



GENE KEYS GOLDEN PATH

a voyage of self illumination

THE ART OF CONTEMPLATION

I'd like to talk today about the Art of Contemplation and try to put it in a proper perspective. It's a subject that I find fascinating and very, very deep. The whole path of the Gene Keys as the teachings emerge in the world is deeply bound up with this path and with this word and what it really means. So there's no instant answer because it's something that has layers and levels to it.

In the Introduction to my book I've outlined my version of the three classic paths to truth which helps to clarify some of these terms.

They are Concentration, Meditation and Contemplation.

On the one hand, you have Meditation, a great Yin path - some traditions call it the left-hand path. It has to do with the right brain, which is holistic in nature. Meditation is very well exemplified in the Buddhist tradition by a word called 'Vipassana' whose central technique is taught through the word 'witnessing'. This yin path of meditation also correlates to Tantra, which is also about allowing and witnessing life as it is.

For the moment I ask you to put aside your definitions of meditation and enter into this language with a beginner's mind. It's a path in which you go with whatever is emerging. You don't resist. There's no resistance in the Yin path. It's very beautifully taught by the vedanta advaita tradition. It says that everything is perfect. Even if you forget, it's perfect. It's as if your awareness is just sitting beside the river, and life is the river. You're sitting there and you're watching your life go by. Slowly over time, an inner core begins to become aware of itself inside you. And you let go and you allow and you *follow* life. This is the path of effortlessness, the path of Meditation.

On the other extreme we have the path of Concentration. This is the Yang path, the right hand path, the path that has the connection to the left brain, the logical brain that likes to see things in stages, in ladders and sequences - as exemplified by yoga. Not just physical yoga - all the yogas. The premise of concentration is that somehow you've fallen out of union. That's what yoga means - it means 'to yoke'. With yoga, you yoke yourself to an upward path. You take on this yoga and you begin to work to bring yourself back to union. You set off on a journey to recover your true nature.

Effort is needed in the path of Concentration. In the West it's always been a strong path - the path of prayer, the path of heading back towards God. An Eastern example is Zen. In Zen, especially the Rinzai version of Zen, you sit and concentrate your mind and your full being on a koan, a paradox. You never slacken your effort. In fact, if you slacken your effort, someone will come up



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and hit you with a stick! The purpose of this is to keep your effort, your concentration focused. Finally through that concentration, through those years and years of effort, you break through. These are all the yogas - the karma yoga, the bhakti yoga, the mantra yoga - all moving toward truth - all effort moving towards truth. That's the path of effort, of Concentration.

Contemplation as I'm using the word is in the middle of these two. It's the no-hand path. In a way it's the forgotten way. It's less defined than the other two which are very easy to define. The best representation of it that I've found in the world teachings is through the Tao. The word contemplation can be misleading because it sounds like a mental thing. That's its disadvantage - it can seem nebulous, less defined than these other two paths. And yet it's very, very deep when you get into it. Its advantage is that it is less extreme because it uses elements of both concentration and meditation. It uses concentration to create the sustained pressure that's required for transformation, but it isn't excessive. It doesn't push so hard.

When Buddha was sitting in deep meditation, he overheard a fisherman, I think the story was, saying to his apprentice "If you pull the string too tight, it will snap. If you have it too loose, it will sag and you won't catch a fish." The words went off inside Buddha - "Too tight, it will snap; too loose, it will sag." And out of that came the Middle Way. In a way, contemplation is the middle way. It borrows from both sides. It borrows from all traditions. So it uses sustained pressure, but it does it playfully. It's a playful path. That's its spirit. In a way, it's less formal than the other two paths. That also means it's perfectly suited to ordinary, everyday life - to the lay person - to the normal person. It's really *designed* for everyday life.

I use a metaphor in the Introduction to the Gene Keys book of holding a small case - one of those cases that rings often come in, those little velvet cases. You're rolling this case around with your fingers. You don't know what it is so you're just exploring it and rolling it around playfully. Then at a certain point your finger hits on that tiny little catch and then, Bang! The case opens and the treasure is revealed! That epitomises the path of Contemplation.

But the key is that you need something to contemplate. If you're going to go on the path of contemplation, you need some *thing* to contemplate. This is where the Gene Keys come in. They give you a lot to contemplate. Ultimately when we talk about this path of contemplation, we're talking about the contemplation of our true nature. We have all heard those jokes about people like us, especially in the 60's, 70's and 80's: "They're contemplating their navel." "They've gone away to contemplate their navel." I love those clichés, because they're always so close to the truth. That's exactly what we're doing because that's exactly where our source is - deep behind the navel.



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In the Gene Keys, we use archetypes. A Gene Key is a genetic archetype. They're powerful because they resonate inside us with universal codes that are present throughout the universe, everywhere. They are deep inside our DNA. There are many different sequences and pathways within the Gene Keys synthesis that unlock literal chemical pathways inside us. The first one, the one we'll be exploring in real depth in the Deep Dive, is the pathway of the Prime Gifts, also known as the Activation Sequence, because that's the primary and the simplest pathway.

So, let's consider how this works. How does contemplation work? This is the real purpose of the Golden Path program - to help us actually use these teachings, these Gene Keys, to create a transformational breakthrough - a real breakthrough, a satori of some form. And contemplation, like almost everything, has a trinary basis. It works on the mental plane, on the emotional plane and on the physical plane. Those are the three areas I'd like to really look at.

So you contemplate the Gene Keys mentally - that's quite easy. My book provides you with 600 pages of deep insights on the Gene Keys. It's a lot to contemplate mentally. The idea is that you begin to allow your mind to become immersed in the Gene Keys - your own Gene Keys, the Gene Keys connected to other people, all or any of the Gene Keys - it doesn't matter which. You can pick any of them because they all really say the same thing. Essentially they say that there's a shadow that exists inside us and that shadow has to be accepted, has to be embraced - and it is the source of our suffering.

As you go deep into this concept mentally, it gives way to another, deeper level which is the second aspect - the emotional aspect - the aspect that has a connection to our heart and which is really about sharing. The mental aspect can be done in deep privacy, but the emotional contemplative aspect is more about connection - it's more about relationships. If you only stay on the mental plane, the contemplation cannot move deeper. You're not allowing it to move where it wants to go. It becomes just a mental game.

Obviously when we go into the emotional level, it's a different field. For the emotional field, you can follow the Venus Sequence, which is a contemplative process designed to bring alive the archetypes of the Gene Keys as feelings. They connect to our feelings. And, you have to begin to remember who you are at a higher frequency. You have to remember the *feeling* of what that is - not just the thought and the concept, but the feeling. What does it *feel* like to be deeply at peace? Or, what does it *feel* like to be in the grip of divine rapture? This is something we have to remember. What did it feel like? What's my highest expression? With the Gene Keys we are raising the frequencies of our full being.



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We use the power of the heart and the mind. This is what really amplifies your contemplation.

And, then it begins to break through into your Feeling Body. That's when it begins to hit pain and it begins to release deeper levels of the Shadow, of the suffering we hold inside us. That's where the magic is. Inside those shadows are treasures. That's where the love is. That's where the life is. It's inside those shadows.

So as we allow the contemplation to move deeper and deeper into our emotional Body, our Astral Body, we begin to feel lighter (although we may feel heavier for a while, as it deepens). The awareness begins to move into the less subtle aspects of our being. The least subtle is the physical. That's the densest. And it's the final, deepest layer. When your contemplation hits the physical, it's a profound thing. This is why it takes some time - because your body needs some time to get used to this living transmission. But the memories are stored in your physical DNA. The ancients of the eastern tradition called them the sanskaras - ancestral and personal conditioned karmic patterns deep inside our bodies. As the contemplation moves into there, we begin to feel the sighs coming out because we begin to release the tension of that constriction. The deepest core is always in the belly where the layers are at their thickest. We have to keep diving into the belly - the Belly of the Beast - because that's where the densest, deepest memories are.

It is this combination of the mental and the emotional contemplation that begins to affect the physical DNA. And as we know from the central concept of the Gene Keys, the DNA responds to feelings, thoughts, impressions and everything that goes on inside us. That's when the vibration of the whole body begins to change and transformation begins.

The amazing thing about this process is you don't know what will happen. We don't know how our bodies will respond. We may get sick; we may feel wonderful; we may move through spontaneous break-throughs; we may stop some of our addictive patterns. You may begin to spontaneously make changes to your life. That's what living a higher frequency life does. It invokes certain inner disciplines but they arise joyfully and naturally. They're not imposed as they are in a Concentration Path. We just watch by the side as it happens. We borrow that from the Meditation Path. And we can reflect this back to each other.

So, when the contemplation does reach the physical, it has really gone deep in us. It's gone to the source. Our awareness has touched the source, beginning to ignite the light that is in there - the fire that's hidden inside our DNA. That's the place where permanent change can occur - only there. It has to work through



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these layers - down through the mental through the emotional and deeper into the physical. We don't really know how we're going to respond to this process. That's the great *unknowing* that we must surrender to in Contemplation.

The Gene Keys are *designed* to be contemplated. In a way they are a new spiritual path because there are so many playful and yet profound routes inside them through this Synthesis. And, as I said, they're designed for everyday life. You don't have to go off on a retreat. You can bring that Contemplation inside your life. That's what the Golden Path is - it's an extended program of structured contemplation resulting in deep transformation.

So that's really my take on what Contemplation is. I hope it gives you a little flavour of what I mean by the word and how magical and powerful it can be.

Richard Rudd