

The intent of this work is to make available to a busy and media-saturated public what amounts to a quick-reference manual that can help everyone, through examples, increase their connection with the universe... with the spiritual side of themselves.

Engineering Your Spirituality

by Rev Don Chapin PhD

**Order the complete book from the publisher
[Booklocker.com](http://www.booklocker.com)**

**<http://www.booklocker.com/p/books/9846.html?s=pdf>
or from your favorite neighborhood
or online bookstore.**

Engineering Your Spirituality



Don Chapin, PhD

Copyright © 2018 Light Path Resources

ISBN: 978-1-63492-939-4

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, recording or otherwise, without the prior written permission of Light Path Resources.

Published by Light Path Resources

Printed on acid-free paper.

Light Path Resources
2018

First Edition

This book, as are the others in this series, is designed to provide inner spiritual development information and motivation for our readers. It is presented with the understanding that Light Path Resources is not rendering any type of medical, psychological, legal, or any other kind of professional advice. The works within this series should be considered as adjuncts to any spiritual development efforts in which you participate and you are encouraged to consult with appropriate licensed professionals as you deem appropriate. Our views and rights as presented within this book and series are the same: You, the reader, is responsible for your own choices, actions, and results.

Books from Light Path Resources:

Books by Diane Chapin and The Buddha Consciousness

A Modern View of God
Living Life Radiantly
Life Through Self Empowerment
A Path to the Inner Self
Life Through Creating Mastership On Earth
Life On Schoolhouse Earth
Spiritual Healing: A New Way to View the Human
Condition
The Light Path
Advanced Keys For Life Management

Books by Diane Chapin and The Universal Oneness

The Spiritual Heart
The Heart, The Pathway of Light

Books by Don Chapin

Engineering Your Spirituality
In Psychic Defense

Websites by Light Path Resources

Light-Path-Resources.org,
Buddha-Consciousness.org
MilitaryTruth.org

TABLE OF CONTENTS

PREFACE	ix
CHAPTER 1 - TECHNOLOGY TODAY	1
INTRODUCTION	1
THE WORLD OF ENGINEERING:	4
THE WORLDS OF PHYSICS AND COSMOLOGY:	9
THE 'NEW ENERGY' MOVEMENT:	12
ARCHEOLOGY, PALEOARCHEOLOGY, ANTHROPOLOGY AND PALEOANTHROPOLOGY:	14
THE SOCIAL SCIENCES OF PSYCHIATRY, PSYCHOLOGY AND SOCIOLOGY:.....	17
THE MEDICAL SCIENCES:.....	20
NANOTECHNOLOGY & BIOLOGY:.....	24
PUTTING IT ALL TOGETHER:.....	26
CHAPTER 2 - THE NATURE OF REALITY	37
CHAPTER 3 - SOME UNCONVENTIONAL TECHNIQUES	45
1. Spiritualizing Our Thinking	45
2. Centering	47
3. Use The Light - Provided	48
4. Viewing Ourselves	48
5. Releasing Self Limitation	49
6. Aligning Our Chakras.....	51
7. Touch Your Face	53
8. How Do We Want To Manifest?.....	54
9. Plug In	56
10. Enhancing Creativity.....	57
11. Thoughts Are Form	58
12. Calling Back Our Negative Thoughts	58
13. Noting Our Dreams	59
14. Judging/Comparing.....	60
15. Forgiving Ourselves & Others.....	62
16. Forgiveness & Release	63
17. Loving Ourselves	64

18. Gratitude	65
19. Refrain From Gossiping	66
20. Balancing Intellect & Intuition	66
21. Prosperity & Abundance	68
22. Work on Nonattachment	70
23. Beware of Ego	71
24. Personality & Ego.....	73
25. We Do Not Give Up Our Power	76
26. Using Cause and Effect.....	77
27. Reading Spiritual Materials.....	79
28. Ask for Help	80
29. Acknowledging Our Pet's Service.....	81
30. Know Who You Are	83
Apply These Techniques:.....	84
CHAPTER 4 - ENERGY TECHNIQUES	87
ACCESSING ENERGY:	87
USING THE VORTEX	88
PERSONAL COLOR	91
BECOMING THAT COLOR	93
APPLYING LIGHT AND ENERGY	95
IN CLOSING.....	100
CHAPTER 5 - MEDITATIONS	103
GENERAL	104
TRANSCENDENTAL MEDITATION™ or TM	106
PEACE BE STILL MEDITATION.....	109
MANIFESTING	114
CHAPTER 6 - LOOKING AT YOURSELF.....	117
IDENTIFYING HIDDEN NEGATIVE BELIEFS, ATTITUDES, CONVICTIONS OR JUDGMENTS	123
APPROACH #1 - Identifying Your Beliefs Or Belief Patterns.....	123
APPROACH #2 - Ask For Help	126
TECHNIQUES TO DEAL WITH UNWANTED, NEGATIVE BELIEFS	126
APPROACH #1: A Written Process.....	127

Engineering Your Spirituality

APPROACH #2: Using Light And Energy	128
APPROACH #3: A Meditation-Spiritualizing Your Subconscious	129
CHAPTER 7 - EXPERIENCES & EFFECTS.....	137
EXPERIENCES -IN PERSPECTIVE	140
PSYCHOLOGICAL EFFECTS ALONG THE WAY	147
PSYCHOLOGICAL EFFECTS, ALONG THE WAY & AFTER.....	149
WRAP	154
Appendix 1 - Basic Belief Patterns	157
APPENDIX 2 – SPIRITUAL DEVELOPMENT TECHNIQUES WE HAD USED, WHAT WORKED/WHAT DIDN'T	159
APPENDIX 3 - FIRST 35 PEAK EXPERIENCES.....	165
APPENDIX 4 – AN OPENING SPIRITUAL HEART, A PERSONAL EXPERIENCE plus an interview with Deacon Alexander Mumrikov of the Russian Orthodox Church concerning “The Spiritual Heart: God's Channel”.....	187
APPENDIX 5 - MEDITATION MECHANICS.....	199
BONUS BOOKLET It's A Dog's Life or LUCY: A Dog Story, Transcending 'Death'	209
Dog Training, from beyond the Veil:	233

APPENDIX 5 - MEDITATION MECHANICS

Don Chapin, PhD

I'm sure most are familiar with the traditional techniques of conscious manifestation... while "deep" in meditation, imagine what you want to manifest, focus on that outcome, be resolved in your intention that that outcome materializes, and provide emotional energy to that desired resolution.

For those that say I can't "imagine" or "I don't have an imagination" (and I've DEFINITELY heard that excuse! :-), consider this... what "pictures" do you see in your mind when you are reading an article or book, or, better yet, - and be HONEST, now - have you ever fanaticized about a member of the opposite sex (or, for some, a member of your same sex :-)? With either scenario, you are imagining!

For most of us, that's the end of it... we've made our request and "God" or "the Universe," or whatever, either honors our request, or not. If so, we're probably overjoyed (at least until we go on to the next desire) but, if not, we have a tendency to blame "God" or "the Universe," or whatever, for failing to "listen" to us and feel somewhat rejected or resentful, not realizing that WE have, most generally and probably, been blocking our own desires possibly by conflicting inner belief/belief systems, etc. (see Book 2, by Diane Chapin, "Living Life Radiantly."

Listed in buddha-consciousness.org) Another quite strong possibility for not realizing our goal is that we have been too sloppy in our request process. A common problem is not “leaving it to Highest Good” and including too many details, to the extent that, while the possibility still exists, the probability becomes very low. An example... a retired, low-income close friend of mine needed to obtain a decent car to replace his, afraid-to-drive-twenty-miles-round-trip-or-the-engine-might-drop-out current vehicle. I cautioned him to use Highest Good and not be too specific (or he might wind up driving a two-and-a-half-ton truck :-). A couple weeks later he was BEAMING! Circumstances had “mysteriously” coalesced so that he was rid of his junker and had acquired a vintage Mercedes! This was the kind of car he has desired ever since Johnny Carson (of comedic TV late-night talk show fame) had driven him in Johnny’s owned and driven car (ergo, a few years of subconscious desire) . (My friend was not a “Big Name,” but one of many behind-the-scenes-go-to people that helps keep the entertainment industry going.)



Dreamstime Stock Photos ID 91250544

Ok, on to the mechanics, using pictures of various water scenes to try approximating what actually happens multidimensionally...I want to make this VERY clear... what I'm attempting to describe is a two-dimensional representation of what I have observed as three-dimensional activities with what I call (interdimensional) Far Sight, but which is also more popularly known as Remote Viewing.



Universal Energy, which is omnipresent and a continuous communication medium (while it takes light an estimated 100,00 years to transverse the Milky Way Galaxy, thought traverses that distance INSTANTLY), might be represented in 3-D, as an analogy, as a calm water surface... the Tao of Lau Tzu.

However, in a relatively heavily-populated area, with MANY subconscious, non-specific “demands” upon it, Universal Energy seems to appear “roiled,” typically caused by the unconscious and unfocused desires of the general population and Universal Energy initially responding to each such demand.



Then, some semi-knowledgeable student of metaphysics (for example) attempts to “insert” a request into the Universal Energy field, but lacks clarity or possibly specific intent. The result is similar to that immediately following.

Along comes a group of people (power of n^2 , or $n*n$) with clear purpose, intent and emotional contribution to produce a common goal, OR this could be the result of a Psychic Master capable of producing a similar result.

Instead of a “water tornado” think of this as a column of Universal Energy (the calm water) formed and aiming at it’s human-directed goal.

This is quite close to what I observed when our Saturday-morning Healing Earth group was particularly “working on” alleviating the negative mass consciousness layer

hanging over our nation's capital, from Boston down through about Raleigh, NC. That layer appeared as if it was a thick black basalt-looking rock but the generated, self-intelligent Shakti 000000(although I didn't know what to call it at the time I was observing it at work) found every minor 'crack" in it that could be found, to open that layer to a cleansing light.



A Waterspout off the Florida Keys

*Used with permission from Joseph Golden, Senior
Research Meteorologist, National Oceanic &
Atmospheric Administration (NOAA)*

As I later learned, this was a clear representation of what had been referred to as Shakti in pre-Vedic India, DIRECTED Universal Energy. In ancient Sanskrit, a

Shakti could only be accomplished at angelic level and referred to imposing a task or purpose to Universal Energy. Eventually, siddhis of the day found they could also produce Shakti. They found that the Brahman Universal Energy they were aware of was intelligent and, driven by human clarity, focus, intent and energy, strives to achieve a defined/directed goals.

THAT is the Shakti process: human desires/direction combining with the power and innate intelligence of Universal Energy (pure Love...the God Force?) to Create Change. And this process is, unknown to the majority of humanity, constantly at work behind the scenes.

Energy-fueled unfocused desires can be analogized by the third picture, above, where a lack of clear intent and/or direction allows to Shakti to “fall back upon itself” and not reach the unclearly defined objective.

However, what I observed in our one-day-a-week Healing Earth sessions was very similar to the last picture of the clearly-defined water spout (although not vertical but following Earth contours to the goal) then, if an opening wasn't apparent, following the apparent surface contour for the tiniest opening to gain access and illuminate whatever interior could be found with white light.

Humans, by a clear, focused intent and energy (when appropriately applied), but typically unconsciously desires to achieve a goal, Universal Energy responds. That focused, intelligent Universal Energy, driven by human clarity, focus, intent and energy, strives to achieve the defined goal.

IF this Universal Energy IS the God Force... if it is God or a part of God... and WE are of God... fractals, if you will, then why wouldn't we be able to direct this Force in this manner?

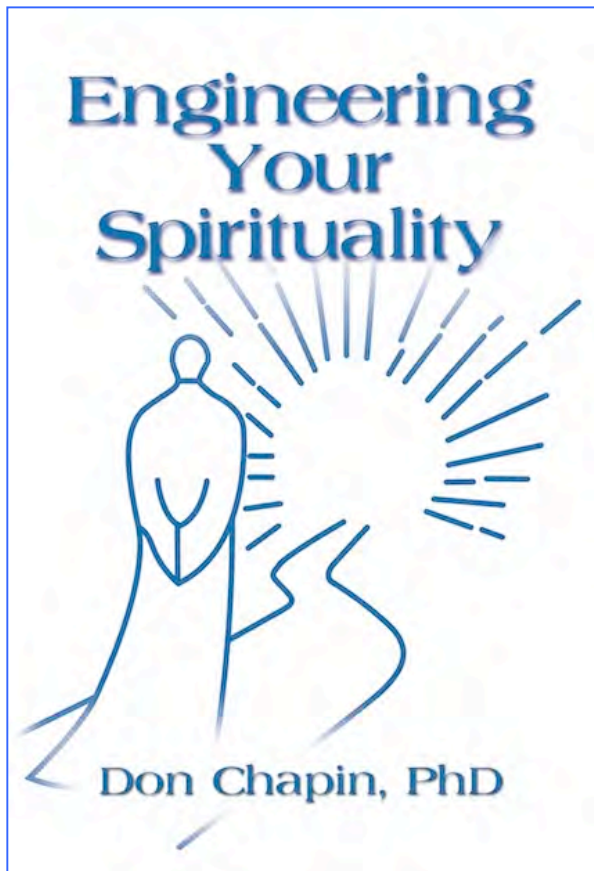
In the distant past, pre-Vedic as I understand it, it was thought that only Angels could create shakti. But, through meditation, revelation, or whatever, some holy men of ancient India acquired the knowledge of what Shakti is/was and, like the Catholic religion of the Western Hemisphere, hoarded that knowledge.

On the morning of September 17, 2017, I was suddenly aware of literally channeling this information, and "told" that it was "time" to make this information, along with many other topics coming through many other people, available to the general public. It's beginning to appear as if the basic tenants of those ancient Christian Gnostics, so persecuted and, even today, reviled by the Church, might prevail, after all: basically, that knowledge, gnosis, is a significant path to spiritual development.

As I've narrated, I have "SEEN" (through my own peculiar version of "far sight") such a directed energy in operation, encountering unforeseen obstacles, but using it's native intelligence, to find practical 'work-arounds' to accomplish it's human-directed goal(s). And, in such a case, time IS NOT "of the essence"... if the requested process (goal) is simply THOUGHT OF at various "times," that constitutes reinforcement, and the process can continue (as evidenced by my friend and his Mercedes).

Ergo, we do not have to personally and specifically direct Shakti, but that generation and formation of specific, purpose-driven, powerful, Universal Energy, Shakti, can also be formed and directed by long-held, desires.

* * * * *



The intent of this work is to make available to a busy and media-saturated public what amounts to a quick-reference manual that can help everyone, through examples, increase their connection with the universe... with the spiritual side of themselves.

Engineering Your Spirituality

by Rev Don Chapin PhD

**Order the complete book from the publisher
[Booklocker.com](http://www.booklocker.com)**

<http://www.booklocker.com/p/books/9846.html?s=pdf>
**or from your favorite neighborhood
or online bookstore.**