

This book provides a path for those seeking connection to Spirit and eventual enlightenment, the birthright of all! The Dragons present fundamental principles that open us to a new reality and stress bringing those principles into action.

The Dragon Way: Opening the Door to Spiritual Mastery Book  
One: The Preparation

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**THE DRAGON WAY:  
OPENING THE DOOR  
TO SPIRITUAL MASTERY**

**BOOK I – THE PREPARATION**

Jean Eilerman and Christin Kostoff

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## Preface

This book began several years ago when a spiritual teacher told us of a past life of ours when we had studied Dragons and corresponded about them. After that, we began connecting with the Dragons in meditation, and this book began to take form. The Dragons began by giving us eight Wisdom-Keys that can help to dispel the illusions that keep us trapped in our egos and personalities. Gradually, the Dragons gave us more information and experiential exercises which help to integrate this information into our daily lives. At the core of the Dragon teachings is respect for matter and embodied life which has often been devalued in religious traditions. The Dragons stress that spiritual knowledge must not be accepted unless it meets the test of real lived-experience.

The title of this book, The Dragon Way, represents one of many paths to enlightenment. This particular path emphasizes the sacredness of embodiment and the recognition that matter and Spirit are the same, just different forms of the same Reality. This path also reveals the illusions that have imprisoned us all and reveals how we can break free of their influence.

The Dragons told us that they are Spiritual Masters who, like the Angels, were given a specific mission. Their mission has to do with energy. They know about embodied energy and that the destiny of all energy is to awaken to reach its goal, union with the Divine or Enlightenment. They are aware that *all* forms of creation are energy that move toward awakening. Once the energy of any form of creation is awakened, it begins to move in its naturally and Divinely-ordained path.

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The pattern that energy takes in the embodied universe resembles the physical form of the Dragon (and its related forms of serpent and snake.) That pattern is a serpentine/spiral one. If we look at the cosmos with its spiral galaxies or at the shape of the brain, we see the pattern clearly.

The spiral pattern of energy also represents the cyclical nature of embodied life. For example, the cycle of life in the universe involves birth, maturity, death, new life. We also live *in* the spiral cycles of nature like night and day or the changing of the seasons.

The Dragons are eminently suited to teach us about this path to enlightenment because they *are* the Masters of the embodied energy that we are.

When we look back through history, we see that all early cultures throughout the world made reference to Dragons and respected their power and place. However, in the West, Dragons were spoken of as fantasy creatures who represented evil. This was because Dragons taught about embodied life and stressed inner wisdom and the sacredness of creation. These were arenas that the patriarchy associated with the “feminine.” When these “feminine” teachings and beliefs began to threaten the patriarchal structures and authority, persecution began. “Feminine” power and knowledge, and all things associated with them, were labeled as evil and oppressed.

As a result of centuries of this thinking and practice by civil and ecclesiastical authorities, humans lost contact with the truth of Dragons. They also lost contact with the Dragons’ connection with the Divine and with energy itself. Consequently, *we* lost contact with the truth of *our* heritage, a Divine heritage.

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Humans forgot that they are Divine energy, embodied in form, moving through processes of initiation that would direct and purify the energy that they are and send them into their natural journey to re-unite with the Divine. Enter the Dragons ...

The time is right to remember our heritage. The time is now to act on this information. The entire universe is conspiring to raise the level of consciousness on Earth and for all beings that inhabit Earth.

Enlightenment—being the light that we are-- is our birthright. It is what we were born for. The Dragons are here to shout out that truth to all who are willing to listen. The Dragons are here to help us remember who we really are and, as we remember, we help the rest of our earthly companions to remember that we are all of God. We are all one, and we are all on our way Home into the full experience of this oneness.

The Dragons are also here to teach us that matter and Spirit are energy vibrating at different rates. All creation is made up of this sacred energy, waiting to awaken and move. Energy in its earth-form has been known by terms like “ley lines” or “vortexes”. The energy in humans has been frequently spoken of in terms of “chakra centers,” which are human “ley lines” and “vortices.” The energy that we *are* is embedded in the bodily form and wrapped around the base of the spine. This resembles a coiled serpent/Dragon and has been called “kundalini” by the Hindu tradition. Thus, to move into enlightenment, one must stimulate and awaken the coiled energy and allow it to travel up to the crown of the head and beyond. The Dragons assist us to clear our energy centers so that the energy can move upward to trigger the opening of our consciousness which leads Homeward. (The illusions that the

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Dragons point out in Book I restrict our energy and can prevent the upward movement.)

The Dragons, then, are Masters of embodied energy who bring the fire of their alchemy to assist us to move through all barriers and to allow the natural process of our remembrance and transformation to occur.

So, seemingly disparate areas like the “feminine,” Dragons, embodiment, kundalini, and enlightenment are actually all related. Because this is the time that supports energy moving into higher levels of vibration (consciousness growth), all the seeming dualities and apparent contradictions are at last coming together into a whole picture.

Book I: The Preparation begins the process by focusing on certain Wisdom-Keys. Aligning with these keys is essential in trying to clarify and clear the energy vessels that we are. This is the foundation upon which we can build empowerment and transformation.

The information dealt with in this book, and those to come, works hand in hand with the Dragon Mystery School. The Mystery School is an ancient form known as a “university of the soul.” The Dragon Mystery School is offered in the San Francisco Bay area and by teleconference to those living across the world.

There will be four levels of the Mystery School. These levels focus on *experiencing* the alchemy that the Dragons bring, an alchemy whose goal is becoming the Divine beings that we are and restoring all creation to this Truth.



## Introduction

In the recent film, *Eragon*, based on the book of the same name, it was said, “The time of the Dragon-Riders will come again.” The time of the Dragons, as well as the time of the Dragon -Riders, is here *now*.

Once upon a time, we were taught that Dragons existed only in fairy tales and in children's imaginations. Yet, how do we explain the fact that Dragons have appeared in stories and myths in all parts of the world and in every culture? Could these stories and myths represent an old wisdom, an old experience that the human race lived in the distant past?

In the West, Dragons were described negatively as mythical evil creatures that hoarded treasure, kidnapped princesses, and burned and pillaged the countryside. In the East, however, Dragons were portrayed positively as Gods or messengers from the Gods who actively were involved with human life. Even today, the Dragon occupies a special role in Eastern life, not only as a symbol of the Emperor and royal households, but the Dragons are important central forces in the world of Feng Shui.

What is the truth about Dragons?

Dragons are real and have lived on earth. Their influence on humankind is real. Dragons are Spiritual Masters, somewhat like angels.

The mission of the Dragons is to empower and transform. In the pages that follow, the Dragons will share their Wisdom-Keys with us. They are the *real life coaches* who bring us the possibility of our empowerment if we live in truth.

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The essence of the Dragons' wisdom teaches us about the world of illusions and about the true nature of embodiment.

*The World of Illusions:* We have been breathing in and creating illusions since we first populated this planet. After so long, it is difficult to even see where the truth lies. As we look at our planet today, we see the results of living these illusions: people feel worthless and disconnected, wars and injustice are rampant, and the environment is suffering. What are the illusions that create these conditions, and how do we pull ourselves out of this mess? The Dragons' Wisdom-Keys will help us. Now, more than ever, we need the Dragons and their fire-breath to burn away the false beliefs we so easily accept and respond to. Now, more than ever, we need to re-find truth and to rebuild our lives around what counts and what opens us up to real fulfillment. Dragons burn the illusions that constrict us and lie to us.

*The True Nature of Embodiment:* The major illusion that we have lived with is that matter and Spirit are two separate realities. This illusion has caused centuries of pain! When we live this illusion, we tend to either throw ourselves into a life of material pleasure and possessions or try to remain pure by rejecting the material world and its "temptations." Both of these ways have been wrong.

The Dragons are here with the truth. **It is all Spirit.**

Just as water, ice, and steam can appear to be different substances, they are in fact the same thing under differing conditions. Steam is not more "holy" or "elevated" than water or ice; it is just a different form. But the form needs to be respected. Matter has been disrespected because it has limits and appears to be different from limitless Spirit. We have been

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told that these limits are present due to the original sin of mankind. This is a lie!

Matter is not bad or opposed to Spirit. It is a manifestation of Spirit that has its own set of limits and rules. For example, matter tends to age; matter has dimensions like weight and is time-bound and space-bound. When we respect matter, we understand that matter has its separate set of rules but is not less than that which is Spirit. It is Spirit in another form.

The Dragons are here now to assist us to live fully as embodied ones and to love the embodied as expressions of the Divine.

This book provides a path for those seeking connection to Spirit and eventual enlightenment, the birthright of all! The Dragons present fundamental principles that open us to a new reality and stress bringing those principles into action.

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