

This is a brief excerpt from the *Master Class 1 Study Guide* that I created for the participants in the upcoming Sedona [Master Class 1](#):

Sacred Repose Is A Deeper Neutral

Sacred Repose emerges when we can *inwardly* Be Still after we Know I AM.

After our consciousness implodes *inside*, we realize Sacred Repose. Then, we can wait in the infinite consciousness of I AM for as long as it takes. Sacred Repose supercharges the *indwelling* potency in the central channel. After I AM consciousness *inwardly* implodes amid Sacred Repose, it ignites a profound Tibetan tantric alchemical sequence that mimics death.

While the midline potency builds *inwardly* amid Sacred Repose it creates a vacuum at the SA Node. The SA Node vacuum draws I AM *in* and *down* the midline and the tides disappear in infinite midline potency. Meanwhile, the consciousness of each element enlivens and merges with the next element. After all the elements have united, we realize the Grail as the quintessential element of love. All our cells pulse in unison with the love that creates all that is. ([Stillness Touch Path of Union](#) p 26).

However, this tantric alchemical sequence can complete itself *only* if we cultivate the profound depth of neutral called Sacred Repose. It is our profound degree of *innerness* during Sacred Repose that creates the inner implosion of consciousness into the body's cells that marks the second birth.

In Sacred Repose, our *indwelling* presence of stillness remains steady, regardless of the degree of intensity, intimacy, or paradox. Meanwhile, we *inwardly* wait for nothing, ... for no reason or agenda, ... for as long as it takes - this is Sacred Repose. According to the Tibetan Buddhist Tantra and Kashmir Shaivite paths, the profound power of Sacred Repose ignites the process of death that is a rebirth ([Beyond Stillness](#) Chapter 3).

To die while alive is to be reborn.

Amid the Depths of our Sacred Repose, The Winds, Prana, Breaths, Or Tides
Descend The Midline And Ignite An Alchemical Process That Mimics Death

Again, Sacred Repose builds the strength of the *indwelling* potency that ignites the *descending* movement of the winds, prana, breath, or tides, which enter the central channel and dissolve into consciousness and unites with love.

Tantric yogis master these *descending* winds to experience the process of death and rebirth while alive. Here is a detailed tantric alchemical sequence of death:

Amid Sacred Repose, all the tides (winds) are drawn inward, descend, and dissolve in the central channel. The consciousness of each element is enlivened and then it transmutes into the subsequent element until all

elements have united and become the quintessential element known as the Grail Substance, or Pure Breath of Love.

The Tantric Sequence Reveals That The Elements Are Consciousness:

Earth enlivens and dissolves into the Water element.

The solidity of the body associated with Earth becomes fluid (*Fluid Tide*). At the time of death, a dying person will often sense the body losing solidity. It is awesome to experience the stages of death while alive for the first time, yet for the experienced yogi, it is a familiar experience.

Amid Sacred Repose, each wind (tide) is absorbed and disappears in the central channel. Again, Earth is enlivened and transmutes into Water, which leads to the next alchemical sequence:

Living Water dissolves into and becomes the Fire element.

Living Fire dissolves into and becomes the Air element.

This sequence lands us in Long Tide, a living consciousness that expresses a *Vast Luminous Presence* in stages:

~ Clear, like moonlight or the midnight sun.

~ Red, like the autumn twilight.

~ Radiant, like the mid-day sun.

All mental conceptions become still; concepts are replaced by direct experience, which is intuition. Here's the next alchemical sequence:

Radiant Living Air (space) dissolves into and becomes Ether.

Ether is I AM, which is Pure Consciousness, or Dynamic Stillness:

Consciousness of the Black Near Attainment.

Subjectively, one has a sense of swooning unconsciously in the infinite black stillness, or the Great Black Mother.

Mental activity is thoroughly exhausted, although this is temporary.

Once we maintain *unwavering presence* in Sacred Repose amid the *Consciousness of the Black Near Attainment*, we enter the *Completion Stage*. In the Tibetan system this is known as:

Consciousness of the Clear Light.

Here, one *becomes* the *Clear Light*. Subjectively, this is a sense of being enveloped in and united with infinite black consciousness.

When we become the *Clear Light* - the infinite black - we are reborn.

When the *Clear Light* implodes, all our cells awaken and emanate *Pure Breath of Love* with the pulse of the SA Node.

~ Modified from my new eBook [Stillness Touch Path of Union](#)

See how the tantric alchemical journey mirrors our path of Stillness Touch?

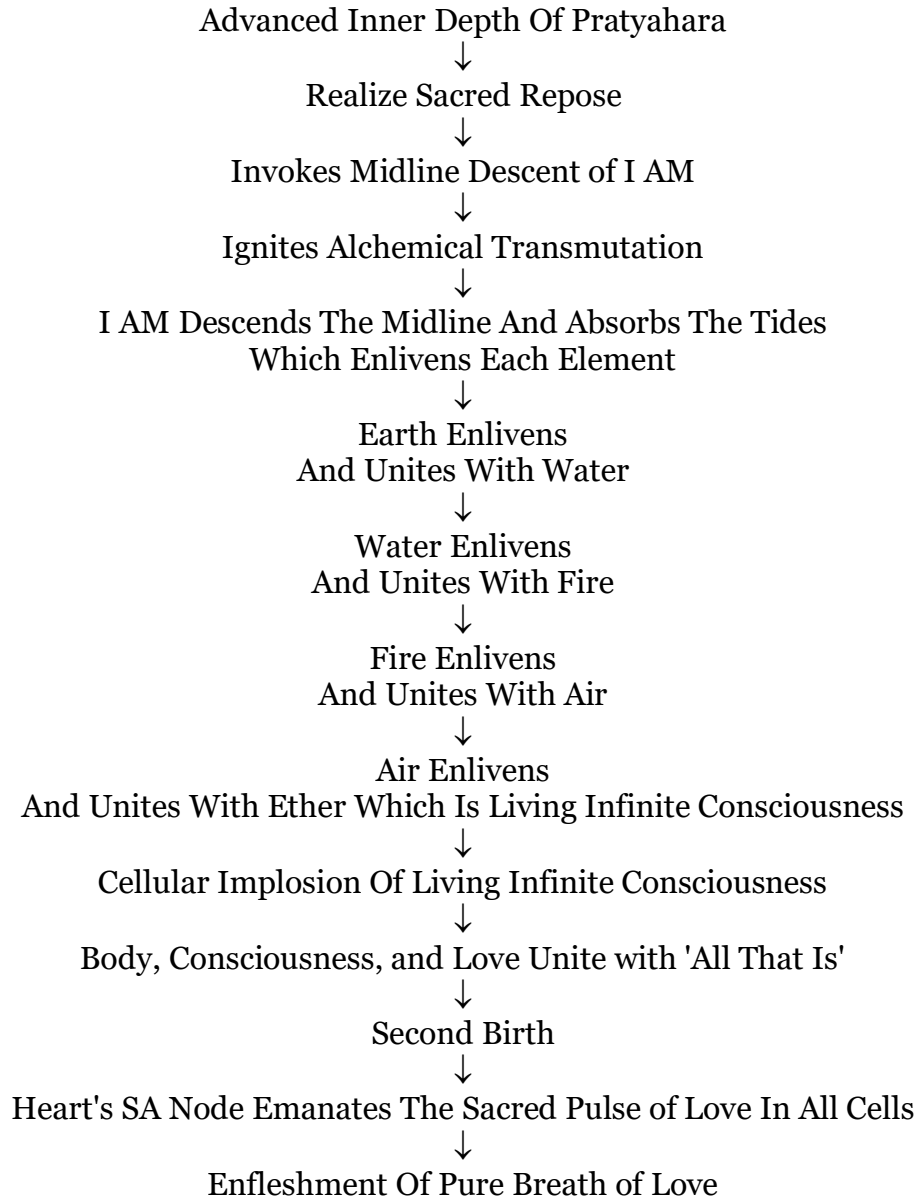
Sacred Repose ignites the alchemical sequence that leads to the *Completion Stage*, a journey into second birth that Christians call enfleshment. Here we realize the *Body Is Love*.

If you have questions, please write: <mailto:charlesridley@icloud.com>.

Charles

This Chart is a Summary:

Sacred Repose: Inward Journey Of Descent & Implosion



In Sacred Repose elements are living beings amid our post-biodynamic journey:

Cranial Rhythm Is Earth That Enlivens And Becomes Water
In *Fluid Tide*, Water Enlivens And Becomes Fire
Fire Enlivens, Expands & Becomes Air (Space), *Long Tide*
Luminous Space (Air) Becomes Ether, Which Is *Dynamic Stillness*
Dynamic Stillness Is Consciousness Of The Black Near Attainment
That Becomes The Clear Light That Implodes & Awakens The Cells
As a Second Birth into *Pure Breath of Love*