

Chapter Six – Buddhist Group

I was glowing. It was Wednesday, January 14. Every Wednesday I would attend the regular talk and meditation at the local centre. It was one of my favorite things to do. I had missed this terribly, since I had fallen into such a dark period the last few years. One needs some degree of space in their mind, some surplus to devote to others, to the Universe itself, in order to pursue this. I was locked into mere survival mode, and had dreamed longingly, of returning to these liberating practices. But instead, I had to sacrifice this, since I felt it was my responsibility to continue to find ways to feed my family, despite the seemingly deteriorating possibilities of doing so, properly. It used all my energy. I simply could not do both.

What often brings many to this (higher*) style of Buddhism, is a confidence that a far better experience of life is possible. Buddhism is not a religion relying on belief. Instead, this style can be pursued by those with an inner-knowing, that a more aligned reality actually exists. Step-by-step, one is led exactly there thru the practices. Of course, the inner work is not easy – nothing really worthwhile or meaningful ever is. One learns to take full responsibility for ones particular situation, since you have control of only you, not anyone else. (* I should caution about the style being higher. It is, but not in a sense of “better than”. Buddha taught different styles for different types of people; very wise.)

This is the ultimate form of spirituality, for do-it-yourself-ers. We do not pray to the Buddha, nor need belief. He is merely providing the methods, that he and others used successfully. Skepticism is encouraged. The Buddha said do not follow anything a Buddha says, just because they said it. Test it for yourself. So, the path leads towards testing everything. It is a religion of experience, not faith. (Although faith might be translated in a Buddhist sense, as confidence in an underlying order of things.) Once you experience an outcome for yourself, you gain complete confidence in that thing. Then on to the next.

The first test I tried, was mosquitoes. They always bugged me badly, and I always tracked them down to kill them. The teachings said that all sentient beings had the latent buddha nature, and that all beings are interconnected. When one acts in certain ways to other beings, karma will eventually come back to you from this. So I stopped killing them, and soon enough, they bothered me less and less. I learned to blow them off me, rather than to slap at them. This required awareness, developed in meditation. It reinforced in my experience, the ideas of interconnectedness and karma.

Central to this style of Buddhism, is the importance of the Lama. Functionally, this is a teacher, but also a living example of the teachings in action. Our style can have faster results, but with that, go some risks. The wisdom of the Lama can help you steer clear of those traps. This Lama travelled the world setting up and visiting established centres, often in a different city or country, every two to three days. Always selflessly working for others, this effort, a massive work ethic, was maintained for decades. Students were

invited to travel along, as witnesses to his authenticity. He talked the talk, and absolutely walked the walk. In this way, he hid none of his actions, and was totally transparent.

Of course, someone this spiritually realized, is going to be seen as a threat, to our so-called “Elite”-run system. (Or, as my favorite Australian “Chosen 144” would say, these are *now* “the powers that *were*”.) So a smear campaign will be launched to try to discredit such a person. What these “authorities” chose to broadcast about, was something that they had no ability to understand. At the highest level of tantra, sex can be utilized for spiritual advancement, of both partners. That the Lama could do this with select, rare female students, became a perfect opportunity for the “Elites” to sow doubt to a prudish general populace. This was merely Ignorance judging the spiritually advanced.

What drew me to Buddhism, originally? Well, I had what can be called a “Tower” moment (one of many, many such, in my life). My first marriage had crumbled, and I discovered that this partner had cheated on me with several others, some of whom were my “friends”. This was devastating to me, because I had been loyal (actually, to anyone I had ever been with, for that matter). I was theoretically, a Christian, the religion of my parents, although I had not been active in it since my pre-teenage years.

This led me to a great deal of soul-searching. How, if I had behaved properly, could this betrayal happen? Now, I want to make clear, that I was far from perfect. Anyone born in a body is very likely to develop an Ego, and then think, speak or act in poor ways. So this is certainly true of me, but I had a moral compass; behavioural limits beyond which I would never go. To those “Elites”, looking for “dirt” on me, they will find little, other than one DUI in the early 1990’s. (This is no excuse, since driving impaired is not acceptable. Again, it is contingent upon me, to be truthful; authentic.)

As I read about different traditions, I happened upon Buddhism. Karma is cause and effect. As I read about karma, it seemed to make a lot of sense. To understand it, requires you to at least be open to the possibility of past lives, since often, karma will appear as if “out of the blue” as something nice or unfortunate. What is happening here, is that you are experiencing the effect in *this* life, but the cause could have been planted in a *former* life.

The obvious inference from this, was that the cheating I had experienced, had been planted by me acting in this way in a former life. It was, at least, some kind of answer, whereas before as a Christian, I had no understanding at all. My Awakening has shown me what this current life was all about, and that the obstacles placed in front of me, were for a purpose, and may not necessarily have been my karma; maybe the clearing of the karma of my bloodline? So, at this point, I cannot definitively say either way, on this issue. As always, I will not claim anything I do not know.

As I read about Buddhism, it said that you cannot gain any wisdom by simply reading about it. Instead you must take the teachings from the head to the heart, via meditation, by which the information can become experience, and eventually, wisdom. After about the

third time I read this, I said OK dammit, I will find a local group to join. I looked at the possibilities online, and came across a picture of a Lama checking the outer signs, after doing a practice called Phowa. As I read further, my mouth dropped open. Phowa, “the transfer of consciousness at death”. WTF. Whatever these guys were doing, looked very spiritually advanced. I attended the very next Wednesday. This was in February of 2004.

Now Phowa, is essentially a secret practice. (I could tell you about it, but then I would have to kill you, ...and then transfer your consciousness!) Suffice it to say, that it is very rare to find any Lama capable of the finesse it involves, or the immense power it requires. I had my first Phowa in 2006 in the Canadian Rockies, and my second in Spain, several years later. In between, I travelled to Tibet, to visit some of the most sacred places of our tradition’s glorious history. In these positively-charged places where people had reached Enlightenment, I had several experiences of my perception being altered in a magical way. I can imagine readers being skeptical. I know what I experienced. I cannot unexperience it.

When I chose to become a Buddhist, I consciously thanked and excused myself from the “Christian God”. I was grateful, but felt I had a path that spoke to me more directly via the Buddhas. Christianity looks to an outer power source to plug into. Buddhism aims to zone in on the Mind within us and all beings. In a sense we focus on ourselves, but in doing so, we know that our own advancement makes the world better for everyone all around us. And our principal motivation is for the good of all beings – this is where the real power comes from. The Mind, is the only thing never born, and to never die. (It can be referred to as Creator Source, although that is not a Buddhist term.)

Is the Christian God, the same or related to, the Buddhist principal of Mind? I honestly do not know. It is important to be humble and truthful, and not to claim to have all the answers. There is a story from Buddhism, where a student asked a spiritually advanced teacher, if God exists. The teacher said that the answer to that question was irrelevant, since it would make absolutely no difference, upon the student’s spiritual path. (It is my presumption that when one achieves, shall we say, Enlightenment, that one would have that answer.) Like many things Spiritual, we have to move thru the unknown, towards Light.

Devotion to the Lama will well up in your heart, in the style of Buddhism I follow. It is not worship, but extreme gratitude for the precision of the Lama in his knowledge of the teachings, and his fine example to follow. Having a stable realization of Mind, is something irreplaceable, that students glimpse thru the teacher. In Diamond Way Buddhism, the teacher functions on an outer, inner, and secret level. Having recently lost our beloved Lama Ole, we students are increasingly trusting that we can become our own teacher and guide.

In Ascending, following my Awakening in early January, 2026, the Chakras in my body were activating. The Pineal Gland tuned me in to an intuition I had always felt, but in a far deeper way. My Crown Chakra (top of the head) tuned me in to what could be called “The Higher Self”. This is not a Buddhist term, but it is a feeling beyond Ego. It is a higher

consciousness from which you take in multiple perspectives. In Buddhism, Ego is a limited perspective, of duality. An “either/or”, “me/you”, “good/bad”, “dark/light”, perspective. A non-dual view holds a totality, even of otherwise contradictory positions. It is a “both/and” unification. It is an ability to sense all viewpoints at once, not just your own.

I try to stay in that higher consciousness, but not being Enlightened, there is always the possibility of acting out of Ego. Although I am beyond feeling myself to be the target, or in need of outer validation, the Ego can still slip in. It is one of the challenges of my Awareness to ask, am I acting from Ego? The Ego is a defense mechanism, a survival mode, that we can liberate ourselves from, but it still lurks in the background.

During my Shadow Work, I began to feel very deeply. I was in fact, activating my Heart Chakra. Emotions were deeper than ever, and yet beyond Ego, I was no longer slave to acting upon them. Emotion had integrated into me. The Heart Center in Buddhism, is said to be where Mind functions. That can seem confusing, since science would have us believe it is in the brain. The thinking of the brain, might best be described as the rational thought of the Ego. But I now thought in a deeper way, where feeling and thought were somehow, now one.

My Throat Chakra also activated. This is one of the main ways we express ourselves into the world, including related to how we may manifest our reality. The Throat Activation had an effect of solidifying Truth. This had always been my default, but sometimes I would stifle myself, to people-please. This was no longer an option. Truth was felt as necessary in all situations, or else, I suspect, I would suffer some kind of karma. I was instructed to Speak My Truth into the world, as one of my prime Missions (as relayed to me thru Tarot).

Back now, to my visit to the Buddhist Group in January of 2026. We take turns in most things, such as relaying the teachings, or reading the meditation to lead a group meditation. I found, as I read the meditation, that my voice had a newfound depth and emotional punch. It was the same text I was reading, as always, but my voice had authority, an undeniable expression, and a certain charisma. It shocked me, and reminded me of certain charismatic voices, such as the actors James Earl Jones, or Morgan Freeman. It came natural; unforced.

I had long gotten used to hiding my light, in all public interactions, including here with the Buddhist Group. I was used to not being noticed, being an outsider, not fitting in. But I was starting to notice that I was taking on an undeniable Presence. People in the Group were taking notice of me, and not necessarily, just to be polite. My Chakra Activations seemed to be having an outer, tangible effect. While feeling lighter than ever, having shed Karma, I now had a certain indefinable Spiritual Weight, that others might register.

Along with that refusal to shrink, any longer, was a newfound confidence to just be myself. Tarot readings were suggesting that I needed to “remember who I was”. Being myself included removing any filter of how I might be perceived by others. I no longer stifled myself to be palatable to what others might think. I was gaining confidence in myself, and I truly did not care for outer validation. This was very liberating.

What I particularly noticed on this Wednesday in January, was something I would never have anticipated. We had planned, as a group, to visit the Lama in March. I had my passport and flight arrangements, and I was very much excited to be able to see the Lama again, after so much time in between (intuition told me to go – he would pass mere weeks afterwards).

In dimming my light, I had always been rather invisible, including to the opposite sex. I noticed a particular light-hearted banter and flirty-ness from the ladies in the group. (Nothing too overt, as they all had relationships.) But they seemed to take delight in noting that I was the lone male in attendance that night. Also, they anticipated and seemed interested, that I might run into single females, especially Buddhist ones, on the trip to our (Buddhist) Europe Centre, to see the Lama. This kind of attention, was new.

This was all confirmation of the feeling I had of my Heart Chakra beaming its Light, its high vibration or frequency, out into the world. I felt it deeply, but now I was seeing a tangible effect in the outside world. I was rather suddenly a Presence, apparently, simply finally showing the world my true self, long hidden. I had truly Transformed.

I had an inner Glow, of Alignment.

I was Shining.

I knew I would never stop Shining, in this life.