

The Emerald Tablets of Thoth to The Cosmic Power Protocol by using Buddhist and Taoist Meditation Practices

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Abstract: The Emerald Tablets of Thoth are a fascinating read for many but can be difficult to fully comprehend. When studying the chakra system in relation to cosmic power, the first seven chakras correspond to the nervous system and are discussed in the text. The three major protocols outlined in the text can be understood and learned through Buddhist and Taoist meditation practices. The meditation of one's mind refers to achieving absorption level 4, or Jhana 4. In the Emerald Tablets of Thoth, the sun is referred to as the father, the moon as the mother, the wind as the carrier to the belly, and the earth as the nurse. These principles refer to the connection between the yang and yin energies in the world through the chakra system. The separation of Earth from Heaven and Heaven from Earth corresponds to above and below, respectively. This describes the principles of the exchange of natural energy from the sky and the ground, which is then integrated into the mind and body through the cycling pathway of the Chakra system. Therefore, the Thrice of the Greatest Hermes serves as the protocol for achieving the highest cosmic power through meditation. By practicing Anapanasati, one can reach absorption level 4 and attain mastery over the natural energy pathways, following the Taoist principles. This study aims to describe the methodology outlined in the Emerald Tablets of Thoth and the first report for achieving the highest levels of cosmic power.

Keywords: Chakras, meditation, cosmic power, Taoism, Anapanasati.

I. INTRODUCTION

According to the emerald tablets of Thoth, this is the beginning of a study of cosmic power, but the understanding of the methodology is not so clear as to be believed. Because many translations suggested a different meaning. Most people focus on the meditation and chakra system for the spiritual life and souls based on the emerald tablets of Thoth described in the first principle. But only one of the three ways studied in the text description is possible. The second described the sun and the moon as the father and the mother, and the wind as the carrier of all energy to the belly. The third was suggested as the involving of the earth and the heaven. Both major texts are unable to comprehend the reality of the description. Because these are the protocols for connecting with the first step and following the pattern of methodology.

The history of the emerald tablets of Thoth was largely summarized in Holmyard (1957) and Needham (1980), the Atlantean books described on the green metal sheet. Dr. Doreal, the founder of the Brotherhood of the White Temple, was authorized by the Great White Lodge to retrieve the Emerald Tablets from the Great Pyramid in the jungles of South America. He is translated and described in the book's text. The goal of this book is to show how to connect to God and the power of the universe, or Cosmos, in the last 50,000 years from Thoth. The Emerald Tablets are very popular in the field of metaphysics and translations, but there is not one absolute.

From Jabir ibn Hayyan "0) Balinas mentions the engraving on the table in the hand of Hermes, which says: 1) Truth! Certainly! That is without doubt! 2) That which is above is from that which is below, and that which is below is from that which is above, working the miracle of one. 3) As all things are from one, 4) its father is the sun, and its mother is the moon. 5) The earth carried it in her belly, and the wind nourished it in her belly, (7) as earth, which shall become fire. 7a) Feed the earth with that which is subtle and has the greatest power. 8) It ascends from the earth to heaven and becomes ruler over that which is above and that which is below. 14) And I have already explained the meaning of the whole of this in two of these books of mine. (Holmyard, 1923)".

In 1680, Isaac Newton's words were translated as follows: "It is true without lying, certain, and most true. That which is below is like that which is above, and that which is above is like that which is below to do the miracle of one thing. And as all things have been and arose from one by the mediation of one, so all things have their birth from this one thing by adaptation. The sun is its father, the moon its mother, the wind has carried it in its belly, and the earth is its nurse. The father of all perfection in the whole world is here. Its force or power is entire if it is converted into earth. Separate the earth from the fire, the subtle from the gross, with great industry. It ascends from the earth to the heaven, and again it descends to the earth and receives the force of things superior and inferior. By this means, you shall have the glory of the whole world, and thereby all obscurity shall flee from you. Its force is above all forces, for it vanquishes every subtle thing and penetrates every solid thing. So was the world created. From this are and do come admirable adaptations, where the means are here in this. Hence, I am called Hermes Trismegist, having the three parts of the philosophy of the whole world. That which I have said of the operation of the sun is accomplished and ended."

In addition, from another Arabic version and from the German of Ruska, translated by Anonymous, "1: Here is a true explanation, concerning which there can be no doubt. 2) It attests: the above from the below and the below from the above—the work of the miracle of the One. 3) And things have come from this primal substance through a single act. How wonderful is this work? It is the principality (principal) of the world and is its maintainer. 4) Its father is the sun, and its mother is the moon; 5) the wind has borne it in its body, and the earth has nourished it. 6) The father of talismans and the protector of miracles 6a), whose powers are perfect and whose lights are confirmed (?). 7) a fire that becomes earth. 7a) Separate the earth from the fire, so you will attain the subtle as more inherent than the gross, with care and sagacity. 8) It rises from earth to heaven, to draw the lights of the heights to itself, and descends to the earth; thus, within it are the forces of the above and below; and (9), because the light of the lights within it makes the darkness flee before it. 10) The force of forces, which overcomes every subtle thing and penetrates everything gross. 11) The structure of the microcosm is in accordance with the structure of the macrocosm. 12) And accordingly, proceed with the knowledgeable. 13) And to this he aspired, as did Hermes, who was threefold graced with wisdom. 14) And this is his last book, which he concealed in the chamber (Anon, 1985).

Therefore, when we compare the meaning of the text, the three principals were extraction. The first meditation with one mind is the way to know everything truly; meditation absorption level 4 has meaning. The second, most powerful, part of the cosmos involves the sun and the moon as energy sources in the form of wind or breathing formation and corresponds to the bellows above the body, meaning the 7 Chakras system on the human body. The third was the Heaven and Earth energy breathing sources explained in the natural and the universe, with the energy absorption and energy transformation from the environmental to the human body and following the pattern of the cosmic power cycling pathway.

So, this study aims to consider and describe the methodology of Trice Greatest Hermes for the Cosmic Power Protocol to understand and examine the cosmic power study feature.

II. BODY OF ARTICLE

Method

Triple principles

The first meditation with one mind is the way to truly know everything, meditation absorption level 4.

The Anapanasati practice of Buddhist meditation involves focusing on the breath at three different locations, namely the nose tip, chest, and abdomen, to develop mindfulness and concentration, finally finishing with the highest meditation absorption at level 4. These three locations correspond to the positions of Chakra 6, Chakra 4, and Chakra 3, respectively.

Once a sense of calm has been achieved through this practice, the focus shifts to the abdomen, where it is observed that Chakra 3 is developing with the meditation absorption level. The next step is to cultivate a sense of detachment or freedom from emotions by observing the breath without attachment or aversion, which involves the loss of the sense of breathing and is considered the highest level, or level 4, of the Anapanasati practice. When Chakra 3 has been mastered, the practitioner may then move on to focusing on each chakra position. (Jalil et al., 2015; Chhabra et al., 2019; Moga, 2022, Malimas et al, 2023a; Malimas et al.,2023b).

The second, the powerful, of the cosmos involves the Sun and the Moon energy sources as wind or breathing formation and corresponds to the bellows to above of the body, this meaning the 7 Chakras system with Taoist practice.

When usually meditation absorption at several chakras were completed and finished meditation absorption level 4 from Anapanasati practice, the movement of the breathing from the bellow to above was activated and beginning at the Chakra 1 meditation absorption level 4, as the Sun (Yang in Taoism) and Moon (Yin in Taoism) energy sources, and slowly following the mindfulness to Chakra 2-Chakra, 3-Chakra, 4-Chakra, 5-Chakra, and Chakra 7 with the front of the body, and then returning from Chakra 7 to Chakra 1 with expanded spread from the head to the foot and re-meditation focusing at Chakra 3 again for the next step (Fig 1A). This protocol calls for the connection of the sun energy, or yang, and the moon energy to several chakra systems and opening the chakras for energy transformation. The next step was to separate the two protocols, one for men and one for women.

Yang microcosmic orbit technique for men (counterclockwise)

After that, to follow the energy cycle with the sagittal plane by using the microcosmic orbit technique in Taoist practices (Chia 2019). To start the meditation absorption level 4 at chakra 3, and move the Yang energy to chakras 2, chakra 1, the spinal cord, chakras 7, chakra 6, chakra 5, chakra 4, and chakra 3, repeat until 3 cycles are finished. To slowly exit the meditation, move the both palms to cross from Chakra 3 to above the head and separated open the hand distinction, repeat this step 3 times for pule the mixed natural breathing energy absorption through the both palms. The final step was for the man to move the both palms slowly, looking like a carry ball, for about 2-3 cycles, stop when the left hand was upside down, and place it under Chakra 4 a little bit for the major Yang absorption. The right hand was facing up and placed at the navel, and we followed up by returning to meditation with the focus on mindfulness at Chakra 3. The rotation of Chakra 3 was presented counterclockwise, depending on the major Yang absorption. The sparse breathing wind from nature was transformed at Chakra 3 and mixed with the Yang and Yin energies from the left and right palms, respectively. The mixed biological energy was collected at Chakra 3 for the breathing energy of life (Fig 1B, and Fig 2.).

Yin microcosmic orbit technique for women (clockwise)

After that, to follow the energy cycling with the sagittal plane by using the microcosmic orbit technique in Taoist practices (Chia 2019), but for Yin energy. To start the meditation absorption level 4 at chakra 3, and move the yin energy to chakras 4, chakras 5, chakras 6, chakras 7, the spinal cord, chakras 1, chakra 2, and chakra 3, respectively, and repeat until 3 cycles are finished. To slowly exit the meditation, move the both palms to cross from Chakra 3 to above the head and separated open the hand distinction, repeat this step 3 times for pule the mixed natural breathing energy absorption through the both palms. The final step was for the women to move the both palms slowly, looking like a carry ball, for about 2-3 cycles, stop when the right hand was upside down, and place it under Chakra 4 a little bit for the major Yin absorption. The left hand was facing up and placed at the navel, and we followed up by returning to meditation with the focus on mindfulness at Chakra 3. The rotation of Chakra 3 was presented according to the major Yin absorption ways, clockwise. The sparse breathing wind from nature was transformed at Chakra 3 and mixed with the Yang and Yin energies from the left and right palms, respectively. The mixed biological energy was collected at Chakra 3 for the breathing energy of life (Fig 1C, and Fig 2.).

The third was the Heaven and Earth energy breathing sources explained in the natural and the universe, with the energy absorption and energy transformation from the environmental to the human body and following the pattern of the cosmic power cycling pathway.

This step was the plane and chakra rotation protocol for the Heaven and Earth breathing energy connection. It started at meditation absorption level 4, again at chakra 1, followed by rotating in a clockwise direction. The clockwise direction from

Chakra 1 was moving to Chakra 2, Chakra 3, Chakra 4, Chakra 5, and Chakra 6, respectively. The yellow-gold spiral color was presented with the energy vision from Chakra 1 to Chakra 7, and the automatic connection of gold spiral energy from above the head was connected and following Chakra 7 and Chakra 1, respectively (Fig 1D.). The most energy inside and outside was mixed and focused on Chakra 3, with the mind and mindfulness complexes being collected at Chakra 3. This step entails first placing the palm facing up at both knees, then moving to the lap (Fig 1E.). After that, we closed the last step with the Yin microcosmic orbit technique described above and meditation absorption at Chakra 3.

All three steps were part of the protocol for the pattern of cosmic power study and related to the Trice Greatest Hermes and the Emerald Tablets of Thoth, respectively.

Results

The Anapanasati practices involved the ability to follow meditation absorption level 4 for several chakras and move to other chakras when mindfulness was requested. The highest mind energy was presented with the circle formation of concentrated light or only the energy form at the focusing with freedom from emotions by observing the breath without attachment or aversion, which involves the loss of the sense of breathing. This step was where one mind, and one indifferent emotion were presented.

When the alignment focusing of the several chakras began from chakra 1 to chakra 7, the mass of energy was presented with the breathing wind formation, and the level of meditation may have gone down for a while but grown up to the meditation absorption level 4 in each chakra, respectively, from the bottom to the top of the body. Then, with the return of energy from Chakra 7 to Chakra 1, the white light was presented because the effects of Chakra 6, which focus the vision of the hypothalamus, pineal gland, and pituitary gland, were activated, and maybe the transverse third eye was presented at the forehead. Two Yang and Yin, or Sun and Moon, energy sources known as snake souls were present in Chakra 1. This chakra corresponds to the sacral plexus (S3) and is located at the inferior hypogastric junction in the nervous system. So, involving the metabolism, emotion, and organs around this area is linked to nervous system activity.

The next step was to follow the cycle of breathing energy from inside and outside complexes. The most energy was mixed and collected at Chakra 3, the center of breathing. When meditation absorption focused on this chakra, the high energy ability collected. In addition, this chakra's ability to rotate with the perpendicular plane. The clockwise and counterclockwise rotations are used for the breathing, energy absorption, and balancing of Yang and Yin, depending on the gender of the human being. The left and right palms correspond to Yin and Yang energy absorptions, respectively (6). The man represented the yang, or major energy, while the woman represented the yin. The equilibrium of Yang and Yin for health is very important because the most uncommon health results from an imbalance of Yang and Yin energies. So, the rotation of chakras affected the major energies within the body.

The final step was to link the energy from the universe and the earth through the breathing formation to the body only one way, not from the body to outside. The yellow or gold light was connecting to the energy in the body through the several chakras; this energy was very high and strong and had a strong connection to the body at times, but maybe not consistently. The special energy from the earth and the universe is absorbed depending on the mind and the openness of the chakra system. The harmonized condition of the mind and the body is important for energy absorption. Although not a barrier to all energy, this condition is the best for being one.

So, the protocol of these cosmic power study results was suggested for consideration along with the three important principles of the emerald tablets of Thoth and was successfully used for the cosmos connection described in the original text.

III. CONCLUSION

The three important principles of the emerald tablets of Thoth were extracted in three steps by using the meditation techniques of Buddhist and Taoist practices. The meditation absorption based on level 4 is very important for energy connection and chakra study. However, the Anapanasati practice is easy to examine, but there is no movement of the energy for the real activated because the principle of Buddhism is based on the mind stopping and mindfulness observation activity.

The Taoist practice focused on the movement of energy based on meditation but not on the level of meditation absorption. However, the practice involved the energy of the body in relation to the environment. The hand and body movements were used for energy absorption and control. The term "electronic commerce" refers to the sale of electronic goods. In addition,

many circulation techniques or movement meditation practices were used for energy connection, such as Tai-Chi, Reiki, Yoga, Falun Gong or Falun Dafa, Liu Zi Jue (six healing sounds), and cognitive behavioral therapy (CBT), for examples (Chen et al., 2019; Chia, 2019; Shi et al., 2020; Ding et al., 2020; Volodina et al., 2021). The man was strong in yang-breathing energy, and the woman was strong in yin-breathing energy. Yang and Yin microcosmic orbits are used to fill the deficiencies of both the breathing energies of men and women. However, the most patients were overusing yang-breathing energy; yin microcosmic orbit was necessary for most therapeutic.

Therefore, when we observe the meditation method, we can assume that the originals of meditation are from Brahmin-Hinduism, Taoism, and Buddhism, and that they correspond to the emerald tablets of Thoth. So, the possibility of transferring it was maybe explained by the priest in the old time and separated into many branches of meditation with a target and the ability of the recipient to make it, as for health, knowledge, and so on, but not completed to the three principles.

So, this study ability is considered necessary to extract the three important principles from the pattern formation protocol of the emerald tablets of Thoth for the methodology for the cosmos and complete the explanation of the sun's operation.

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Conflict of interest

The authors declare that there are no conflicts of interest.

Author contributions

The authors contributed equally to this work and approved it for publication. T. M. designed and perform the main experiments in the study. T. M., and M. J, prepared the manuscript and instructed the experiment in the study. The detailed discussion were made among two.

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APPENDIX - A

List of figure

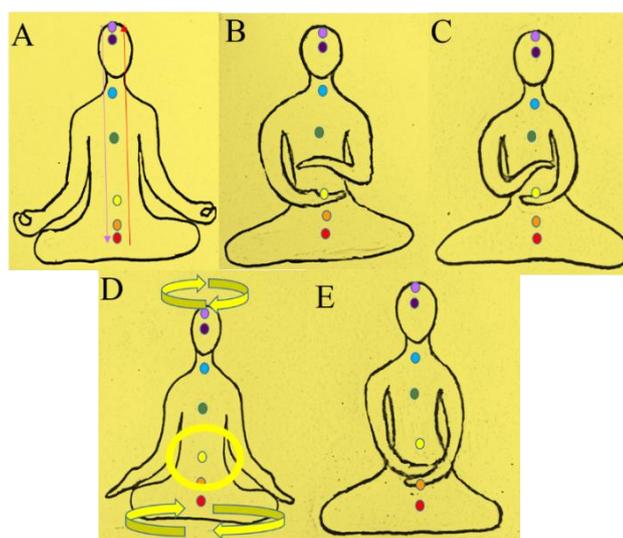


Fig. 1: The meditation patterns of cosmic power connection in the emerald tablets of Thoth

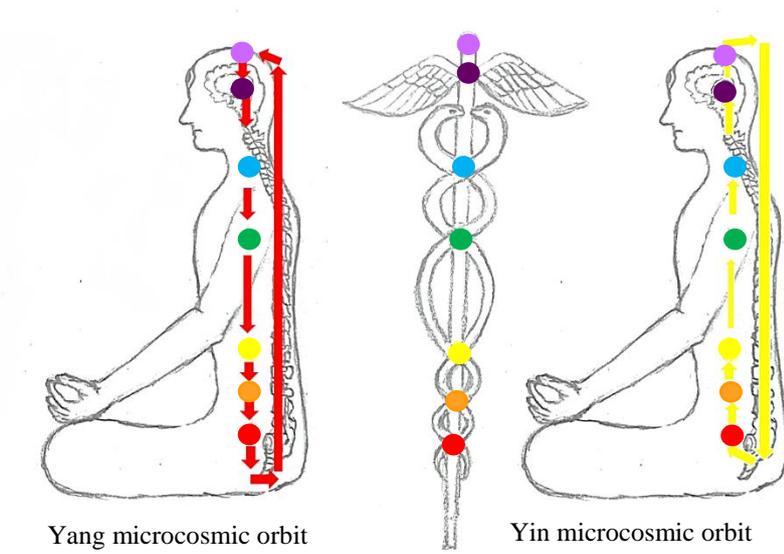


Fig. 2: The cosmic energy pathway of the Yang microcosmic orbit and the Yin microcosmic orbit