

# THE GOLDEN THREAD MEDITATIONS

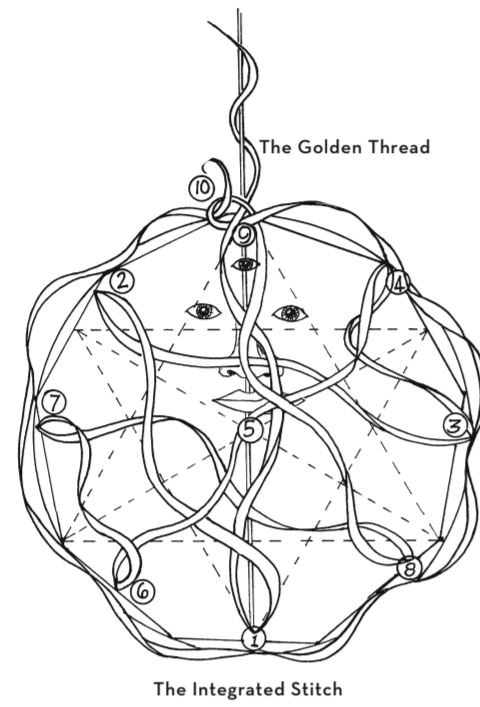
These meditations are acts of integration which allow for inspiration. The Golden Thread meditations engage all three natures to become greater than the sum of its parts.

Meditation is a practice of trinity entwining your mind, your body, and your breath. Everybody has a string that connects them to the universe: it is known as the Sutra Atman. When refined, it becomes a Golden Thread. This is your great imagination—the imagination of the universe embodied within you. The canvas is the body and the thread is the mind. You have to travel your mind through your body. The breath empowers both the mind and the body.



## SUTRA ATMAN AND THE GOLDEN THREAD

The Sutra Atman is the threading self. It is the thread of life that connects personal to universal and universal to personal. The Sutra Atman is material from the cosmic world: thoughts, mind, and ideas. It is woven through the individual narrative. It is made out of light, prana, and consciousness. The Sutra Atman becomes the Golden Thread when skillfully integrated by the individual. It materializes as a well-woven narrative. Its revelation is a golden aura.



The Golden Thread represents the third nature in the individual. It is identified with choice, will power, and self identity. What makes the Sutra Atman golden is your personal efforts, skills, and techniques. While first and second natures belong to the explicit, third nature belongs to the implicit. First nature embodies potential—natural breath, the natural body, and the natural mind. Second nature embodies training and learning techniques—how to read, how to write, how to weave. Third nature uses one's learned techniques and innate potential to achieve. Third nature is having choice—choosing what to read, what to write, what to stitch.



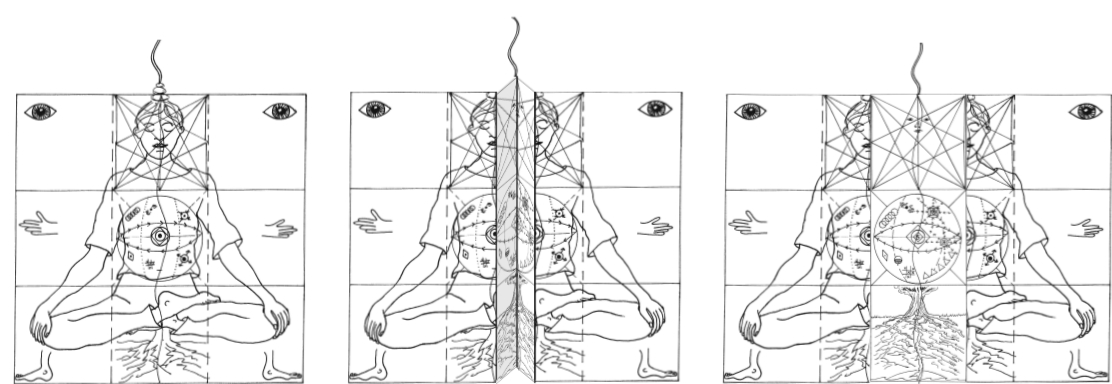
## PREPARE YOURSELF TO MEDITATE

Each meditation and the collective meditations are dependent on formal techniques: orienting the mind, the body, and the breath to work together. The defined and refined techniques produce and empower well-being. The meditations orient you in time and space. They strengthen mind, body, breath. They tune the nerves, focus the mind, empower the breath.

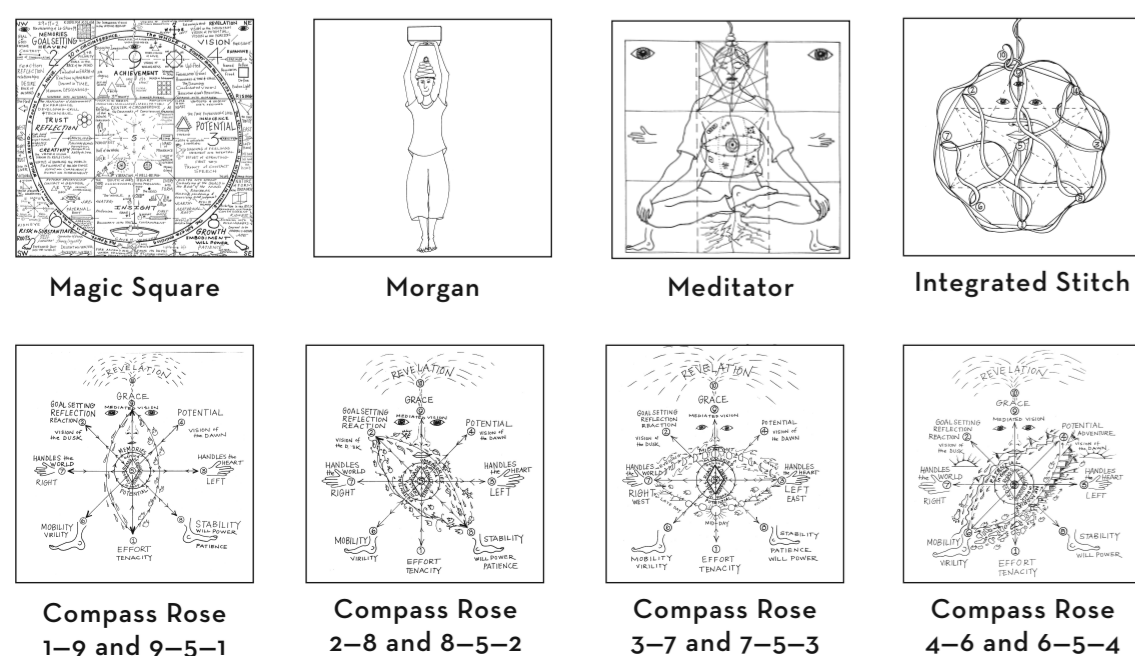
Ritualize your space and surroundings. Position yourself in the center of your circumference, formally but comfortably. Close your eyes 9/10 connecting to internal vision, maintaining a perception of external, as well as internal orientation. Connect hearing to breathing. Breathe through the nostrils pulling the breath through the throat. Make the the breath oceanic. Position your tongue, lightly on the center of upper palette. Use your senses to connect with the internal vision.

Open your imagination. Send a thread, the Sutra Atman, from the universe through your head, torso, and perineum to the center of the earth, connecting yourself to the universal—above you grace descends as water, below you effort ascends as fire, in front of you is potential, behind you is reflection, and you are in the present mediating. Position yourself within the matrix of TIME—past, future, and present, and SPACE—left, right, center, top, middle, bottom.

Use the thread of your imagination powered by your breath to thread through the canvas of yourself. Connecting above to below, within to without, concentration to radiance. Be vigilant. Be graceful. Be grateful.



## KIT CONTENTS— CHART, MAPS AND TRANSPARENCIES



# WRAPS FOR RAPTURE—MAKING THE STRING BALL

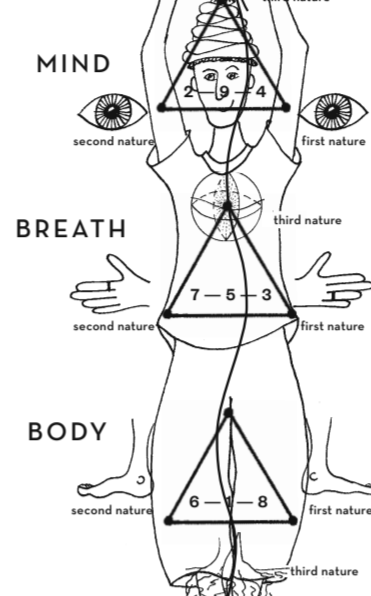
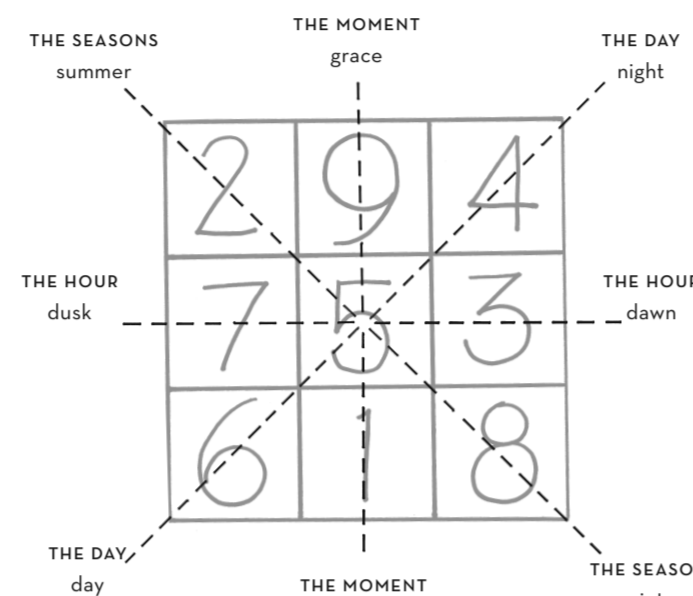
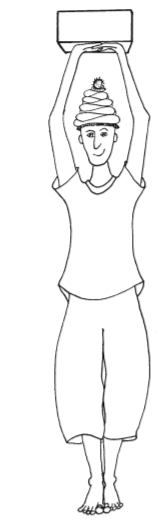
These wraps are energetic circuit meditations. They can be done individually or in succession. Each individual wrap meditation sets up a polarity. Begin by orienting yourself on the template of the nine dimensions of the Magic Square. Start making the wrap by guiding your imagination, moved by your breath along the chosen circuitry. By repeating the pattern of the dimensional wrap around your body, spinning the Golden Thread of mind, breath, and embodiment—the vesica piscis, the eye of the needle, is formed.

This portal allows the Golden Thread to weave through to the next dimensional wrap. The string ball is the composite of all the wraps. The string ball is you: spherical, bouyant, functional, well-wrapped, well-adjusted, well-organized—available to be used. If yarn is wound in only one direction, the ball does not hold up; it becomes easily unwound. Being well-wrapped allows you to use an integrated imagination that does not unravel or get knotted up. The craft and the art is in the wrapping.

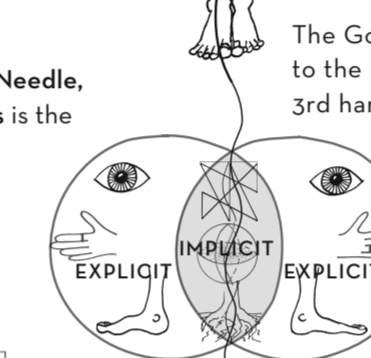
## THE MATERIAL

The canvas is you—your mind, body and breath.

The template is the Lo Shu 3x3 Magic Square with its nine personal dimensions\*—past, present, potential; left, center, right; bottom, middle, top.

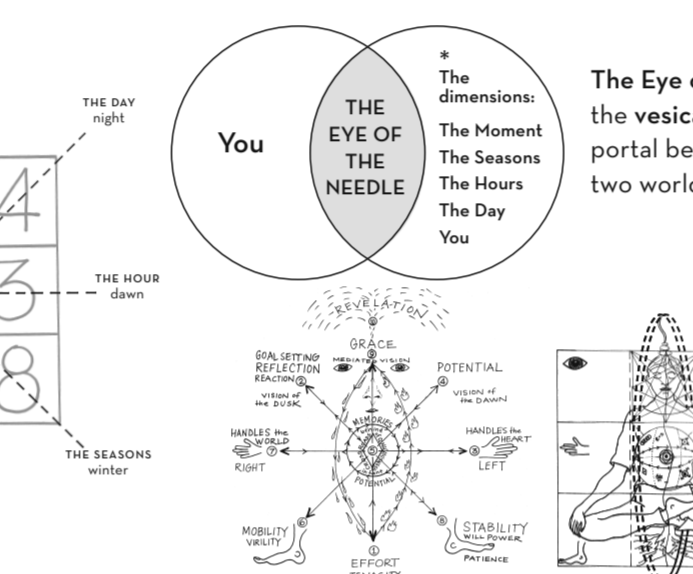


In the body, what is Explicit is obvious: two eyes, two hands, two feet. It is what is seen, heard, touched, produced. The Explicit is the twine, the knitting material made from this world. The Explicit represents First and Second Natures.



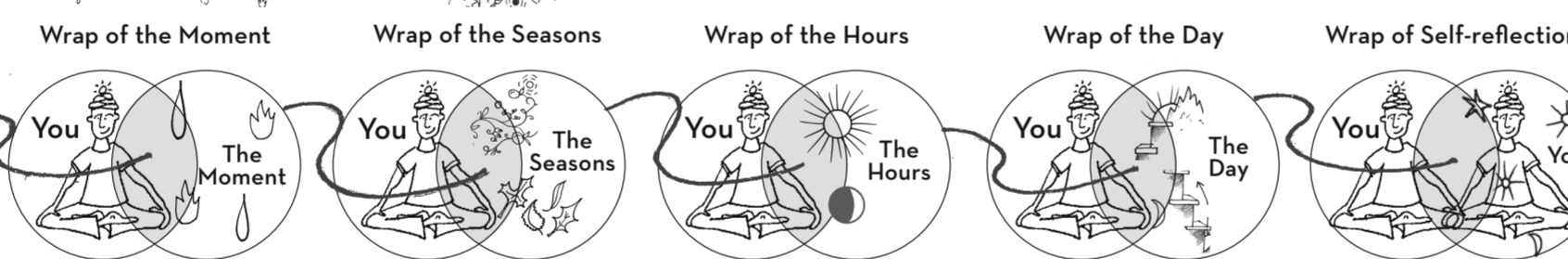
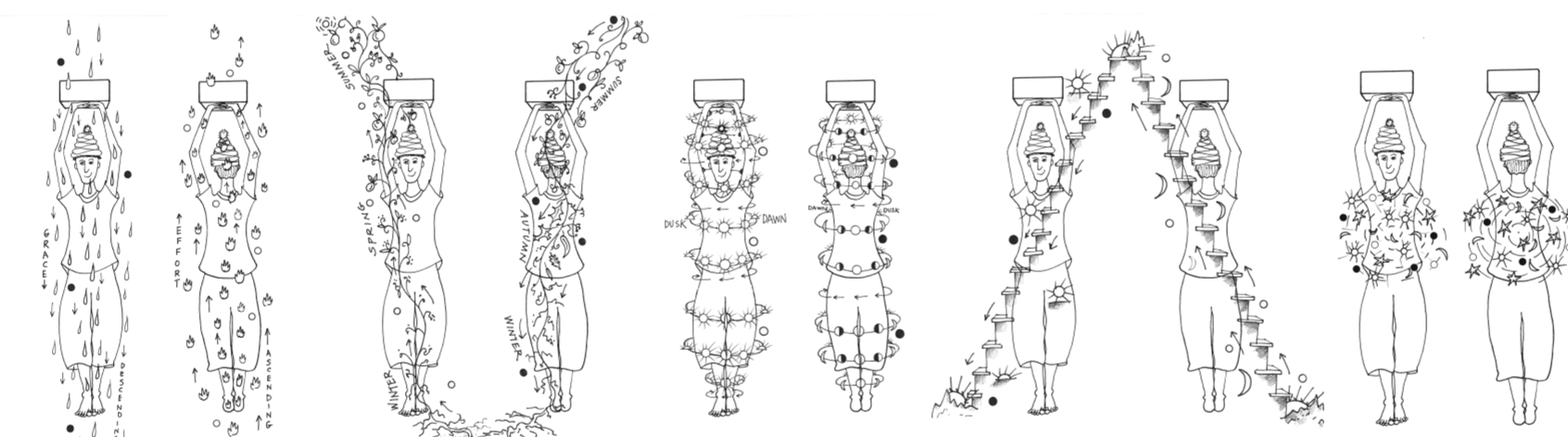
The Golden Thread belongs to the Implicit: the 3rd eye, 3rd hand, 3rd foot.

The vesica piscis is created when you make contact with another dimension. Contact initiates conversation.



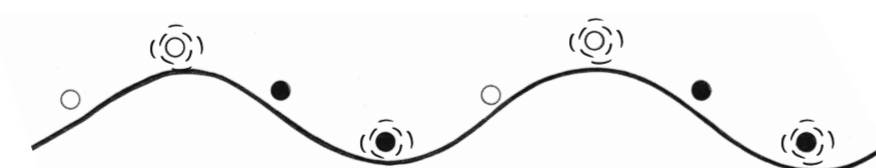
The Eye of the Needle, the vesica piscis is the portal between two worlds.

Our patterns are individual Wraps of the String Ball. Each Compass Rose shows the directionality of that wrap.

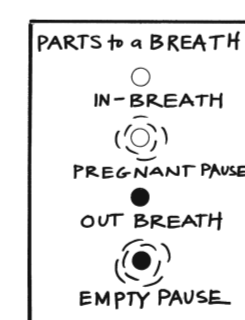


The skill is to wrap in a dimensional direction, form a portal, and thread the Golden Thread through the the eye of the needle. Connect self to surroundings in a multi-dimensional universe.

The breath is autonomic and sympathetic. It is natural but can be trained. A trained breath stabilizes the nervous system and feeds organs and glands with energy. In these mediations, the breath powers the movement of the mind and body. The imagination powered by a manipulated breath moves the Golden Thread through the patterns.



The sound that soothes the soul is the oceanic sound of the breath. The tide moves in and out. The personal breath connects to the breath of the planet.



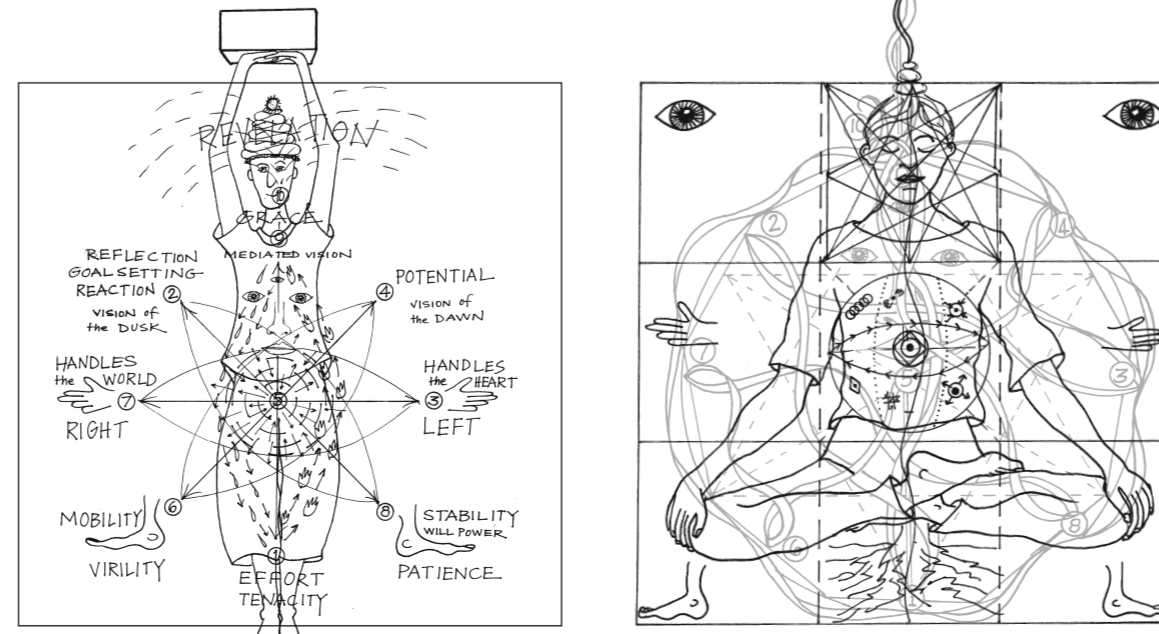
## The Products



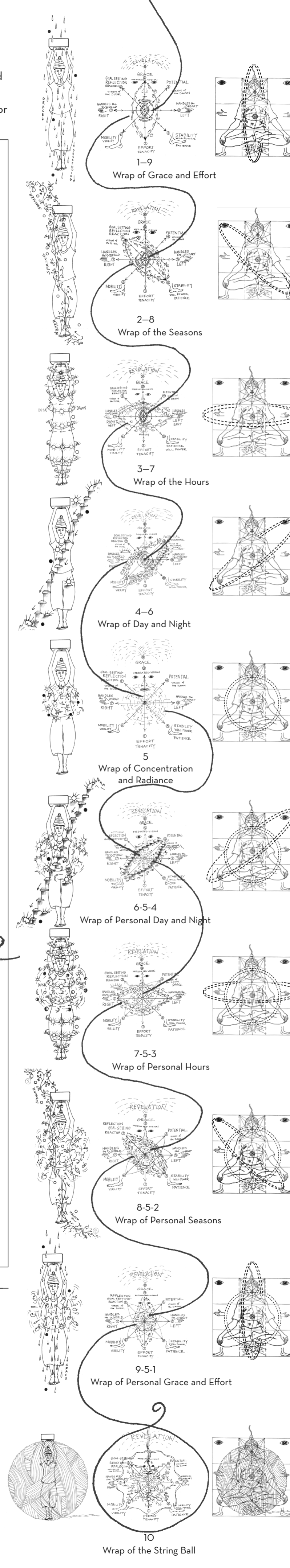
Other golden thread narratives: Ariadne and Theseus, Penelope and Odysseus, Scheherazade, Rumpelstiltskin...

## PALIMPSESTIC MAPS

When overlaid on each other our maps reveal deeper patterns.



## Engage your imagination



# THE INTEGRATED STITCH MEDITATION



When a string ball—well-integrated mind, body, and breath is made, you have the thread to use to make an integrated stitch.

The twined material of personal nature and great nature weaves the Golden Thread through a neurological circuitry.

The stitch weaves through its nine personal dimensions\*: past, present, potential; left, center, right; bottom (stability), middle (ability), top (vision).

Follow the number sequence from 1 – 10, moving rhythmically in and out, connecting hearing to breathing. Let the breath be oceanic, engage the imagination.

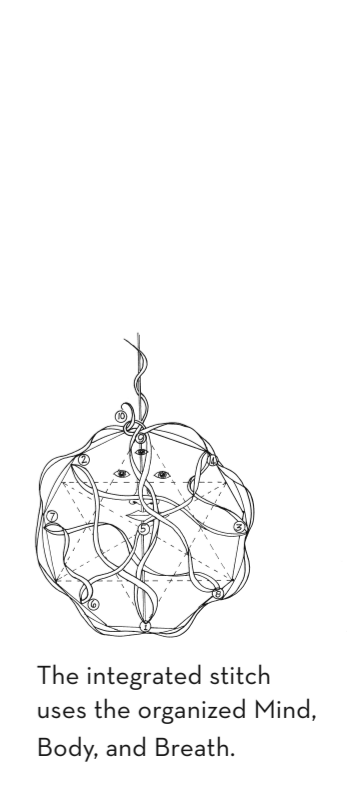
The movement through the Magic Square eventually becomes a complete stitch when you travel around the circumference and create 10.

10 is 1 in a higher dimension, inclusive of its 9 parts.

The end result, having wrapped and woven efficiently and effectively over time, is to produce a well-woven narrative.

The integrated stitch uses the organized Mind, Body, and Breath.

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Wraps of Great Nature—Macrocosmic Orbits

Wraps of Personal Nature—Microcosmic Orbits