

The Unbound Soul

Special Audiobook Companion Document

Richard L Haight

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www.richardlhaight.com

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Disclaimers:

1. Some names and identifying details have been changed to protect the privacy of individuals.
2. This book is not intended as a substitute for the medical or psychological advice of physicians/psychiatrists. The reader should regularly consult their healthcare provider in matters relating to physical or mental health and particularly with respect to any symptoms that may require diagnosis or medical attention.

Links

Chapter 11 — Frequencies of Mind and Consciousness

Human Magnetic Fields:

<https://engineering.dartmouth.edu/events/biomagnetism-magnetic-fields-produced-by-the-human-body>

Chapter 22 — Removing the Veil

Epigenetics:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4677138>

<https://www.nature.com/articles/s41598-018-29107-0>

Images



Richard Haight



Haight receiving the License of Full Mastery from Master Osaki, Shizen
Kanagawa, Japan , July 2012.



(Top — left to right) License of Full Mastery and Instructors License in Daito-ryu Aikijujutsu
(Mastership Scrolls — left to right) Daito-ryu Aikijujutsu, Yagyu Shinkage-ryu Hyoho, Shinkage-ryu Jojutsu, Seigo-ryu Battojutsu, Sotai-
ho (Master's License)



Front and Center, Osaki Shizen, Sensei Kanagawa, Japan, October 2017. Richard Haight is to Osaki Sensei's right.

Glossary

Abyss: the void; a state of no content, context, or the sense of time or self.

Content of the self: the accumulated meaning associations, feelings/emotions, memories, and thoughts which have become the definition and sense of who and what one is and which are the ultimate source of suffering; identifications.

Emotion: a strong feeling (such as love, anger, joy, hate, or fear); feelings.

Expectation: a belief that something will happen or is likely to happen.

Feeling: the undifferentiated background of one's awareness considered apart from any identifiable sensation, perception, or thought.

Feeling Association: an unconscious association with experiences and words which has impregnated into the sense of self at a very fundamental level; meaning associations.

Feelings: emotional states or reactions.

Identification: a largely unconscious process whereby an individual models thoughts, feelings, and actions after those attributed to an object that has been incorporated as a mental image.

Ignorance: described in this work as willfully focusing to exclusion in order to come to a conclusion.

Imagination: the ability to imagine things that are not real: the ability to form a picture in your mind of something that you have not seen or experienced.

Innocence: freedom from guilt or sin through being unacquainted with evil.

Insight: a direct understanding of the true nature of something.

Inspirience: any unconditioned experience; its roots are inspire and experience.

Isness: the most fundamental foundation of all that is. Formless yet throughout all form. Soul and Isness are interchangeable terms indicating the same thing.

Meaning Association: an unconscious association with experiences and words which has impregnated into the sense of self at a very fundamental level; feeling association.

Memory: the power or process of remembering what has been learned.

Persona: a mask that the individual has created over many lifetimes to protect the self and/or to gain a social advantage. Interchangeable with personality in this work.

Senses: the five natural powers (touch, taste, smell, sight, and hearing) through which most people receive information about the world around them.

Soul: the most fundamental foundation of all that is. Formless yet throughout all form. Soul and Isness are interchangeable terms indicating the same thing.

Spirit: the nonphysical self-image template of the individual life-form within the multiverse.

Thought: an idea, plan, opinion, picture, et cetera, that is formed in your mind: something that you think of.

The void: the abyss; a state of no content, context, or the sense of time or self.

Appendix

Mental Spectrum Classes:

8 - Emotion, Feelings, Will

9 - Thought, Imagination, Memory

Frequency Classes that Bridge Mind and Consciousness:

10 - Curiosity, Relaxation, Innocence

Harmonious Frequency Classes:

11 - Observation, Sharing, Compassion

12 - Silence, Acceptance, Appreciation

13+ - Unconditioned Love

Warrior's Meditation:

Eyes: Initially Open

Position: Initially seated

Duration: At least 15 minutes initially

Open the senses spherically, beginning with sight and continuing in steps through sound, smell, taste, and finally the feeling of the body. Relax as much as possible and gradually incorporate movement and other daily life challenges into this meditation.

Notes

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Contact

Here are some ways to connect with Richard Haight's teachings:

- Website: www.richardlhaight.com
- Free Video Lesson: www.richardlhaight.com
- YouTube: [Tools of Spiritual Awakening with Richard L Haight](https://www.youtube.com/watch?v=Tools of Spiritual Awakening with Richard L Haight)
- Facebook: www.facebook.com/richardlhaightauthor
- Email: contact@richardlhaight.com

Daily Meditation Training with Richard L Haight

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