

THE WAY OF THE SACRED WARRIOR

LIVING CONSCIOUSLY IN
PEACE AND PROSPERITY

Ron Ragel

The Way of the Sacred Warrior
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IN GRATITUDE TO THE WARRIORS
WHO HAVE SHOWN THE WAY.

I DEDICATE THIS BOOK TO YOU THE READER,
WHO HAS BEEN WILLING TO EXPERIENCE,
LISTEN AND LEARN.
YOU INSPIRE ME.

*“IN A GENTLE WAY, YOU CAN
SHAKE THE WORLD”*

- MAHATMA GANDHI

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INTRODUCTION

*“There is a candle in your heart,
ready to be kindled.
There is a void in your soul,
ready to be filled.
You feel it, don’t you?”*

- Rumi

A Sacred Warrior is a seeker of the truth and when the truth is found the warrior inherits the responsibility of serving the world, protecting it and making it a better place. The Sacred Warrior's experience, knowledge and understanding of basic human values and wisdom provide the elixir which can heal the world. But one needs bravery and courage to take the first steps. Warriorship is really training to live in the present moment with a pure mind and seeing everything as sacred, living as if every action is a portal to enlightenment.

My search for the meaning of life began over twenty-five years ago. It subsequently took me on a journey around the world seeking the knowledge and wisdom of the Great Masters. After a series of life changing experiences along the way the ordinary sense of things around me just seemed to gradually fade away. I was awakened to a deeper and more profound experience that not only transformed all prior conditioning but also deeply impacted my conscious awareness.

This experience brought with it an inner clarity about the bondage to which the human experience

is subjected, and about exactly where human freedom can be found. I realised that the state of being extraordinary can be experienced by anyone who sincerely wishes for it. One does not have to be monastic, meet an enlightened sage or go on a pilgrimage to be extraordinary. Happiness, joy, prosperity and success are things that can be experienced by anyone in our everyday life. These are the true hallmarks of enlightened living. Everyone can begin the journey no matter where they are or whatever their circumstances. Enlightened living is an achievable outcome and its workshop is our daily life.

Enlightenment is purely a state of mind that has ceased all faults, has perfected all the positive qualities of that path's realization, and has also established the state of happiness and perfect peace through practice and wisdom.

The concept of the Tao (The Way) has profoundly impacted world culture for centuries. It is deeply rooted in mysticism and still continues to establish protocols whereby practitioners may eventually experience a personal awakening. The

choice of the way need no longer be limited to the tradition into which one is born. The entire spectrum of the world's wisdom is now available to those who sincerely seek it and one can learn and draw out the best from any culture or tradition one chooses, e.g. Buddhism, Christianity, Judaism, Hinduism, Islam or other philosophies.

The journey of the Sacred Warrior is one where the seeker has resolved to take the way of conscious living because he or she knows that this is exactly what is required in order to liberate others. The personal journey has taught the lessons through which there is a readiness to support and help others the others who are prepared, ready and willing to listen, to learn and to rise above the mundane. Having awakened to the potentiality of the enlightened state, the Sacred Warrior returns to daily life while is still being in touch with transcendent awareness. The Sacred Warrior becomes a true instrument of The Way.

Everyone is a potential Sacred Warrior and all that is required of them is the focus and commitment to take the journey. A child is born

with the innocence of a consciousness that is not yet programmed. Like the hardware of a computer, the child gets systematically programmed with software from the world around. The child innocently believes anything that it is told and becomes prey to the collective ignorance. It takes the journey and the search for truth to begin the process of 'reprogramming' and only then does the warrior get a glimpse of enlightenment. Acts of courage awaken the soul to its own innate power and potential, which it will need along the journey in order to reach the ultimate awareness.

Humanity has reached what Buckminster Fuller called our 'final evolutionary exam'. The questions before us are really quite simple:

Can we move beyond the lower levels of consciousness wherein lies all the troubles we face as humanity?

Can we let go of our illusions, our ignorance and our fear to discover who we really are and find the knowledge and wisdom we so desperately need?

This is the Sacred Warrior's journey. It is a journey of consciousness through dense matter and the freeing of others from different levels of suffering. It is also about guiding others to lighter layers of joy and happiness and to the perfect states of peace and enlightenment. These cannot be communicated but only experienced and lived by the Sacred Warrior. Each in their own silent experience takes this final step.

Enjoy the way as the answers are there for those who truly want the experience and listen and learn. Daily life becomes your arena. Now is the time for your lessons and the journey to higher consciousness can become your purpose.

RON RAGEL

CHAPTER 1

THE WAY

*“The goal of life is to make your heartbeat
match the beat of the universe, to match your
nature with Nature”*

- Joseph Campbell

There is an ancient legend that has its origins in the East. The legend talks about the Kingdom of Shambhala, which disappeared from the Earth many centuries ago after it had reached a certain point in time when the entire society had become enlightened. The entire Kingdom had vanished into the higher celestial realms which can only be defined as advanced spiritual states in which everyone had transcended human desires and suffering.

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While it may not be possible to prove either the existence of the Kingdom of Shambhala or the origins of this story, it is still possible to see in this legend the desire for a good and fulfilling life and the transcendence of suffering that is deeply rooted, very real and very human. In fact many wise teachers of this path have regarded the Kingdom of Shambhala not as an external place, but as the ground or root of wakefulness and sanity that exists as a potential within every human being. From this point of view it is immaterial whether Shambhala existed or not and whether it is fact or fiction. Instead a higher appreciation and emulation of the ideals of an enlightened society are much more important and form the basis of the philosophies of living and practices that will be presented.

The vision of an enlightened society is the tradition, culture, wisdom and dignity that can be experienced in the 'here' and the 'now'. They are all basic qualities that are best expressed in family life and are the basis of an enlightened society.

When one gets this right, expansion to the outside world becomes much easier.

The legend of the Kingdom of Shambhala has been a guiding vision for many centuries in Asian culture and it also has its parallels in Western traditions. All aspects of our daily life - family, community, society, commerce, education, the arts and warriorship - can all be permeated with a sense of sacredness.

The essence of many ancient teachings is that there exists a basic human knowledge that can help to solve all of the world's problems. Wisdom does not belong to any one culture, tradition or religion but rather it is the tradition of Sacred Warriorship that has existed in many cultures and at many times throughout history. The legendary Kingdom of Shambhala was a source of learning and culture. It was a place of peace and prosperity and was governed by wise and compassionate rulers. The citizens were kind and learned. We can see that the Kingdom was indeed a model society.

It is also said that Buddhism played an important role in the development of the

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society. Buddha had given the first monarch of this Kingdom higher knowledge, which is considered to be among the most profound teachings in Buddhism. The core of this teaching was the practice of meditation and following the path of love and kindness, concern for all beings and right livelihood. This path ensured that not just the rulers but the subjects of the Kingdom become highly developed people who realised that the way to enlightenment was through happiness, compassion and joy - not misery, suffering and guilt.

THE WAY OF THE SACRED WARRIOR HAS THE
POTENTIAL FOR ALL TO BE ENLIGHTENED AND
TO LIVE IN AN ENLIGHTENED SOCIETY.

If we want to help the world we all have to make this personal journey. So it is up to us to find the meaning of an enlightened society and to find the ways through which it can be realised.

The Tao is best known as an Eastern concept that literally means 'the way' or 'the path'. What is

most important about the Tao is how it works in the world and how we can relate to it. It is most helpful to regard the Tao as a system of guidance or intuitive knowing of life principles.

It is my hope that in these writings, knowledge and insights can contribute to the discovery of The Way and as a consequence, secular enlightenment. In the chaotic world we live in it seems especially important that we follow simple guidelines, have basic human wisdom and know to engage in non-sectarian ways to work with others.

The word 'warrior' literally means 'the one who is brave' and the key to warriorship is courage. There has never been a better time to leave our mark on this world than right now and to show future generations that we were here at this time and that we cared. It takes courage - a special human quality that profoundly alters the experience of self and is actually the main onset of empowerment.

But it also pays to note that before the onset of courage the world was a hopeless, sad and frightening place. A level of courage provides a

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state of being that brings with it the willingness to try new and challenging things that help a person to cope with and handle life more effectively. It is the most critical step along the way for the Sacred Warrior as it also brings with it a concordant evolution of human consciousness.

With the decision to step up to this level of courage comes the acceptance of responsibility. The warrior now is accountable for all his decisions and actions. This is a shift from being dominated by primitive or self-serving emotions that previously resulted in distorted reasoning and actions. This newly found level of courage brings with it an inner confidence and a greater sense of personal power. This is because it is not dependent on external factors or results. There is a greater sense of inner freedom due to a relief from guilt and fear.

Although courage is both recognised and rewarded by society, social approval becomes only secondary for the Sacred Warrior knows that this is merely a step on the path. While it is possible to fool the world one cannot fool oneself. The

temptation to violate integrity for gain is also recognised and rejected by the warrior, whereas before the onset of courage, they would have been rationalised for the quick payoff of gain, with no regard or thought for consequences. Courage doesn't necessarily mean the absence of fear but it merely exemplifies the willingness to surmount it which, when accomplished, reveals hidden strengths.