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To Mahaguruji Mei Ling,
To His senior disciple, Chohsan Jig Mei Ling,
To our respected and beloved
Spiritual Teacher, Master Choa Kok Sui,

We thank You for Your great, great Blessings and
for the inspiring example of Your
Creative Intelligence and Compassion.

To our Beloved Master Choa, we thank You
for the opportunity to continue to hear Your Voice
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To the assistant editor
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EDITOR’S NOTES

Master Choa Kok Sui passed from the body on 19th March 2007. This is the first posthumously produced book of Master Choa Kok Sui. It was completed and first given for publication on October 23, 2007.

The following instructions regarding the construction of this book were given to His editor and life partner Charlotte Anderson just two days before He left the body, during the one hour ride from their home to Makati City, Philippines.

a. To create of this book in “Sutra Form” rather than in the style of a narration.

b. To use of the quotation from the book of Ezekiel in the Holy Bible.

c. The Foreword was personally dictated by Master Choa Kok Sui to Charlotte during that ride. Immediately upon returning home, He requested her to print the Foreword. She did so. The following day He shared it with some of His children. Then He placed these pages on His desk where they remained until His death.

Materials used in constructing The Sphinx were transcribed & compiled from Master Choa Kok Sui’s workshops and from editor Charlotte Anderson’s extensive personal notes.

By utilizing the Wisdom of the “Practical” side of The Sphinx, the reader or practitioner will be rapidly strengthened. This is due to the multiple opportunities to Practice these concepts regularly in the outer or daily life.

Frequent use of the “Practical” principles given, will enable even a neophyte to evolve more quickly - thereby reaping countless Spiritual benefits.

Readers by Knowing and Understanding more about the Mysteries of the Spiritual Path, may count each act of Will in overcoming inner inertia, each action that allows the inner self To Dare to progress more rapidly -- as great progress.

The aspirant will be lead to discover Inner Silence leading to Inner Stillness thereby more rapidly reaching a State of Oneness with their Higher Soul, Oneness with God and Oneness with All.

Additional information regarding Master Choa Kok Sui’s Teachings on spiritual subjects and on spiritual development may be found in his previous published works.

- Charlotte Anderson
New Delhi, India February 2010
"I looked, and I saw a windstorm coming out of the north—an immense cloud with flashing lightning... surrounded by brilliant light. The center of the fire looked like glowing metal, and in the fire was what looked like four living creatures.

In appearance their form was that of a man... Their legs were straight; their feet were like those of a calf... Under their wings on their four sides they had the hands of a man. All four of them had faces and wings, and their wings touched one another... Each one went straight ahead. Wherever the spirit would go, they would go, without turning as they went.

Their faces looked like this: Each of the four had the face of a man, and on the right side each had the face of a lion, and on the left the face of an ox; each also had the face of an eagle... each had two wings, one touching the wing of another creature on either side,...

When the creatures moved, I heard the sound of their wings, like the roar of rushing waters, like the voice of the Almighty... Then there came a voice from above the expanse over their heads... (and) I saw... (a) brilliant light surrounded him. Like the appearance of a rainbow in the clouds on a rainy day, so was the radiance around him...”

Ezekiel 1: 4-12, 24-25, 27-28 (NIV)
Foreword

Think before reacting emotionally!
Think before speaking!
Think before acting!
Think before buying!
Think before joining a group!
Think before giving into group pressure!
Think before investing!
Think about your purpose in life!
Think about your target!
Think about your parents!
Think about what your parents have made for you!

It is because of this, children and some people are hopelessly ingrates!

If you are too gentle you will not shock them out of their complacency.
By the time you wake up, your life will pass you by.
If I don’t shock you by the time you wake up you will be jobless, poor and homeless!

Wake up!
To live life without a purpose is to live life on a yacht… drifting
Inevitable drifting will lead you to starve to death.

Think!
To live life without a purpose is like flying a plane without a direction!
It will run out of fuel and crash with you in it!

Think before having a sexual relationship.
Think who you are going to marry!
Is the person responsible?
Does the person have emotional control?
Does the person spend money wisely?

If a person spends without thinking your partner will lead you into perpetual debt.

No Car.
No House.
No Money.
No Future.
Think before you marry.
Think my dear friend. Think!

- Master Choa Kok Sui
TRUTH IS UNIVERSAL

The Sphinx
For thousands of years, the Egyptian Mystery School used the symbol of The Sphinx to denote certain qualities of ‘perfected men,’ super developed beings, holy masters, and adepts.

In some esoteric schools, it is said that ascended masters have been guiding humanity for millions of years. In other schools, they say that these masters protect the human race from its own self-destructive tendencies.

The Sphinx combines the qualities of Yang and Yin.

It is composed of the head of a man or an angel, the body of a bull, the paws of a lion, and the wings of an eagle.
Esoteric maxims, or the secrets of the Inner World regarding The Sphinx are taught in these four parts: To Know, To Will, To Dare and To Be Silent.

The four figures are frequently shown with books. Why?

Because we learn through reading books, through oral and visual instruction, and through the mental transference of energy from the Spiritual Teacher. Each method contains a different layer of Inner Teachings.

One meaning of the four figures shown with books signifies "To Think a matter through."

In another meaning, the books symbolize the karmic records of different countries. This

The ANGEL, the BULL, the LION & the EAGLE shown with Books
Cathedral Basilica of St. Louis, Missouri, USA
is significant because based on the karmic condition of a country, it rises and falls.

According to Holy Master Dwal Kuhl, one teacher said the component parts of The Sphinx are written in the Hall of Initiation: “To Know, To Will, To Dare, and To Be Silent.”

The Egyptian Mystery School was the cradle for many other mystery schools, including those in the Kabbalistic tradition as well as in the Christian, Parsi and Hawaiian traditions.

The Sphinx explains the relationship and universal connection between Christian and Buddhist teachings. The Sphinx also embodies the Teachings of mystery schools in Babylonia and Greece.

A composite synthesis of the four figures or “creatures” in the ancient Babylonian or Zoroastrian tradition is symbolized by a “Winged Sphinx.”
Images of both the Lord Jesus and The Sphinx appear in the Zoroastian Temple in Mumbai India.

In the Bible, the component parts of The Sphinx are represented by the writers of the Holy Gospels in the New Testament.

St. Matthew is shown with the head of a man or an angel, St. Luke with the body of a bull, St. Mark by the lion or the paws of a lion and St. John by the wings of an eagle. When these four symbols are combined, you may clearly see the image of The Sphinx.

St. Matthew with an Angel, St. Luke with a Bull, St. Mark with a Lion & St. John with an Eagle
_Basilica of St. Vitale, Ravenna, Italy_
If you go to St. Peter's Basilica at the Vatican City in Rome, you may find pictures of the bull, the lion, and the eagle with books.

At the Cathedral in the Piazza San Marco in Venice Italy, you may see St. Mark with a Lion. In Saint Agustin's Church in Intramuros, Metro Manila Philippines, you may also see the image of an angel with a book, a lion with a book, a bull with a book and an eagle with a book.
References to these four creatures appear in the book of Ezekiel and in the book of Revelations in the Bible.

These four symbols may be interpreted in both spiritual and practical terms. They apply both to outer life and to the spiritual path.

In practical terms, The Sphinx refers to refining and sharpening the ability ‘To Think’ more deeply, by using applications of thought and action which are relevant to daily life.

The symbol of The Sphinx also represents a technology which leads the soul toward its goal which is to achieve an increasingly higher degree of Spiritual Oneness.

Through learning the deeper aspects of Spiritual Technology associated with The Sphinx, the spiritual practitioner learns that there is a Spiritual Path, which when carefully followed, will lead the practitioner to experience rapid Spiritual Development.

All of these qualities of personal development need to be governed by the Heart.

Development of the mental faculty must be accompanied by the simultaneous development of the Heart. If you place a Heart into The Sphinx, it would represent maximum compassion for all sentient beings.

During many periods of time, various traditions have known that these four figures have inner meanings.
When there is conscious recognition of the Inner Sciences represented by these four creatures, one begins to grasp The Sphinx as an extremely ancient symbol.

Through reading this book, the reader is reminded that The Sphinx represents a symbol for UNIVERSAL TRUTH.
Chapter 1

SPHINX: The Practical Perspective

To Know 19
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To Know

We have a head. We think with our head, right?

This is why the head of a person or the figure of a man or an angel symbolizes an individual's ability To Think or To Know.

What does this mean in practical terms?

You must Think before you can Know. The question we should ask is: To Know - What?

First, you must identify your Purpose.

- The aim or the purpose of a project is the objective.

- You must determine your goal.
• **What is your purpose?**

• **What is your target?**

• Mental Planning is needed.

You must *Think*!

You need to *Think* about how to achieve your objective.

• You have *To Know* “certain things” in order to “make” things happen.

When people are planning, unwritten rules are being observed. These traditions exist in our culture, in our society, and also in our families.

In order to achieve the Aim or the Purpose, you must *Think ahead*!

In order to establish the *steps to be taken*, you must *Think*!

• What is the direction of the plan?

• You cannot base a plan only on assumptions.

• Is there only one way or are there many ways to reach your goal?

• Fine tune the plan until it is workable.

*Everything must be planned.*

• You must *gather information* in order to achieve your goal.
• By receiving opinions from different people, you avoid having “mental blind spots.”

• If you do not listen to a more experienced person, you will be like someone reinventing the wheel.

• It is not very smart to reinvent technology that is already there.

• Listen with discernment, then qualify the people giving you their opinions.

You must Think!

To Know or To Think is a process.

Concentrated effort must be geared toward:

• Research

• Obtaining the right source of information

• Gathering accurate, validated information

• If you want to do something, you have to Think first.

You cannot be mentally lazy. You have To Think, and Think, and Think!

• How will you achieve your goal?

• How will you implement the plan?
• What is the best, the most efficient way to reach the objective?

You must Think in order To Know - what information to gather.

Consider the components: who, what, where, when, and how.

Thinking is interconnected with Knowing.

After sufficient information is gathered, you start Thinking about:

• How to develop your plan.

• What are the parameters of the plan?

• You must Think carefully and validate the information obtained.

• Analyze the possible strategies. Which one will be the most effective?

• Feasibility is achieved when you fuse all the information together.

• This enables various elements to function harmoniously, strategically, and systematically.

The simplest or least complicated strategy is the one least likely to go off-track.

• By Knowing and Understanding the possible obstacles you can find a solution before the obstacle occurs.
Certain events can alter the consequences or the outcome of the plan. Knowing the consequences ahead of time gives you an opportunity to abandon the plan before it is too late.

If the plan needs to be discarded, activate the back-up plan. This will allow a smooth transition to take place. It will ensure that your goal can still be achieved.

This process is called Decision Analysis.

- Eliminate layers!
- Eliminate obstacles!
- Assess the cost!

Wisdom in business means having the ability to listen to the right people.

- What kind of people do you need?
- People have to be reliable and trustworthy.
- Reliable and trustworthy people ensure the stability of the company.
- Listen to people who can give you correct information - then create a strong strategy.
- Hold consultations with company executives and with experts.
- Assess the opinions received.
• Listen to someone who is very smart.

• What are the person’s qualifications?

• What are his experiences?

• What is his track record?

You must Focus!

• How will you achieve the purpose?

• You must identify the strategic tasks required to achieve the “Purpose.”

• By using your abstract mind, you form abstract ideas.

• Abstract ideas become the “generalized steps” of the plan.

• Abstract ideas are the macro steps of the plan.

• Macro tasks form the strategy of the plan.

• This becomes the direction of the plan.

You must also specify the “micro tasks” that will form the parts of the “macro or generalized tasks.” Sometimes micro tasks are called “Task Management.”

A. The micro tasks are the many steps involved in each major step.
B. The micro tasks form the detailed plan. These are the smaller elements that support the decisions and actions to be taken.

C. There are many ways of doing things. You must consider all the angles.

D. Who will handle the formulation of the macro and micro tasks?

E. Think about the different available strategies.

F. Once the strategy is formed, work out the details of your plan.

G. In order to achieve the most viable, most effective and most appropriate plan, formulate and analyze possible strategic plans.

You have to Think ahead. How will you do it?

- You must plan carefully.
- Always have one or two back-up plans.
- Contingency measures should be prepared in advance.

Careful planning involves analysis.

- You must Think! You must check!
- You must calculate!
- Mentally you must reprocess the plan again and again.
The Principle of Communication

There must always be communication in an organization.

An organization cannot succeed when there is a breakdown in the passing of information.

You must Think!

You must communicate!
Who will formulate the plan?

- You must have the right people.

*People involved in a project are RESOURCES.*

*Do not be satisfied with superficial thinking!*

- Who are the key people needed to execute the plan?

*You have to Think!*

- Employees must be well-selected and well-trained.

- Organize and assign people to various positions of responsibility.

- Train your employees *properly.*

- Employees have their own agendas or their own plans.

- Explain to them: *They must follow your plan – not theirs.*

*Think calmly!*

- Maintain your calmness and patience when dealing with your employees.

- Sometimes strong, intelligent, abrasive, aggressive, ambitious people are effective in getting things done. This is okay but then, you must control their behavior.

- You must determine the scope of their operation.
• The employees’ ability to implement the details of the plan is critical.

It is critical to the forward movement of the plan.

You must Think! How can you manage your employees most effectively?

• By setting up certain protocols or rituals.

• By leading them in a certain direction.

• By maintaining a physical position of advantage.

• By giving them financial incentives.

You must Think!

• Who will monitor the employees to see that the goal is reached at the targeted time?

• Implementation of a system means carrying out your instructions. It is critical to the forward movement of the plan for each task to proceed step by step.

Hard decisions must sometimes be made. For example, it may be necessary to terminate the job of one person, in order to save the jobs of many people.

You must Think!

You must plan ahead.
Money is an Important Resource

You must know *where to save money* and *where to spend money*.

Consider all possible resources:

- How much money is needed?
- What is the least expensive way to achieve your goal?

*Think* of the elements!

- Expenses are almost fixed.
- Your income must be higher than the expenses.
- Can you reduce expenses?

You have to analyze objectively, *qualitatively* and *quantitatively*.

To Plan means to *calculate*! Always Compute.

- Ideas are parts of qualitative planning.
- Any plan without numbers is useless!
- Qualitative planning alone is not enough.
- You have to understand the matter quantitatively.
- Calculate ten times!
- This is quantitative analysis.

*You must plan thoroughly!*
Quantify and qualify the elements that compose the plan.

- What is the income?
- How much profit is expected?
  
  - Are there alternative sources of income?
  
  - Is additional investment needed?
  
  - Can funding be outsourced?
  
  - What safety margin should be set?

Cash flow and overhead expenses should be calculated within specified time-periods in order to achieve continuity in the result.

- Consider using the thirty-sixty-ninety day rule.

- What is the cash in, cash out and cash balance? Check regularly.

- Quantified objectives tend to be more attainable and controllable.

- Convert qualitative elements into quantifiable factors whenever possible.
You must *Know!*

- Can you increase your income?
- Can you reduce your expenses?
- Can you do both?

*Income minus expenses is PROFIT!*

- Study the target demographics in the area being considered.

You must *Think!*

- Analyze the steps logically.
- The structure of the plan must have a sequential order so that the goal is reached *on time.*

Steps must be sequentially followed. For example, from a business point of view, you have to quantify:

- What are the tasks required?

Estimate your resources.

- You must calculate!
- How much money is required?
- Are additional resources required?
- Set a *budget!*
- There must always be numbers involved.
Use your head! Always remember to *emphasize profits over sales.*

- Why would you work very hard for very little money?
- Sales are just tools to generate profits.
- Should you risk so much for so little profit?
- Be smart! Look for businesses that give fast profit!
- Income must always be higher than expenses.
- Do not use figures based on "*Accounting Magic.*"

- When figures are based on accounting magic, if there is even a small drop in profit, the business may still go bankrupt.

You must calculate! Can you neutralize the risks?

Studying too many management theories may make you forget the "*Basic Principles of Business.*"

*When it comes to producing results, always go back to simple management principles.*

Excessive information may cause "*mental paralysis.*" This may translate into lost opportunity or lost revenue for the company.
Emotional Commitment comes in the form of a schedule.

Schedule, rhythm and cycles are governed by intelligence. Intelligence requires memory.

You must Think!

- Setting a schedule is very important.
- The schedule needs to be written down.
- Remember to put the schedule in a prominent place so that your attention remains focused on the goal.
- The schedule requires monitoring.

- Develop one-year, five-year and ten-year plans.
- When planning, you must make constant adjustments.

To Know means to always be three to four steps ahead of your plan.

- The moment you start planning, create a Deadline.
- You set a time factor to be assured that the plan will be implemented.
- Nothing should disrupt the timetable of the plan.
You must analyze.

- **Obstacles are always a part of life.**

- You must foresee the possible problems and obstacles that may occur.

- Anticipation of the obstacles is the best defense against many problems.

You have to *Think* about the possible obstacles and how to flow around them.

- What are the possible obstacles?

- How will you handle them?

Have you considered:

- Movements and fluctuations in the economy

- Profits diminished by natural disasters

- Other problems that could disrupt the timetable of the plan

Altering the plan depends on the situation.

*The plan must be flexible!*

- Cyclical planning assures greater continuity in a plan.
Do not stand in front of a boulder & wait for it to disappear.

How can you move around the boulder?

- The plan must create strategies to circumvent the obstacles.

- Flowing around an obstacle is usually the easiest and the least expensive way to solve a problem.

- Using the "dynamite approach" can eliminate the obstacle, but may prove costly.

- Disintegrating the obstacle is the last approach!

You must Think! You must Know how to develop a solution for any crisis.

- Determine the nature of the crisis.

- Excessive, unregulated fears may cause paralysis.

- Careful calculation assures you of a solution.

- Calculating problems in advance can prevent a crisis from escalating.

- Thoughtful calculation assures that a solution will be built into the overall plan.

You must Think ahead!
• Usually it is cheaper not to pulverize the obstacle.

• Find creative solutions to circumvent obstacles.

• *Thinking* enables you to formulate possible solutions to crises in advance of those events occurring.

• You have to ask yourself, "Is this the best way?"

• Examine how you will be able to manage the situation with the least risk and the least expense.

• Consider possible alternative approaches.

• What are the alternative methods of achieving the goal?

• Develop a Contingency Plan.

You have "To Think." What will happen if the back-up plan fails?

If the back-up plan fails and the problem is not controllable or predictable what do you do?

• Sit back.

• Wait for everything to clear.

• Play golf and relax.

• Have dinner with friends.

• Remain calm!
Once things have stabilized and you have the right information, you can take action.

Correct advanced planning allows you to circumvent or capitalize on opportunities created during times of crisis.

Successful planning does not end with the achievement of the goal.

SUCCESSFUL PLANNING involves KNOWING the EFFECT of the GOAL once it is attained.

This is the meaning of The Angel or The Man symbolizing "To Think" or "To Know" from the Practical Viewpoint.
To Will

Why does *The Bull* symbolize "To Will" or "To Do?"

*To be a Bull* means that you are a *Manifestation of Industriousness.*

- *The Bull* just continuously works and works and works.

- *The Bull* does not complain. It remains constantly focused.

- *The Bull* just ploughs the field from morning to night, day after day, week after week, year after year.

This is why *The Bull* is the perfect symbol for "To Will."
To Will means that you have “Constancy and One-Pointedness of Aim and Effort” or Self-Restriction.

- The Bull is an embodiment of Strong Will.

To Will means that you *master* the work assigned to you.

To Will means that:

- All effort is directed toward The Aim.

- All effort is directed toward The Purpose.

- No deviations are permitted.

- Complete focus is needed.

- Distractions should be avoided.

“The Founder of an Organization is its Driving Force.”¹ The Founder Knows and Remembers never to give up physically, emotionally or mentally.

- With regard to the target, the Founder is *willfully persistent* at all times.

- The Founder always remains constant to the Aim or Objective! This is the meaning of To Will.

- The Founder is *always disciplined* and is *not lazy*.

• The Founder must always be focused. The Founder must see that the organization remains “on track.”

• The Founder always remains calm and does not lose his temper!

To Will means:

• To be constant

• To remain focused

• Not to explode

• To constantly work toward accomplishing the objective

Having a good heart is not enough.

Will Effort is required.

To Will requires physical, emotional, mental and spiritual effort.
In spite of being tired, you continue to work. You continually strive to achieve your goal.

- *To Will* means that you constantly think about the steps crucial to your plan.

- You do not complain about the stress.

- You do not allow yourself to give up out of frustration.

- You do not complain - *you just continually move forward, always advancing toward the Objective.*

*To Will means to maintain “Will Effort.”*

- Even when you are sleeping, you think about your plan. Even when sleeping, your mind is working. When you go to bed, you may not be certain about how to proceed. But when you wake up, you already have a solution in mind.

- *Successful business people think about business all the time, everywhere.*

- They:
  - live
  - eat
  - think
  - breathe the goal

- These individuals even think about business when they “make love” and when they are asleep.
• **Remain Focused. Remain Constant.**

• Never allow yourself to become distracted. Never forget your purpose.

• Do not allow anything to misdirect your attention from your goal.

This is the meaning of "**Doing**" or "**To Do.**"

• There may be deviations or mistakes, **but you don't quit!**

**YOU MUST STRENGTHEN YOUR WILL.**

• **To Will** means to always be conscious of the direction of the plan.

• You always keep on moving ahead - advancing toward the target.

**To Will** means the allocation of resources.

• **Resources** and **people** are directed toward the purpose.

• There can be no diffusion of effort.

• There can be no diversions.

• Everyone must remain focused on their area of responsibility.

Once you form the plan, you must create a time factor.

• Unless you **make a Deadline**, nothing will happen.

• Commitment in the form of a time factor is required.
Focus on only a few targets so that the energy will not be diffused or dispersed.

Success is achieved through “One-Pointed Effort.”

Effort must be directed toward the Aim and the Purpose.

To Will means to keep on working and working. There is no time to complain.

To Will means you do not give up physically, emotionally or mentally.

It is necessary to maintain “Mental Effort.”

You must remain constantly aware of your goal.

There may be times you feel like you are lacking Will.

Sometimes, you may even forget your purpose.

You may ask yourself, “Why am I trying to do this work when it is so difficult?”

Mental Effort means you overcome inertia and control your emotions.

Your effort is clear minded and always directed toward your goal.

It is necessary to maintain “Will Effort.”

You must strengthen your Will.
You must resolve to reach the target or goal on time!

*To Will* means the allocation of power.

- Continue to manage your activities. Control the resources and always move toward your target.

- You cannot be distracted from your goal. Remain constantly focused!

You must develop a strong sense of personal discipline. *To Will* entails *Mental Planning*.

- You must develop the *Mental Effort* needed to control your emotions.

In every plan, problems and obstacles are natural.

- You have to maintain your *Mental Effort*.

*Do not take* *“No”* *for an answer.*

- Do not give up.

*Always find a way to overcome the obstacle.*

- Practicing *Mental Effort* means thinking about how to achieve your target.

- This will lead you to discover the right solutions to problems.
This is the meaning of To Will in the practical sense.

Before plans can materialize, they must pass through the emotional world. Emotional strength and stamina are required.

Emotional commitment or Emotional Effort comes in the form of a Schedule. This is "Task Management."

- To Will means you must implement the schedule.
- Without a schedule, there is chaos.
- The work must be done.
- No excuses can be accepted.
- The schedule has to be implemented according to your plan.
- Your schedule must be followed.

To Will means:

- You must instill discipline.
- Don't give instructions to your assistants then take a month's vacation!
- The schedule must be monitored.
- You must check and re-check.
- You must continuously keep on checking.
- No excuses can be accepted.
- Verify that your instructions are being carried out.

Sometimes your assistants are confused or do not follow your instructions.

- Do not end up handling tasks delegated to your subordinates.

- Patience is required when dealing with subordinates who tend to try to do things their way.

- Explain to them that they must operate according to instructions.

*To Will* means to have "follow-up."

- You must continuously monitor to see that the instructions are carried out.

- Constant monitoring and coordinating must be done.

- You have to combine *Will* with *Intelligence.*

In the emotional sense, sometimes in the process of trying to accomplish tasks, there will be external *and* internal obstacles.

- There may be a time when emotional bickering, infighting and power struggles occur.

- These factors can be very tiring. These may slow down your progress.

- You must remain calm.

- Do not lose your temper.
It is easy to get frustrated and exasperated.

- Have you experienced that in your office?

- What do you do in these situations?

The Bull always continues to function no matter how frustrating the situation may be.

No matter how exasperated you are, you continue.

- Patiently explain to your assistants that their tasks have to be executed according to your plan.

- Emotional Effort must be constantly applied until the objective is achieved.

- Remember, you have to be patient. You are dealing with people who have their own personal interests and personal agendas.

- Tasks must be carefully delegated.

Do not teach subordinates complicated management theories. No one will understand them.

- If the theory is too complicated, then no one will remember the instructions.

- Principles must be easy to remember and simple to follow.

Emotional Effort is exerted when you persist in finding ways to overcome problems.
• Keep your cool.

• Push yourself to the limit.

• Be persistent in accomplishing tasks despite difficulties.

When you are one-pointed and master "Constancy", then you are a Bull.

To Will means to embody Physical Effort.

• The physical body often undergoes rigorous activities in order to reach the objective.

• You must be strong.

• You must assert the Physical Effort needed to get things done.

• Implementation of the plan and the schedule to accomplish tasks can be very tiring.

• It is important to remain vigilant.

• Even when you sleep, you think about your target.

• Even when you sleep, your mind is still planning and calculating.

Persistency is the Key to Success.

• Have you ever experienced working 12 hours to 14 hours per day?

• Have you ever worked continuously for two or three weeks with no day off?
• Your body feels so tired.

• Just when the project is finally about to finish, you feel like you just can’t move.

• This is the most critical period because this is the time when things may go wrong.

_Especially, you must monitor the last stages of a project._

• To relax and let go at the last moment is a serious mistake.

• Serious errors are most likely to occur at this time especially when the mind and the physical body are tired.

• This happens when the physical body has worked hard for extended periods throughout the implementation of plans.

• At the last moment, you grow weary because the energy needed to function is already used up and already low.

• It is quite natural to tend to be lazy due to weariness.

• Do not neglect this moment. Do not leave matters to your assistants.

• Do not leave town and say, “I think my assistants can handle it.”
Maintain your vigilance.

OVERCOME YOUR WEARINESS!

It is through Mental Effort and control over the physical body that you can overcome its laziness.

• Check and re-check, “follow-up.” Do not allow things to go wrong when your objective is in sight.

This is the meaning of The Bull symbolizing “To Will” from the Practical Perspective.
To Dare

The Lion is the symbol associated with "To Dare". "To Dare" means to have courage. You have to be Daring. Without Courage, there is no constancy.

- In life, there is competition.
- There is warfare.
- There is combat.
- Competitors may attack from all sides.
- Think ten steps ahead.
You have to be *Daring*.

- Maintain willpower diplomatically.
- You must not lose your *Courage*.
- Have no fear!
- Reality dictates there will be a lot of competition.
- In a real fight, the forces fight back.
- If you can fight without fighting, you are a good fighter.

*You must be Daring! You must compete!*

- You cannot begin a project then run away.

Come up with a plan to match the opposition’s plan.

- Do not base your plans on wrong information.
- When the opposition comes up with a better plan, *do not get scared.*
- *You have to fight!*
- *Neutralize their strategy.*
- Come up with a better plan!

People who get to the top are people who can stand pressure!

*People at the top do not crack!*
They proceed decisively with no fear!

*Remain Calm.*

**DO NOT LOSE YOUR COURAGE.**

What things must you remember in a crisis?

- Is the situation uncontrollable?
- Is it unpredictable?
- You have to be *Daring.*
- You must compete!

Do not lose Courage.

In a crisis, you ask yourself, "What is the problem? What is wrong?"

In a crisis, you have "To Dare."

- Find ways to avert the problem to a controllable level.
- Remember, you cannot react emotionally.
- You cannot crack under pressure.

This is not permitted. You have to act accordingly.
Remain calm and assess the situation carefully.

- Get to the root of the problem.

- Analyze the situation.

- Gather information.

- Keep in mind that in a crisis, information is often vague.

- If you react to un-validated information, you will be in big trouble.

- Validate the gathered information for accuracy.

- Validate very carefully. Is your information correct or incorrect?

- In validation, you check and re-check.

Validate the gathered information.

**YOU MUST DARE TO MOVE AHEAD!**

Get proof! If the information cannot be validated, try to make logical estimates based on the facts.

If the information is correct, you have to ask:

- *What is the worst that can happen?*

- If the problem is insignificant, why worry?

- Analyze the information to determine your next move. Will the crisis escalate or will it plateau?
Take the necessary measures to control the problem. If a problem escalates, you rapidly have to take measures to contain it. If the problem is not contained, it may create chaos.

- If the situation is insignificant, why worry?

Consider: What is the desired outcome?

- Do not become intimidated!
- Is the result what you wish to achieve?
- Continue to Focus! Continue to try to implement the plan.
- Strategize to contain the problem.
- Neutralize the crisis.

**Contain and neutralize the problem.**

- Obstacles are always a part of every plan especially during the implementation phase.
- Careful planning and foresight can help to avoid obstacles.
- Sometimes problems occur even though careful planning is done.

From the information gathered, the situation should become clearer. From this new perspective, the overall condition can be assessed and evasive actions employed.

- Neutralize the problem with a strategy based on the information gathered.
• When there is a problem, isolate the problem. Contain it!

You have to *Dare*! Adjust to the situation.

*Be persistent!*

You have "To Dare"... *You must Dare* in order to reach the objective!

If the situation is out of control, just relax.

• If something goes wrong, remain calm!

• *Worrying will not accomplish anything.*

• These are situations where the condition is in a state of flux. If nothing can be done during this unstable state, Relax!

• Once things stabilize, you must *Dare to take action.*

Remember to be Courageous like *The Lion.* Analyze!

• Do not just stand in front of the boulder.

• Bend like a bamboo.

• Determine why the projected applications did not work.
• Do some introspection. See why the projected options all failed.

• If you are still blocked, move around the obstacle.

• Do not give up easily.

This is the meaning of *The Lion*, this is the inner meaning of "*To Dare."
To Be Silent

*The Eagle* symbolizes *"To Be Silent."*

You must manage the plan with *Swiftness and Skillfulness in action.*

This is the meaning of *to be like an Eagle.*

*To Be Silent* means we must execute plans with:

- Calmness
- Skillfulness
- Precision
- Swiftness

- Exact Timing

To Be Silent indicates you have the ability to foresee possible problems.

The plan must always be kept a secret.

- People will try to counteract the plan. They will try to defeat you.

First, you have to be internally silent.

- If you do not have internal silence, you will not listen to feedback.

- If you do not have Inner Silence, you will just be interested in talking and talking - nothing else.

You must be Internally Still.

- Don’t waste your time listening to non-essential information.

- If you do not listen with discernment, it may be disastrous.

- Remain calm.

- To Remain Silent means there is internal calmness and stillness within you.

- During a meeting, listen for five to ten minutes, then assess if the person has any productive information.

- If there is no new information, cut the person off.
• If the person has something productive to say, you may listen for the next 20 to 30 minutes or even for one hour.

• Normally a short allocated time is enough.

*Be Silent.* Listen with discernment. This is the meaning of *To Be Silent.*

• If all you do is talk and never listen, you will miss important information. You will not know what's happening.

• Wrong decisions may occur.

• You must *listen carefully."

• Gather good advice.

• When you are planning, you must gather all essential information.

This is the meaning of "*To Remain Silent.""

*To Be Silent* means:

• If your mind is jumping everywhere, it is chaotic.

• You must remain calm and internally silent under tremendous pressure.

• To have Internal Stillness means you are not in a state of emotional chaos.

This is one meaning of *To Be Silent.*
In corporations, in governments and even in spiritual organizations, there is politics.

- The most intense places of politics can be found in religious or spiritual organizations.
- Politics occurs even among the nuns and priests. Internal politics can be so intense that it is difficult to imagine.
- Power struggles frequently occur.
- You must recognize that some people will try to neutralize your plan.
- They may try to create obstructions.

Since politics is going on even within your organization, certain information or plans must be withheld. No one should be allowed to neutralize your plans.

*Do not allow others to neutralize your success!*

Very often, you have to be secretive if you want to get certain things done.

- Do not talk too much. People will be aware of your plan and will try to neutralize your objective.
- But, in some cases, absolute secrecy is required.

*You must be Silent!*

- If other people know about your plan, they may try to misdirect or neutralize the outcome.
• Many people may try to deliberately hinder your success.

• They just do not want you to be successful.

• They do not want to see you become richer.

• You have to keep certain things confidential so people will not try to redirect the outcome of your plan.

• You have to talk about it privately.

• Keep the plan a secret! By the time other people discover your plan, it will be too late for them to act!

• You have to be secretive in certain aspects.

• Create a system so that when necessary, you can push people to do their job.

You have to remember to MAINTAIN SILENCE.

You have to be aware of your colleagues, subordinates and people whom you hire.

• Enviousness can be a pervasive factor among the workers.

Devise a plan or a strategy that your competitors do not know about.
Learn from the past! *Be Silent!*

- In relation to your competitors, you also have to be secretive... *To Be Silent.*

- Objectives must be discussed confidentially only with trusted people otherwise some competitors may try to interfere with your plans!

*Sometimes you must communicate.*

*Sometimes you have to be Silent.*

Use discernment!

*There is a time for communication.*

- Sometimes you have to be silent so that people who have their own agenda or people who are overly ambitious or people who do not want you to be successful will not be able to neutralize your plan.

- Sometimes you have to communicate in order to gather more information.

- If they are able to figure out your plan, they may be able to develop a counter plan or strategy.
You must know when to communicate!

- There are proper times to communicate.
- *Know when to break your Silence.*
- Break your silence at an advantageous time.

You must remember *when To Be Silent.*

This is the meaning of *The Eagle* and the Practical Meaning of "To Be Silent."
Chapter 2

SPHINX: The Spiritual Perspective

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To Know

The Head of a Man or the Angel symbolizes To Know or To Think. This is connected with transmitting the Teachings. Sometimes you already intuitively Know things - even without thinking.

What are the things you have to Know?

- You must Know how to become a good Soul.

- You must Know that you are a being of a certain degree of intelligence, feelings, love and power.

What is the meaning of To Know? First, you must Know who you are.
You must know:

- Exactly who you are and exactly who you are not.

- That you are not the body; that you are the Soul.

- That the body is only a subtle vehicle of the Soul.

You must know that you are not your Emotion.

- Through this identification with the body, a person loses self control and becomes enslaved by emotions and thoughts.

- Do not identify yourself with your body, with your emotions or with your thoughts.

- You are not your emotions or your thoughts, just as a carpenter is not the furniture.

- A person who identifies himself with his weaknesses, or who engages in compulsive gambling, drunkenness, drug addiction and other weaknesses, hinders the incarnated soul from becoming free, thereby it psychologically becomes imprisoned.

- You must know how to purify your soul.
You must *Know* how to achieve illumination.

You must *Know* that:

- There are *thoughtforms*[^1] in your aura.

- That there is "something" known as *inner noise*.

- Thoughtforms create the inner noise.

- This "noise" is the reason why there is a problem hearing the subtle voice of the Higher Soul.

- You must *Know* where to look for and where to find the "stillness" needed in order to contact your *Atma* or *Higher Soul*.

- *To Know* spiritually means that you *Know* where to find *inner stillness*.

You must *Know* a technique for spiritual development.

- When you think of something, your thoughts are not really continuous.

- Thoughts come in batches. Between the batches, there is *stillness*.

- For example, when you move, there is stillness between movements.

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[^1]: Thoughtforms are created whenever we think about anything. The length of time they remain in the aura depends on the strength of the thoughtform.
You must *Know* that:

- You are not the *breath*.

- When you observe the *breath*, there is movement. But, *between breaths, there is stillness*.

- Within movement is contained *the seed of stillness*.

- By finding this *stillness*, you can come into contact with your *Higher Soul*.

You must *Know* that:

- You are the *Incarnated* or *Embodied*[^3] *Soul*.

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[^3]: i.e. soul with a body
We are all the children of God - Children of the Most High!

You are the Buddha Nature, the Krishna Nature and the Christ Nature within you.

You must Know that:

- The degree of “connectedness” to your Higher Soul and to God varies from soul to soul.

- This connection may range from the thickness of a spider’s thread to that of a pillar of light.

- You have to know how to increase your connection to and your degree of Oneness with God.

You must Know who you are.

- In the Islamic tradition, “to have the light of God flow through you” is equivalent to having the “Power of the Holy Spirit” flow through you in the Christian tradition.

- In the Taoist or Confucian tradition, Tian Chi flows through your system.

- Understanding Tian Chi gives us a deeper meaning of To Know.

What do you need to Know?

- In the Bible it says, “The body is the Temple of the Holy Spirit.”
Miracles correspond to the power of your Connectedness and Oneness with God.

- For the incarnated soul to achieve Oneness with the Divine Spark or the Father, it must pass through the “I AM or the Higher Soul.”

- This is the meaning of the statement, “No one may pass through the Father, except through me.” This inner teaching is misunderstood by most Christians.

This is what you are supposed to Know.

You must Know the Esoteric Anatomy of the person.

For example:

- Those who do acupuncture Know that the whole body is reflected in your hands.

- Those who do reflexology Know that the entire body is reflected in your feet.

- Genetic scientists Know that the blueprint for the physical body is encoded in your genes.

- To Know means that the macrocosm is also reflected in your ears and eyes.
To Know means:

- That the energy body is attached to the physical body as though it is sticking to the physical body.

To Know means:

- That we have energy centers or chakras.

You must Know the Virtues that need to be developed.

- You must Know the Law of Karma or the Law of Cause and Effect.

- You must Know the Golden Rule.

To Know means:

- When you plant Good Seeds and Good Thoughts, they become Good Actions.

- Good Actions are seeds by themselves.

- Repeated Good Actions will bear the fruit of Positive Virtues.

When you have many, many virtues - the fruit is that of being a good soul.

This is the meaning of To Know Spiritually.
• You must use *Will* to achieve Oneness with your Higher Soul.

• You must have the *Will* to achieve spiritual freedom... to be spiritually free.

• *Will* is needed to achieve “yoga” or “union” with your Higher Soul.

• *Great Will* is required to achieve Spiritual Liberation.

Spiritual progress requires Persistence. To progress spiritually, you must be physically, emotionally, mentally and spiritually persistent.

• It is the natural tendency of the physical body to be somewhat lazy.

• Do not allow “this laziness” or “some distractions” to hamper your spiritual progress.

• When you repeatedly postpone your spiritual practice for even a few days or a few weeks - that time may eventually turn into years.

• By the time the spiritual practitioner realizes what has happened, thirty or forty years may have already passed.

This means:

• You must *set a schedule* for Spiritual Practice.

• You cannot expect to earn a Ph.D. in spirituality in just one day.
ten hours today and by the time I go home my body is so tired. There is just no more time for my meditation.” This is not a manifestation of Will.

*Spiritual development requires considerable effort.*

- Do not be engrossed in useless unproductive misery. Do not allow emotional upheavals from psychological conditions to drag you down.

- Create a daily schedule and *stick to your daily schedule.*

- In Spiritual Practice, there must be dedication, regularity and the drive to continue your practice.

- Industriousness is required in order to progress spiritually.

A Spiritual Practitioner must be very hardworking and Practice *Constancy of Aim and Effort.*

- Spiritual development must be earned.

This is the meaning of *To Will* from the Spiritual Perspective.
To Dare

The Lion symbolizes To Dare.

The Lion symbolizes courage and daringness. To Dare means you have courage and constancy.

- During Meditation or Spiritual Practice, a spiritual practitioner may experience a certain degree of alarm or fear due to the lack of understanding of their “inner experiences.”

- These fears must be overcome so that they will not cause a permanent setback in this incarnation. A setback may prevent further spiritual progress.

- When you are on the spiritual path, you have to be courageous.
You must have courage.

- In the process of spiritual development, one must also work out their ancient karma.

- One must not be faint-hearted or give up easily.

Spiritual development is Priceless!

- Even if you possess a billion dollars, this cannot be compared with the value of your spiritual development.

You must be *Daring*.

When you enter the spiritual path:

- Your physical body requires constant adjustment.

- Emotionally and psychologically, you require constant adjustment.

- Your life itself requires regular adjustment.

- Often these adjustments may not be very pleasant.

- But, you must be courageous! You cannot give up! You must continue!
The meaning of the Lion is to be *Courageous*.

- When you travel to the inner world and you are not sufficiently purified, sometimes you may see unpleasant beings or you may have what we call a "bad trip." This is because like quality attracts like quality.

- Study meditation techniques and receive proper instruction.

- When you travel in the inner world, especially in the lower world, you may see strange things but persist and you will progress.

- During inner experiences if you "see" your own body from the outside, you may become afraid and being scared, jump back to your body.

- Do not be afraid.

- Sometimes you may see ugly things because your ugly thoughts can create ugly creatures.

- These ugly things are the thoughtforms that you have accumulated during the past 10, 20 to 30 years.

- That’s why some of you in your younger years would see monsters.

- When you see a monster, the key is not to run away. Do not get scared. You must be *Daring!*
The key is to run towards them.

When you run towards them and go inside of them, you notice they are nothing. They are like paper.

This is like watching a 3D movie. When you put your hand inside of the projected image, there is nothing there.

This is the meaning To Dare.

Some disciples as they develop clairvoyant sight or when they travel in the innerworld find that their experiences sometimes are not so pleasant -- because they are not sufficiently purified.

Not being sufficiently purified does not mean they should stop growing. They should continue to practice and continue to grow spiritually.

This is the meaning of Daringness.

Drug Users have bad trips because they are not sufficiently purified. Since drug users are etherically dirty, their auras and their chakras are usually very dirty.

The reason why drug addicts have bad trips is because like quality attracts like quality. When drug users take drugs, their gross energy attracts grosser energy beings and the protective webs of their chakras crack and develop holes.
If you are Daring, even if there are physical, emotional, or karmic problems, these are nothing compared to the reward of Spiritual Liberation.

- As you continue to develop, some of your karma has to be worked out, both pleasant and not so pleasant.
- If your life becomes difficult, simply say “I will continue. This is just a small price to pay compared to the reward.”
- “This is nothing compared to what I will get from heaven. A small problem is nothing compared to the treasures I will get from heaven.”

- In spite of all your problems, you must maintain your Courage and your Daringness.

Of course, one must Dare with Intelligence.

- There are certain Spiritual Practices that you have to be careful with because if you are too Daring your body may be pre-terminated. Your body may be forced to take a long, long “vacation”, or die.
- This is not good. In higher practices, you deal with powers that even Arhats are very careful in handling.
- *To Dare* is good but don’t be too *Daring*. 
When you deal with "powers" that are extremely potent, they can be difficult to control. They can easily destroy your body.

That's why before Arhatic Meditation you say, "Thank you for Your Guidance, Your Help and Protection."

Then when you meditate, you will be divinely guided.

Often, there is an inner voice or inner vision that tells you to be careful or to take a break in your meditation. You should listen to this subtle guidance. You must listen to the subtle voice of your soul, before allowing the energy to increase to a higher level.

Excessive Spiritual Energy can damage or destroy the physical vehicle.

So many are called but few are chosen to travel the Spiritual Path.

In your Spiritual Practice, remember to be *Courageous*.

You may encounter Kundalini Syndrome.

You may encounter Karmic Syndrome.

Consult your Meditation Instructor and receive proper guidance.

Be courageous and be persistent!

This is the Spiritual Meaning of *To Dare*. 
To Be Silent

The Eagle symbolizes Internal Stillness, or To Be Silent. The Eagle is also connected with Love.

To be like an Eagle means through your spiritual development, there may be an increased sharpness of mind or of your inner vision which results in internal or external criticalness toward others. It becomes easy to see the faults and flaws of other people.

You must learn to accept people as they are.

- You begin to realize some people are really like children!
• Say to yourself, “These people are just children. Do not become entangled with them.”

• Through this realization, you evolve. You understand that you can’t change some people so, why make a big deal?

• Can you expect children to act like adults? No! Children always behave like children.

• Many people have adult bodies, but internally they are immature - just like small children.

**Becoming Silent** can be accomplished by the regular practice of Forgiveness.

• Anger, hatred and vindictiveness prevent one from experiencing peace and inner stillness. These people always criticize and hate, and they waste their lives.

• Without Forgiveness, people fall into a pitiful state.

In order to fly spiritually, you must also have Love.

• Critical people are constantly dissatisfied.

• People, who are not loving, are usually very critical. Frequently, they *internally* criticize others.
• Stop criticizing other people!

Learn to accept people as they are.

We must:

• Forgive others and find Internal Silence.

• When there is no Inner Stillness, the mind is noisy and the soul cannot fly.

• When you are Internally Silent, you can remain calm even under tremendous pressure.

• You can only experience Soul Realization if you regulate your thoughts and your emotions.

How do you achieve Calmness and Stillness?

• To have calmness and stillness, you must have Love.

• There will be no Inner Peace unless the heart chakra is developed. Because, the heart chakra is the Center for Peace.

• In order to achieve calmness and stillness, the heart chakra must be activated.

• It is through Love that people can achieve Inner Calmness.

• You must know where to look for this stillness.

• Without Inner Stillness, there is no expansion of consciousness.
"To Be Silent" like an Eagle symbolically means you can *Fly Spiritually*.

- Practicing *silence* allows a person to develop his wings enabling him to fly to great spiritual heights.

- It is through Inner Stillness that a person can fly in the Inner World.

- Practicing *Silence* enables you to enter the Inner World, to reach yoga or union with your Higher Soul and Oneness with all. It is when you fly in the Inner World that you may unite with your Higher Soul.

- Spiritual Practice gives you the ability to have regular Inner Experiences.

- You must learn to keep your mouth shut.

- You must learn not to divulge your experiences.

This is another meaning of *To Be Silent*.

The Eagle is also symbolized by Scorpio.

- Scorpio is the zodiac sign for sexual energy. When the sexual energy is transformed, it becomes an Eagle.

- It is natural for people to have lots of passion. But within passion, there is no *Stillness*.

- Sexual desire as well as hatred and anger are causes of inner disturbances.
• Suppressing sexual desire can also create an internal storm. It can create Inner Turmoil.

• The energy of Scorpio is that it is not yet transmuted. It has not yet been transformed. It is like a caterpillar that has not yet metamorphosed into a butterfly.

• When the practitioner becomes like an Eagle, his sexual energy is transformed, and he can Fly Spiritually.

Again, the key is to transform, not to suppress sexual energy.

• Sexual energy can be transformed into Loving Energy.

Sexual energy can manifest as:

• Love
• Compassion
• Intimacy
• Kindness
• Mercy

• Sexual energy can be transmuted and transformed into loving energy, into mental energy, manifesting as greater and higher intelligence and creativity.
- Sexual Energy can be transformed into Spiritual Energy manifesting as greater Connectedness and Oneness with your Higher Soul and with the Supreme God.

*To Be Silent* means transforming sexual energy into Spiritual Energy.

- *Sex is Energy.*

- Sexual desire is good.

- *The key is not to suppress it but to transform it.*

- When you suppress the sexual drive, there is no Inner Stillness and you have constant inner battles.

It is important to have *Proper Attitude* about sex.

- In order to achieve stillness, sexual energy must be transmuted into Spiritual Energy.

- The attitude of the spiritual aspirant must be, “Sex is natural. Sex is healthy.”

- By developing the proper attitude about sex, the sexual energy can be brought up to the head, up to the crown, and can be transformed into Spiritual Energy manifesting as a golden flame on top of the head.

- When sexual energy is transformed into Higher Energy, there is Inner Peace
and Inner Stillness. There will be fewer internal hurricanes.

- Transformation may occur through meditation with or without a partner.

- When sex is transformed into Spiritual Energy, you become a true Brahmacharya.4

- Whether the practitioner wants to practice celibacy or partial celibacy is up to his own discretion.

- By transforming sex energy into loving, mental, intellectual and spiritual energy, you become an Eagle and you can reach great Spiritual Heights.

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4 Brahmacharya comes from two words: The word Brahma which is God and the word acharya, which in this context means 'one who practices Union with God.'

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Achieving Inner Silence & Inner Stillness

Chanting the Mantra Om, Amen or Amin5 - silently and verbally - will cause the mental, emotional and energy bodies to be purified, resulting in Inner Silence and Inner Stillness.

- Chanting should be done seven times silently and slowly - without haste.

- Then chant the Mantra again seven times - verbally and slowly.

- It is important to practice chanting the Mantra Om, Amen or Amin regularly.

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5 as recited by Muslims
When you achieve Inner Stillness you can *Fly*. The inner meaning of *To Fly* is *to soar spiritually*.

- Electrical Energy can be transformed into light. Electrical energy can be transformed into sound or mechanical energy. Mechanical energy can be transformed into electrical energy.

- *Transformation is the key.*

- Transformation of Spiritual Energy creates the appearance of a golden flame on top of your head.

- This golden flame on top of your head is symbolized by the miter worn by the pope and the cardinals.

- The golden flame is also symbolized by the yellow hat worn by Tibetan Lamas.

- Holding a high position, being granted a certain title, or wearing a certain headdress does not necessarily mean the person has achieved a high degree of spiritual development.

Symbolically, another meaning of *To Be Silent* is that you can *Fly Spiritually.*
Think before reacting emotionally!
Think before speaking!
Think before acting!
Think before buying!
Think before joining a group!
Think before giving into group pressure!
Think before investing!
Think about your purpose in life!

Wake up!
To live life without a purpose
is to live life on a yacht
...drifting

-Master Choa Kok Sui
March 17, 2007