

The Epistles Of Rinzalzaphone

The below epistles are short realizations that crystallized during the 13th 21-day fasting process undertaken by Rinzalzaphone. They are a very direct approach to navigating life and are far deeper than they might appear at the surface.

Knowledge of these epistles would help people in multiple ways if they were immediately deployed. Enlightenment is simple and direct in many aspects. But it requires action and attention.

The first three epistles are essential to living a happy, fulfilling, and joyful life. Very few humans can avoid suffering if they fail to utilize them, because there are universal principles at play, even if souls are at differing levels of evolution and have different lessons to learn.

The remaining epistles are for increased well being but are not as essential as the first 3.

#1 - A Focused Goal/Definite Chief Aim

People who retire immediately start to deteriorate. They assign this deterioration due to age, but this is not actually the case. It's their mental and emotional state of being that causes their deterioration. The idea of 'retirement' does not exist in nature, and it's a pointless era where the retirees, for the most part, do not know what to do with themselves. They start to fragment and visit the hospital, having little else to occupy their time with.

Having a goal or aim that you are focused upon is one of the most effective and healthiest methods to stave off disease, to enhance mental clarity, and to hasten spiritual growth. It has an integrative effect on the body, while sitting around aimlessly 'relaxing' has a disintegrating effect on the body.

Having a clear goal and sticking with it until it manifests is a prime reason for incarnation. This goal should excite you greatly, be a little beyond your comfort zone, and be something you actively work towards. This is why CEOs and business executives are typically more integrated than those on the spiritual path who are *trying* to integrate disparate aspects of themselves.

In order to achieve a big goal, you will literally have to summon in different energies, gifts, aspects, and qualities. These energies, gifts, aspects and qualities cannot be summoned forth unless you are actively working towards something. There is no greater evil than a passive, indecisive, aimless life of small comforts and big dramas. The status quo of today's age in the 21st century.

A focused goal also entails many miniature subgoals, which can streamline your focus. If you want a new house, you might need a new job, new suit, better resume, more skills, learn to work with others, etc. So it's best to have one definite chief aim but to pursue it with **Consecration** and **Concentration**.

There are also a lot of hidden keys and codes in this epistle. Ultimately, you get better and better at focusing on an aim and seeing it manifest. You become a master at manifestation without any doubt that what you focus on will come into existence. Fear nothing more than an idle mind, which is sure to conjure thoughts of despair, depression, and doubt. The mind needs to be hooked up to something, and that something has to be an aim assigned by you.

#2 - Instantaneous Action

One of the most unattractive qualities is that of indecisiveness. It's a waste of time and energy. "Move fast and break things" is a much better method because progress is actually made and you can only connect the dots looking backward, as noted by Steve Jobs. You get the insights on the job, not before, and you need to experiment to know what's right and wrong.

It's also worth noting that the mind is not actually capable of making a decision. It merely goes back and forth between 2 points. A decision can only be made by the soul when the mind gets out of the way. It's better to simply act without thought.

This is well established in the Zen tradition, with techniques such as painting faster than the mind can think. The mind has no answers because the mind cannot tell the future and only has a fraction of the data. You have to move quicker than the mind in anything that you are doing. You will then allow the intuition to come forth. You can always connect the dots looking backwards, if you want. The mind is meant to match patterns already created, not predict the future. Which is what you are asking it to do when you try to get it to make decisions. It can't even decide whether to get the lamb shank or the roast of the day; what makes you think it can figure out the mysteries of the cosmos or your greatest life issues?

Just keep on creating and stop procrastinating. You can use your logical mind to connect the dots and organize *after* you have created lots of content and undertaken a lot of experiences. This is counterintuitive, but the logical mind is meant to analyze existing patterns, and it can't tell you what to do moving forward because joy is mainly a result of intuitive spontaneous, even illogical action. The mind is there to keep you safe, while the Intuition is there to keep you happy. This is why creatives are happier than accountants, even if they are not as financially secure.

Once you have identified a goal, take radical, [decisive](#), quick, action to bring it into fruition.

#3 - Meditation

The entire universe is built on self-created thought fabric. But few people recognize any way to strengthen the power of thought itself, which is the only true faculty in terms of manifestation. Meditation is the best way to strengthen the mind so it can be focused on a particular desire, aim, or divine quality.

In the same way that the physical body needs rest to rejuvenate after a workout, the mind needs to rest after ceaseless thinking. Meditation provides this rest and recharges the mental vehicle. It's strange that people in the era of thought don't actually exercise the mind. It is like an athlete that never decided to train the body, and then expects to win the race.

20 minutes a day of meditation is perfect, twice a day is even better. Many things can be used to quieten the mind down so it can rest. Transcendental or Mantra Meditation is very powerful. As is Shambhavi Maha Mudra. But there are many other practices that are useful and the idea is that the mind is at peace, for once. This kind of alertness cannot be gained in sleep. It also connects you to the more subtle aspects of existence such as intuition and certain blockages might even come up.

Meditation will also help to refocus you on your definite chief aim. It's not a form of escapism, even if it rejuvenates you and takes you away from the outer environment. It will recharge you for the day and help you to avoid any kind of mental burnout, as is often seen with entrepreneurs in their thirties. The mind has to be given rest and relaxation, and meditation is a very special kind of relaxation that is also perfectly suited to long-term spiritual development, as well as material self-development, in an effortless way. The spiritual and material are the same, but are to be viewed as different and separate for the purpose of progression. This is the case with thoughts and emotions, and many other dual paradigms.

#4 - The Merkaba

The Merkaba meditation is a very specific type of meditation. Its focus is on **Unconditional Love**, but it also encompasses sacred geometry, visualization, pranayama, and mudras. In other words, it is something of a ‘complete’ meditation. However, it can be quite technical so the only way to succeed is to say an invocation/prayer beforehand and commit to this practice for 10 minutes a day, for many years. Of course, like all good practices, the benefits accrue continually and instantaneously, with leaps at certain intervals, and also downturns. This is life. Do not undertake this kind of ‘involved’ meditation unless you are called to do so. That would be counterintuitive to your growth.

It’s highly significant that the first part of a merkaba meditation is to focus on Unconditional Love. This recognizes the fact that love is all there is and that love is the starting point and the engine for all that follows. A large issue with the human species is that they can start at other points, such as with visualization or pranayama. Both of which are terrific, but at some stage all spiritual adepts need to look at love as the foundation for pure happiness.

The Merkaba is not merely a lifeless piece of geometry. When it spins, it sparks into the flower of life, which encompasses all of life and all sacred geometries. In other words, the Merkaba can be approached as a complete tool. And you will ultimately remember to practice Unconditional Love at all times. You can also decode and deconstruct the Merkaba and Metatron's Cube with drawings and look at videos of the spinning tetrahedrons.

Love is a lifetime of study, but an endlessly rewarding field. There are many different types and qualities of love and it will fuel all other creations. But not many people approach Love as a discipline, as something to be worked at. Paul the Venetian with his beautiful retreat in France often talks about the discipline of love. The Merkaba also offers the opportunity for this practice, as does the loving kindness meditation. But love is most certainly a discipline, and you will need to learn the discipline of love.

Learning complete self-love can be justifiably called the point of human life, and synonymous with merging with your Higher Self. If you loved yourself completely, you would have no more problems in your life.

#5 - Pranayama

The breath acts as a doorway to many different dimensions. You would be amazed at how many doorways there are, and how different levels of the brain open up depending on how you modulate your breathing. Breath modulation can also work very quickly. It can rapidly remove stress and alter thinking patterns. Compulsive thinking is a prime component of dissatisfaction and depression.

There are many different types of breath modulation. Box breathing is a well-rounded format because you can focus equal time on the in breath, the outbreath, the top pause, and the bottom pause. You can breathe in for ~8 seconds, pause for ~8 seconds, breathe out for ~8 seconds, and pause for ~8 seconds.

This can increase flow within both body and mind. A 5 - 10 minute session can powerfully remove negative thought patterns. Negative thought patterns invariably result in an alteration of the breath, the two being intimately connected. Notice how substances such as coffee affect your thoughts and breathe simultaneously.

While it is important to be eternally mindful of your thoughts, a daily pranayama practice can also be of tremendous benefit. Sometimes, habitual mind patterns are very difficult to shake off. This is especially true for habitual emotional patterns, which are even harder to shake. Pranayama is a great tool in these instances.

#6 - Your Biggest Weaknesses

Any system is only as strong as its biggest **security vulnerability**. Within the human system, this really refers to Chakras, which are key energy hubs corresponding to how we both project and observe reality. Blocks or shadows in these chakras will ‘color’ our perception of reality in a profound way.

If you have a car and the accelerator is not working, it doesn't matter what kind of paint job has been completed or how powerful the engine is. The car won't work. So you need to find out what's wrong, and this will improve the entire structure. This is counterintuitive, but working on your greatest weakness is what will make you the strongest. Often, it is the thing you really don't want to do, but can be the greatest source of joy and inspiration when you work on it consistently enough.

This can also be done outside of the context of chakras (though everything will ultimately correspond to them, even if unacknowledged). This can also be called shadow work, but the term can sometimes be a little misleading or may take one down the wrong path. The idea is simply to fix the broken chakra, or to integrate the emotion/experience, so you can get the car started again.

You don't continually look for blocks when the car is working. So, to get the balance, find out what your blockages are and work on them, but there is no need to turn it into a paradigm that keeps replaying itself. You only stop to refill the gas when the tank is empty. In the meantime, you simply enjoy the journey.

It's also important to be very patient with some of these blockages, and healing can take many years. They can be extremely deep and may occur over many lifetimes. So the idea of ‘busting’ through the Shadows can typically do more harm than good. Work on blockages, don't become your blockages. Don't identify with a flat tyre or make a story out of it. Just replace and restart.

#7 - Your Soul Purpose

Every soul incarnates with a specific set of criteria for growth. While some things are universal, others are unique to a given soul. Thus you will see the artist, the mechanic, the writer, the poet, the meditator, the stand up comedian, the martial artist. What is the underlying force that makes these people return, day after day, to their craft?

It is the soul, supplying the undercurrent of will, which is the same as saying their soul purpose. There are many qualified readers who can easily tune in to your soul purpose. It is their soul purpose to reveal the soul purpose of others, and to reveal deeper, more complex insights about your soul purpose.

Of course, the majority of brilliant minds fulfilled their soul purpose without ever understanding the idea of soul or the Higher Self. They were simply filled with an underlying sense of unconscious purpose and motivation that compelled them to a particular craft or activity. This has been the case with every great scientist, president, academic, officer, etc. They did believe they were ‘following God’.

Tuning into your soul purpose is quite easy. You can still the mind via meditation, and receive insights. Or you can follow what makes you feel blissful and joyful. Because the universe is actively supporting you in your soul purpose, you can’t actually fail. And you will return to it again and again, in any case.

Your past incarnations are deeply connected to your soul purpose, as you are taking the skills from previous lifetimes and applying them to planet earth at this given time. Though this applies to all planets. You are always building on skills previously gained and techniques previously mastered. Whatever you are doing right now is most likely connected to your soul purpose, and you are very skilled at it, if you take the time to appreciate your talents.

If what you are doing is not connected to your soul purpose, you will quickly find your life going horribly awry. Most people are doing some work related to their soul purpose, and they complete it without having any idea of metaphysics or the science of the soul. However, it’s far different to be *actively* working on your soul purpose and excelling in a specific area. You can exceed expectations.

#8 - Reality Is What You Focus On & Accept

This is one of the deepest truths in relation to the human experience, and something that most will find very difficult to really comprehend. It is often mistaken for coldness or lack of compassion, when it is actually the embrace of a more quantum field of existence, which encompasses far more love and compassion once understood.

Anything that appears to you from a screen or a device is actually a portal, or window, into a different dimension. The space you see immediately around you is your universe, your space-ship. And you have allowed it to be infiltrated with certain devices that broadcast specific frequencies, that are invariably fear-based.

This is allowed because the human believes that the fear-based media is somehow objective and that it tells them objectively what reality is or what's 'happening'. This makes no sense in a quantum field where *everything* is happening. You just focus your awareness on a particular thing that you want.

Ultimately, of course, humans are themselves broadcasters and radios. The devices program the human with all sorts of nonsense, and the human then accepts it as true, and projects it outwards. It then points to its own projection and asserts that the media is correct. It's thinking is exactly backwards, but it does not understand how the mind-body works in practice, and makes numerous errors. People have mistaken the media/medium for the essence/actuality.

In a Quantum field, all probabilities exist. Right now, there are an infinite amount of 'bad' things happening and an infinite amount of 'good' things happening. But humans believe they are the only beings in the universe, isolated in a rock in the middle of nowhere. In reality, there are trillions of galactic civilizations, a thriving inner earth empire, and many unknown places and species on the surface of the planet.

With all this in mind, it's quite silly that a TV screen gets to decide that an event is somehow more or less serious than another. All news is, in reality, mental manipulation of the purest kind. The media *creates* bad events by implanting programs in the mind. So the point is to cut off contact with all negative people and with the media.

Sites like AirBnB and social profiles like Facebook are also ‘windows’ to people and places. The computer screen acts as a portal to an AirBnB listing, you make a purchase, and you have ‘ported’ your way to a different country, with an illusory time delay.

In many ways you already exist in the future, it just depends on how you *perceive* reality. Before you clicked the ‘confirm reservation’ button, you theoretically existed in thousands of different AirBnB listings, the same way that Shrodinger’s cat both did/did not exist prior to opening the container. Until the probability becomes a reality *with your focused, intentional choice*.

The only difference is that the media collapses all other realities and corralls people into a reality of its choosing. Don’t let the media make your choices for you. You exist in whatever format you want. Don’t let the media implant you with its fear mongering reality manipulation protocols.

Thought manipulation is ultimately the best technology. This is great news when you are aware of it, but terrible news when unaware, because the media is designed to manipulate thought, and thus reality, in the most profound manner.

The more positive side is that there are no limits to what you can positively manifest and no bad events happening unless you focus on them. It just depends on what you focus upon, and who you give your phone number/email address to. If they send you negative ‘information’ (portals to different, negative dimensions), feel free to quickly delete. Negative portals have to be sealed in the physical realm and in your auric field to become fully sovereign. Media and technology has become a serious virus that infects people with negative thoughts and emotions, 24/7.

#9 - The Symbolic Is The Tangible

In the dualistic human mind, there is the idea that there is the Imagination and the Actual, the Symbolic and the Concrete. This is a most fundamental inversion that needs to be remedied. The human mind will initially have a difficult time comprehending this most wonderful fact. It makes life a whole lot easier to decode and decipher. If people paid attention to the symbolic, they would swiftly arrive at conclusions which would enable them to make the very best of practical decisions.

For instance, the US dollar is no more than a symbol, yet it absolutely dictates what humans in the USA think, believe, act, and feel. This symbol governs them 100%, right down to how they work. Even so-called charitable institutions operate materially and commercially, and charitable donations are actually taxed in this criminal system. On an individual basis, all actions are done with a heavily commercial bias; to make more US dollars, which are little more than symbols, imaginary pieces of paper, a wing and a prayer of redemption.

In contrast, Bitcoin is no more than 1s and zeros on a ledger. It's a logo that is symbolic of freedom and liberty. Yet the wider crypto industry is booming and employs millions of people, who use crypto funds for real world projects that make a giant difference. It operates internationally without tracking or a personal name associated with accounts, symbolic of its freedom supporting and inclusive nature. Its symbolic values are reflected in the technical architecture which facilitates international, low-cost, identity-free, secure, private transfer of resources to those in need.

People operate on subconscious symbols and archetypes whether they acknowledge this or not. At a young age, most people get programmed with certain symbols and archetypes. In the USA, this is the flag and the dollar, along with religious indoctrination that portrays them as something guilty that needs crucifixion. This subconscious programming has a deep, profound, and dangerous impact on the psyche of the individual as it grows and develops.

The images that a child paints and the words that it says are far more meaningful than any technical, scientific analysis. The fact that the school bus looks exactly like a prison bus and that there are lots of school shootings is quite telling in its symbolic *and* actual effects. The more that humanity refuses to take heed of symbolic warnings, the more these symbols have to become concrete, to the point where individuals that do not listen will be removed from the planet.

Have you noticed that in the vast majority of sci-fi movies and video games, the theme is always the same? There is a small group of controllers that manipulate and brainwash the population into doing the most foolish of things. If people would take these 'imaginary' stories and actually see them for what they are, they would decode the truth quite quickly. They are EXACT depictions of what is going on, right now, in human society.

Before the COVID 'pandemic' broke out, it was interesting to see the plethora of zombie movies that were created, and there was much 'imaginary' thought of viruses and the infected, and, of course, survival. But the whole thing was literally 'thought' into existence, helped along with deliberate media propaganda which further encouraged the humans to use the power of their imagination to create a new virus for themselves. Even within terrestrial science, it is recognized that the mind cannot differentiate between real and imaginary. If you think about a pizza, you will start salivating and hormones will even be released. That's quite a 'real' response, for an 'imaginary' thought.

Other Notes

This fast has revealed a crystallization of health principles. It seems that Sadhguru and the wider Vedic **system of health** is completely accurate in most regards. Two meals a day is sufficient, spaced 4 - 8 hours apart. Vegetarian/vegan meals are also preferred. This issue most run into is that it does take time to adapt to this diet. Also, colder countries do need heavier meals. It can take up to 3 weeks to fully adapt to a new diet. But the adaptation will take place.

The heating of the body is a trait found in Chi Qong, Tibetan Buddhism, Reiki, and all other spiritual traditions. The body must be hot, especially in the navel region. This is why an attractive person is sometimes referred to as 'hot'. While a non-attractive person is referred to as 'frigid' or 'cold'. The astral and 'ghostly' realms are cold and often lifeless. Life is warm, death is cold.

High temperatures also serve to kill harmful bacteria, 'cooking' them alive. And this is partially why frozen drinks are avoided in the Orient, such a substance immediately killing the Agni, or digestive fire. In more colloquial vernacular, you might often hear the phrase 'keep the fire lit' or 'keep the blame burning', or similar. Never let the fires go out. Maintain a warm countenance, and not a frosty one. Would you let guests enter a cold and damp room?

Other key symptoms of physical health are a flat stomach, a straight spine, the ability to squat, and the ability to touch your toes. These are powerful physical indicators of physical health. This should take no longer than 3 - 4 months to achieve and is a baseline for mental and emotional balance and higher practices. But do not put off key practices such as meditation while waiting for them to manifest. The alimentary canal needs to be kept clean, and this can be achieved with a diet rich in fiber, plenty of water, and periodic fasting. Clearly, a good night's rest is integral to health.

The purpose of every single spiritual tradition is that the student has a deeper sense of reverence and appreciation for life itself. There are many practices; stilling the mind; expanding the heart; exercise; gratitude journals; nature; volunteering; deepening the breath, etc. All of them connect to a deeper aspect of life and the end result is more appreciation and less frantic 'doing' activity.

Most people are so busy racing through life they never pause to enjoy it. It does not matter what kind of society is constructed as people do not have the capability anymore to slow down and have an authentic conversation or take in the scenery or contemplate something beautiful. There is also the trap of filling the day with spiritual practices just as much as with mundane items. The spiritual ego can be avoided with a day each week of doing something spontaneous or even 'anti-spiritual'. Buddha, Jesus, and all Masters recommended taking one day off a week. Set patterns always need to be broken for growth, though discipline is also required.

The entirety of planetary suffering stems from a lack of love. Single parent families are the worst hit, with the lack of love and a fatherly figure resulting in children who grow up without financial security, and, far worse, a lack of **Divine Love**. The Divine Nuclear family is the pinnacle of a strong community and thus, a strong locality and thus, a strong and unified nation.

The International Government has done much work to destroy the integrity of the Nuclear Family and has, unfortunately, been extremely successful. It would be quite easy to support single parent families with tax funds but this is not something the International Government wishes to address, for obvious reasons. It is worth stating that love is a practice.

Other obvious facts bear repeating. Such as the fact that repetition is the key to mastery. In the words of Maharishi Mahesh Yogi, the cloth needs to be dyed over and over before it stays red for good. It takes years of practice in specific fields for certain avenues to really open up. Though there are certain manners or countenances that can make focus of activity much more effortless, if approached in the right way.

Suffering and negative experiences are going to occur on the upward spiral of evolution, even with the very best of practices. It is the manner in which these experiences are approached that will make all the difference. Discipline and focus are still the best tools, along with the maturity to see the value in different experiences.

Constant discipline is a key to spiritual growth, and it is better to be overzealous than idle, by a significant margin. An idle, passive mind is often a depressed unhappy one, and can often run into difficult circumstances. While the overzealous mind will also run into problems, these are often new problems that stem from positive action. In contrast, the idle mind runs the same programs of thought and thus encounters the same problems, never growing out of its karmic cycles.

Because it never learns from its mistakes, it is doomed to repeat them. Thus has been the case with the collective human consciousness for thousands of years. Fear passivity, distractedness, and idle-mindedness more than anything else, for it will lead to the ruination of the entire human species.

The last recommendation is that you are not the doer. You just have to tune in to the messages from your Higher Self and allow Higher powers to stream through you. Into the silence, the void, the unmanifest, the stillness, for answers to flourish. The Impersonal One/God is doing everything. All energy is borrowed, and returns to Source. This does not mean that you 'don't exist', which is quite a low-quality teaching in terms of its effects. It means you exist in a far greater capacity than you can currently conceive. It means you don't have to do anything except receive, which is wonderful.

Some of the greatest Truths you will ever hear are contained within these Epistles. You don't need to decode them all at once, you can return now and again to gain further understanding. Take it step by step and you'll do just fine. All is happening in the most perfect order.

Signed:

Rinzalzaphone