

Buddha Speaks

Channeled Conversations with the Master

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Book Concept

Buddha Speaks, Channeled Conversations with the Master

This book consists of 36 chapters channeled with the Buddha. It offers highly relevant and astonishing advice for modern times, on a wide range of issues including trust, anger, sexuality, diet, and how to stimulate positive change in the world. He touches on common sense solutions for how to deal with pain, illness; and how to see through our own reactions in everyday life.

In this channeled book, the Buddha's words are strikingly clear, intimate, and contemporary. They offer a refreshing perspective for everyone, regardless of religious faith or cultural beliefs. The Buddha was a powerful advocate for harmony and peace who altered the course of history. But unfortunately everything we know about him is hearsay, based on complex translations and re-interpretations. How deeply rewarding it feels to hear directly from the Master himself!

A few of the chapters:

- How to turn powerful emotions into positive good.
- Reaching out in the world, Buddhism in action
- Sex and celibacy on a Buddhist path
- The cause of stress, and how to remove it.
- Ice cream meditation. How to dissolve any desire.

How the Book Began

A few weeks after my visit to Buddha's birthplace in Lumbini, Nepal, I received instructions from my guides to write a channeled book by the Buddha. My first reaction was that it would be utterly impossible. However they reassured me that I could do it and encouraged me to try.

Every day for three months I went into trance and asked the Buddha to come into me to tell me what to write. Using a dictation app, I began to speak. The first channeling sessions were quite disorganized, wandering from topic to topic - relevant, but completely unstructured. I asked him to choose subjects most helpful for modern readers. Every day he began to give me a chapter topic and the main points. I was always surprised at the topics. Sometimes I would receive two or three topics a day, inviting me to think about them before we put them down. Soon we were recording a chapter every other day. He sometimes asked me to make revisions. Although many of his points will surprise modern Buddhist practitioners, he approved every chapter, every sentence, and every word.

Fortunately, my life in Asia is very quiet. The mountains are alive. The forest trees are my friends. The water and air are pristine and pleasant. This gives me encouragement. Every morning in my meditation, the Buddha would give me the topics and guidelines for the day, and I would begin to work. After he approved the main points, I would go into trance, invite him into my body and speak into a dictation app. Occasionally he did not agree with a word choice or phrase, so I would offer alternatives until he approved the exact meaning. Sometimes he accepted my words, and sometimes he changed everything. I polished each chapter until he approved it. That is how we worked. When all 36 chapters were finished, he told me the book was complete.

List of Chapters

Buddha Speaks, Channeled Conversations with the Master

Part One – Not a Religion, Buddhism Is the Laws of Nature

- Chapter 1. About My Life
- Chapter 2. My Five Auspicious Dreams and Their Meaning
- Chapter 3. The Four Noble Truths
- Chapter 4. The Middle Path of Avoiding Extremes
- Chapter 5. The Eightfold Path in a Nutshell
- Chapter 6. Dependent Co-Arising, the Web of Cause and Effect
- Chapter 7. Build Your ABC Root System for a Transformational Life
- Chapter 8. Ten Lower Habits to Dissolve
- Chapter 9. Heart Opening to Loving Kindness Meditation
- Chapter 10. Come as You Are, Here and Now
- Chapter 11. Crossing the Ocean of Samsara
- Chapter 12. Will Buddhism Make You Rich?

Part Two – Embracing the Messiness of Life

- Chapter 13. What Do You Value Most?
- Chapter 14. Ice Cream Meditation
- Chapter 15. Rebirth Is a Fact of Life
- Chapter 16. A Monk's Diet and Daily Habits
- Chapter 17. Sex and Celibacy in the Buddhist Path
- Chapter 18. Be an Island in an Ocean of Extremes
- Chapter 19. Plenty of Reasons to be Angry
- Chapter 20. Meditation to Dissolve Anger
- Chapter 21. Emptiness—Nothing, Something, Everything
- Chapter 22. Emptiness Meditation
- Chapter 23. To Heal the Body, Heal the Mind
- Chapter 24. Alternate Nostril Breathing to Calm the Mind

Part Three – You Are Your Own Teacher

Chapter 25. What Can You Trust?

Chapter 26. Reaching Out, Buddhism in Action

Chapter 27. Use the Power of Emotions for Your Growth

Chapter 28. How to Transform Suffering into Happiness

Chapter 29. Meditation for Releasing Grief

Chapter 30. Think You Know? How False Concepts Block You

Chapter 31. Finding Your Highest Path

Chapter 32. Train Your Mind to Conquer Distraction

Chapter 33. Breath, Chakras, and the Spiritual Body

Chapter 34. Harness the Power of Words

Chapter 35. An Ignorant Mind Kills the Heart

Chapter 36. Choose Your Own Fate or Be Controlled by Others



Sample Chapter

Buddha Speaks, Channeled Conversations with the Master

Sex and Celibacy on the Buddhist Path

Those who focus on balancing

Pure and impure in the body and senses,

Who are faithful and hardworking,

Can never be overwhelmed by illusion,

Like stormy winds can never move

A mountain of rock.

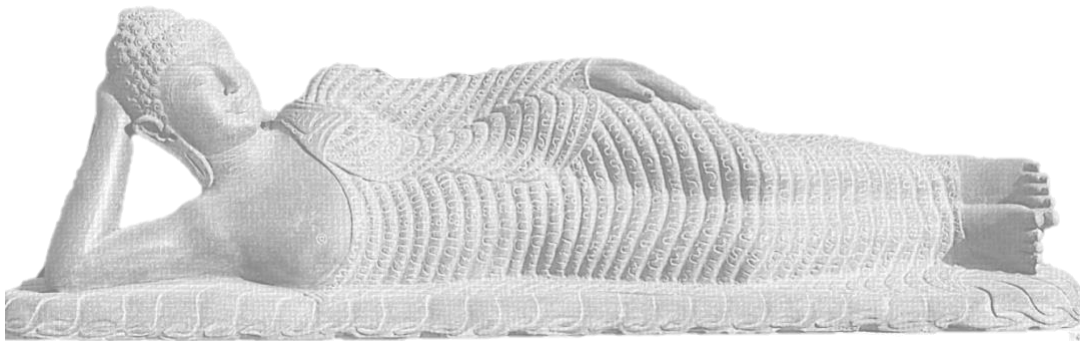
Pali Canon, Khuddaka Nikaya, Dhammapada # 8

I don't have to tell you that sexuality is one of the most powerful energies that we experience in our earthly lives. Sexuality has threads that extend into all dimensions and layers of the body, mind, and spirit. And it is an area of great confusion for humans. There are many approaches to it, and various lineages and practices deal with sex in different ways. In my schools, we had very strict rules for the monks about associating with females, and about regulating their feelings of sexual desire. Any infraction was deemed necessary to confess to the proper authority, and this was somewhat effective to keep the monks from distraction.

Strict Rules of Sexual Conduct

Sex is not a good thing for monks in training. As you know, in the different stages of life, sexuality can be quite distracting. The training endeavors to focus the life force in a very different direction, towards an enlightened goal of personal freedom. Think about it like this: Water is a powerful universal element that can nourish and cleanse. Water naturally flows down.

All rivers flow in a downward direction toward the ocean. Water circulates, seeps, flows, and gets into everything, and so does sexuality. However in spiritual training, we are diverting the river to go upward! Yes, in the opposite direction, against all those rising teenage hormonal tendencies. And this takes a great deal of focused energy. Think about it. To reverse the direction of the flow of the river or life force, requires total concentration of the body, mind, and spirit. Altering its direction upward toward spiritual freedom changes a person's destiny, in which they are no longer subject to Samsara, the usual timeline of repeated lives. This is why celibacy was a strict rule for the monks. I required them to be celibate, and I set the example.



Your human life is a result of sexual activity. Your existence represents an intimate link in a long chain of lives, destinies, actions, reactions, memories, and Karma going back countless generations. Sexuality between people creates deep bonding, threads of connection, responsibilities, and especially it creates children. Engaging in sex is a bit like stepping into a messy cesspool that sets in motion chains of sticky relationships and human Karma that accumulates over time. To engage in pure sexual activity without bringing along the web of world confusion requires the very highest level of skill and Buddhist clarity. This is another reason we required celibacy for those choosing a spiritual path.

Higher Consciousness and Sexuality

For an advanced spiritual practitioner, however, at a certain point sex is no longer a distraction. It can be an energetic benefit if done with great respect and awareness. The pure practice of integrating your physical body, energy body, and emotions on a higher plane, and being one hundred percent present in the moment with a beloved who is doing the same, can be so illuminating and arousing on every level of being that it can lift your spirit into another level of functioning in human existence. Sex is designed to serve your evolution, to integrate higher wisdom within the whole being.

Most humans living in your time are in kindergarten with regard to sex. Like children playing with matches, you do not imagine its potential to serve your spiritual evolution. The true power of sex is so magnificent that it can free and unify the body, mind, and spirit on a very high level. When engaged with a high level of consciousness, sex can smooth out the rough areas, clear the nooks and crannies, and release deep tensions that have been held for eons. Conscious sex can enliven the body-mind-spirit in such a way that it vitalizes the meridians, nadis, the energy channels and points in the body, to benefit your life. It will definitely help if you can keep your body in the best condition, your thoughts clean, and your focus clear and harmonious.

To cultivate the power of sex for spiritual growth has nothing to do with your sexual position, how many times you orgasm, whether you ejaculate or not. It has only to do with your integrated focus and union with the Oneness, and being present in the moment, just like every other activity you engage in. Take it easy and practice at your own pace, if you so desire.

Celibacy in My Life

I was celibate for long periods of time in my life. I was married at the age of sixteen and enjoyed sexual relations with my wife until I left home at twenty-nine. I remained celibate for

many years. After my enlightenment, I was celibate for another eight years. Later on, I had three partners with whom I shared sexual relations. They were not nuns in the order, but very advanced practitioners and close female friends with whom I chose to have a sharing on a very high level. I was discreet, and my caretaker Ananda knew about it. He was my trusted confidant. These three sexual liaisons served my highest path and lasted until I was about sixty years old.



In teaching the monks, I tried to shield them from the obvious distractions of physical sex in order to allow them to open new neural pathways to the divine. This is a very important part of the path, and that is why celibacy in the monks was absolutely required. In my personal experience, I did explore that gray area of sexual joy and cosmic joy with another person. This is a very advanced practice that is mostly unknown in your time, so I caution you against pursuing sex as a spiritual path. My experiences were divinely inspired with highly evolved practitioner partners. They involved mental focus, visualization, and deep sharing without penetration or ejaculation.

I am not saying that sex is acceptable for advanced Buddhist practitioners. I am not suggesting that you have multiple sexual partners. Not at all. Every spiritual lineage has its own correct way of dealing with sexual energy. There are different stages to your physical and spiritual development, and every person's path is unique. Therefore, you must find the lineage and approach to sex that is most beneficial for you and those close to you.

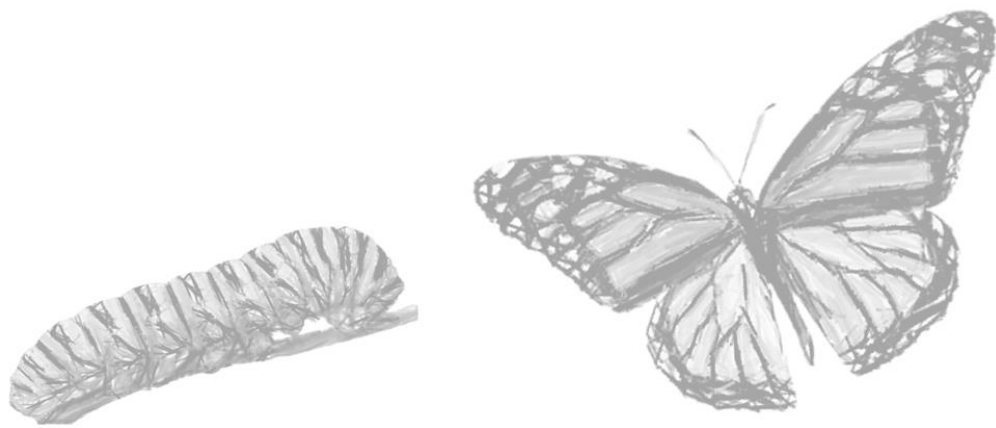
Loving Kindness and Integrity

Many spiritual leaders have claimed to be celibate but were engaging in sex with their students in secret. This shameful, two-faced cover-up does a terrible disservice to the teacher's spiritual integrity and to the well-being of any organization that believes him to be celibate. All actions rooted in selfish desire and arrogance inevitably leave a mark in the universal memory and have a negative result.

One reason sex is viewed with such great suspicion is because it is a strong desire, a powerful force of attraction, and people tend to overstep the bounds of integrity. So we have traditions here in India where there are very strict rules about sex, and you have Victorian morality in the West. There are many beliefs about limiting sexual activities, and this is sometimes helpful for people in kindergarten. However, it also creates great confusion. Perhaps as your society moves through the calendar of the eons, humans will learn to better cultivate and use the power of their sexuality.

So, for practical considerations, I encourage you to enjoy sex with great care and integrity. Just try to focus on sharing, touching, and on being totally present in the moment with your partner, giving and receiving pleasure. The body was built to enjoy. It may surprise you to know that the orgasm is not limited to the sexual organs. You can have an orgasm in any internal

organ, and in the cells of your body. An orgasm is just a vortex of utter joy, and the whole body is conscious. If you weren't so wrapped up in distractions and things you've been told about sex, you might have experienced that already. You can do it this very moment. Just close your eyes and bring joy into your body with your breath. You can experience some kind of an orgasm relatively quickly in few minutes, with or without a partner. But this is not widely practiced. Most people focus on the sexual organs, and that is fine.



Cosmic Joy in Body, Mind, and Spirit

The highest experience of joy in your world is a complete and total union and harmony in body, mind, and spirit. How can it be otherwise? You can experience great joy in many ways. You can feel joy when someone you truly respect recognizes you and pays you an honest compliment. You can experience great joy in tasting delicious food prepared with love. You feel it going into your every cell to nourish you and bring joy. When you are on a path to freedom, you naturally seek those sweet spots of happy harmony. Where do you feel this joy? You feel it in your heart, you feel it in your body, your mind, and your organs. It is a penetrating joy that spreads and touches everything in your past, present, future, and your true destiny.

We search for sources of joy in our environment. We look for places where we have previously experienced joy in order to feel it again. We find joy in relationships, in music, in water, in food, in beauty and truth. In the deepest sense, this is simply a desire for wholeness and unity with the source. The source of all is the oneness, the root and the infinite power of unity. This is why people pursue a spiritual life.

It is natural to desire to feel great joy in the body. You want to experience integrated joy that permeates every part of you. That includes the mind, the spirit, and the body. As I have said, every part of the body, mind, and spirit can experience so much joy that it is a kind of orgasm. Like a vibration, an explosion, it feels like a release and a confirmation on all levels. The body is designed to procreate with joy. Some people experience the greatest joy in their lives in that sexual act. And this is wonderful. But what if you could experience that joy, that ecstatic union of oneness in body, mind, and spirit, without exchanging fluids with another person?

Yes, you can find it through different visualizations and by focusing the mind, because the mind is the source of all. In your exploration of joy in the body, I encourage you to find the highest ways to unify your very being on all levels. How much joy can you stand? Will you explode? Will you die? To find your highest truth, you must be willing to face dissolution and death. These are the existential questions that I had to answer in my deepest meditation before enlightenment to discover the keys to freedom that I give you in this book.

I say with a smile that there's a long line of thousands of unborn children up there in the cosmos waiting and looking for a joyful sexual union that is respectful and clean, with a beautiful orgasm, so they can slip into an earthly life with you. Sex can be a portal for creating a new life, and this can be a wonderful thing. Use sex as an opportunity to practice higher awareness and unity with the oneness from which you came. Abandon yourself to the pleasure.

Make love with kindness and integrity. As you discover the joy of sharing sex and being one hundred percent in the moment with your beloved, please be mindful. Do it with great consciousness.

Promiscuous sex is to be avoided. That's also because it takes time and patience to develop an intimate understanding of another's body and inner special qualities to really be present in the moment with a beloved. Promiscuity tends to be superficial sex. And at all times, keep in mind that any sexual act that is selfish or doesn't hold the other partner in safety and respect is just another ego-centric, inconsiderate, and self-centered act that will bring a result that you won't like. Remember, every action is recorded in the universe. It exists in perpetuity and never fades away. So, use your sexual energy wisely for the benefit of all sentient beings.

The purpose of any higher practice is to "upgrade" a human being, essentially to break the almost inevitable fate of Samsara, or to repeat lifetime after lifetime of suffering. The discipline to limit sexual activity effectively closes-off a part of the natural destiny to procreate, which re-directs the body liquids and energies in a different direction. This serves the overarching goal of my teachings. Buddhism offers a practical pathway to lift people out of the biological heritage they are born into, in order to embody the flowering of something almost superhuman, to realize higher evolution.

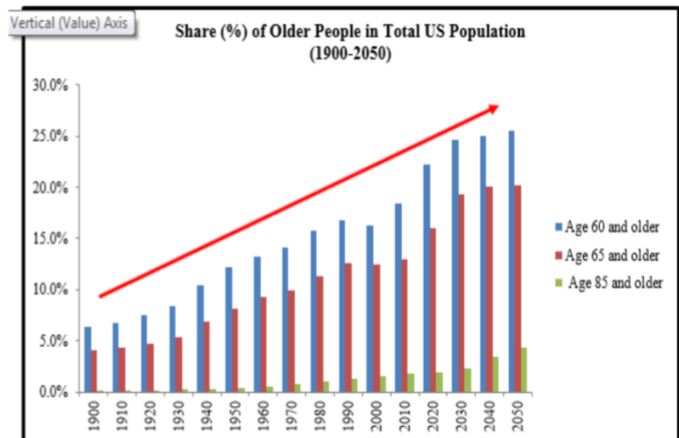
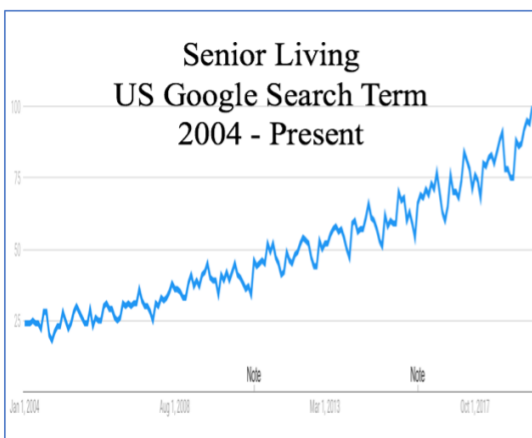
I invite you to pursue that ultimate, overwhelming experience of joy in every part of your life and every step of your path toward freedom. Pure infinite joy is your guide, as it balances and nourishes your body, mind, and spirit in all dimensions of time and space. And in your path, I wish you well.

Target Market: Buddha Speaks, Channeled Conversations

The target market is:

1. All human beings who have hearts.
2. Anyone wishing to reduce stress and be happy.
3. People with an interest in meditation
4. 47 million US baby boomers and seniors, a demographic group that will soon double.
5. People of all ages interested in spiritual awakening.
6. Anyone concerned about social change with integrity.
7. Buddhists of every level interested in hearing directly from the master.
8. Homes for the elderly, Hospice organizations.
9. New age book stores.
10. Fans of my other books.

Google Search Trends is a reliable indicator of increasing interest over time. It shows a stable and rapidly growing USA market for the following subjects. Log into google and see this link: <https://trends.google.com/trends/explore?>



Marketing: Buddha Speak, Channeled Conversations

I will market this book through social networking, on my websites, spiritual magazines, and through our Buddhist teaching events. This book will be a textbook for my workshops “Channeling the Masters”. I will promote the book to people that attend my husband Lama D’s Mindfulness Buddhism Lecture Tours at Buddhist centers, and through our network of followers.

1. Social Networking articles and campaigns

- [YouTube Channel: Sri Jana](#)
- <https://www.facebook.com/whitetigerbhutan/>
- <https://www.facebook.com/fiveseasonsmedicine/>
- <https://www.facebook.com/srijana1080>
- <https://www.facebook.com/lamadpowerdharma/>

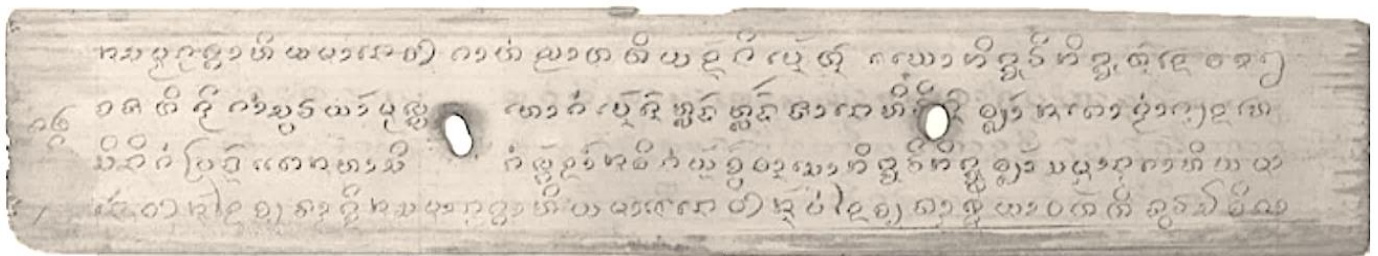
2. Web articles and online book sales

- www.FiveSeasonsMedicine.com
- www.BuddhaSpeaks.com – coming soon
- www.WhiteTigerBhutan.com
- www.PowerDharma.com

3. I will publish articles and buy ad space in top Buddhist and Spiritual magazines.

- Tricycle Magazine | The Buddhist Review,
- Lion's Roar Magazine
- Buddha Weekly Online Magazine
- Buddhism Now Magazine
- Mountain Record Magazine
- Yoga Journal
- Elephant Journal
- Ascent Magazine
- LA Yoga
- Clarity Magazine
- Integral Yoga Magazine
- <http://newagebook.com/new-age-book-promotions/>

4. Buddhist Fundraising events and Buddhist Center gift shops



Comparative Titles

Buddha Speaks, Channeled Conversations with the Master

This book is practical advice, something like “*Conversations with God*” meets “*Outwitting the Devil*” by Napoleon Hill. Or “*The Celestine Prophecy*” meets “*Chicken Soup for the Soul*”.

1. **Channeling with Buddha: Find Enlightenment to Heal Your Life**, by Corinne Urakawa, BalboaPress – Hay House, 2007. (This is a beautiful channeled work. My book is more complex, directed towards a potentially more sophisticated audience.)
2. **The Buddha Speaks: A Book of Guidance from the Buddhist Scriptures**, by Anne Bancroft, Shambala, 2010. Here is the core of the Buddha’s teaching in his own words, as memorized and written down two hundred years after his death. (Her book consists of various selections from the Pali canon ancient texts expertly reframed in modern English. She does not disclose the specific passage number she is retranslating reframing. My book is very different as it is channeled chapters each on a particular topic. My working title is also different: just two words “Buddha Speaks”.)
3. **Conversations with God: An Uncommon Dialogue**, by Neale Donald Walsch, G. P. Putnam's Sons, 1996. (His book is actual conversations. My book is channeled chapters on subjects chosen by the Buddha.)
4. **The Heart of the Buddha's Teaching: Transforming Suffering into Peace, Joy, and Liberation**, by Thich Nhat Hanh, Harmony; 1st Broadway Books, 1999. (His is a beautiful and lengthy introduction to the core teachings of Buddhism. My book is channeled words directly from the Buddha.)
5. **Touching the Earth: Intimate Conversations with the Buddha**, by Thich Nhat Hanh, Parallax Press, 2004
6. **Conversations with Buddha: A Fictional Dialogue Based on Biographical Facts**, by Joan Duncan Oliver, Watkins Publishing, November 2019. Imagined by one of the world's leading experts on Buddhism, this fictionalized conversation presents the essential biography of its famously wise founder, in a relaxed chat with the Buddha.
7. **Coffee with The Buddha**, by Joan Duncan Oliver, Duncan Baird, 2007. Hardcover 4.2 x 0.8 x 4.8 in. The Way of the Bodhisattva becomes clear as The Buddha speaks here about suffering and the hardships of life (reminding us that help is always near), impermanence, reincarnation, karma, desire, morality, mindfulness, compassion, love, and the body.
8. **Conversations with the Buddha**, by Alexander Duncan, lulu.com, December, 2018. This is an Intellectual series from public talks given at the Buddha Center in 2014-2015 by Tseten Thokmey, the Buddhist name of Alexander Duncan. This book examines the 34 suttas of the Digha Nikaya, the first book of the Sutta Pitaka, comprising the oldest extant introduction to the teachings of Siddhartha Gotama the Buddha.

Comparative Titles, cont.

9. **The Celestine Prophecy: An Adventure**, by James Redfield, Warner Books, 1997
10. **Way of The Peaceful Warrior: A Book That Changes Lives**, by Dan Millman, Peaceful Warrior ePublishing, 2010
11. **Siddhartha**, by Hermann Hesse, Joachim Neugroschel (Translator), Penguin Classics; 2002. Siddhartha is a novel by Hermann Hesse that deals with the spiritual journey of self-discovery of a man named Siddhartha during the time of the Gautama Buddha. The book, Hesse's ninth novel, was written in German, published in the U.S. in 1951.
12. **Living Buddha, Living Christ**, by Thich Nhat Hanh, Riverhead Books, 2007. "{Thich Nhat Hanh] shows us the connection between personal, inner peace and peace on earth."
13. **Thus Speaks Buddha**, by GUTUL, SELF, 2019. In this book Buddha speaks directly and clearly about many of the most challenging questions in Buddhism regarding the Universe and life. These questions include what the Universe was, is and will be, what reincarnation or rebirth is, what gets reincarnated, what Karma, "Spirit" or "Seed" is, what emptiness is, what, Nirvana is. GUTUL is said to be a unified reincarnation of Aristotle, Buddha, Laozi, Spinoza, Newton, Kant, Marx, and Einstein, the greatest thinkers of human history. <http://www.nerri.org/en/gutul-on-gutul/>
14. **Buddha Speaks: Messages From An Ascended Master**, by Cindy Riggs, CreateSpace Independent Publishing Platform, 2016. Through universal channel Cindy Riggs, the Buddha speaks enlightening information to assist in the evolution of human consciousness. This book is a compilation of Buddha's channeled including exercises for elevating your vibrational frequency. Multi-dimensionally encoded into his words are compassion and loving energy, with which you are also blessed as you read, so that you may awaken further spiritual awareness. CindyRiggs.com
15. **The Wisdom of the Buddha: Heart Teachings in His Own Words** (Shambhala Pocket Library), by Anne Bancroft, Shambhala, 2017. "A treasury of teachings, stories, and sayings in the words of the Buddha himself. In their essence, the Buddha's teachings are concerned with a clear-eyed understanding of the reality of our suffering and pointing the way to freedom from that suffering. Anne Bancroft, 95, is the author of many books on Buddhism: Zen, Direct Pointing to Reality, Weavers of Wisdom. She lives in England.
16. **Deepak Chopra Presents: Buddha - A Story of Enlightenment**, Dynamite Entertainment, 2010. A colorful comic-book dramatization of the Buddha's life. The young man in line for the throne is trapped in his father's kingdom and yearns for the outside world. Siddhartha abandons his palace and princely title. Alone and face-to-face with his demons, he becomes a wandering monk and embarks on a spiritual fast that carries him to the brink of death and finally an awakening that would rock the world.