house and into my bedroom to practice the technique to see the light. I very soon became aware of the additional part, closing the ear flap to hear the sounds. After a short time, I grabbed some paper and a pen and began automatically writing this book.

IV The Fourth Movement

The Never Ending Finale

**We are all
involved in a
process of
becoming.**

Becoming what?

Becoming We.

For many of you, what I have said in this book is nothing new, but its relevance is perhaps becoming more acute as significant events in this universe unfold and accelerate greater self awareness.

The Starlight Technique is a simple method for allowing the stillness within you to speak and to move. The personal, intellectual, and emotional filters you have accumulated throughout your life, will determine how you translate every moment until the filters begin to fade, and you can freely face your canvass and create.

The sounds within the silence, the light behind the will, carry your consciousness to wherever you want to go. You are free to chart your course.

I am sure that some of my reporting is very strange to many people, although I know many of you have also had your share of curious experiences. One night, while taking drawing classes at a community college, I spent a good 12 hours in front of my drawing board taking only bathroom breaks. The focus had become so intense I started to see forms on the paper and all I had to do was fill in the spaces with various pencil shading. It was almost like coloring by

number. I realized that as we have the ability to perceive what is outside and connect those images with the brain, we also have the ability to project what is in the brain to an outside surface. I am not talking about consciously planned creativity here. I am talking about projecting information, symbols, and forms without thinking, like a movie projector to a screen. Sometimes this has been called automatic drawing, automatic writing, and has mostly been relegated to the area of psychic phenomena. The possibility of receiving and projecting events and information that are perceived by the brain independent of the other sense organs has once again intrigued the scientific community enough that funding for research has been continued. Certain individuals seem to have a greater capacity for such abilities than others. The Starlight Technique can link you with the foundation for your own experience. Perhaps all of the events in our lives are indeed parts of that proverbial puzzle, a bigger picture that continues frameless. At this point in my life, I experience this to be true as I continue to be surprised every day.

I am sure there will be new techniques and technology and newer ways to express them with new teachers and messengers. I look forward to engaging and enjoying them as I express my gratitude to all those who have contributed to this consciousness thus far, including those very special beings I call the “Helpers” who remain unseen. Many of you will not have to use techniques, as I don’t always, for you can experience the connection to your core by its own power. And now I would like to report to you one more very special event on my never ending journey.

I will relate to you what I gave to the press concerning one particular night in 1981. There were two other men out there that night, and I made a very big effort to locate them because I was and still am very curious as to what their experience was like. So I wrote to all the local newspapers and magazines and contacted a couple of national organizations to help me locate the other two men.

Dear Editor,

It is not unusual for me to fall asleep at 11p.m. and wake a few hours later at around 2 a.m.

This has been occurring for many years and continues to do so. I want to tell you about a particular night in 1981. It was late summer or early autumn. After waking around 2 a.m., I went out for a walk. On that particular night I do recall feeling a bit fuzzy or hazy. Later I began to term it trance-like as the feeling has come over me many times since. That night I chose to walk from my apartment on NE 3rd Ave. in Gainesville, Florida, toward Waldo Road. I turned north on Waldo. There were two other men about 200 feet in front of me talking and laughing loudly. Suddenly, in the eastern sky, there were beautiful lights in octagonal format, several groupings. It was a beautiful sight. The two men walking ahead of me became very excited and ran east across Waldo Road towards the lights. I was stunned and remained motionless on the sidewalk. The next thing I saw was one of the light formations in the sky directly over me. It was a beautiful sight that was accompanied by an equally beautiful feeling that seemed to fill my body. There was nothing frightening about it; in fact, it was so beautiful it actually brought me to my knees right there on the pavement. I was truly awestruck. Then there was a man in front of me. He was very tall with

long blond hair parted in the middle. He was wearing something like a long white jumpsuit that professional technicians wear. His face was so bright I say he had the appearance of light. He touched my shoulder and I was in some kind of room with him, a room that had several spaces that resembled dashboards but with technology with which I was unfamiliar. There was also a table. The man spoke calmly and in a friendly manner, “We are glad you have been taking care of your plants.” I have been into plants and gardens most of my life, wherever I have lived. I had a sense that this man was very concerned about the earth, thanking me for helping, almost encouraging me to continue. I felt exhilarated the entire time until he said, “We need to clean your pipes” and I became frightened, thinking of earth doctors and their invasive treatments. He sensed my fear and again placed a hand on my shoulder in a reassuring manner, “No we are not like your earth doctors. But because you have fears we won’t do anything now.” He was very nice and respectful of me the entire time. I lost the fear and enjoyed looking around the room. I felt so healthy and clean when I came back down. It was like floating when I walked back home. I continued to feel this way when I went

back to bed, and again the next day when I woke, and for several weeks after. I felt that I was carrying something precious inside of me. Since then I have learned many things including a lot about cleaning out my pipes. I've been trying for a long time to locate the other two men who were walking on Waldo Road that night. Could you please publish this? Perhaps they, or someone who knows them will contact you and you can put them in touch with me. Thank you very much. Peter J. Pilot

I even went door to door, talking to people and put flyers up all over town, several times but no one helped. I guess it is still easier to laugh at such a story and write it off as someone's hoax. Some people have been quick to say this was an OBE (out of body experience), others say it was lucid dreaming, or just plain dreaming. I always thought it interesting that those who did not have the experience were so quick to judge it. But isn't that usually the way humans react? Maybe it was just an over tired brain scrambling with an overly creative imagination. Yeah right! It could have been any or all or none of those things, but whatever it was, it did indeed happen. I report it here, as with other experiences of my

life, to map out what seems to be some continuity of consciousness from early childhood to present day. I simply share it, knowing well the risk to my credibility, but feel it is important to do so to reinforce the knowledge that there is so much more to experience in this universe, and by merely accepting the old models of the so-called “authorities”, we have limited our experience and denied ourselves so much. Please do not take my word for it. Do not believe me.

Experience it for yourself. Develop the thirst for knowing, the foundation of philosophy, the mother of invention. There is no “ceiling”, no “cap” on your possibility, no “highest” level. That is why there truly is no such status as a master; only the illusion of such for the experience of life doesn’t stop long enough to be mastered, by anyone. There are merely reporters, some of whom have set themselves up on thrones and behind pulpits because they know they can get away with it or simply because they don’t know any better.

The experiences of my journey are shared with you to familiarize you a little bit with this person who has received the Starlight Technique and is freely transmitting it. I have explored and done

lots of stuff, some that would not be considered exactly “virtuous” but I am grateful for all of it. My experiences have been part of my evolution as yours have for you. As you work with the Starlight Technique you will realize the significance of all your experiences and their individualized effects. Nobody has to be like anybody else. Personal diversity reflects the ever evolving kaleidoscope of nature. As the man called Jesus reportedly said, “In my father’s house there are many mansions.” Practice the Starlight Technique and respect, appreciate, and enjoy where you are immensely. The more you enjoy yourself, the more you will realize the “we” that is becoming. As we leave the hierarchical age of old, we shift our attitude from that of applauding the individual ego, to that of appreciating the cooperative we. Practice the technique and feel your breath, become aware of your light and hear your sound, the foundation of your consciousness, your optimal laboratory, your god, your Galileo, your Einstein, your Christ, your quantum pulse, the hero of your heart.

V The Fifth Movement

The One Peace Program

**As we leave the
hierarchical age of old,
we shift our attitude
from that of applauding
the individual ego, to
that of appreciating the
cooperative we.**

One Piece for One Peace

For those of you who might be looking for something easy to do, a nice service to perform, I invite you to join the One Piece for One Peace Program. Don't worry; it's not an organization with dues and lots of forms to fill out etc. It is simply a commitment to your self and everyone else. It is a play on words, The One Peace Program, the one "piece" a day activity. If merely 10% of the population of the earth, 600 million people, if each person picked up one piece of trash per day and discarded it properly, that's 18 billion pieces of trash picked up each month. Whether it is a bottle, a can, fast food container, whatever, each day you pick up one piece of trash, you are joining with millions of others to clean this planet, and that simple shared effort will help to evolve us to a greater sense of we, the unity that is necessary to experience peace on a global scale. It's a very simple effort, one that's easy to do for almost anyone of any age. Activists, organizations of all types, students of all ages, parents, and those of you who do not have

identity with any of the above, here is a simple opportunity to help out. Just pick up one piece of trash each day and just for a few seconds reflect on peace. I think you will enjoy the experience. It may also help all of us to become a little more sensitive to each other. As we desire to enjoy the freedom of individual expression, we will most likely have to think a lot more about the effect that expression may have on others. As the population continues to expand, “share the space” will become an often heard slogan while we rethink the implications of personal liberty and responsibility. Undoubtedly there will be many difficult times ahead, issues and events that will require much patience. Hopefully, these simple practices will help. Thank you so much for your time and your attention.

**May I be humble enough to ask,
strong enough to affirm,
grateful enough to receive,
and loving enough to share.**

**Peter J. Pilot
1998**

VI The Sixth Movement

The Review

Let's briefly review the technique and hopefully provide you with a quick and easy reference.

A. Sit in a chair or some other comfortable place when ever it is convenient for you. I always begin my day this way. If I have to go to the bathroom upon awakening, I do that. I don't try and fight that one. I find the earliest part of the morning to be the quietest. Some times I can hear the deepest inner hum with very little effort. But you decide when the best time is for you. I also take time out during the day whenever I can and as I said, I try and see what activities I can do while remaining conscious of my breath.

So once you are relaxed into your place, or perhaps are still trying to relax, just begin to be aware of your breathing. Follow it in and out slowly, deeply, or up and down if that's what it seems like to you. Feel it, completely sense its movement, and hear it. Now listen more and more closely. As previously said you may want to do this

loudly at first to grab your attention if your mind is very active and chatting. But more and more let your mind wind down, as you let your breath consume your consciousness. Merge your self into the sound and feeling of your breath. Relax. Listen. Continue for as long as you want until you determine you are ready to slide into the next part

- B. and simply take the fingertip of your index finger and gently place it on your forehead, between and a little above your eyebrows (photograph 1 page 103) and focus your attention there for as long as you want and just let yourself see what you see. Close your eyes and focus. Let the mind's chatter float right overhead. Your light is behind the moving clouds of your mind. Let the clouds go by. Just focus, a gentle concentration. Do not doubt that it is working just because you may not be able to measure here. It is working. When you are relaxed and feel you can remove your finger and put your arm down, do so. Remain relaxed and focused for as long as**

you want and when you decide you are ready for the next part, just glide into it

- C. and use your fingers or thumbs to push the little fleshy flaps of your ears (photograph 2 page 104) over the ear hole to achieve quiet from outside. Relax and listen for the sounds that come. Just stay there for as long as you can. You will hear sounds from each side of the brain sometimes alternating and sometimes both at the same time. Just focus straight ahead and listen. If it helps you to focus more by putting the tip of your tongue on the roof of your mouth, by all means do so.**

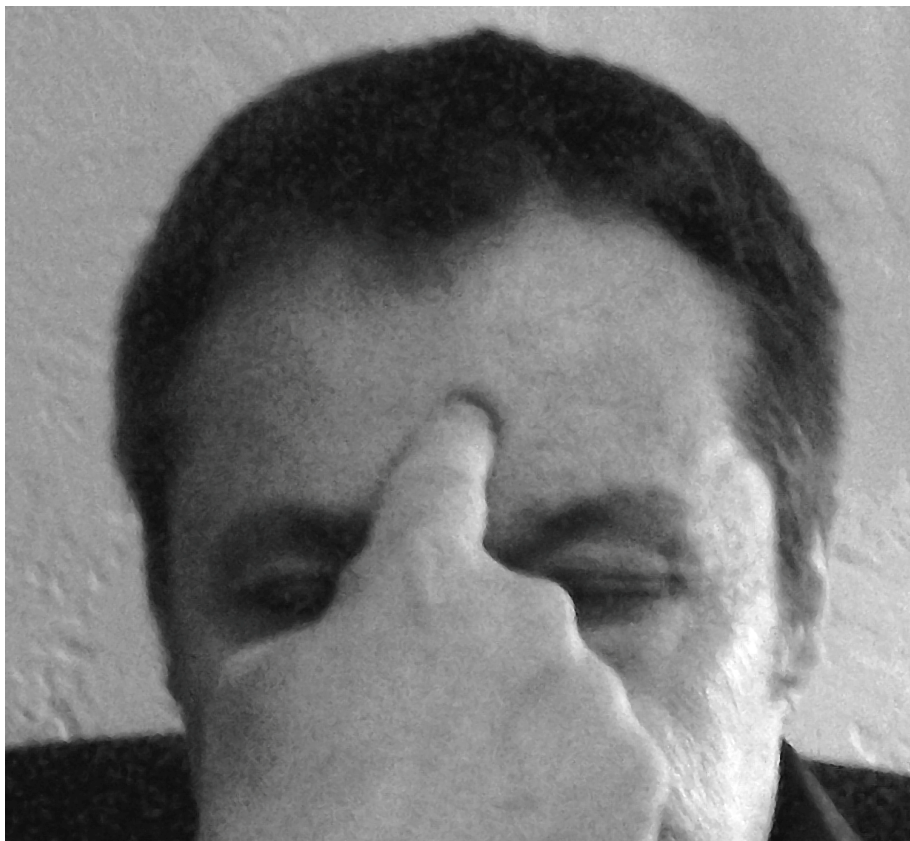
Some teachers in the past have demanded rigorous time allotments for practice. I feel very strongly that such practice is for certain people at certain stages of their evolution. However, for most people I recommend spending as much time as you comfortably can. You decide what is good for you. You know what your experience is and you can increase your time allotment at your own pace.

Later you can try focusing on your breath, the light center behind your forehead, and the sound between your ears, all at the same time while keeping your tongue roofed. You will understand the quality of this when you accomplish it. You won't need any words from me or anyone.

I also recommend doing the technique on a regular basis, at least once a day. The following pictures will help you with the technique. The T stick (photograph 3 page 105) being used in the picture is simply two sticks fastened together that one can use to support the arms when the arms tire. As I said, sometimes I spend hours practicing at one sitting. But even if you practice for five minutes, you may enjoy the support of the T stick or some other device you can easily fabricate.

Have a great life forever.

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Photograph 1



Photograph 2



Photograph 3