

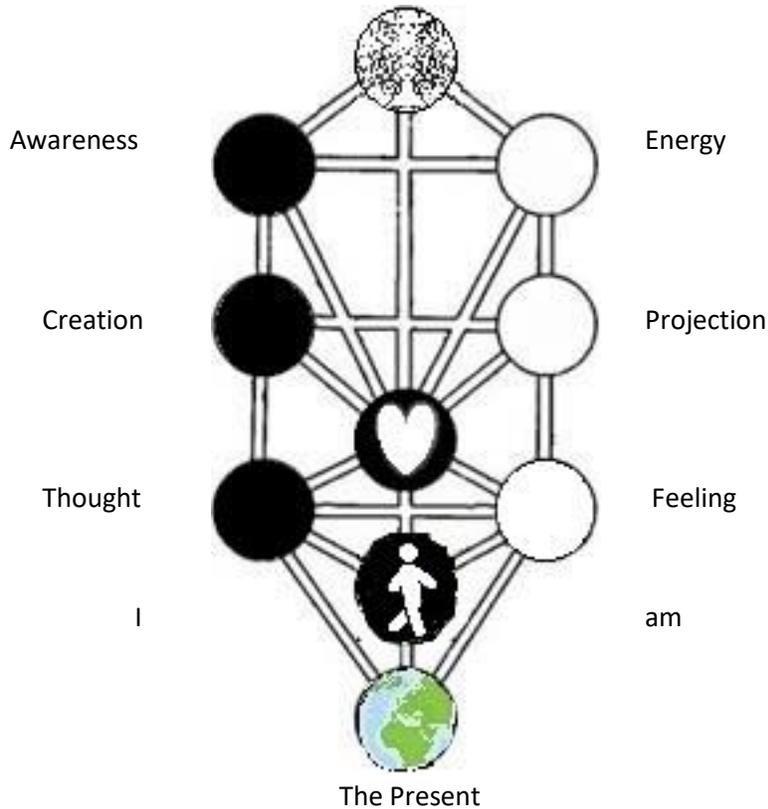
# Mystic Tree, v0.97

A free book, interpreting existence through the Tree of Life symbol

Written by Emanuel R. Caparelli

Unnameable

Aware-Energy



Aware-Energy

Awareness & Energy

Awareness Loves Energy, Energy Loves Awareness

Energy fills Awareness, Awareness absorbs Energy

Awareness is pure Creation, Energy is pure Projecting

Love is the gift of the Heart, the Soul, from the Unnameable Aware-Energy to us

Our existence is the gift we give back

I am in-between the Present and Love of all things

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## **About the Mystic Tree**

The Mystic Tree is a gateway to the awareness of the duality of life, and how to put it together. The three pillars are the in-breath, the out-breath and that which is in the middle of both. The action of breathing can be symbolically connected to the inner world of Awareness and the outer world of the Energy. Their combined entity is the ultimate Aware-Energy, the Unnameable reality.

## **Definition of Spheres**

### **The Unnameable, i.e. Aware-Energy**

*“The Majestically Magnificent Mysterious Energy-Magi of Thoughtful Majesty.”*

The Unnameable cannot be described except in two halves. It has been named Brahaman, God, the Way, Allah, among various other titles, none of which will ever do it justice, so use titles insofar as they point you, and abandon them entirely in the presence of the almighty infinite mysterious conscious energy that is both immediate and beyond all.

Aware-Energy has always been, and always is, and always will be.

### **Awareness**

*“The mysterious, the knower, the limitless.”*

Pillar: In-breath (Feminine)

Awareness is like a vacuum.

One half of everything. Awareness receives Energy like a lover. They are interdependent. Consciousness is the receiving end, is how it would be phrased, and as such is the feminine. Awareness is formless, like water or air. As such it is adaptable. Your Awareness is as much in control as Energy is, and although science may beg to differ, it is the truth if you go deep enough. You can control where you point your awareness, you cannot control Energy directly. We cannot see Awareness, because it is like the negative-space around the Energy.

## **Energy**

*“The light, the known, what is.”*

Pillar: Out-breath (Masculine)

Energy is like an explosion (Sun).

Energy is the wiggly-wobbly stuff of the world. It is vibrating strings, particles, whatever you want to call it – it is bright, and visible, or dark and invisible. Energy plays as many shades, many colours – infinite variations of form and substance. It is the air you breathe, and the fire you gaze in.

Energy is the masculine force, it shines into the abyss of Consciousness its holy light of existence and knowing. When it does so (always) and it is welcomed in (not always) it creates the wholeness of Conscious-Energy. Accept that you are both Consciousness and Energy. I don't normally tell people what to do, but trusting this process will benefit you greatly.

## **Projecting**

*“Doing.”*

Pillar: Out-Breath (Masculine)

Projecting is pushing out the creations into the world. How many artists have died with paintings unpainted? Writes with stories untold? Lovers with words unspoken? Projecting is pushing out that which is in your awareness, your creations, your knowledge, to the Present.

Projecting is the masculine energy of the doing. Creativity is the formation of the goal, and Projecting is the execution. Picture the sun shining brightly, lightning shooting outward, or anything that is phallic. Out-she-goes!

## **Creation**

*“Spontaneous imaginative invention.”*

Pillar: In-Breath (Feminine)

Creation is the act of using the Awareness' imaginative capability to invent something within the mind. Try it, it's hella' fun.

Creation is something that takes place within one's mind, and so is a very private thing. People can create as a duo but that is more of a cross or alternation between Creation and Projecting. Pure Creation is a solo activity.

To clarify: a story is a Creation, a book is a project. A vision is a Creation, a painting is a project. Art is turning Creation into Projection. Whether that's painting or martial arts, or anything else.

### **The Soul, i.e. the Heart**

*"The centre of connection and beauty."*

Pillar: Centre

The heart is the gift of the Unnameable Aware-Energy to its child, the Soul. Almighty Spirit created the Souls of each being, an infinite many. Though each of them Souls is truly Spirit, they are Souls as well. Another way to look at it is we are all Characters in a Story of Unnameable proportions.

Your soul is like your "true ego." It is what the essence of your story is beneath all the BS. It includes all aspects of you, including the shadowy parts, and is beautiful, invariably. How much of that you let out though, that is up to you!

### **Thought**

*"The creative force."*

Pillar: In-breath (Feminine)

Thoughts are the creative force of the multiverse, for better or for worse. Thoughts can be helpful, or they can be obstacles, or both. Thoughts can be anything really. They aren't "real" in the way feelings are real. They are little stories we tell to make sense of the feelings. Usually the shorter and more concise the story the more accurate it is.

Thoughts are great as a creative tool! Want to be stronger? Think strong thoughts. Want to be sexier? Think about how sexy you are. Want to be x? Think x. As the Buddha supposedly said, Thoughts become reality. Not to spook you, but it's true. That isn't to say every thought you have is going to manifest. Just because you have some awful thought eating your friends booger hanging out of his nose doesn't mean it's going to happen, but it will have happened in your mind, which is the first step. REPETITION of thought, however, is bound to inch you toward the manifestation of it, for better or for worse.

Here is a tip: You can't "not think about something." You can only "think about things."

*Think about good things. GREAT things. Enlightening things.*

## **Feeling**

*"That which is sensed."*

Pillar: Out-Breath (Masculine)

Feeling is the barometer for what is going on. If something "doesn't feel right" then it's not right. If something feels right it's right. We all know what this means – I could go into detail on how to know, but it comes down to trusting yourself. We all have the perfect ability to interpret our feelings if we sit and be with them for a moment. Why? Because feelings are made of the same Energy that we are. It's all Energy, and so feelings are simply Energy telling you what it's being right now.

Thought has the power to influence feeling. You can think good thoughts and feel good, it's true. But another thing people don't tell you is that you can have good feelings and have good thoughts. It's a two-way-street, and it's why people probably like to smoke weed and be creative. But that's not necessary, not at all! Simply think good thoughts, that make you have good feelings, then because of your feelings create good thoughts, and have more good feelings! Positive feedback loop!!

*Remember: it's easier to change your thoughts, because they aren't really "real", whereas feelings are an indication of what **is real** right now. It's fine if you don't like them, but it's an indication that something else needs to change, not the feeling! Change yourself, don't ask the real world of feelings to change.*

## **"I am"**

*"That which binds, thought, feeling, the Soul, and the Present. All of which could be said to be the I am."*

Pillar: Centre

"I am" is the most magical phrase in the entire multiverse. Nothing else has as much power. Be very careful every time you utter it for it is magic of the most Causal order. The only purely safe use of it is to simply say: "I am."

## **The Present**

*"The axiom of constant change."*

Pillar: Centre

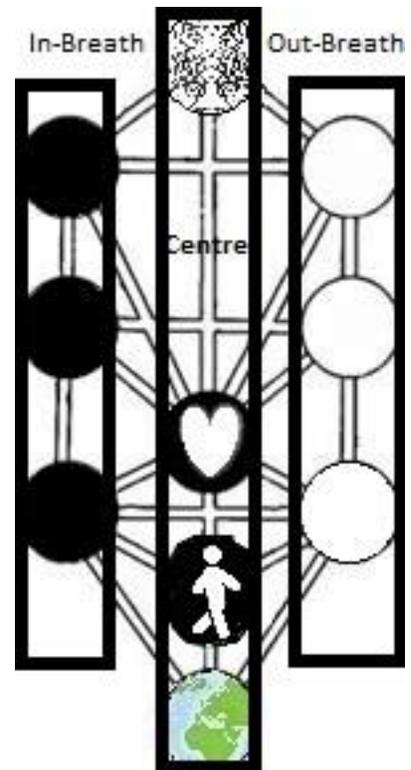
The grounded moment of nowness and newness. It is where all adventures take place, where all homes are located, and is the intersection of Awareness and Energy. It is the constant of change.

Some people think of the Present, and then they conceptualize it. It becomes a static. It becomes the past. It becomes a moment of no-change, or something that vaguely serves a vague future. The Present put clearly is not a place, it is a constant change. It is the axiom of constant change.

### Breath

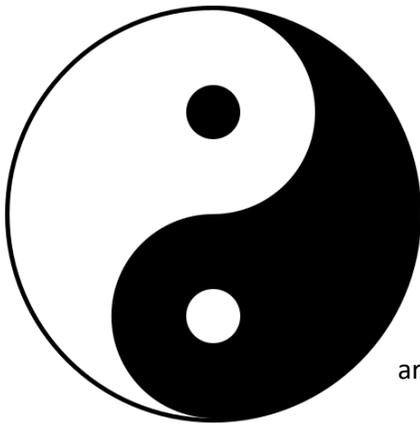
Breathing is the most important skill you will ever learn. Most of us think breathing is easy, and it will be. Focus on it. Make smooth breathing your intention. Confident breathing. Sexy breathing. Whatsoever from of breath suits your needs. This is your first Jedi power.

One way to look at this Tree's duality (Awareness and Energy) is in terms of uniting with the inner and outer breath. The outer breath focuses on Energy, connecting with Projection and Feeling. The inner breath focuses Awareness, connecting with Creation and Thought. The centre pillar is where the breath meets in the middle at the Present, I am, Soul and the Unnameable.



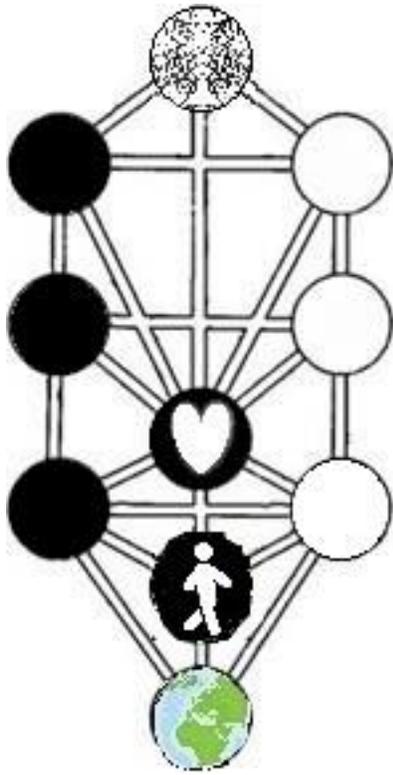
### Awareness and Energy duality

Energy and  
white is  
dots  
being in  
Energy-  
perceived by  
Energy all



Awareness are both expressed in the Yin-Yang. The the Energy, and the black represents Awareness. The represent you. The black dot is you, as an Aware- the world of Energy, and the white dot is you, as an being in a world of Awareness. Your Energy is others' Awareness, and your Awareness perceives the around you.

The black dot of your Awareness chooses what Energy to allow to become the white dot of your Energy.



**Some out of Infinite Many Potential Suggested Uses of The Mystic Tree**

As a tool to learn about yourself.

How to better yourself through understanding of fundamental aspects of life.

To appreciate all sides of life.

To make art.

**The Paths in-between (start from the bottom, the top, or anywhere you'd like)**

Path 1: The Path of Transcendent-Love connecting Unnameable Aware-Energy with the Soul.

Path 2: The Path of Supreme Light connecting Unnameable Aware-Energy with Energy

Path 3: The Path of Mysterious Spontaneity connecting Unnameable Aware-Energy with Awareness

Path 4: The Path Perfect Perception connecting Awareness with Energy

Path 5: The Path of Healing Light connecting the Soul with Energy

Path 6: The Path of Ultimate Discovery connecting the Soul with Awareness

Path 7: The Path of Sunlight connecting Energy with Projection

Path 8: The Path of Space connecting Awareness with Creation

Path 9: The Path of Artistry connecting Creation and Projection

Path 10: The Path of the Warrior connecting the Soul with Projection

Path 11: The Path of the Mystic connecting the Soul with Creation

Path 12: The Path of Truth connecting Feelings with Projection

Path 13: The Path of Intention connecting Thought with Creation

Path 14: The Path of Dharma connecting Feeling with the Soul

Path 15: The Path of Change connecting Thought with the Soul

Path 16: The Path of Affirmation connecting I am with the Soul

Path 17: The Path of Yin and Yang connecting Thought with Feeling

Path 18: The Path of Expression connecting Feeling with I am

Path 19: The Path of Repatterning connecting Thought with I am

Path 20: The Path of Accepting connecting Feeling with the Present

Path 21: The Path of Mindfulness connecting Thought with the Present

Path 22: The Path of Connecting connecting I am with the Present

### **Path 1: The Path of Transcendent-Love connecting Unnameable Aware-Energy with the Soul**

The path of Love is the first and final path. It birthed the Soul, and through Love it will kill the Soul. This is not a bad thing. The Soul's journey of suffering is the suffering that the Unnameable Aware-Energy felt until it made separate souls. Being alone is impossible, and so as soon as there were two, the Unnameable and a Soul, there was Love. Love even though they didn't even understand each other, and it made it all worth it. To know another being exists at the same level you exist is the base of Love. To be able to relate with is the beginning of Love.

That is only the beginning. And the deepest is Transcendent-Love, which is only truly possible with that which is beyond you, thus Transcendent. However. To know another being exists at the same level of you is the base of Love. You can Transcendently-Love when you see that the Unnameable Aware-Energy is existing on the same level you are.

### **Path 2: The Path of Supreme Light connecting Unnameable with Energy**

This is the path of what most people think God is. This is really only one half. It is the Ultimate Warrior. Energy can do anything. It is omniscient. There is a way, and the Supreme Light of Energy knows how.

### **Path 3: The Path of Mysterious-Spontaneity connecting Unnameable with Awareness**

Awareness cannot say to have started at any point. It always was, and always will be. Awareness is omnipotent. It is the master Mystic. It moves itself and the Energy follows.

### **Path 4: The Path of Perfect Perception connecting Awareness with Energy**

Perfect Perception means connected perception. Connecting these two halves into one, you see that you are Energy being Aware, or Awareness being Energy.

#### **Path 5: The Path of Healing Light connecting the Soul with Energy**

Energy is Light. Energy is all around and it dances. You can ask Energy to purify you.

There is a way for your Soul to combine into something beautiful. I know my Soul was disjointed and separate when I began the process but by connecting with the Energy all around you can sense how your Soul will operate in the world of Energy. Healing may not be instant, but starting becomes worth it instantly.

#### **Path 6: The Path of Ultimate Discovery connecting the Soul with Awareness**

The Path of Ultimate Discovery is the path of unveiling your Soul in its full truth. It's not always pretty. Though I guarantee it will be beautiful. Meditation to a point of focus, and then quietly observing the Heart at its core this is how one observes the Soul.

The more you zoom in, the deeper you go into the essence of who you are.

#### **Path 7: The Path of Sunlight connecting Energy with Projection**

Sunlight is a prime example of a master projector. It always projects itself fully and with charm. And though obstacles may get in its way from time to time, it shines all the same, knowing that those obstacles are temporary while its shining is not, or at least occurs on a much larger timescale.

Energy needs to project itself, that's what it does. It shines. You cannot stop yourself from projecting, and I know that may be alarming, that you feel like you are oozing out all sorts of things you don't want to, and probably want to lock yourself away at the thought of it but... it's really not so bad. When you realize projection just happens you can work on your thoughts, which will change your feelings, which will change the quality of your projections and enable you to create on a larger scale.

Take example from the Sun. It never takes a moment off, and yet it never tires.

#### **Path 8: The Path of Space connecting Creation with Awareness**

All artists need space from which to create in. It should be a safe space. And it should reflect the feelings of the artist. It likely should be spacious, thus inviting more Creation.

#### **Path 9: The Path of Artistry connecting Creation with Projection**

Art is not simply creativity, it is the sharing of it. Some arts incorporate that into the medium, i.e. performance arts, but all arts are a performance. A painting is a performance simply by existing. A book

is a performance that can be paused at any time. A performance = a projection. Think of it like a movie projector, the film-real is the creativity, but without it being projected to be viewed by an audience, it is not art.

A creation that does not become a projection is not Art. It is fantasy.

#### **Path 10: The Path of the Warrior connecting the Soul with Projection**

Need something done? Channel the Path of the Warrior. The Warrior does not quit. He would sooner die. Find what aspects of yourself enable the Warrior to come out. He is immensely valuable and can stop endless meandering and get you right to the point.

#### **Path 11: The Path of the Mystic connecting the Soul with Creation**

Here we create our Personal Legend, as the Alchemist would say. We find clever ways to accomplish our goals. We invent inventions that allow us to rise above mountains. We think thoughts that enable us to overcome previous insurmountable feelings. The creation of the Mystic is aligned with the Soul. It asks the Soul, what do you need, and it gets right to work on exactly that – no substitutions.

Let your work be the Great Work.

#### **Path 12: The Path of Truth connecting Feeling with Projection**

Feeling is where project from. Even when we are projecting our creations and thoughts they are unavoidably, unless we are a robot, layered with feelings. This is great! This shows how we really feel. How we feel is the truth.

Again just because it's the truth doesn't mean it can't change, but we must accept the truth of our feelings in order to move forward. It's exciting isn't it?

#### **Path 13: The Path of Intention connecting Thought with Creation**

Thoughts are how we create our inner-world. Its how we create our subjective unreality, which can be agreed upon if expressed and made into an objective projection of Energy. UNTIL then, it's just creative, and as such is totally useful.

Creation is orchestrated by Thought. It is possible to create solely based off of feeling but it is rarer. By thinking of how things connect in a work of art, we build the channels from which our feelings may fill by projecting.

#### **Path 14: The Path of Dharma connecting Feeling with the Soul**

The Path of Dharma is knowing what the Soul actually is. Through Feeling I can feel which side of me needs Projection into the *real* world of Energy.

### **Path 15: The Path of Change connecting Thought with the Soul**

We can change our ideals. What our Soul is can change. We can add to remove and transform it, slowly, or quickly. By rearranging parts we can begin to get a clearer picture.

We ought to check in with our feelings while doing so. See how our feelings reflect our changes.

### **Path 16: Path of Affirmation connecting I am with the Soul**

This path connects the magic phrase, I am, with the Soul.

Be careful here, because the phrase I am is the ego phrase. It takes a thought or feeling and makes it yours. The Soul is the highest thought and feeling for you. It is what you are in an ideal sense.

By affirming who you are as your Soul, you through the process of Repatterning slowly wash away what is not you into what is you, your Soul.

### **Path 17: The Path of Yin and Yang connecting Thought with Feeling**

The path is called this because it is the path of black and white, and of how they dance. Thoughts influence feelings and feelings influence thoughts. You can't change your feelings, but you can change your thoughts. You can't change the world, but you can change yourself. The second phrase is metaphorically relevant.

Feelings are the objective – I know that's not the story you may have been told, but let's go with that story. Thoughts are the subjective. This makes sense because you cannot control what is objective, but you can control what is subjective. So, with this in mind, we can change our thoughts, which then will, I guarantee you, change your feelings. It is as simple as "shitty thoughts, shitty feelings; great thoughts, great feelings." How do you start thinking great thoughts? Oh come on now! You already know how (<- that's a great thought). You are capable (<- great thought). Thought's don't need to be true yesterday, they need to be true right now, and you are capable of being capable right now.

Here is a great test to see if this will work. Say to yourself "I'm going to change my thoughts which will change my feelings" and see what that feels like.

### **Path 18: The Path of Expression connecting Feeling with I am**

I feel. This is the truest most accurate thing you can say about yourself. 'I think' does not describe what you are as accurately as I feel. I think is building a model, I feel is coming straight from the source, so to speak.

Misrepresenting your feelings is one of the worst things you can do. It enables you to live a lie more than anything else. "I feel fine," fuck right off. How do you really feel? Start here.

### **Path 19: The Path of Repatterning connecting Thought with I am**

I am great.

You could deny it, but only for so long. Repetition is like the water that erodes the stone. Its swiftness is based on the frequency of repetition and the softness of the stone, which is the level of resistance to the idea. No matter what, eventually, the belief you hold can be repatterned. Soften the stone, and increase the repetition of the affirmation.

The goal is to feel the thought to be true. If your thought is I am great, then what you need to accomplish is the feeling of greatness, for that will echo out from you. So rather than brute force repetition, which will work eventually, you could also slyly conjure feelings of greatness (think of great heroes and heroines, mighty elemental forces, etc.) this will work much faster. Thought is your master's tool, there are infinite ways to use it.

### **Path 20: The Path of Accepting connecting Feeling with the Present**

Accepting your feelings is accepting who you are. This path requires a release of trying to think about your feelings. Just let them be what they are. We try to tell stories about our feelings to project them further than what they are, or less than what they are. They are exactly as they are right now, and they are perfect. When you realize this, it is blissful. There is an immaculate pleasure in knowing you will allow your feelings.

The key is to leave thought out of the picture. Your mind will create all sorts of ideas that branch off a feeling, but feelings, although they may lead to these thoughts are NOT these thoughts. They are the original feeling, which is based on whatever its based on. AGAIN, just because a thought comes from a feeling, doesn't mean that thought is associated or true because of that feeling. Reassess how that new thought *feels*, and leave the old feeling to whatever it was for.

It becomes easy once you *accept* your feelings.

### **Path 21: The Path of Mindfulness connecting Thought with the Present**

Thoughts are the most powerful tool you have access to. By not being mindful it is the equivalent of leaving a set of power tools on and running while you go get groceries, with a kid at home. This sounds like hyperbole, but it's accurate – unchecked thoughts ruin lives.

Checked thoughts, however, i.e. mindful thoughts can create paradise for you and everyone around you. A mindful thought is a conscious thought, it's a thought that is created intentionally. Most people think with intentions that are unconscious or semi-conscious, which starts with the unconscious supposition that their thoughts are out of their control. This very thought makes it so! Your thoughts are

in your control if you're mindful. If you're not mindful it's like an out of control hose in a cartoon, just spewing shit everywhere.

Be mindful, thoughts create reality. Mindful of thought, mindful of reality.

### **Path 22: The Path of Connecting connecting I am with the Present**

This path is all about grounding. It's the effortless realization that there is a moment, and you're in it. It can be very releasing. Most of our fears come from moments yet to be that don't exist, and never turn out exactly how we're imagining. Things are better than you could have possibly imagined.

When you say I am present that does not truly connect you – because it's a redundant statement – well duh you're present, you're never not, and it implies you might not be. The more accurate statement is I am aware that I am energetically present. This brings into alignment both hemispheres – the creative and the practical, aware and energy.

The tool that this equips you with is presence, and a deep grounding into who you really are. There is a deep charisma that comes from being unshakably yourself, and that begins here, in presence. It is in-between inhales and exhales that we can sense the present. Unmistakably here, right now.

#### Changelog:

V0.81, changed visual diagram of the tree to better reflect

V0.82, edited some descriptions of the tree

V0.83 Changed title to "Mystic Tree", gutted and rewrote entire sections, added Tarot associations

V0.84, edited Energy segment (removed passages that didn't feel one-hundo), edited The Unnamable segment (added tarot card as none, changed quote slightly to avoid confusion that The Unnamable is more like the Magi, thus favoring the Energy column – The Unnamable is both male and female and neither), Added a Step by Step to using the Mystic Tree to plan, changed the Order Tarot card to Strength, and added (Justice and Temperance) in parentheses, added a Table of Contents, slightly edited the wording of Order

V0.85 Made the Tarot card for Love: The Star, and the Tarot card for the Environment: the World (duh)

V0.86 Edited a bunch of stuff, changed Wisdom to Magnetism, and Power to Electricity better reflecting the female/masculine nature of the two main aspects of Consciousness and Energy. Also, Wisdom, I feel, is better reflected by Love, which is our main connection to the Unnamable.

V0.87 Edited Magnetism and Electricity, added "(Wisdom)" to Love. Re-added in parentheses "(Justice, Temperance)" to Order, reflecting that Order has all three of the virtues, including Strength, associated with it. Added "(Death, The Tower)" to Chaos, to reflect that Chaos, while being something that we need to surrender to as a possibility (as in the Hanged Man) is also Death (change) and the Tower (sudden change).

V0.88 HOLY MOLY, changed everything basically.

V0.89 Big changes again. Remade the spheres once more thanks to a reddit user comment.

(Now Unmanifest, and Manifest, and decided to change Passion to Practice)

Rewrote almost everything. Added pillars.

V0.9 Special thanks to reddit /u/satyadhamma for directing my mind to the concepts Manifest, Unmanifest and pranayama. Added an intro on breathing, and an "about."

V0.91 Added the three worlds, changing some glossary terms

V0.92 Changed almost everything again. Feel very confident in this new adaptation. Main change: Unmanifest and Manifest becomes Freedom and Conscious-Energy, thereby changing the structure of the tree beneath on either side, but leaving the centre column intact. Added Tarot symbolization, and Metaphors.

V0.93 Added the 21 paths in-between the 10 spheres.

V0.95 skipped a version because everything needed to be changed again and this might as well have been two versions.

V0.96 Changed everything again, this feels in concordance with what is true now.

V0.97 Changed the Present