

The Sundance



Part I

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The Sundance

Chapter 1



*The Sundance has nothing to do with a test of manhood
in seeing how much one can endure pain*

This has been misunderstood.

To understand the Sundance, understand this.

Sundance is about vision

About having a mighty vision.

[A Man Called Horse](#)

The Way of the Shaman

Chapter 1



*To understand Extra-Sensory Perception understand
Delta and Theta Brain waves*

Theta Waves are brain waves between 3 and 8 Hz (Hertz, or Cycles per Second).

It is when one's brain switches into theta brain wave pattern that Extra-Sensory Perception is activated.

Delta Waves are slower again. These are brain waves between 0.5 Hz and 3 Hz.

Delta waves for a mystic are to do with transcendent states of consciousness. States of deep spiritual insight. States of *Satori*. And of a much deeper level of Extra-Sensory Perception.

It is in delta that one achieves the Tao.



I have not left a delta state of consciousness in over five years

And for years before that it was my primary state of consciousness.

Delta is to do with profound stillness of mind. Which is where the power comes from.

Motion in Stillness. Stillness in Motion.



Let us begin with Theta brain waves

And the Shaman's drum.

The beat of the Shaman's drum is in the range of Theta – between 3 and 8 hertz. The energy of the beat sets up a *Resonance Field* which induces theta brain wave patterns in the Shaman.

It is similar in the shuffling dance of the Native Americans, such as the Rain Dance. The shuffling dance is in the rhythm of theta brain waves, helping to induce this pattern in the brain. The shuffling of the bare feet on the ground stimulates the Kidney 1 acupuncture point on the soles of the feet, sending this theta rhythmic pattern up the Kidney Meridian, right up the spine along the Nervous System and into the brain via the Bladder Meridian.

If you listen to Native American music as well as the music of many native peoples you will hear this rhythmic pattern again and again coming through the music. In the rhythm of theta.

I begin now to discuss the *Way of the Shaman*. To understand the Way of the Shaman we begin with theta brain waves. Stimulating theta brain waves induces an altered state of consciousness, opening up Extra-Sensory Perception. This is the Dream World. The Shaman's World. The World of Vision.



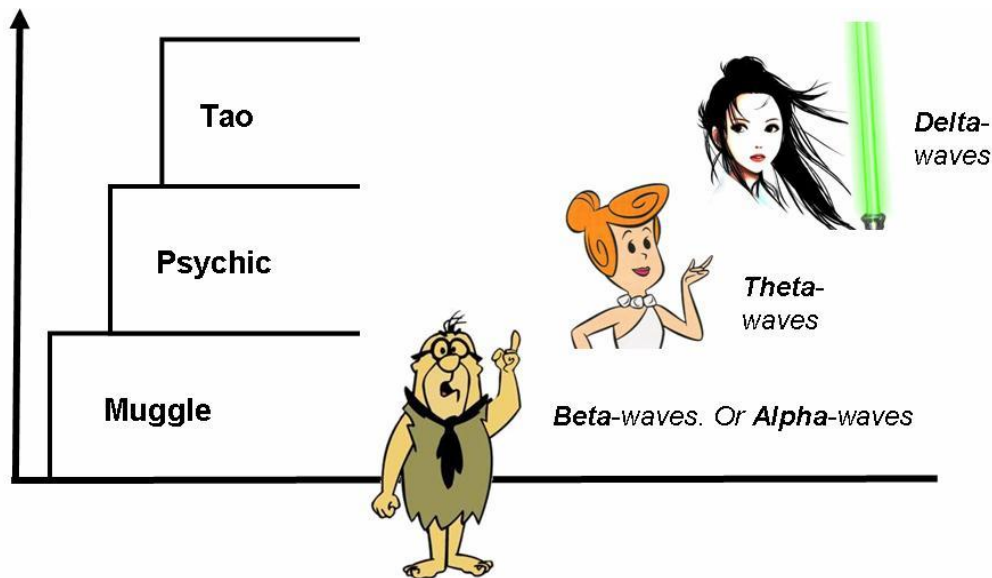
*Theta Brain Waves mark the beginning of Extra-Sensory
Perception*

They mark the beginning of the *Way of the Shaman*.

[*Sacred Spirit – Yeha Noha*](#)

Brainwaves & the Tao

Chapter 1



Brain-waves: From Beta/Alpha to Theta to Delta

For a muggle **Beta**-waves are the dominant normal waking brain-wave pattern. This is dominant when problem solving or when working through something. Or a muggle can also be in **Alpha**-waves, which are dominant when resting.

Theta-waves are associated with *Extra-Sensory Perception* and heightened awareness for a psychic. It's different for muggles in that muggles associate theta-states with daydreams when half-asleep.

*For psychics theta-waves are to do with being "awake".
For muggles it's to do with being half-asleep.*

Delta-waves are associated with the Tao. With extreme clarity of mind. Heightened awareness. Enhanced creativity and intelligence. And increased speed and reaction time (*Motion in Stillness*). I live permanently in the Tao so delta-waves or below would be normal for me. Actually my primary brain activity never goes above delta. (It's different for muggles in that muggles associate delta with sleep).

*For a Jedi delta-waves are to do with heightened awareness.
For muggles it's to do with deep sleep.*

The Sundance

Chapter 2



Pain can be controlled. You just learn to switch off.

Yogis can lower their heart beat right down. I can stop my heart at will and restart it again. With my mind.

I have conscious control over my blood pressure. I can affect the metabolism of any organ in my body. In this I have perfect control.

These abilities to control pain and to gain *conscious* control over processes in the body which are normally under *unconscious* control come from delta states of consciousness. They are abilities that open in the Tao.

So let me give the first insight now into understanding the Sundance Ceremony, which we saw demonstrated in the clip of *A Man Called Horse*.



*The Sundance is designed to introduce not a theta state,
but a **delta** state*

Its purpose is to induce vision. Deep vision. Deep spiritual insight.

It is not something that is done lightly.

It is done only at times of great need.



It was done by Sitting Bull, for his need was great

It was how he led his people to victory at the Little Big Horn.

Sitting Bull needed to go deep, very deep to find a way to help his people. The Sundance shatters the psyche. Just as my psyche was shattered as a child.

The pain of the Sundance shatters the psyche, opening a rift deep. Deep down in the mind. Deep into a state in which, if one knows how, one can access profound delta. In this I give the second insight into understanding the Sundance. It is the shattering of the psyche to access a great depth of consciousness.

The third insight I will come to shortly.

The Sundance is not done lightly. It is done only when one's need is great. When one needs very deep spiritual insight.

The Sundance is what gave Sitting Bull the insight to lead his people to victory at the Little Big Horn. But not just insight. More. Much more. I will explain this shortly.

I too have done Sundance. It is not something I did lightly. But my need was great.

[*A Man Called Horse*](#)

The Sundance



End of Part I