

Psychic Development, *Submitting to the Crown*

by Ariel bar Tzadok

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One will never make one's life better until one makes oneself better.

One will never master the world around one, until one first masters the world within one.

Weak minds always alter their inner reality according to outer reality. This does not have to be. Outer reality can follow inner reality, but only when the mind is made strong enough to dominate, instead of being dominated!

Learning how to make one's mind dominant is a matter of necessity for those who seek betterment. Learning how to make one's mind dominant is a matter of necessity for anyone wanting to be free from outside, foreign influences. Learning how to make one's mind dominant is the definition of true freedom.

Living with a dominant mind is a commandment of God. It is the first of the Ten Commandments. God declared that He is the Lord our God, who brought us out of Egypt, out of the house of bondage. No one can declare that the Lord is God other than one who is free from mental bondage, and free from the state of mental submission symbolically called Egypt.

Strength of mind begins easily with the learning of two words, yes and no. Yes, this is what I want. No, this is what I will not accept. Yes, this is what I believe. No, this is what I do not believe. Yes, this is what I embrace. No, this is what I reject.

As is clear from nature, we live in constant duality. In time, there is night and day. In energy, there is negative and positive. In psychology, there is the unconscious and consciousness. There is always a relationship. There is always synchronicity, where one speaks to and reflects the other.

... *break*...

As I am trying to capture these profound thoughts in simple words, something very not-profound has just occurred. One of our dogs just had an "accident" out in the hallway and I had to interrupt my deep thoughts in order to address the cleanup. Sometimes crap just happens, and sometimes, crap is more literal than figurative. It certainly was in this case. Yet, even when crap happens, I noticed as I was cleaning up, that my train of thought had not ceased. Although I was doing something very mundane, my thoughts were naturally able to embrace the mundane and the profound simultaneously. I could see that this event was exactly the example of the synchronicity and duality to which I am referring. Life is always full of crap and I chose how to deal with it.

While I had to clean it up, I also chose to be at peace with my obligations. I did not complain to Heaven. I did not seek to put off the job. I did not consider my work (or myself) too important, or special, to try to avoid my obligations of the moment. I said yes, I will embrace the moment. I said no, I will not allow this to disturb me. I said, I will see light even in this crap, and I did. I cleaned it up and realized that this event happened because I believe I was meant to share this matter with you right now as an example of what it is I am talking about. Sometimes we become so Heavenly-minded that we become no earthly good. This is a wasted life, full of lies, delusions, and falsehoods. When we are real, we are then natural. When we are natural, we are then close to nature, to both earth and Heaven. When we are close to nature, we are by definition close to God. All of the natural world is by nature free. When we then act naturally, we naturally act free. When we are free, we can see God. Freedom is what leads us to strength and dominance, and with this thought I have come full circle and I can return to the essay that I had planned to write at this moment.

Making life better is as simple as learning to differentiate between yes and no. When we learn which is which, all we then need to express is simple Will.

Learn this rule well, when there is a will, there is a way, and, when there is no will, there is no way. Will rules over all. It is the crown (Keter) of creation and the crown of the soul. And it is the crown that rules over the kingdom (Malkhut).

Everything around us is interpreted as trying to break our wills. Yet, will power is not to be compared to a tower of stone. Rather, let will power be compared to the reed or a living tree. When the strong winds come and blow against the tower, the stones eventually give way, and the tower crumbles. This is not the way of will.

Will, on the other hand is alive, and is the source of life. Therefore, when the mighty winds blow, will bends in the winds, and therefore stays alive, all because it is deeply rooted in the earth! Once the winds cease, the reed or tree then naturally stands tall again, with its head reaching towards Heaven.

As it is in the natural world, so too is it in the psychological world. And never forget that the psychological world and the spiritual world are one and the same thing. The spiritual world is very much alive and real, and so too are the things going on inside your own head. Thoughts are things and dreams can be real. Know your mind and you will know your world. All this begins with a simple yes and a simple no.

When life makes demands of us, we are obligated to bend to life's needs, like with the fitting example above. Yet, no such demand should unnerve us or upset us. We should never think that we are being bothered. Rather, life, and everything in it, is just a test. We are all, always be tested, and monitored to see how well we fare. Therefore, we embrace the natural way, we find our natural will, and we naturally know our natural personal boundaries. We know our individual yes's and our individual no's.

Freedom requires of us to both stand and to bow. We bow to what is above us, within us in the higher domains of the mind. We then stand tall against everything outside us that seeks to compromise us, to confuse us, and to take us away from our natural, ingrained, intuitive path.

Freedom is proper movement. Embracing the crown (the sefirat Keter) means cultivating our personal inner will power. This is step one in cultivating higher extra-sensory perceptions. This is a standard biological, psychological model. It is applicable to all human beings created in the Divine Image. Control of the world outside begins with control of the world inside.

I began to write this message, I had to stop to clean up the crap, and then I came back again. I was (and am) undisturbed. Although I moved with the external flow, I was not moved internally, or bent out of shape.

I know the crown (Keter) that is upon my head. It guides me, and thus I submit to the “King,” and become a subject in His (Its) Kingdom (Malkhut). This is more about how the unknowable (blimah) and unknown sefirot are experienced and embraced. The crown is like “the force,” it flows around us and through us. We use it and IT uses us.

This is how we reflect the supernal image. Learn this well and do it.

Long ago a great Sage summed up this teaching in a few simple, yet profound words. Hillel said, “if I am not for myself, who will be?” But he didn't stop there. He continued and said, “if I am only for myself, then what am I?” Identity of self that serves one's self is no identity at all!

Will power is like any other magnetic energy force. It has its positive/attraction side and its negative/repelling side. The universe also follows this basic pattern. When the universe is positive, it is important for us to be negative. Yet, the flow of energy must be consistent and go both ways simultaneously. Therefore, we must also be positively charged at the same time that we are negatively charged.

The mystical Sages call this the unity of MAH and BEN, the unity of the Holy One, blessed be He and His Shekhina. This is also what was referred to in the orient as the yin and yang of the Tao. Students of oriental martial arts know well what I mean here. But we must always strip mystical metaphors down to their simple, practical, psychological meanings or they get lost in a maze of misunderstanding and myth.

If we receive, then we must give. Anything other than this disrupts the natural flow and causes severe constipation in the system. When this happens the constipation is usually cleared with a big explosion and a big mess to clean up afterwards. After we clean up our share of messes, maybe we learn to avoid the state of constipation and to allow energy to flow in its natural path, according to its own nature. This is what the ancient Sage was trying to tell us.

It is only natural that we receive. It is also natural for us to give. But herein begins the problem. So many want to receive and receive, more and more, and in turn they give very little, less and less. This is what imbalances the system, the system of the universe and the systems within our own psyches.

This is how one becomes strong of will. One says yes and one says no. One says yes to receive when receiving is appropriate, and one says no to receiving when receiving is not appropriate. One says yes to giving when giving is appropriate, and one says no when giving is not appropriate. In this way, one is in control, and with this control comes proper balance and harmony.

This is the balance between the crown and the kingdom. This is how “I” (Ani in Hebrew) become “Nothing” (Ain in Hebrew). A mere symbolic rearrangement of letters in a Hebrew word show us how we complete the universal circuit of the flow of spiritual energy and thus turn ourselves into receptacles of tremendous power.

The present society of falsehood is full of psychological constipation. It is founded on the grounds of selfishness, wherein which each person is taught to acquire for themselves more and more, and at the same time, to care less and less about any other, and to equally give them less and less. Indeed, it has gotten to the point where one seeks one's own gains, even at the expense of the natural portion of another. When one redirects and takes for oneself that which was meant for another, this is theft. This is stealing from the universe itself. And the universe will eventually catch and punish such thieves.

Learn a lesson from cleaning up crap, there is a high and a low, a giving and a taking, there are clean times and there are crappy times, there are ups and downs to all things under Heaven. These sentiments were spoken long ago by the ancient, great King Solomon.

Gain power! But gain it properly! Gain dominance! But dominate with responsibility! Use wisely what you gain, and you will be given more. Squander what you have and you will never have enough to squander!

Let go and be free. Surrender to the crown (Keter) in order to become agents of the kingdom (Malkhut). I have revealed to you many secrets that when put into practice can fundamentally change many things. I will conclude with the same words as the ancient Sage Hillel, “if not now, then when?”