



Aadhya • Chamber Seven • By James Mahu

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Two Tools of Creation: Perception and Expression

*“The Universal Entity is responsive to the individual and
its perceptions and expressions.”*

–Chamber One Philosophy, Life Principles of the Sovereign Integral

1. HEART PERCEPTION & EXPRESSION AND MIND PERCEPTION & EXPRESSION

All conscious subjects have two creative tools at the same time: perception and expression. The Heart has perception and expression, and so does the mind.

Heart Perception & Expression: (Full Perception & Full Expression)

In the human instrument, Heart perception and expression form the Local Multiverse for the human instrument to explore, just like the golden ball as depicted in the image (figure 1). The reason for this is that the heart is a two-way open channel.

The vertical axis represents the perception of the Heart. The Heart perceives from and is connected with all dimensions above three dimensions, 4 to 11 dimensions. In many paintings, James shows it as an inverted triangle

above the head of the figure, which is more and more open. It originates from First Source, all the way down to the Heart, which is a cascade effect. In fact, James's painting can be understood as a logical expression. The fact is, that all dimensions are superposed, but at different energy levels (similar to the description in string theory, higher dimensions are hidden).

In the horizontal axis, the Heart sends out all the multidimensional consciousness it receives into the three-dimensional world without reservation, which is called love/intelligence. From the three-dimensional perspective, it forms a Sphere space with the Heart as the center. However, this Sphere is a complete multi-dimensional universe, in which all dimensions, all possibilities and all times are superimposed.

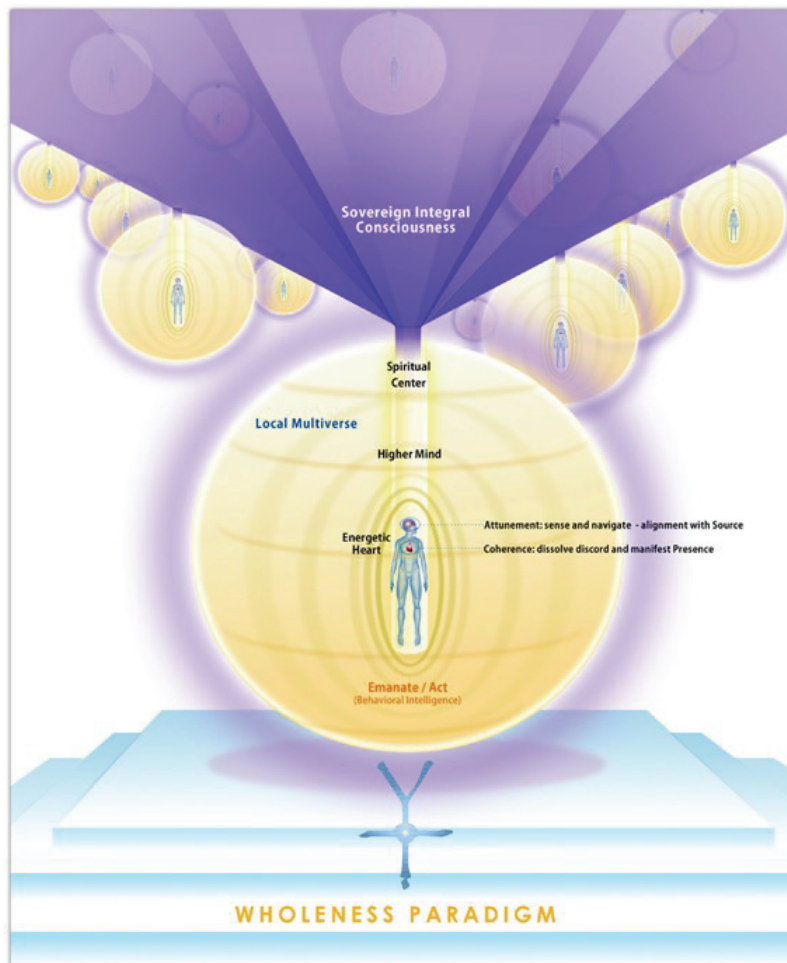


Figure 1

Mind Perception and Expression: (Selective Perception & Selective Expression)

In the human instrument, the perception and expression of the mind determines which part of reality and in which dimension the human instrument will experience. The core trait of the mind is to choose direction. The perception of the mind is to choose the main input direction of data. The expression of the mind is to choose the main direction to which the perceived data will flow out.

Generally speaking, the perception data of the mind comes from two directions, five senses and the Heart. At any time, these two sources of input exist at the same time, but the proportion used between them depends on the independent choice of the mind. This is the core of free will

When the mind chooses 5-sense data input as the leading factor, it will activate the 3-4 dimensional characteristics of human instruments. Then, the mind will act and express based on the external five senses and the internal 3-4 dimensional characteristics. In this way, the mind manifests and anchors into a 3-4 dimensional world isolated from the Multiverse. In this way, the perception and expression of the 3-4 dimensional world form a mutually reinforcing circle or loop.

If we observe this process from the Local Multiverse, we will find that the focus of attention of this person's mind is locked in a small area of the Sphere, and as time goes on, it constantly organizes its perception and behavior around this small area. This is described in a lot of novels in Don Juan. And I describe this behavior as a small circle within the larger Sphere.

When the mind chooses to perceive the data input of the heart, its performance is to imagine the operation mode of the higher-dimensional worlds, then interact with those three-dimensional objects connected with higher dimensions (nature, love and beauty), or practice six virtues. This data from the Heart will insert and break through the 5 sense - 3 dimensional circle, activate the 6 sense - 4 dimensional characteristics of human instruments, and the action and expression of the mind will show the corresponding characteristics. In this way, the three-dimensional reality manifested by the mind has a four-dimensional attribute, and this three-dimensional reality is superimposed with a four-dimensional reality.

Observing this process from the perspective of the Local Multiverse, it will be found that the focus of this person's attention has loosened from the small area of habit and has wandered to a new area, or an even larger new area. Or in my personal opinion, he began to enter the rising spiral orbit and has left the fixed circular orbit.

In addition to the above two direction choices, the mind has a third direction choice: that being following the movement of breathing and entering stillness. At this time, the mind stops pursuing all phenomena and simply allows all phenomena to come and go freely. There were simply four perspectives of quantum presence and quantum pause breathing. At this time, the mind will not make any further choices about everything that the heart perceives and expresses. At this time, the whole Local Multiverse Sphere becomes the input of the mind as a whole for the first time, which would activate the Seventh Sense or full consciousness of human instruments, mentioned by the Wingmakers. At this time, the behavior and expression of the mind has the characteristics of five-dimension, thus manifesting the three-dimensional reality superimposed on all multidimensional dimensions (since the cascade effect of 11-5 dimensions is complete from the five dimensions).

If we observe this process from the perspective of the Local Multiverse, we will find that personal attention no longer has a fixed focus, but has spread to the entire Local Multiverse Sphere itself. (The Sphere itself is formed by the perception and expression of the Heart).

2. TWO WAYS OF PERCEPTION & EXPRESSION OF LOVE: EMOTIONS OR VIRTUES.

As mentioned above, the Heart sends out all the multi-dimensional consciousness it perceives/receives into the three dimensions, which is called Divine Love. The core characteristic of love is connectivity: vertically, it is the cascade effect between dimensions, and horizontally, it is the interconnection between everything in each dimension.

However, this kind of Divine Love has not completely descended into the three dimensions, or middle and lower levels of the fourth-dimension. Therefore, within these levels, things are not interconnected in an equal way, but

connected together in the form of a pyramid through HMS (Human Mind System), which is separated from the Multiverse and does not form a cascade effect with higher dimensions.

Even if the data input of our mind's choice mainly comes from these levels, our mind still receive the input from the Heart, intuitively perceiving the equality and unity of Divine Love in the fifth-dimension and above. On the one hand, what our conscious, subconscious and unconscious minds perceive is the separation of HMS and the hierarchical connection of the pyramid; On the other hand, in the deepest part of the unconscious mind, we perceive the frequency of the endless flow of Divine Love from the Heart. The equality and unity of this Divine Love, which is intuitively perceived in the deepest part of the mind, encounters the separation and hierarchy perceived by other parts of the mind, which leads to frustration and anxiety. This frustration and anxiety has become the basic trait of all emotions. We can define frustration and anxiety as the feeling of being blocked from seeking to experience equality and unity.

When we attribute these setbacks and anxieties, and then determine the responsible party , the setbacks and anxieties are further projected as an object oriented emotion, a connection of emotional energy, which can be an external object or the projector himself. When we say that what brings us happiness, most of the time we just establish a new emotional connection and temporarily forget the deepest frustration and anxiety. Basically, the whole HMS is the emotional energy connection network located at the lower middle level of the fourth-dimension.

So:

Emotions = Love of the Heart ÷ Duality Opposition of Mind

If our mind chooses a new main input direction: to think, imagine, and discover equality and unity behind the seemingly split and hierarchical nature, our conscious mind's feelings are synchronized with the deepest feelings of our mind, and then synchronized with the Heart's perception and expression. The human instrument has rerealized the expression of equality and unity, which is the Heart Virtues.

So:

Virtues = Love of the Heart ÷ Unity of Opposites of Mind

We can see that emotion and virtue are based on the same thing, that is, the Divine Love input from the Heart unconsciously. The difference between the two is that when this Devine Love refracts the prism of separation and hierarchy, it produces emotions, which are essentially a kind of lost Divine love. When such love refracts the mind prism of equality and unity, which is the Heart Virtues.

Therefore, when we encounter emotions, we further add Virtue into the conscious space. This is to illuminate and awaken the temporarily lost projection with a more fidelity refraction of Divine Love. The working principle of Virtues can be understood as similar to noise reduction earphones, where the duality opposition of mind and unity of opposites of mind cancel each other, and the rest is the blending of two Devine Loves. The four dimensional projection (emotion) of love is restored to the five dimensional love. The geometric meaning of the index in this formula is just the promotion of dimension.

Therefore:

Emotion × Virtues

= (Love of the Heart × Love of the Heart) + (Duality Opposition of Mind × Unity of Oposites of mind)

= (Love of the Heart) ²

3. HEART-MIND SYNCRONIZATION: PERCEPTION & EXPRESSION OF VIRTUES.

James once defined six virtues, and the author of SIP2021 (Sovereign Integral Process) also gave his definition. The following is my personal definition and usage.

The mind regards the body and everything as three-dimensional things separated from each other, so HMS comes out and provides the whole emotional network to provide connectivity to these isolated things. At this time, the skin is the boundary of everything, and the emotional connection is the way to connect everything. (As for the essence of emotion, we discussed it in detail in the previous section.)

On the other hand, the mind synchronized with the Heart recognizes that everything is based on a structure similar to the one shown below, (figure 2) and that such a structure really exists in the high-dimensional space of the Heart. More accurately, it exists in the breath in and out of the Heart. The Heart and breath are multidimensional. Each time you inhale, your heart inhales the whole multidimensional dimension. Each time you exhale, your Heart exhales the multiverse as Divine Love.

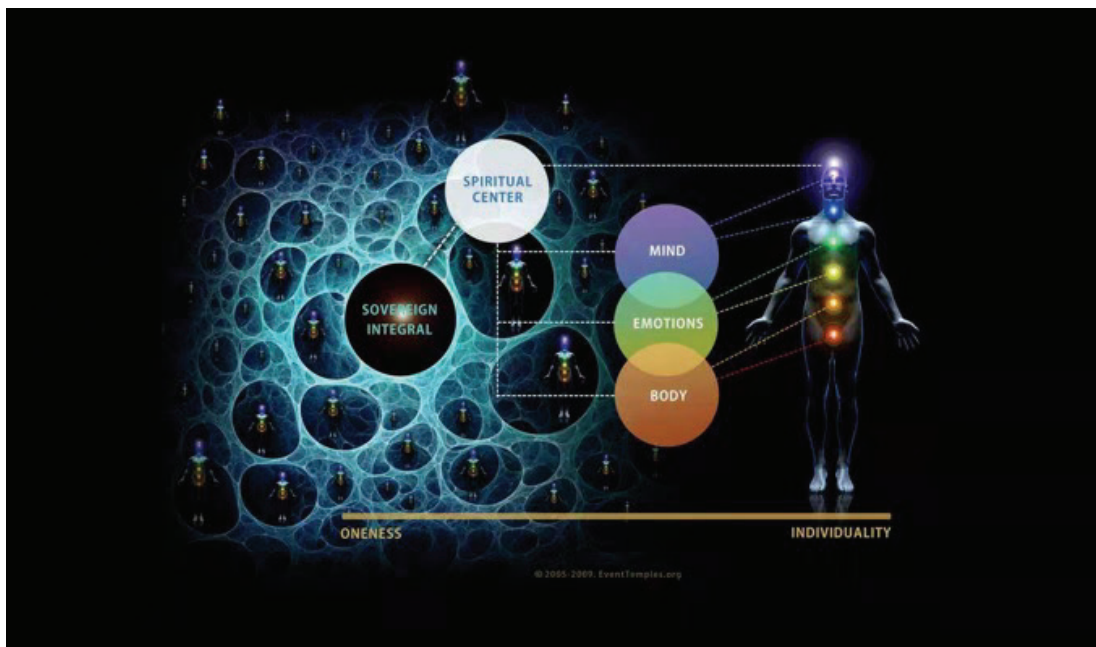


Figure 2

Based on this understanding, Virtues are defined as: Heart inhales and exhales a structure that allows any individual to achieve integral with all other things based on complete Sovereign. This structure is similar to figures 1 and 2. The Spheres or bubbles in figure 2, represent the absolute Sovereign of any individual, and the parts connecting the Spheres or bubbles represent the Integral Network. (We vividly call this structure Sphere Network.)

Heart Virtues understand that the mind-body forgets the Heart and breath, so they forget they exist in the Sphere, which exists in the Sphere Network. When the mind is reminded that everything exists in the Sphere Network, the Sphere Network starts to take over the perception and expression of human instruments again. The mind and

body can move towards a more synchronous Heart under the guidance of their Sphere and Sphere Network.

The essence of Virtue is to help to synchronize perception and expression between mind and heart, so as to realize the transformation of the identity from HMS - mind - body to Sphere Network - Sphere - Heart - mind - body - everything.

The Six Heart Virtues:

(The Mind Synchronizes with the Breath of the Heart and the Imagination of the Sphere Network)

Appreciation: Inhale the Sphere Network into the Heart through the inspiration of the Heart, and imagine that this network is distributed to the object of appreciation when exhaling. Now, when looking at this object, it is like looking at AR (artificial reality). I imagine that he is surrounded by a Sphere. Everyone is like this. The Spheres are connected into a network. Appreciation is to confirm one thing in this imaginary process. Everyone is communicating and dancing together in the same Sphere Network. The Sphere Network itself has a common goal and direction, and it will notify people in each Sphere separately to tell them what to do.

Compassion: inhale the Sphere Network into the Heart through the inspiration of the heart, and imagine that this network is distributed to the object of compassion when exhaling. Although this partner is in trouble, he is still surrounded by a Sphere, and his Sphere is still connected to the whole Sphere Network. Compassion is that I am inviting all Spheres to help the partners in the Sphere. At the same time, I also remind this partner that although he temporarily thinks he is a limited body and helpless, he still exists in the Sphere and the Sphere Network, and is protected and guided by all these things.

If my intuition guides me to take some practical action, my action is not necessarily to relieve his suffering directly, because my purpose is not to relieve his suffering by myself, but to add a feeling to him through my actions. He is not alone, he is not helpless, and he is not weak. Once he experiences this feeling again, his mind will synchronize with his Heart again, so that he can receive the guidance and support of his Sphere and the Sphere Network itself again, and returns to the harmony of co-creation. Finally, with the support of all the co-creation, he can walk out of the dilemma independently. This process of practical action is an enhanced version of the sharing of compassion energy as in the previous paragraph. This reminds him of his real identity and real power from both energy and material directions.

Forgiveness: If I can't forgive a person all the time, it is probably because I think that I and he are both limited bodies, and what we do to each other is based on selfishness. I didn't realize that at the Sphere Network level, what happened was the joint creation of both sides, which perfectly reflected the deepest desire of both sides at that time. Resentment is just an emotion that is not illuminated by love and is projected, and then becomes the emotional connection (4-dimensional) between the two bodies.

Therefore, inhale the Sphere Network into the Heart through the inspiration of the Heart, and imagine that this network is distributed to the forgiving object when exhaling. So now, when I think of this object, I try to imagine that he is surrounded by a Sphere, and so am I. Our two Spheres are completely Sovereign of each other, but connected together through the Sphere Network. Everything that happened once came from the independent decisions within the Sphere and the joint decisions negotiated within the Sphere Networks. So now, we loosen the projection of emotional connections to each other, allow the Sphere Networks and their Spheres to melt these connections, take over both sides again, and guide both sides to a new direction.

Humility: The reason why we are arrogant or aggressive is that we are dealing with frustration and anxiety through HMS. The only way for HMS to deal with emotions is to find the weak or the wrong party and transfer the frustration and anxiety to him. However, humility sees a completely different picture. Humility sees that everyone exists in his perfect Sphere. The perfect spheres are connected into the Sphere Network equally. This equal network connects the Heart of human instruments in each Sphere, and then mind-body-everything in the Sphere. Therefore, this perfection and equality are shared to all these things, Only when we only see the part, can we not see this kind of perfection and equality. The Truth is that there is really no one who is high and who is low, and who is right and who is wrong. Only equality and perfection.

Therefore, the Sphere Network is inhaled into the Heart through the inspiration of the Heart, and imagine that this network is distributed to humility objects (usually ourselves) when exhaling. We can see that they all exist in their Spheres independently of each other, and every Sphere is connected to the Sphere Network equally.

Understanding: Even if we identify with the HMS-mind-body and perceive and act with hierarchy and separation, our Heart is still connected to the Sphere and Sphere Network. This matter can never be interrupted and eliminated by anything. After being distracted, the mind only temporarily forgot the Truth and will remember it sooner or later.

So we inhale the Sphere Network into the Heart through the inspiration of the Heart, and imagine that the network is distributed to the understanding object when exhaling. No matter how he perceives and acts at the moment, there is nothing that can hinder the deeper Truth. I choose to see this deeper Truth: he exists in the Sphere and the Sphere Network, which is the Integral Network of Sovereign. My choice is like a light, which will illuminate his own Truth more or less for him, which will help him return to this Truth more quickly.

Valor: If we encounter or see a person who is deeply involved in mind-body identity, and his mind-body identity is in a position in the HMS pyramid, where he hurts and suppresses others or he himself is treated like this, it is time for us to practice Valor. Because his behavior at this moment is strengthening both parties' recognition of mind-body, making both parties far away from the memory of Sphere and Sphere Network.

Therefore, we inhale the Sphere Network into the heart through the inspiration of the Heart, and imagine that this network is distributed to the valor object (usually ourselves) when we exhale. We remind ourselves that no matter whether the mind thinks I has the ability or qualification, I am in the same Sphere and Sphere Network as the parties concerned. We are equal, interconnected and communicating. Therefore, I do not fear, nor distinguish between right and wrong, nor attack one of them, but simply call a halt to what is happening now, so that all parties can have the opportunity to temporarily loosen the emotional connection on the body, and recall the sovereign and equality of Spheres, as well as the unity of Sphere network (the Sovereign Integral).

Conclusion

The essence of the 6 Heart Virtues is to constantly remind the mind of ourselves and others through Heart + Breath + Imagination or behavior. We are not just the body, and the HMS emotional connection between the bodies, is not our real relationship. We are sovereign and equal Spheres (Sovereign Consciousness, including the Heart-mind-body of human instrument, as well as all things outside of human instrument in the Local Multiverse), but also the Sphere Network that surrounds and connects all Spheres (Integral Network Consciousness).

We can say that we exist as three identities at the same time. The 6 Heart Virtues are to help our mind's perception and expression continuously align with the heart's perception and expression, so that our identity can be continuously switched from the first identity to the second and third identity. This switch is achieved by reallocating the attention of mind to the new direction: our Heart inhale and exhale Sphere Network, and share it in the way of imagination and intuitive behavior.

From the producer of
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