

**CONTENTS**  
*'Highway to the Sun' - Volume 1*

<i>Title</i>	<i>Page</i>
<b>Introduction</b> (your free download)	2
The Three Principles governing spiritual progress	3
The Lucifer Principle	5
The Story of the Three Jumps	7
<b>The Dreamer and The Dream Part 1</b> (your free download)	9
Astral travelling	12
The Kundalini path	16
Left sided awareness Part 1	18
Astral travelling and dreaming	21
The Dreamer and the Dream Part 2	26
Loving will and the astral body	28
The three jumps in more detail	32
Ally forces and everyday problems	35
Dreaming with matchsticks	38
The coming together of Dreamer and the Dream	40
The Void	45
Clusters of feelings and the first and second rings of power	48
Tantra Yoga - the proper use of the sexual energies	50
Ally forces from another angle - exercise to contact your ally force	56
The flow of love and the art of dancing	59
Left sided awareness Part 2	62
<b>Self control</b> (your free download)	66
Archetypes	68
The child	72
Your personal OM vibration - clearing a major path through the body	74
Balancing lines of light from the solar plexus & the true power of love	78
Three Principles - nothingness, consciousness & childlike awareness	81
The inward self – the balance between male and female	85
You are the light -Let your light shine	88
Light yoga – ways of bringing your lights together	92
South Africa and the future	98

For more information contact:  
 Email: [felicity@raisingconsciousness.info](mailto:felicity@raisingconsciousness.info)  
 Website: [www.raisingconsciousness.info](http://www.raisingconsciousness.info)

Copyright © January 2008  
 All rights reserved

## *Introduction*

Here is a unique book, the first of three volumes, offering a radically different approach to spirituality from the researches of a powerful *seer*, already far ahead of us on the spiritual path. He *sees through* this world, because it consists merely of *energies*, giving the reader a very different perspective to spirituality per se. It is practical and simple to apply, and totally suited to the 'end times' we are living in presently. You are taken step by step into ways of changing within the self at a much faster rate, in synchronicity with the speeding up of time as we rapidly approach the Age of Aquarius.

The ancient Tibetan teachings of the 6 Yogas of Naropa are what Ferdie Rossi teaches in an unusual way, as they have been *completely transformed* into a totally NEW way of moving spiritually, called:

### *'THE ART OF MOVEMENT'*

In the beginning you will need to accustom yourself to his terminology, so the repetition of information in this first volume enables you to begin to understand the many different parts to the self. When you actually *practice and experience* the exercises and steps in awareness, you will gain insights of your own, and with persistence, be able to begin *drawing together* these different parts to the self – which is an on-going and fascinating experience! All will eventually dovetail into simplicity, balance and Oneness.

His purpose is expressed in his own words:

"The intuitive self, the greater Self that lives in the wind, that shines in the stars, that flows in the water, is everywhere. If you start flowing in that power, you will go far. Flow in the forces, and learn about the way of things. It is our attachments, our clinging that bring us pain, so do not resist the flow of the Force. My purpose is to get people to experience this for themselves. If you can be like a child, without prejudices or pre-conceived ideas, with only a feeling of 'I am', of being aware – living in the moment – this is a way of spiritual expression, and to the finding of the self."

Transcribed and compiled by:  
Consciousness Publishers  
P.O. Box 6405,  
Gold Coast M.C.  
Queensland 9726, Australia.

## THE DREAMER AND THE DREAM – Part 1

### *The Three Spiritual Laws*

1. All experiences have at their base a change in inner attitude - our experiences are aimed at changing us at the core of our being. Every time we change, our aura make-up changes, and the energies shift.
2. This change of attitude can only be of a permanent nature if there is a balance between the old and the new attitude, somewhere between the two. Then it will be permanent.
3. Because we live in a runaway universe, the only way to keep a balance is by means of the 'will to go forward' and become more balanced. Attitude is all-important. You become a different being, capable of running fast spiritually.

The three laws are a totality and they directly concern our being.

There is a play of energies in the aura, and what keeps them balanced is our attitude. Everything that is balanced actually exists, otherwise it does not exist. We have an imbalance in our lower personalities and we perceive it as a time-flow. When everything eventually becomes totally balanced we will have reached perfection. However, this is still far away. Our biggest pitfall is that we do not want to change. A part of us wants to stagnate, therefore it is a great help if we can simply want to progress, and not be afraid of changes. The basis of mind expansion is gaining an overall idea of what is happening in our world. For you and me, there is always the observer and the observed, as I look at you and you look at me.

I want to introduce a new concept of *the dreamer and the dream*, so that you can arrive at a better understanding. Let us take a look at what happens when you are creating a whole world for yourself; you are in that world, and it is part of your own dream. One interesting aspect is that when you are dreaming, you are never a totality. Only part of you is in that dream - the emotional self, the wilful self, or anything else, but not the awareness that is right here, as you have a dreamer who is dreaming you. Something somewhere is creating you, in the same way that in your dreams, you are not aware of the fact that you are dreaming - you are simply there. Only after you have awakened can you see the difference between the sleeping and waking state. As you are now sitting here, your Dreamer is dreaming you, as well as everything and everybody you can see. How can this be? The dreamer, (the larger part of you) is using you so that he can work through his own imbalances.

For example, when you have a nightmare, you feel much better when you awaken, because you have worked through some problems within the self during the nightmare. That is what your dreamer is doing right now. If two people can harmonise their vibrations so that when they go to sleep, they share the same

dream, then the dream becomes very real. The same thing is happening now, as we are all dreaming together. What is real in my dream is real for everyone here. Because of the mass-effort of all dreamers, it seems so very real. Eventually everything is but a dream.

What is the quest? The quest is for the dreamer and the dream to become ONE. The dreamer is within you, but He is also standing outside of you. You are only one tenth of him, and he is nine tenths of you. What must happen here in the dream is that the sleeper must awaken, meaning that you surrender, and by means of that, enter into the nine tenths of you that is somewhere else. We are always searching for the Self - and it is manifests in all our drives and urges that are reflected in many ways. We always subconsciously think that if we can have a new car, or go overseas, or whatever, then we will be happier. But deep within us, we are searching for ourselves!

Now let me tell you something about the dream. What you see around you here such as a chair, a light, a carpet, a person, are all symbols. We know that the subconscious mind only functions symbolically. If you really want to know what the subconscious is, start looking at the symbols around you. When you find the Self or its expression in these symbols, you will find the dreamer. The whole Quest is nothing more than to find the Self.

But there is something even more important. Beyond the dreamer, there is something even dreaming the dreamer, and this is the God within the Self. He is one and the same thing for all dreamers. Down here is where the dreamer overindulges in his dream - he is totally here where you are. He is so busy in the world that he has forgotten about the One who is dreaming Him! The bond has been cut, and the only way he can be re-connected is for the two to become one again, for that is the ultimate quest. The dreamer - here where you are - must start the whole process and move up. There is no other way. You can only reach perfection here on earth. This is where it all starts, and you begin by making your dreaming sphere perfect. We are all very spiritual people, who love to have grand ideas and lofty thoughts, but things go rampant in our own lives here on earth. Rather take that rampant energy and channel it into the dream, so that it becomes perfect. After you have achieved that, go as far as you can, rather than creating a shaky foundation. It is possible to change your whole dream. Wherever you happen to be, you are in your dreaming sphere - and your family is part of it.

Whenever you see something in the dreaming sphere, you *see only the self, even in your greatest enemy*. It is only a *part of you* that expresses. When the dreamer is in a situation with you, you are dreaming him and making him react. The process starts when you within the self begin *changing things*, and are not merely swept away with whatever the dreamer dreams. In a dream, there are always elements you need that are standing outside of you, in order to work through things. This is one of the reasons why the world is in such a mess. Your dreamer *is using you* to work through something in the self. We all have enemies, big and small - people with whom we cannot come to terms. Whenever two people who are enemies move in the same sphere, (wherever you are, you are in a dreaming sphere, at the centre of your dreamer's dream) then the two dreamers 'use' the two people in order to work through something.

The truth about us is that we are *not constant beings*. We always act differently with different people, as our characters are never fixed. For example, when you are with your mother, you react in a certain way, but if someone important comes along, you will behave differently. It is still the same you, but something else in your character comes forth, and you play a role, because this somebody is *dreaming you, while you are dreaming him*. Within each one's dream you are fulfilling different archetypal roles, for both of you to work through something in the self. All the dreamers of men work together, and a Ring of Power is formed that is hard to break for the self.

No matter what you are, people are always hampering you. As you are dreaming them, so they are dreaming you, and that is where the danger comes in. Fifty per cent or half of you is what you think you are, and the other fifty per cent is making you react. Then the other *small* bit is what you *really are*. You should always consider and be aware of the people around you, their fixation focus on you, and the way in which they are dreaming you - because they will make you react, and then you become part of *their* dream. The truth about people around you is that they are *limiting you* - not because they mean to, but in ignorance, because they do not want to change. They do this by categorising you, and putting you in a box with a label on it.

Think about an awkward situation that happened a few years ago, which you did not handle very well. You have since grown up, and later you again meet the people involved in that past situation. Because of that former event, and the other people's label that they put around your neck, you find yourself *again reacting according to that label*. It is important to be aware of people's influences and to be able to deal with them. What can we do? Thank goodness we create fifty per cent of the situation ourselves! If you can become aware in your own dreaming - if in your own being you can harmonise by the correct use of love, then you can balance the people whom you are dreaming within yourself. Then wherever you are, there is no disharmony. Then your dreaming becomes perfect in that way. By this I mean that the following can happen:

If two arch-enemies are in your presence, at least they will not fight with one another. When your dreaming becomes extremely strong, they can become good friends *in your presence*, because they are part of *your* dream.

## SELF CONTROL

When one thinks of control, it is usually associated with a wilful action, of how one is going to stop this or that. It is a sudden moment of decision to start on a course of action. No matter what I do in life, if I use that type of control, I am bound to fail. It is a waste of time and effort if I enforce control. Think of a specific problem that needs to be controlled, for instance a bad temper, or the desire to eat too much, or alcohol, etc. With each of these problems, there is a want, a longing for, meaning that if I take that want to a deeper level, I identify too much with the problem.

There is a chocolate cookie on the table, and I have a strong desire for it. Why do I have that strong desire? Take that desire to its roots and I find that I have

identified with the desire so much that I became it. Without this identification, there would be no desire or want. The past experience of enjoying the cookie is what I remember, and I identify with it, so that want to experience it again. What power am I employing in this exercise? The power of love. If I oppose this awesome force with my puny willpower, what will win? The power of love of course!

There is a part to everyone, which thrives on that want and desire, when it arises. I am always trying to learn how to handle the power of love, no matter what the problem. I go from one clinging to another, each one as compensation for the previous one. The important thing here is to recognise that these compensations are crutches. I need these crutches, and I must realise that eventually one must be thrown away, before another one is found, until I get there. Fanatics over-use the power of love. They over-identify so much with their ideas, that they become one with them. The Buddhist's way of handling this, is to walk away from all crutches, to let go of them. But can I really let go? Creation came into being when the Creator used the here-and-now as a crutch, so as to create.

It is easy to say that we must let go of something. The normal way of doing this is to make use of the will. I can discipline myself ad infinitum, but I will not get rid of the 'clinging' by means of the will. Men specifically struggle with their sexual impulse, far more than women. It is the strongest clinging that men have, and it is not at all easy to let go of it. Priests struggle with their willpower to control this force, without success. We can only use will to channel the power of love in another direction. I identify with the wrong things, which abuses this power of love.

### **How can I get rid of my clinging?**

The answer does not lie in trying to run away from their reality in our lives. The difficulty lies in my 'distance' from something, or my likes and dislikes about the problem. When I can simply accept it, when there is no judgmental attitude anymore, then facing it *without doing anything whatsoever* can solve it. Just look at it. Allow the emotion of want or desire to arise, and sooner or later it will go away again.

Let us take the example of the cookie again. The problem is my over-identification with what is right or wrong with it, and suddenly it becomes all-important in my life because of my judgemental attitude towards it. That cookie simply IS. So the only way to walk away from clinging and misusing the power of love is for me to stop judging, and to see all things as one. They all *simply are*, and in that mode of awareness, I will not desire.

When I differentiate between things, seeing the self as here and others as over there,

it causes pain. The emotions that spark off between others and myself because of my judgmental attitudes ('you have done wrong therefore I have the right to get angry!') are the root of all pain. When I can see myself everywhere, and maintain a childlike attitude that has not learned to judge, then I can overcome all my problems. I am not saying you should stop judging altogether. We must

still function in this world. We are always confronted with choices where we are forced to judge and to love.

The moral of the story is to be detached. Do not become involved when you have to judge. If you can distance yourself, then you will make the right choice. If you get over-involved in a situation then you usually make the wrong choice or decision. Be an observer or an onlooker unto what you are doing, not a participant. Then you will start to identify with the true self, which is a childlike feeling within, no matter what the personality does. The real you is not involved, it's as simple as that.

We love taking life so seriously! The happiest person in life is the happy-go-lucky type, especially from ages 18 to 26, when we are students! They have very few problems. We all have problems because the whole system is programmed to destroy the Real You. No matter what 'ism' one follows, the people around us enforce this state of being. We cannot do anything about it, but to know about it helps us to avoid being trapped. There is a balance to be achieved here. 'Happy-go-lucky' has the connotation of 'irresponsible' attached to it. We cannot be irresponsible. We have to take responsibility for every action in life, but deep within our being, we can still be happy-go-lucky and not involved.

Therefore the only way to get out of this is to be responsible for every action, but then you are your own lawmaker. *You* decide what is law and responsibility *for you*. There is a great deal of make-believe about responsibility. It is a responsibility to –

- a) Treat all things equally. That is one step higher than right or wrong.
- b) To see no good or evil but to see all things as ONE.
- c) To be free in your spirit, detached and an observer, where nothing else matters.

Life is a game, so play it well. Be in this world but not of this world, and achieve this balance. Stop over-indulging in your own self-importance, and do not take yourself so seriously! We know so little about ourselves. To overcome this tendency to take yourself too seriously, constantly try to find the humour in a situation. If you can see things and yourself in better perspective, then you can use the will and will yourself to be somebody who can laugh, or be in a good mood. The power of will gives direction alone. You can use it to change direction, and then identify with the spontaneous and joyous you - no problem!