

The 4 Disciplines Finding Your Royal Nature

Dhyan Vimal

An overview into the knowledge of Mastery

***Corrupt is the mind in regards to this word
for the pleasure seeking of the now
denies the well-being beyond time***

so behold the truth of this word discipline

***which is the action of the wise to seek
personal unfoldment for now and beyond time
thus, embrace this word discipline in kind
and may the result be a blessing
to all mankind***

***for you are the one, who is the kind that
will save all of mankind.***

The Foundation of the 4 Disciplines

Only when one understands the foundation of the 4 Disciplines, can one for the first time, move towards embracing it; if not the majesty that it brings to an individual is missed. These disciplines are not something new, but have been lost in translation and have been lost because the foundation and the entry to it, is missed. It has existed as far as I am concerned as a beautiful knowledge where the entry or the code that unlocks it, is missing. It has lost its functionality, and has travelled in the maze of philosophy, rituals and dogmas. Here I would like to put the foundation and the necessary understanding and insight that is needed for you to explore it, internalize it and to realise it as the key to reveal your true royal nature.

The way I use the word royal is simply to help to connect to the highest of you, and to create a path for you to reach that, and be that. Thus, before we go into it, we will explore the fundamental understanding that is needed.

The way I am using the word foundation is when you have found a new understanding, a new insight, and start to operate from that point.

The first thing to be understood is, change and growth happens in many different ways.

The first and most obvious to everyone is through effort, or the action of will. We know if we want our backyard garden to be beautiful, our effort is

needed. We have to work on the land and create how we choose to develop it. Our civilization, if observed has been put together with effort; all our technology, the very fibre of this culture is a by-product of effort.

The next is effort and cooperation. If you see an aircraft taking off, you will see all its effort when it is taxiing off on the runway, until the point of its nose lifts off the ground. The moment it takes off, you can realise that now its effort is with the cooperation of the elements like gravity, speed, the wind, and much more. This is effort with cooperation.

At this juncture, you will see that most effort is with cooperation. Your backyard garden is also your effort, but the seeds, the climate and the other elements are in cooperation for you to succeed in this.

Once you can grasp this, you will see also that the action of non-cooperation comes into play.

If you look at a sailboat, you will see that it harnesses the power of the wind and by resisting cooperation with it, it can move towards the direction it chooses. There is resistance and non-cooperation in this. Resistance is also something that can be understood. It is like a hand which is broken, it is kept in place and immobile, so that the resistance with the cast on the bone allows it to heal. This resistance requires effort. Thus all that we have discussed up to now are the different forms and depths of effort.

The next and the most important for the Disciplines is the understanding of effortless, or happening.

This is something that has eluded the world of science and mathematics. The word happening is not understood but we know about it. Things happen, we say... scientists are trying to express this with the quantum theory, but it is still at an infant stage to be totally expressed. Like love is something that happens, laughter ... authentic laughter is something that happens.

Thus, what I am trying to explore with you is that there are facts happening which are beyond effort, it is something that happens. Our effort might directly or indirectly contribute to it, but at the final analysis, it happens. Like this earth, no matter how hard we try to explain how it has come to be, with all the scientific knowledge, it appears more like a miraculous happening, an effortless achievement.

Why is this important to be explored and understood?

On a personal note, you see that the changer is the one who needs changing. When 'I' want to change something, the 'I' has to change first, and who is going to do these changes. We know outwardly if there is a change that needs to happen, like rearranging a room, I can go and do that. I can effect it. When the 'I' has to be changed, how do we approach it. Can the 'I' change itself?

This very question is explored, when you start to understand, on a personal level, that the way you are is why things are. When you come to see that the state in which you live, creates and contributes directly to how things are happening to us or the result that one experiences.

Of late, too many findings are showing that the world is the way it is because of how we are. The responsibility for all seems to come to us. The 4 Disciplines deal with this fact and provide the tools and the necessary understanding to be able to do this.

We must understand personal creation works on all these levels of effort and beyond effort. For something to happen, action is needed, an effort with the whole understanding has to come into play and the effortless has to happen. It's like this, I put effort to climb the hill, and upon reaching the peak of it, I observe the view, and the view does something to me beyond my effort. The effort is to climb the hill, to observe the view, but the result of the view, the effect is beyond me, and I like to call this happening.

Once you have some glimpse that you are the centre of your own universe, you are the centre of your life and reality, you will want to choose to find out how you can deal with you. How the effector can choose to be effected.

Only when you can see this fact, this paradox, would you really understand the depth of the 4 Disciplines and what it brings to you and your evolution. In an overview, you can see that all attempts at inward change are an impossibility because the changer has to change, and this can only be approached in the realm of happening. Thus, the study of the effortless is undertaken; the learning to grow effortlessly, learning to succeed effortlessly and to live effortlessly is something that must be mastered.

As we have discussed earlier, this effortless, or the happening can only be approached when we have mastered effort, action, action with cooperation and inaction.

The 4 Disciplines help to evolve you into all these areas naturally.

For the beginner, just 7 minutes a day is more than enough to participate in this marvellous and royal approach.

The Necessity for the Four Disciplines

All of us have reached a time and space where we can see our possibility and have to some extent seen that all of us deserve and have the right to rise to the best we can be and the best this life has to offer. In the ancient times, there was an acceptance that only a certain class of people could have the best, or some privilege, or blessed human beings will inherit the best this life has to offer. This idea has kept man buried in the mud of ignorance, and to never strive for anything more.

If at all there is an uprising, it is just catered to a better life, a better government, and a few incidents for the fight for equal rights. The possibility of the infinite seems to miss most of the masses and the acceptance that only a few lucky ones will have the right to claim that has killed the very desire to even move there.

In the East, particularly in India those who strive for more have always been entangled with religion and spirituality. And this is further tainted with the idea of renunciation, the idea of forsaking this world, living a life of deliberate isolation and so on.

Even though most of these people who attain to something beyond are clothed in this idea and ideology, it is not wrong. However, the popular idea is that only those who can renounce and give it all up are available to this.

Even then, this knowledge existed amongst different sects who kept it to themselves, and most often, they were the ruling class, or the royalty.

In this day and age, we can - conceive and even dream that all of us are equal what another can do and achieve is within our grasp too, unless we choose to isolate ourselves from being involved. The uprising of this consciousness is the first reason why this knowledge can be revealed to the world at large. More so in recent times, where the disappearance of borders and the colliding of cultures have opened more of this truth to everyone.

This world, which is so vast and used to be so distant from one place to another, has shrunk to a millisecond with the emergence of technology.

The world has become more one than ever. A new culture, a new world order is emerging, because nobody is isolated so their belief or ideology stands as the only ideology. Everything is being challenged and everything is being looked at afresh.

This new state also creates a new demand that is of self-reliance and self-invention. One cannot just follow anymore, like our fathers and grandfathers much of what they knew or did, was just to follow the past, and systems were so well-developed that new was not readily welcome. But now, it is up to us; thus, the demand is higher too but the skill is not necessarily there. The know how, how to invent and reinvent oneself is missing. The inner strength has to be found, and the 4 Disciplines are the key.

This is what I keep saying to the students, that with the Discipline, we are creating a new humanity, a new breed of people who are able to live in freedom and, at the same time, live in love as an actual reality.

To be in this world, totally to master it, but never to be deluded by it. To attain to the highest success but not to come to it at the expense of another. It's to live the principles of being Friends to mankind totally.

The Practices

The first thing to be understood is that if you have been initiated to this knowledge rightly, if you have grasped the fundamental, the practice is just a deep remembrance; how the order is brought to oneself. In the beginning, 7 minutes is asked for every session of the Discipline. There is no physical action but just an inner one.

There are a few areas to be aware of or to keep in mind before or during the practices.

The first is to cleanse oneself of all influence. The Discipline 1 does this, but this requires some effort of observation. If you watch, you will come to see that most of what you call as 'I' in you is a by-product of influence, it could be something that you moulded yourself during the formative years or this process continues daily. Whenever you are influenced, you will come to see that you are not operating from you; you are acting other than you, you move away from your natural unfolding nature and become something other than you.

This one simple fact takes you away from you and thus renders you weak and powerless. This point of

influence, even though is not all negative, has some positive input to your survival, such as if you are in a foreign land and if you can adapt with some of the local influences, it helps you to blend in and survive better. But the negative aspect is rather dangerous. Anything that makes you move away from you will inevitably hurt you, any movement has to be with a conscious choice and willingness.

That is why the 4 Disciplines are such a beauty-you are not to change or move in any given direction, you must choose consciously and deliberately what you want and how you choose to evolve with deep intelligence and contemplation. No one can be an authority over you and your unfoldment.

If you observe this discussion, it's an exercise in you being you and from that point to begin. Upon the completion of the Discipline 1 you will have this skill and ability to do so.

The next and the most important point is never to force, never to use violence on oneself in regards to the practices. Thus, the Discipline must unfold without self-torture or pain. One must learn to enter it naturally, and to find the natural way to enter is the key.

It is like if I ask you to sit down and relax, you must find the posture which is comfortable and relaxing, not a state in which the act of relaxing causes you more stress. Thus, every participant is asked to find his most natural and comfortable way of entering this Discipline. Remember, the Discipline is not physical in nature but something internal, and it is not much of an effort but a remembrance that causes an inner awakening.

The next is to find for yourself how it works and the results without comparing it with another. How one is, how one perceives and experiences the Disciplines are most often unique to one's self. Because the mind that we carry shapes and relates with experiences in its own way and own conditioning. Thus, you are on your own; no comparison is helpful or necessary.

And the final point to be understood about this practice is that it's an actual one. The word actual, the way I am using it is that it's not just a mental or imaginary practice but something real and grounded. Thus, using the body as a gauge is encouraged. Because this body that we carry is something real, it's subjected to the mind but it does operate beyond it, more with the brain than the mind. Thus, the body will reveal many things to you as you practise this Discipline.

The changes that you will experience would be body-mind, the body will experience the changes and these changes can be felt and easily recognised. With this, the quality of your whole being changes and the new starts to emerge.

The example is like after winter and spring when you see the leaves start to sprout on the barren trees. This would be the experience with the renewal of the body to a new reality.

As this settles, the body becomes the practice, just by being with the body, just the awareness of the body becomes the practice. This takes a little while, until the body has entered the Discipline, then just the awareness of the body becomes the technique, the practice.

You would realise very quickly that the practice is nothing alien from you, it is an alignment back to you. Many people who practise realise that without the Discipline, they are not aligned to themselves and are beginning to fall into disorder.

The practice of this Discipline is you coming back to you, being grounded in you, and falling in total alignment to yourself and your evolution. This is achieved by just learning the Discipline 1, and you will see that you are on track. An inner order prevails, and this order is the first key to growth.

Many people fail to grow simply because they fail to find their inner order. In the absence of inner order, any effort of growth is totally useless, and can be dangerous.

The Growth

It has been a rather unique experience to watch the growth of the practitioners of this Discipline. One fact can be said with certainty—a personal healing takes place. This healing is not of the body but many symptoms start to disappear, a healing in the state of self. You will notice you would be more grounded in life, a deep affirmation to live happens. The state of feeling defeated that is experienced by the stress of living starts to vanish without a trace. A reaffirmation to life and a zest for living happens, a new energy starts to envelope one's being. This energy, even though in the beginning is a state of euphoria, would be very quickly recognised as a creative energy which when used will translate as personal creation. This personal creation will translate as a personal reality.

The more this energy is entered and collected, the

more you are able to create your own reality. This ability to create your own personal reality starts with the Discipline 1 to Discipline 2 and by the Discipline 3, turns to personal transformation without effort. This same energy when it is not spent outwardly, starts to work within and an uncaused growth and transformation starts to happen. Effortless transformation starts day by day.

The state of the brain starts to become more vital and one's intelligence and depth of understanding and perception blooms. When I went through this, it was a rather unbelievable truth that I had to face. That which I was struggling to understand and penetrate became so easy and effortless. Whatever that is seen, I perceived totally and a clarity that is unknown started to emerge.

Ideas and personal vision reaches their peak. The one thing that can be said is the brain becomes totally alive and with this, intelligence starts to operate on it.

Another factor that is worth exploring is your sense of 'I', which is made up of all past experiences, conclusions, and lives with the support of this energy called creation. In the beginning, this sense of 'I' is bigger than this energy, but as one enters this deeply, one starts to recognise that the 'I' is nothing but this energy formed and trapped by this form.

This starts to break away and one starts to see oneself as energy, and a pure energy that takes a form from time to time, and then dissolves back to non-form.

In the Final Discipline, one explores the merging of oneself-one's energy with the universal flow. The dissolving of the personal energy with the universal is achieved without effort and all this is a reality when the brain is in order and is totally alive. The state of the brain being alive is a state where thoughts are inactive or non-possessive of the brain and the brain is freed from its conditioning.

What is to be understood is that this is not the goal of the 4 Disciplines nor is it in anyway to ask you to move towards this. But it is to show the possibility and it's up to the individual to commit or pursue it. No formal training is given. But most facilitators or trainers of this Discipline seem to be people who are working on this aspect of themselves.

The growth that this programme tries to bring is that you have the ability to be grounded to yourself and master the ability to shape personal realities and to move away from living unconsciously.

It is to help create a more able and conscious humanity, which will work not only to live a fulfilled life but also to fulfill the possibility of humanity at large.

One of the basic facts that is shared is to reshape how we define this word 'success' and to create a success in which the whole succeeds through it too. What this means is to let your success be the success of humanity at large. To support living and self-expression. To affirm individual existence, the uniqueness of each, and to find a ground in which we can attain to living together with care, love and peace, globally.

The Discipline

In the year 2000, while in discussion with one of my students of this Discipline named Ganeson, this word 'discipline' came about. He used it, and up to that point, I never saw it that way, I was more interested in the understanding and the practise of it. He brought about this word discipline and said that this knowledge or truth is a discipline that he was living and struggling with. He said the moment he enters the Discipline, in just a few minutes, he sees the change and a new state starts to arise in him. He continued to say that it requires a state of personal discipline.

From then on, this word discipline is used and we understood that the word discipline has a deeper meaning, which states that anyone who is a disciple of learning is in the Discipline. Thus, this knowledge is something you must commit to learn and the word discipline is what I feel perfectly describes this understanding.

After understanding the Disciplines, one undertakes a period of learning the Disciplines and how it applies to oneself and how best one can use it.

When I stumbled upon it, I was about 6 years old and I did not know what it was then. It was just something I enjoyed doing, and most often in secrecy because it was not something my family understood or approved of. Whenever I was caught sitting alone, I was punished and then they worried whether something was wrong with me, because no one else was behaving the same way.

With much difficulty and risk, I continued without knowing why, and as time passed, it became how I was, the Discipline started to go deep, and the pull to be in it was so strong, that I didn't focus on anything else. Much happened; much joy, much love, much clarity came undemanded.

In my teens, I started to be deeply involved in martial arts, and found a very loving master who till today, is one of the most beloved men that I have met. With him, even though I didn't tell him about this Discipline, he gave me the platform to act out this Discipline. This Discipline more than an inward thing had an outward expression. The capacity to learn and express this learning became so much, and at this point I realised that this Discipline is a Discipline for anyone who chose to act and become a performer.

I have had many students of this Discipline who have applied this in their corporate career and reached to their peak, athletes who will swear by this, and others almost all aspects of living. One of the first students whom I taught this to, applied it at work. He came in 1996 and in a short 6 months, he went from nowhere to become the number one sales person in his organisation, nationwide and remained number one for many years to come.

The understanding that I am trying to transfer to you is that the first two Disciplines are Disciplines for living, performance and achievement. Success is not something arduous anymore but a natural state of the one who has embodied these first 2 Disciplines.

Coming back to my journey, until I reached the age of 23, I didn't know that I was practising something or was in a Discipline, until I stumbled upon a master's tape. Strangely, this tape was passed to me by someone who became a dear friend, named Kranti, who is a disciple of the enlightened master Osho.

When I started exploring his talks, books and meditation, it started becoming clear that what I was doing and experiencing is what this master was describing, but in their expression, it's more directed to meditation and the search for enlightenment.

This started a period in which my house became a library in which I was learning from J.Krishnamurthi to Gurdjieff and the rest of them. Again and again I found this Discipline the key to what they were trying to say and share, but most often, it is limited to meditation and enlightenment.

I was not concerned about meditation or enlightenment at that time, but was just looking for a way to reach the peak of humanity. I have often said to many people that I meet that I was not searching for enlightenment but was trying to just perfect this Discipline within me.

In 1995, after listening to a talk by Osho a few weeks later the quest ended effortlessly. Ever since then, the 4 Disciplines are not a practice but a truth I live by, or it's me, so to say.

Then the teaching period started. I was already teaching since 1988 and I started to share this path and the first thing that I observed is that it's the missing link in all self-help approaches. This is the key for everything, from being in a relationship to becoming a millionaire-in all endeavours.

I started to realise that everybody that reached the peak of their life seemed to have mastery over that which they were pursuing. The word mastery was born for me. And only when there is mastery in anything can one reach the peak of it or bring it to the peak. It's like a salesman who has to have mastery over his job and what he does; only then the best result can be brought. This word master is used for any one choosing to master something or other. Like a businessman must master the art of doing business to succeed in it.

To my surprise, I realised the first two Disciplines are the Disciplines towards mastery, both outward and inward. It's like meditation; anyone who chooses to meditate is learning to master himself, the ego, the mind and only in the mastery of it will he reach the result that he is looking for. The methods of mastering are many, here I totally believe that the first two Disciplines are the real key for you to reach it easily and faster. And the beauty of it is, it does not require you to change anything or disturb any of your social and religious beliefs. It takes you as you are, to where you can really be.

The other two Disciplines seem to come in when one is totally quenched with living and wants to move beyond. Thus it functions solely as an inner transformation tool. This inner transformation does affect the outward, but by the time you reach this point, the outward does not bother you that much and it's usually something that is perfected.

The Discipline can be simplified by dividing it into two aspects, that is to deal with the within to perfect the without. It is getting you right to be able to perform totally and achieve personal goals.

The next is to use the outside to transform the within. It's using the world as a platform to find the within and to attain personal transcendence.

There is another state that I call the whole experience where the outside helps the within and the within helps the outside, this is learned in Discipline 3.

What has to be remembered is, it is up to you and your readiness to explore how you choose to apply this Discipline. As far as I am concerned, I am neither for this outward or inward. I am just for you to live this life totally and dissolve and disappear in love and ecstasy.

An Introduction to the 4 Disciplines

In order to explore the 4 Disciplines, there are two aspects that have to be looked into. The first is the knowledge and the understanding, and the next is the exercise. One is not complete without the other. The knowledge is the application of the Discipline and the exercises are the application of the knowledge.

Upon the completion of the initiation into this Discipline, the whole thing is just as simple as taking a deep breath and entering it.

The Discipline 1

The Discipline 1 deals with you becoming centred and restoring your own power back to you. What has to be understood is that most people use less than 10 to 15 percent of the power that they have; and these are the people who excel in life and living. There are many reasons why this has come to be, and one of it is the conditioning and the constant experience of powerlessness that one has undergone.

The ability to act and the ability to respond to life only arises when one can see that one has the power and has the freedom to exercise it.

In Discipline 1, you will relearn how to restore your power and find and transcend all that takes your power away. In this subject you will study and pay attention to the element of influences that you undergo.

One of the areas that you will explore is the study of belief structures and how you have accepted much without conscious choice, and are operating from it. What has to be understood is that even a single belief, if it's accepted without your conscious choice, is an enslavement. The belief works on you, not that you work and use the beliefs.

A belief are not a problem but a powerful element in human consciousness; but when it is not installed consciously, it becomes that which traps oneself.

The next thing is to penetrate and understand the

energy and the vibration that one carries. You will learn that this vibration when entered and understood has a powerful effect on oneself and that which one attracts to oneself.

The Discipline 1 awakens this basic ability and restores, but at this point, a bit of effort is needed. The recommended time for entering the Discipline is not more than 7 minutes in the beginning. Just 7 minutes is enough to enable the whole process to start flowering.

In this session, the participants are asked to take one subject and use it as the initial experiment and exploration of this knowledge. This knowledge and exercise can be done mentally, but has to be done with a real situation.

Many students explore financial states, relationships and so on. As they see the result, they begin to understand the depth and the marvellousness of this truth.

But one of the hardest things to accept is how easy and simple it is; one will struggle to realise how simple it is to restore order and power into oneself.

The Discipline 2

The Discipline 2 is what I call the law of magic, or the quantum law. It's like this-when you flick the light switch in your house the light comes on, we all have accepted it as the norm. But really think about it, to someone who doesn't know the workings of electricity and the whole power system behind it, it will appear magical, and very mysterious.

The Discipline 2 in the beginning feels like this.

It is a method to enter your pure power and energy and how to channel it to that which you choose to manifest. At this point, logic will start to fail, because we have not reached the point to explain it. It is like a thousand years ago, when human beings did not know the function of the kidney, the liver and the heart, it did not mean that they do not work or after knowing it, they start to work differently

The same way with the Discipline, it's a hard subject to explain, but once entered, you will know for yourself the mystery and grandness. All that I can say for now is that it works in a state of oneness. That we are all not separated, but in unison, what changes you bring effect the whole at large and what affects the whole affects you too.

Scientists are now able to see some relationship between a butterfly flapping its wings in the Amazon and how it is related to a tornado in Japan.

You will be able to know the effect and the effector and learn in the beginning to manage it and in managing it, learn to master it.

Another important subject that it covers is the ability to dissolve this state of 'I' and re-establish a new 'I' at will. At this point, you will realise that the 'I' is just a reference point for some creation to be experienced, and the practitioners learn to manage this state of self and, at the same time, manage realities and events.

The evolution of this second Discipline starts in the beginning by managing oneself-one's mind, one's mood, one's state of self. The next is the ability to manage personal realities. Like rich, poor and so on.

The third is about managing events, and direction in one's life, the ability to work on personal visions and so on.

The Discipline 3

This Discipline is the Discipline of transformation. It's the Discipline of transcendence. It works on deep rooted beliefs and penetrates the core of one's being. This Discipline in the past, in the East, has been known as *tavas*.

This is when your effort has ended and something more has to happen. This Discipline is to enter that which is beyond you. That which is impossible by yourself. This is where the law of happening is entered.

This is where the ultimate breakthroughs are expected and worked on.

The final Discipline

The Discipline 4

This is called, The Entering or Turiya in the past.

This is totally effortless.

If the first 3 Disciplines are perfected, the 4th happens on its own.

There is no training as such for this, but many retreats are provided for you to explore this state.

The Royal Way

For a long time, I was asked again and again, what is the approach of these 4 Disciplines-what is the way, the temperament? And the only way that I can describe it is that it is a royal approach. I choose this word because it includes all that is wonderful, dignified and a sense of beyond. It is like you are on the earth but are beyond it; nothing touches you, but your glory and beauty shine forth.

As you move into this Discipline you will see that it does not exclude anything-it's to live totally and completely, to fulfill the entire promise of being a human in this marvellous existence. It does not ask you to give up anything but to raise everything to the highest of its possibility.

If you watch and observe your surroundings, you can see for yourself that everything has a lower and higher expression. Like a house is just a place to stay, but it can also evolve to a home, a place of heart. Like relationships, it can just be something physical or sexual or something utilitarian, but if the Discipline is there, it can evolve to be a love affair that defies beliefs. It can be a heaven on earth. I am not saying deny the lower, but enter the lower and have the capacity to rise to the higher.

The art of the 4 Disciplines is to help you to raise anything to the higher. And why is it the royal way? Because it brings everything to its highest dignity, without violence, without suppression, without denial, without hurting oneself; but to participate with the natural process of going from where one is, to where one can be.

The word royal and the meaning behind it has always been associated with anyone who has reached the peak of humanity, and this peak of humanity is the crowning. In the Eastern study of meditation, it has long been recognised as the 7 evolutions of man, with the chakras. That is to start from the base, *muladhara*, which is the sex centre to the *sahasara*, which is the crown centre. This crown centre is the key, which is your own crowning, which is your royal nature.

The participation in the 4 Disciplines is the effort and the path to find one's own crowning, and to be crowned. Thus, the royal way is to have the temperament, the approach and the movement towards this crowning.

If you have explored the ancient history of the kings, you will come to see many clues that show they all lived this Discipline-they raised their children and the future kings and queens in this Discipline. The whole way the culture evolved is based on this approach and this truth.

The deeper you move into this Discipline, the more you embody it, you will see your own dignity, your own glory, which will shine and the only word that I feel can be associated with it is royal. I have been with many masters and have studied about many past masters and all that I have felt in them was that they are beyond this basic, and a deep reverence comes to me when I am with them,. At that time I did not understand until I came to it myself and saw the real nature of it. It's almost something beyond, something that the lower can't touch, something so liberating, you feel transcended.

The whole thing begins with the observation of the basic and to see where it can go towards. It is to see you and know what more you can be and to participate with it, without personal violence but with a deep cooperation, which are the 4 Disciplines.

Another reason why I call it the royal way is that it is the way to remain you, that is what you really are, that is your destination, that is the methodology. I would like this reminder to go so deep that it transcends you.