INTRODUCTION

I have been looking up all my life, but I never really saw that upon which my gaze fell.

As a ten-year-old in the early 60's, sleeping out in the backyard of our suburban home in Western Massachusetts, I looked up at a sky filled with stars, so full in fact, that they looked in places like spilled milk, something that I did not equate at the time to the candy bar that I had snuck out with me. Every so often one of those stars would shoot across the sky, once from one horizon to the other trailing a thick and bright golden tail.

As an eighth grader I looked up at the tops of the trees surrounding the blind I had built by the marsh as an observational science project, the uppermost leaves swaying in a breeze that never quite reached the ground.

I looked up at the towering figure of Father Huller, the guidance counselor at Cathedral High School, when my parents brought me to see him in desperation because I wanted to go to the Dominican juniorate to study for the priesthood instead of attending the Catholic high school. Father Huller suggested that I attend my freshman year, meet a few girls, and then come to see him if I still felt that calling. The rest of that particular story, as they say, is history.

As a subsequent teenager I looked up at the smiling face of Debbie Bosky in the back seat of my old Chevy Nova and saw the promise of something that would not quite get within my reach just yet.

As a Forestry student at the University of Vermont I looked up at the summit of Camel's Hump in Waterbury Center and saw a destination.

As I led my T'ai Chi groups throughout my twenties I Wave[ed my] Hands Like Clouds and as an Aikido Sensei for years after that I often found myself looking up from the mat at a proud student who had successfully tested my ukemi skills.

At one point in all of that, as a new father, I looked up at the face of my first child as I held him high above me, not knowing what our futures would hold.

Yes…..I have always looked up, but only with my eyes.

But in January of 2019 I woke up…..or to be more accurate, I was awakened. It was a singularly transformative experience, one that set me upon a path of deep research accompanied by the diligent practice of protocols that did not exist in my world before that. My bookcase immediately began to fill with cutting edge authors like Thomas Campbell, Donald Hoffman and Bernardo Kastrup, Tibetan scholars like Ian Baker and Lama Glenn Mullin, Ancient Buddhist authors like Tsongkhapa, Naropa and Nargarjuna, out-front science writers like Douglas Vogt and Robert Schock and eventually esoteric ageless wisdom channeling writers like Barbara Hand Clow, Phyllis Schlemmer and Alice Bailey.

I soon realized that the world is not quite what I thought it to be. Like most of us, I had lived my life in the perceived security of physicality, where one thing always led to another, and life was a linear trip between the bookends of time. That first awakening was just the beginning of a cathartic process of guided disclosure that led repeatedly to mind expanding experiential realizations.

What follows is the story of my journey through those realizations, realizations that have led me to an understanding of who we are, where we have been and, most

importantly, where we are headed. For ours is a recursive path, that is, a path from where we came that leads back again…….to that Source.

I do not pretend to impart wisdom, for that is something that we must each seek in our own way and find in our own time. I can only offer my experiences and observations upon this path of realization and discovery, experiences that have illuminated my personal path in so many ways. I also know that most of what you are about to read has already been written about in countless esoterically focused writings. What I am offering is a distillation of many of those writings, a personalized model that has been gleaned from my deep reading of those other ontologies and illuminated by my experiential observations. In this model I will be attempting the daunting task of marrying esoteric metaphysical concepts with accepted mainstream science wherever possible and then going beyond that science when enough threads of evidence lead to the same node in the net.

I will let you, dear reader, determine for yourself the efficacy of this evolving model and I will only ask that you open your mind to a landscape of metaphysical possibility and to use your spiritual intuition to help you navigate the paths of that landscape.

I'll begin by telling you how this all first started for me and then, by way of further introduction, I'll tell you of some of the methodologies that set me early upon this path and that are now truly illuminating it. After that, well…….I can only ask that you join me in looking up…..by looking deep within.

So read on. You may find a light within this manuscript that illuminates your path as well. For we are one, you and I, separated only by our perceived individuation