

Frederick Lenz

Quotes

Buddhism, Yoga, People, Teacher, Mind, Enlightenment, Inspirational, Meditation, Karma, Thinking, Light, Self, Buddhist, Mean, Women, Spiritual, World, Practice, Happiness, Philosophy

I'm an observer of life. I like to watch people, and I like to watch cactus. I like to talk to mountains and communicate with my friends in the other spheres and dimensions.

~Frederick Lenz

The best things in life are free. Sunsets and sunrises are free. Air is free. Love is free. Death is free. The best things in life are free.

~Frederick Lenz

Learn to be happy in any and all circumstances, whether you're experiencing pleasure or pain, whether there's loss or gain, whether the world loves you or hates you. Learn to be happy.

~Frederick Lenz

The Winter Solstice is the time of ending and beginning, a powerful time -- a time to contemplate your immortality. A time to forgive, to be forgiven, and to make a fresh start. A time to awaken.

~Frederick Lenz

The heart chakra is the central chakra.

~Frederick Lenz

Long before the advent of what scientists and scholars consider to be the beginning of human civilization, there was an age undreamed of ... the age of Atlantis.

~Frederick Lenz

As the kundalini rises, the knowledge and powers of those dimensions will begin to come to you.

~Frederick Lenz

Atlantis was destroyed by the greed of its inhabitants.

~Frederick Lenz

We live in an age that's repeating itself endlessly. We're getting closer again to the techno-chic world we saw in Atlantis that occurs in countless planes. It's indigenous to enlightenment.

~Frederick Lenz

The members of the Mystery school, during the time of Atlantis, had psychically seen the subsequent ages of darkness.

~Frederick Lenz

There are seven primary chakras located in the subtle physical body, the body of light and energy that is our awareness and that surrounds the physical.

~Frederick Lenz

There are six chakras or energy vortexes that lie along that tube. There is a seventh chakra located several inches above the head, but it is not connected.

~Frederick Lenz

Their experiments caused them to destabilize the structure of the continent and thus Atlantis sank beneath the waves.

~Frederick Lenz

The world has always been this way. I am sure in the mystery world of Egypt, ancient Atlantis, you pick a cosmos - There is always somebody on your case.

~Frederick Lenz

God, Atlantis was only yesterday. Let alone Los Angeles. Remember that incarnation in Los Angeles?

~Frederick Lenz

In their meditations, the high priests and priestesses of Atlantis had seen that the Atlantean civilization was going to end cataclysmically.

~Frederick Lenz

The night before Atlantis sank beneath the waves forever, the members of the MysterySchool set sail from their doomed continent in twelve boats, headed for twelve different points on the globe.

~Frederick Lenz

Who do you suppose invented computers? Speaking in terms relevant to you, in terms of earth history, let alone other worldly history, the computer, of course, came from Atlantis.

~Frederick Lenz

Almost all the people who lived in Atlantis meditated and had powerful psychic skills.

~Frederick Lenz

During the Atlantean Cycle, the earth's aura, the invisible astral energy field that surrounds and protects our planet and through which all psychic perception flows, was very pure.

~Frederick Lenz

The old Atlantean sciences from the tribe of enlightenment, of which there are only a few remnants and shards left in this world, were medicine, law, computers, and the performing arts.

~Frederick Lenz

The power chakra is the navel center. The center of balance is the heart chakra; it's the center of our being. The third eye is the center of wisdom, the Agni chakra.

~Frederick Lenz

By the time the Egyptian civilization had begun to flourish, the earth's aura had already become so dense it was impossible to discover the secret meditation techniques.

~Frederick Lenz

While I am here I would like to experience as many of the beauties of the world as possible and help others to do the same.

~Frederick Lenz

Close the eyes, and focus on the third eye, the heart chakra, or the navel center. It is a good idea to alternate them.

~Frederick Lenz

In the chakras, it's the heart chakra, anahata, the central chakra, three above and three below, which symbolizes happiness and love, psychic oneness, spiritual understanding.

~Frederick Lenz

The heart chakra is located in the center of your chest. Hold your right or left hand out. Now say "Me" and, as you do so, touch your chest. You will automatically touch your heart chakra.

~Frederick Lenz

After two or three sessions of meditating on your heart chakra, it will no longer be necessary for you to physically touch your chest. You will sense the spot automatically.

~Frederick Lenz

Your heart chakra is not in your physical body. It is in your subtle physical body, but it comes in contact with your physical body in this location.

~Frederick Lenz

Practice meditating on the heart chakra. This is only one of them, but it's quite good for the first few years of your meditative practice.

~Frederick Lenz

Focus your awareness on the heart chakra. As you do, you will feel your consciousness shifting. You may feel different perceptions of energy in different parts of your body.

~Frederick Lenz

During the age of Atlantis, the low population density and the resulting purity of the earth's aura, made conditions ideal for discovering secret meditation techniques.

~Frederick Lenz

Rae Chorze Fwaz was a mystery school. A mystery school is an occult order comprised of people who study meditation, enlightenment and psychic and occult arts.

~Frederick Lenz

Members of the Rae Chorze-Fwaz order trace their origins back through Tibet, Japan, China, India, and ancient Egypt to the place the order was founded, the lost continent of Atlantis.

~Frederick Lenz

There were many stages to the Atlantean civilization. During the later stages, scientists became involved with advanced particle physics. In particular they were interested in reverse gravity fields.

~Frederick Lenz

You see, Buddhists are optimists. We never saw sunsets in Atlantis like we do now. We didn't have those great chemicals in the air.

~Frederick Lenz

If you try to pull too much power through too soon, you will injure yourself.

~Frederick Lenz

The vibratory toxicity of these subsequent ages would make it

impossible for reincarnating members of the Order to go deeply enough into their other memories, without the secret techniques first.

~Frederick Lenz

It was their intention to start twelve new civilizations similar to Atlantis in these locations.

~Frederick Lenz

The only group of Atlanteans that was truly successful in transplanting their knowledge to a new location was the group that landed in what is now Egypt.

~Frederick Lenz

Rae Chorze-Fwaz has preserved and passed on their secret meditation techniques in oral tradition from the time of Atlantis until he present day.

~Frederick Lenz

When your mind is clear and your third eye is open, you can see and know things that are taking place thousands of miles away from you.

~Frederick Lenz

Take a couple of days by yourself and rent a nice cabin in some nice, happy place. Stay a day or two and meditate and take walks in areas that feel good to you. Find out who you are again. Remember.

~Frederick Lenz

Consider a very natural process, menstruation, and how the association has been created in which this process is dirty, degrading.

~Frederick Lenz

In the game of Frisbee you throw the disk to someone else. The point of Frisbee is perfect communication. The person at the other end of the field is receiving an impression, a vibration from you.

~Frederick Lenz

Transform yourself. It is not the opponent that will change, or the Frisbee. They will change in relation to your change. You must change.

~Frederick Lenz

The ghetto is not where you live. The ghetto is inside your mind. And anyone who tells you that you can't get out of the ghettos of your own mind has no idea what they're talking about.

~Frederick Lenz

The things you see are real, but they are not a complete seeing - Samsara.

~Frederick Lenz

A person of knowledge and power never goes out looking for battles. All their battles are within.

~Frederick Lenz

You are your state of mind. Your state of mind creates your view, or your window, on life.

~Frederick Lenz

In pranayama you don't worry about taking breaths, you focus on exhalation. If you exhale properly you will inhale. The more deeply you exhale the more deeply you will inhale.

~Frederick Lenz

If you are in a state of mind in which all things are one, then you can spend your time in lingerie shops.

~Frederick Lenz

The secret teaching was the bodhisattva ideal, to live for others, for the welfare of all beings. That's enlightenment, not some flashy state of

luminosity.

~Frederick Lenz

Your whole life is inside your mind. Your mind is the prism that refracts the entire universe. Everything around you and within you comes from your mind.

~Frederick Lenz

Sometimes it is hard to see in life. If the fog rolls in we can't see anything. Most people get caught up in life that they forget the purpose of life is to be happy.

~Frederick Lenz

The Samsara is the movement of life. And you, an individual self, a form, a moment on a wave, are bound.

~Frederick Lenz

Now that you've reached everything, you must slay this illusion without slaying it - without becoming caught up in the illusion of slaying illusions.

~Frederick Lenz

Yoga means we take responsibility for the tasks in our life. Whatever we are supposed to have karmically, life gives us. The question is: how do we handle it?

~Frederick Lenz

Symbiosis is a much higher reflection of intelligent life.

~Frederick Lenz

In the Bhagavad-Gita Krishna says: Arjuna you cannot avoid action. Everyone is stuck in the world of action. The world of action is forever.

~Frederick Lenz

The abuse of power takes happiness away.

~Frederick Lenz

Most people abuse power. They use power to dominate others. They use power to destroy others. Ultimately when you do this, you lose it.

~Frederick Lenz

People who are humble don't talk too much; they listen.

~Frederick Lenz

It is harder to develop your occult or psychic body when you are dead because all planes meet in the physical.

~Frederick Lenz

Angry people, unhappy people, people that seek to injure others, these people all have something in common. They waste energy. They don't conserve it and they don't know how to increase it.

~Frederick Lenz

Tantra is for a person who has reached a point in their spiritual evolution where everything looks the same.

~Frederick Lenz

Until women assume their rightful place on earth there will never be an end to wars, cruelty and oppression.

~Frederick Lenz

If you learn to lead your life strategically and strongly, you can overcome the opposition. But running away, you never overcome anything. The pathway to enlightenment is for the warrior, the samurai.

~Frederick Lenz

Happiness comes from self-knowledge. Self-knowledge means that you have understood your mind. Your mind is the whole universe.

~Frederick Lenz

Focus on this moment. Hold your hand and see what it feels like. Go look at some grass. Talk to a palm tree. Outrun a Ferrari. Experience life.

~Frederick Lenz

Don't think of us as separate beings. Imagine that we are one body and it's been split into millions. When we sit in the mediation hall - that is unity

~Frederick Lenz

Your ego interferes, your sense of self. When you let go of the mind, the Frisbee will take its own path.

~Frederick Lenz

A saint is someone who has been very selfless and, over a period of lifetimes, generated a tremendous amount of good karma, which has caused them to enter into very lovely states of mind.

~Frederick Lenz

Love can be the only answer. But snowboarding also works for me. Because I love snowboarding!

~Frederick Lenz

I am here at Lake Tahoe and there is magic at 6,000 feet.

~Frederick Lenz

You are happiest when you are most humble. You are most miserable when you are egotistical.

~Frederick Lenz

Reason is a terrible trap because you will be satisfied with answers. And if you are satisfied with answers, you'll never come to know what

life really is.

~Frederick Lenz

Our field trips are an opportunity for you to enter into the world of mystical power.

~Frederick Lenz

When you see someone's aura, it is an outer reflection of the subtle physical body. It is about the same shape as the physical body, although it can become thousands of things.

~Frederick Lenz

Humility doesn't mean hiding in the corner and pretending you are not strong. Humility means to be what you are.

~Frederick Lenz

Happiness is something that comes from creating good karma. The monk who feels that what they are doing is unpleasant is not really creating any good karma and will not have a better lifetime.

~Frederick Lenz

The Zen master walks in his garden, alone. There is no traffic there. There is no shopping there. There are only the flowers.

~Frederick Lenz

The trick in life is to find out where you belong. Once you find out where you belong, you will be happy there.

~Frederick Lenz

Good karma leads to rebirth also. The desire for higher states of mind is a desire. When you are fixated on higher states of mind, you don't become enlightened.

~Frederick Lenz

The social repression and ideological repression of women began with depriving them of education, political decisiveness, mobility and essentially creating sexual slavery.

~Frederick Lenz

All the lives we ever lead are only dreams, these walking moments, that look so solid to you when you consider yourself awake, are just dreams.

~Frederick Lenz

How do you know you're even here right now? Perhaps you're not. Perhaps you're far, far away and this is just a dream.

~Frederick Lenz

It is always possible to get into a higher state of mind. The way you get into a higher state of mind is by generating good karma.

~Frederick Lenz

The sound man, immune as to a sacrifice of straw dogs, faces the passing human generations.

~Frederick Lenz

Kundalini is seen as a serpent that can shoot up the shushumna, past the chakras, opening them all and bringing you into different states of awareness.

~Frederick Lenz

In no way can words convey the nagual. But they open up the possibility. They allow an admission on the island of the tonal.

~Frederick Lenz

Just to exist, just to be, to take a breath, to feel that, whether its pleasure or pain, loss or gain, just your experience in life is unique to you. No one sees life like you do.

~Frederick Lenz

Krishna says, fight. He says, go out in the battlefield and kill those people whom it's your job to kill.

~Frederick Lenz

The wisdom of samadhi is quite different. Higher level wisdom cannot be written down. It cannot be spoken. True wisdom is the knowledge of the universe that is beyond physical expression.

~Frederick Lenz

If you are liberated then you can be in the crowd and there is no crowd. You can be surrounded by the world and there is no world. You have shattered the prism of illusion.

~Frederick Lenz

Tantra is for someone who practices all the paths because all the paths encompass tantra.

~Frederick Lenz

Knowledge of the Enlightenment Cycle, of the ways that inner dimensions and nirvana work, lifts you far above the transient sorrows, pains, pleasures and joys that the unenlightened masses experience.

~Frederick Lenz

The kundalini energy rests in potential at the base of the spine. It is possible to take that energy and allow it to move, to unleash it, from the base of the spine up to the third eye.

~Frederick Lenz

The way you increase your energy is by letting go, ultimately. There is something inside you that knows what it should do, and you fight it all the time.

~Frederick Lenz

It is a real service to humanity and the world to be a good programmer, particularly if you design great products. You make it easier for everybody, everybody has less headaches.

~Frederick Lenz

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