

TRAINING IN URBAN MYSTICISM

Practitioner Level
and
Master Practitioner Level



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GENERAL INFORMATION

INTRODUCTION

Biame Network offers training in *Urban Mysticism*. This is a practical form of spirituality that helps people to realise Oneness with the Divine (with God) while they continue to live in the everyday world. All eras of history have seen mystical practices developed and tested by committed people in a wide variety of spiritual, shamanic, religious, lay and other contexts; and countless approaches and methods of realising the Divine have been available through thousands of years.

The modern era is similar to these other eras in that there are large numbers of people throughout the world today who engage in a wide range of spiritual practices with dedication and commitment. At the same time, there is a wonderful and marked difference in this era. More people have more access to effective practices and to highly evolved spiritual teachers, masters and mentors now than ever before. Partly this is because, with the massive increase in population, there are so many more people in the world now, and partly it is to do with the greater number of spiritual guides who are very much more accessible than previously. Also, what was once kept strictly secret is now available to a degree unheard of in the past. Virtually anyone with an Internet connection, for example, can now gain access to esoteric teachings long guarded and kept out of the view of untrained eyes, not to mention the vast libraries of books now available on many facets of spiritual life.

Urban Mysticism grew in this modern context from two main roots. The first was a collection of ancient spiritual orientations and practices from the East as they still exist in the world of today. The second was a collection of modern practices used in the West, many of which were developed and evolved further by Ken and Elizabeth Mellor, the founders of Biame Network. As a result, *Urban Mysticism* is a variant of some

long-established approaches and has many practices and orientations in common with them. It is also a partial outgrowth of the modern era's personal growth and development technologies as they were practised in the West from the early 1960s onwards.

What is taught in the training program came from what the Mellors and others they have trained have used during their own spiritual unfolding. Ken and Elizabeth were trained through a series of apprenticeships with several highly realised Masters, each of whom initiated them into the orientations of their different spiritual lineages. These sequential apprenticeships have lasted a total of more than thirty years at the point of writing (2005). Combining the practices the Mellors had learnt from both East and West, they discovered a ready integration of the two that kept the integrity of each and led to new and exciting practices well suited to today's conditions and consciousness. So their approach is both similar to what they learnt and different from it.

In fact, it is the way that *Urban Mysticism* is geared to people who are living now that significantly distinguishes it from some older approaches to high-level spiritual awakening. This was a natural result of the way it was developed in the midst of modern life, for the people of today, by people of today. Also one of its major assets, its ready application to life as it is now lived, means that it can contribute greatly to the vast number of spiritually needy people who now live in urban settings. And without an approach like this, many people would simply miss out.

We simply do not have many real opportunities to withdraw from the distractions and stimulations of ordinary life, as was extolled in the past by spiritual practitioners. In addition to the pressures of life making this very difficult, the expanding world population has produced an increasing scarcity of places suitable for sequestering ourselves in small groups or for living in complete isolation. Of course, this is not to say that past practice was not helpful. There were some distinct advantages when living in spiritual or religious communities in which everyone was at least nominally pursuing spiritual goals, or when living in isolation so that other people only minimally impinged and distracted spiritual enthusiasts from

their dedication. Even back then, however, living like this was only viable for the very few. Fortunately, the Network's approach does not involve withdrawing.

Urban Mysticism helps to meet the needs of people who, in the modern world, share the planet with billions of others. Instead of avoiding exposure to life's ups and downs, its practitioners are encouraged to embrace all of life. They learn how to make the most of every experience in ways that enliven and expand their direct knowing of Divinity. At the same time, like the spiritual aspirants of old, those learning the principles and practices of *Urban Mysticism* still aspire to completing the quest of quests, that is, to realising complete Oneness with the Divine. The important contrast is, however, that they learn to do this in the midst of the hustle and bustle of worldly living, in the midst of family life and work life and while dealing with the many other demands of living in urban environments.

The way urban mystics live involves actively seeking out the raw stimulation of life 'in the world' and, in the process, learning to harness all experience from the mundane to the extreme. By learning to embrace and to live completely the experience of each moment, their worldliness will be transformed and transmuted so they realise states of awakening so profound as to enable these practitioners to experience the Infinite directly. As they persist, they can increasingly become transformed into living vessels of the Divine, or into people who act as portals that are fully integrated into the usually hidden threshold between the Divine and worldly life. As they are transformed, their very presence with others will increasingly catalyse Awakening in those others. Also, their increasing saturation by the wonders of Transcendent Reality will expand progressively until they are at One with the Infinite, know Complete Awakening – and realise Enlightenment.

These words hold wonderful promise for anyone who reads them. What they show us is what is actually possible, what the stirring melody is underlying their refrain, what we feel bubbling inside us as something once dormant presses for attention, what sweetness and nectarian

delights we sense await us. What they tell us is truly awe inspiring. Yet these words are trivial and inadequate when charged with the task of describing such Sublime, Blissful, Peaceful, Wondrous States of Being. And how extraordinary that using the simple practices of *Urban Mysticism* enable us to cultivate these States when we are, for example, at the kitchen sink, driving the car, doing our work, talking to people, sweeping the floors – and, even when we are engaged in its spiritual practices.

BRIEF DESCRIPTION OF THE PROGRAM

The purpose of Biame Network's training program is make available practices and techniques that can promote the above outcomes.

Levels

The program has two levels:

- *Practitioner Training*, and
- *Master Practitioner Training*.

The requirements of each level are presented later in this document.

Eligibility

Anyone is eligible to apply to join the *practitioner training*. Acceptance is decided on an assessment of and each applicant's capacities to undertake the training and his or her enthusiasm for and commitment to the purposes and methods of the training.

Only trainees who have successfully completed the practitioner training are eligible to join the *master practitioner training*.

Membership Requirements, Fees and Other Expenses

All trainees must be members of Biame Network Inc. and they must also apply to join the training program.

Membership and participation in the training program each involves paying annual fees:

- *membership fees* are levied each March or September (those joining from January to June will pay their fees in March; those joining from July to December will pay in September)
- *training fees* are levied each January for all trainees.

Other expenses relate to:

- attendance at workshops and other designated courses,
- participating in regular teleconferences,
- engaging in sessions with a personal mentor (if available), and
- the purchase of teaching materials that are part of the program.

All trainees, as members of the Network, receive a 10% reduction on most workshop fees and some of the teaching and other materials available from the Network.

Course Length

The time taken to complete the training program varies, because the training process is open-ended. In other words, there is no set period for each level. This is unlike many, perhaps most, training programs, in which trainees know in advance when they will finish, assuming, of course, that they pass the necessary assessments involved.

The reason for this difference is that the Network's training involves developing personal mastery and personal awakening, and no time can be set in advance on how long doing so will take each trainee. Mastery and awakening are to do with personal growth, development and evolution, not simply learning about a subject or learning specific skill sets. So, the training will take as long as it takes, which, by the way, is very like the learning everyone needs to do as a normal part of life: How long does it take to learn maturity and wisdom, for example? All the same, trainees can be assured that the trainers are committed to helping them as much as they can to meet the program requirements as soon as feasible.

The training at each level involves three important areas:

- the mastery of certain practices
- personal growth and awakening, and

- the integration of the required learning into the everyday lives of trainees.

You will find descriptions and lists of some of the requirement in the discussions of the practitioner and the master practitioner training below. More information is also available in *Appendix A* and *Appendix B*.

Testing/Assessment

Assessment may involve a variety of methods: written, oral, electronic or any other means that is deemed effective and suitable by the assessors and trainers.

Assessment also involves:

- assessment of how well trainees know the information, practices, procedures, orientations and the other aspects of *Urban Mysticism* relevant to their level of training
- assessment of the degree of personal mastery trainees have realised of that material, and
- assessment of the trainee's level of integration of the learning they have done into their day-to-day lives.

We emphasise again, however, that the descriptions and lists of requirements referred to above are only part of what is necessary and that meeting the 'intangible' requirements related to personal mastery, growth and awakening, and integration, are necessary conditions for completion.

These 'intangible' requirements are described in general terms throughout this training outline. Unlike assessing factual learning, however, this learning is not easy to quantify for assessment purposes – a fact with which both trainers and trainees need to come to terms as part of the training.

An ongoing evaluation processes used throughout the training helps to clarify these 'non-quantifiable' requirements cumulatively as the training unfolds. Part of this includes trainers participating in goal-setting with trainees at the beginning of each year and a self-review at the end.

Final Qualifications

A trainee who completes the practitioner training is qualified as a *Practitioner of Urban Mysticism*.

A trainee who completes the master practitioner training is qualified as a *Master of Urban Mysticism*.

Certificates are issued at the time of completion of each level.

MASTERHOOD, MASTERY AND MASTERS

Awakening to the Divine means awakening to our own inner talents and becoming superlatively competent in our use of those talents, many of which are hidden from our consciousness in the beginning. So the very nature of this training exposes trainees to the realms of:

- realising their own masterhood through
- expanding their personal mastery by
- training with masters and by
- becoming masters themselves.

The level of someone's masterhood is to do with the accumulated realisations he or she has of Transcendent Reality. Mastery refers to the accomplishments themselves, the skills and other qualities involved. Masters are the people who have mastered the practices, and they are spiritual masters to the extent that they can maintain their awareness in the Divine as they live their lives.

The Network's training is about people manifesting the fullest expression of their essential Selves in the lives they live from day to day. It is about the quintessential awakening of all latent abilities, about honouring Life and the Divine in every aspect of creation. The training is nothing to do with master-slave relationships, with gaining power over people, with abuse, with taking over other people in any way, or with fostering people's dependency. In fact, to awaken to our essential Natures means learning to honour, love, accept, respect, appreciate, and to value and welcome

everyone and every thing in the cosmos. It also means to remain continually aware of the Divine in all living creatures, all situations, all events – in all aspects of life.

Now, while lots of time, energy, dedication and practice is required to reach such 'exalted heights', the good news is that everyone is already part of the way there. All of us are masters in many areas of our lives. Every aspect of our lives in which we do what is required so routinely that we barely even notice that we are doing what we are doing, is an aspect that we have mastered and is part of our personal mastery. The activities that trainees need to master so as to embrace spiritual Masterhood will certainly involve the routine skills we use on a daily basis; for example, putting on our shoes, driving cars, eating, or opening doors. The mastery will also involve areas and activities to do with inner skills and talents; for example, our abilities to concentrate, to dissolve consciousness, to share awareness with others, to claim all that we perceive inside and outside us as parts of ourselves, or to stay for long periods in heightened states of consciousness, such as various types of *samadhi state*.

Masters in the sense in which we mostly use the word in the training program are people who, usually as a result of long-term fruitful devotion to their practices, have evolved and expanded personally to a significant degree. These are Masters of living in the world and Masters of their inner lives, too. Only people whom we are told have mastered as much as it is possible for human beings to master are called Enlightened or Fully Realised, so clearly most of us continue to walk together on the long road to get where such people are.

Masters like these have a profound affect on us, simply through their presence. We become imbued with their awakening as the energies of their highly refined consciousness saturate us and draw us to our own versions of their awakened states. These people are wonderful catalysts to our own unfolding processes of awakening, no matter how rudimentary these may be. Clearly, spending as much time as we can with people who are more awakened than we are, is a great asset and we highly recommend your doing so.

The Network's training program is designed to help trainees realise the wonders of Enlightened Masterhood to whatever extent they can. It is also designed so the trainers can help trainees with the processes involved by offering assistance as fellow travellers who have experiences, accomplishments and personal mastery that may assist trainees with the awakening processes in which they are engaged. To this end, the program is designed to make a definite contribution to a profound unfolding, development and evolution in the lives of all involved in it – trainees and trainers alike.

THE TRAINING PROCESS

The training takes the form of an apprenticeship. The process is like learning any trade, such as plumbing, cooking, or building; or any art like music, painting or sculpture; or any performance skill like chess, *go*, *chi kung* or dancing. The important ingredient in such apprenticeships is that masters of the trades, arts or skills are managing the teaching. It is their responsibility to do this. The learning requires that apprentices completely master the unique processes involved in their areas. The way they do this is to learn alongside their masters as they practise the trade, art or skill. Doing so enables trainees to imbibe the necessary learning directly from their masters who make themselves available to trainees for this purpose. The final outcome for well-trained apprentices is for them to have so integrated their learning that they are living embodiments of what they have learnt, people who show their mastery in the everyday situations with which they have been trained to deal.

Masters of Urban Mysticism are interested and engaged in Life with all its richness. The Network's trainers are, in varying degrees, Masters in this field. None is fully realised at this stage; many are well advanced; and all have worthwhile qualities to pass on to trainees. From the beginning and throughout your training, in accord with the above outline, you would remain apprenticed informally to these trainers and this apprenticeship would be a major vehicle of your learning. With them, you can learn to live the life of an urban mystic in the everyday world.

This approach is both stimulating and challenging. The training processes can stimulate change in every aspect of your life – and generally do. Also, even though the methods the Masters will use with you are profoundly simple, encounters with them can reach to the very foundations of Being, realigning you deeply; so you can expect many challenges. No stone is left unturned and, while the Masters do not do the turning, they act as catalysts, or agents that face trainees with the need to do the turning themselves. The trainers' responsibility is to prompt you to face yourself and to support you in doing that; your responsibility is to do the facing.

Several orientations are fundamental to the training. You will be encouraged:

- to live what you learn
- to investigate what you are learning thoroughly, especially its truth and reality
- to test everything taught for accuracy and applicability to your life and the lives of others
- to integrate your learning fully into your daily life and
- to know everything you learn through direct experience.

You can 'learn about' things in many places. In this training, 'you are the lessons' and you will be learning through discovering the living experience of you. You are also the final arbiter. You are completely responsible for yourself. In other words, it is you who, for yourself, must ultimately decide the final word or view of the accuracy, relevance, usefulness, validity, value, truth and purpose of whatever you are learning. Then, having formed a view, it is you who needs to commit to this with your decisions – even if they are right and even if they are wrong. Doing so is fundamental to personal Masterhood.

Finally, the integration aspect of the training is very prominent and important, because fully realising Masterhood includes our having drawn together every aspect of our lives. The training program is designed to help provide opportunities that assist you progressively to establish this type of Oneness. All areas of life are involved in this: home, work, inner experiences, outer influences, meditation, day-to-day events, family,

friends, feelings, thoughts, personal history ... As time passes, everything is increasingly brought into alignment, is integrated and realised as part of the process of seeking and establishing an enduring state of Oneness. You will be encouraged throughout to stay practical, down-to-earth, grounded and sensible. This training is part of life and is designed to enhance life with Life. Everyone is encouraged to remember this and to live accordingly so they can live in Life Itself.

RESPONSIBILITIES AND ORIENTATIONS

The Network's training is *trainee-centered*, which is in marked contrast to *trainer-centered* programs. What this means is that as a trainee:

- you will set the pace of your learning
- you are the one who will have the initiative and responsibility for your learning
- you, not others, will have to take that initiative and responsibility in order for your training to progress
- you will receive a matched response from your trainers: so the levels of your motivation, commitment, energy, involvement, activity, interest ... will be matched (if practically possible) with the same levels in your trainers, and
- your trainers will match, but not exceed your levels of investment.

Also, your deepest Self and what you encounter in your day-to-day life:

- will provide the stimulus for the lessons
- will tend to determine the content of what you will learn as your awakening unfolds, and
- will be the driving power for your Awakening process.

The basic orientations of the training are designed to leave you completely responsible for all that you do and for what you get out of the process. Put another way, only you can do this training and only your commitment and involvement will determine the outcome. No one else can do any of this. Of course, the level of realisation of those with whom you learn will contribute, and hopefully will contribute significantly. However, even if

your trainers are not capable of doing the job in certain areas, it is still up to you to learn what you can from them while you stay in the program.

On another matter, it is also important to realise that Masterhood is about mastery of Life, not about learning a package of subjects and skills set by your 'teachers' or the 'school' in which they work. In the Network's program, you will need to learn for yourself, to explore for yourself, to practise yourself until you have integrated and mastered what you are learning. You will even need to learn to learn from people who have not yet perfected themselves, which in itself will face you with an enduring reality in life: no one most of us knows is yet perfect, yet we can benefit from and learn with them all. This program is an opportunity for on-the-job training through which you can learn to make everyone in your life your teachers and your syllabus for the next part of your personal course in the 'Mastering of Life'.

As mentioned, this training is in marked contrast to many other forms of education that are trainer-centered. In these types of training, which are very common these days:

- the trainers or syllabuses almost entirely set the content and timing of the learning
- the trainers are often expected to take more initiative and responsibility for the trainees' learning and success than the trainees do, and
- programs are also often devised as a kind of entertainment for trainees, as if it is the job of the program to keep trainees interested, amused, diverted and occupied.

These orientations are, however, counterproductive when training for Masterhood. When learning self-mastery, all of us need to exercise great initiative and commitment, and grapple successfully with our own blockages to the Awakening process. Moreover, in terms of initiative and commitment, anyone else, trainers included, can only support our efforts. It is not, therefore, the job of trainers in the Network's program to seek to satisfy the trainees by teaching them what they want, in the ways that they want, nor to seek to produce on demand the results trainees want. The 'customer' is not always right in this 'Masterhood shop'. In this shop,

customers need to seek out what is available and demonstrate that they are ready to receive what is offered. Trainers will generally remain open to the points of view of trainees; however, the requirements of the training will determine the extent to which these views modify any training offered, not simply that trainees hold the views they express.

The trainers in the Network's programs are chosen because they have demonstrated their capacities to do what they undertake. Some are full Masters of what they are teaching, others are Masters in training. Whatever their level of realised capacity, however, they have something to offer, which may include content in which you are interested. It will certainly include aspects of what you as a trainee will be expected to learn, to integrate into your life and to master if you wish to complete the training successfully.

And trainers have the responsibility to train. Their responsibilities include engaging with trainees to promote their learning, active teaching and modelling in their areas of accomplishment, making assessments, doing their best to clarify with trainees what is expected, discussing with and showing trainees what they need to concentrate on in order to keep progressing, and doing their best in every way to promote the learning, development and awakening of trainees.

Masters also have their Awakened consciousness to offer – the wonderful fruits of their years of practice – fruits that are delivered to trainees through direct, sustained exposure. Simply spending time with Masters provides this exposure, something that is achievable in a variety of ways: through cohabitation, visiting, talking on the telephone, meditating on the Master (though not physically with him/her), faxes, emails, text messages, letters ..., any means, in fact, that brings your consciousness into actual or 'fantasised' contact with the Masters. And to repeat: in this context, too, so as to have any form of contact, trainee initiative and commitment are fundamentally important, for Masters rarely seek out trainees. Accordingly, trainees who do not seek out the Masters are very likely to miss out.

PRACTITIONER TRAINING

The *Practitioner Training* is the entry level of the program. At its completion a trainee will be a *Practitioner of Urban Mysticism*.

At this basic level of the training, trainees learn the ABCs of living according to the practices of *Urban Mysticism*. The goal of undertaking this level is to learn, to integrate and to master the basic practices. This involves:

- learning the designated information, practices and strategies, including
 - learning and practising the procedures and strategies for making everyday life easier, and
 - learning and practising procedures and strategies for awakening consciousness
- using what is learnt in everyday life in order to master it experientially, and
- embracing *Urban Mysticism* as a worthwhile approach to life (perhaps amongst other approaches).

PREREQUISITES

There are three prerequisites for entering the practitioner training program:

- initiation into meditation either by Ken or Elizabeth Mellor, by others designated by them as empowered to initiate people for this purpose, or by using one of the network's initiation recordings
- membership of Biame Network (see below for the necessary application form), and
- acceptance as a trainee (see below for the necessary application form).

STREAMS OF TRAINING

There are three streams of the training, the contents of which overlap with and enrich each other:

- inner awakening
- practical daily living, and
- integration.

Inner Awakening

This stream introduces you to basic meditative practices that promote 'inner' discovery and awareness. Beginning with your first initiation, other meditations and further initiations confirm and promote your continued progress. You will be encouraged to learn a variety of specific meditations and general meditative orientations. Developing the capacity to participate in the *samadhi* process and sustain various *samadhi* states are both required outcomes of this aspect of the training. The aim is to help you to master the processes for realising transcendence – for becoming One with 'I AM' and the Ultimate.

Inner Awakening is a fundamentally important part of the course. Also, what you realise through using the practices learned in this stream will magnify the real benefits available in the other parts of the program.

Practical Daily Living

You will be introduced to some simple, practical daily routines that promote health, vitality and satisfaction with life. These are usually of great general benefit to trainees in their everyday lives, because the practical aspects of their lives can become easier and more fulfilling by their using what they learn. Very importantly, what you learn in this stream will help you to change your day-to-day routines so that the full benefits of your meditation are available in every aspect of your life. The routines also allow and encourage the full flood of the awakened energy released in you by your meditational practices. The same routines also enable you to become a full outlet into the world for your Awakened energy.

A primary purpose of this stream is for you to master in your life the practical lessons taught. To complete this stream, you need to prove that you have mastered the learning by living what you learn every day.

Integration

The 'integration' stream of the training program is fundamental to the training process. The Network's trainers conduct it in groups or with individual trainees. The group sessions are usually called 'training groups' (if in person), or 'teleconferences' (if held on the telephone). Those aspects of training groups, teleconferences and individual sessions devoted to integration are called 'integration sessions'. These sessions are your primary way of receiving direct contact and support while you are engaged in the training program. Some opportunities are also available to establish ongoing integration sessions with designated mentors, although these may not be available to all trainees at a particular time.

Training groups, teleconferences and individual sessions may involve:

- presentations by trainers on a particular area or practice
- time to deal with general issues on how to integrate practices with everyday life, and
- answers to questions related to what is occurring in a trainee's life and how to deal with it using the practices being taught.

The central focus of integration sessions is always on the practical, day-to-day ways you are promoting your Awakening and Full Realisation. Also, because your worldly success is an essential part of your Full Realisation, the training is designed to support your success and to help you deal with anything that your approach that is not supporting it.

As the trainee, you have the primary responsibility for choosing the content of the integration aspects of sessions. However, from time to time, trainers may alert you to areas of your life in which they consider change would benefit you. At those times, the trainers may also make suggestions about how you could approach things differently, usually when you do not know what to do that would help.

During these sessions, trainers may give attention to any area of your life – anything you see that needs attention, anything you would like to discuss, anything you would feel better about changing. You do not need to restrict your attention. All of your life is part of your awakening and so a potentially useful part of discussions. So, the idea is to use these sessions as your opportunity to ask questions, to solve problems, and to learn how to deal with practical situations, issues and tasks.

Integration sessions are oriented to your developing an open, free and affirming perspective on everything you do, and to getting help in applying what you are learning in your life. The trainers will emphasize throughout, the value of living what you are learning and of being practical and effective. They will also encourage and reinforce success.

When several trainees are in one geographical area, they often have their own meetings during which they share the guidance each is receiving from the trainers. They also share their own ideas with and support each other. Many have found this particularly valuable. Some groups send questions of shared interest to the trainers and receive replies by mail, email, or through a teleconference hook-up. These groups are a particularly efficient way of promoting the learning process.

Specific Requirements

The requirements of the practitioner training are both general and specific:

- obtaining and learning the designated materials (recordings, books, courses notes, written material ...)
- participating in the free eMeditation Course run through the Website
- mastering the lessons available through the Network
- attending workshops and training groups when possible
- participating in the regular teleconferences for practitioner trainees (at least 5 per year), and
- regularly attending meditation sessions in your area (depending on availability).

See Appendix A for lists of materials.

MASTER PRACTITIONER TRAINING

The *Master Practitioner Training* is the advanced level of the training program. At its completion, a trainee will be a *Master Practitioner of Urban Mysticism*. At that point, trainees will have reached a sufficient levels of Masterhood to be able to continue the Awakening process without major reliance on others, although they may still seek out and benefit from contact with other Masters. They will be secure in the Enlightening processes they have learnt and will have realised through direct experience how their inner Selves and the Divine are guiding everything. They will also be associating with other Masters as colleagues and involved in shared activities with them.

The purpose of undertaking this level of the training is for trainees to fulfil their earlier, basic training when becoming a practitioner and to realise Masterhood in their own unique ways. The requirements of this level of the training are far more advanced and more challenging than those of the practitioner level.

The requirements include having:

- learnt designated information, practices and strategies
- practised and mastered procedures and strategies that integrate spiritual awakening into everyday life
- mastered previously learnt meditations and other spiritual practices at a much higher level and in ways that promote the highest levels of consciousness
- gone through and mastered advanced initiations that promote Awakening
- learnt to use everyday life as a prompt to Self-awareness, Self-realisation and as a means of finding guidance on any action in the world for promoting Awakening
- mastered the practices and strategies of *Urban Mysticism*, and

- established themselves in lives that are unique expressions of the principles, practices and procedures of *Urban Mysticism*.

MASTERHOOD

As in most areas of learning, those who quest the Ultimate in personal realisation, naturally turn to experts to help them learn as quickly and as well as possible. Throughout the ages, Masters have made themselves available to help those who are genuinely committed to becoming Awakened. They contributed their unique awakening to those whom they chose to train and trained them in their own unique ways. This is a wonderful bonus for all who have had these benefits.

Before reaching this level, however, most people do not know much about what is involved and are naturally curious about what it is like to be a Master. ‘What is Masterhood?’, ‘What is Full Realisation?’ and ‘What is Enlightenment?’ are common questions. Unfortunately for the curious, there is no easy way to answer these questions in advance, because the descriptions that do so accurately rely on experiences that are not yet available to the questioners. Nevertheless, some attempt to answer the questions is important. Therefore, consider the following.

Analogous to Personal Growth

In worldly terms, our lives begin with conception. From that point on, an automatic, physical program is set in motion that has its own pattern, timetable and momentum. We know that the program will run its course to the end. We know that, all being well, a child will be born in about nine months, that it will be crawling, walking and talking well by certain ages, that it will be capable of going to school at a certain age, that it will go through puberty, usually somewhere between ten and fifteen years of age, and that it will reach physical adulthood at about twenty-one years of age. We also know that during this time caretakers will do much to help to develop that child and its abilities so it can live in the world with other people when it grows up.

While these physical developments take place, emotional, cognitive and other processes unfold in predictable sequences too. We see these expressed in the sequential appearance of emotional and cognitive stages of development in the growing person. If all goes well, at about the same time the person reaches physical maturity, he or she will also reach ‘emotional and cognitive adulthood’. At this stage a person has developed sufficiently to live in the world, fending for himself or herself without ongoing emotional and intellectual reliance on others. In other words, the person will be able to cope with life as an autonomous adult.

Very importantly, throughout the process, the caretakers will train the children to care for themselves with a great deal of attention on teaching what later life will require of them, and will train them so that they are properly prepared by the time they have to live in the adult world.

Spiritual Adulthood

If we think of Masterhood as a kind of ‘spiritual adulthood’, then the unfolding sequences referred to in the normal personal development of a child apply similarly to the processes people go through in order to realise Masterhood.

Initiation is a spiritual conception, the spiritual equivalent of physical conception. Other events can act similarly, in that they can prompt an awareness of and/or linkage with the Divine that is significantly more powerful than we have experienced previously. For example, participating in some way in a birth, or in a near death or death experience often acts as a conception somewhat akin to initiation. Conception in this sense is an event that touches our consciousness with the Divine in such a way that we remain aware of it at some level – very mildly to very powerfully – in ourselves and in our lives from then on.

From the moment of this spiritual conception, an inner growing and unfolding process is accelerated. At the same time, to understand the process accurately, we need to realise that we do not become spiritually pregnant, because we are all already pregnant in a sense. All of us are already evolving and developing spiritually; so initiation, or some other

form of spiritual conception, actually gives a boost to what was already underway. It does not start something completely new. Also, once given the boost, our own inherent spiritual programs then take over and run their courses much more actively than they might otherwise have done. As with our physical, emotional and cognitive development, these spiritual program have various stages through which we need to pass as we mature and develop spiritually.

Because Masters are familiar with aspects of this process, they can help to support us through those aspects with which they are familiar. They can offer advice, interrupt us when we take a wrong turning and help us to pinpoint progress as we make it. When completed, compared to our starting points, the states of Awakening we will be in are similar to the differences we can observe between children and adults. We will have grown up and have become spiritual adults. Called Masterhood, once we have realised it, we will have developed our own capacities to continue with the process of living a full spiritual life, and the capacity to continue to expand and evolve spiritually as we need to in order to fulfill our own unique purposes in life. We will have developed the capacity to live with spiritual autonomy.

And as with worldly adulthood, in which life naturally contains associations with other adults, full Masterhood involves associations with other Masters. Certain things in spiritual life are as dependent for their realisation on the presence of peers as are certain things in daily life. In daily life many outcomes depend on the joint efforts of adults, who cooperate to achieve greater purposes than those of the individual alone. It is the same among spiritual adults, or Masters.

The Experience of Masterhood

So what is Masterhood like? In answer, do your best to imagine several things. Imagine:

- still having the aliveness, expressiveness, spontaneity and openness of a child
- great clarity of perception and awareness, and enhanced understanding, love, wisdom, and personal power

- the capacity to relate to people 'Being to Being' with direct perception and understanding of all the various aspects of the sharing that occurs
- everything is different; everything has a sense of completion and fulfillment about it
- everything is the same; you are more the 'you' that you have always been, yet are not someone vastly different
- everything is much more simple, and
- complexity is a prompt for more growth, a stimulus to quest for further Enlightenment; complexity shows that the light of consciousness has not yet shone fully enough on what we think we know.

Added to all of this, the centre of life becomes 'Life Itself'. Any doing that we do, arises out of the Beings we are. We have moved from living as 'doing beings', to being the Beings we are. And we are saturated in Divine Bliss, Love, Light, Harmony, Sweetness and Fragrance as an ongoing reality.

REALISING MASTERHOOD

You will realise your own Masterhood through your own efforts – and those alone. Only you can do it. At the same time, people who have already realised aspects of their own Masterhood, or those who are Masters already, can be of great assistance. So we suggest that you associate with them as much as you can. There are many advantages. Three only are listed here.

First, simply spending time with these people is of great assistance. It is as if, in a genuine sense, their mastery rubs off on us. After being with them, we go away and are different, even when nothing overt has been done to change us. Like powerful magnets, Masters pull us towards our own expression of their realisation, simply by the fact of our being with them.

Second, many Masters have much to teach us. They know meditations, procedures, ways of doing things, techniques and strategies that can

make our progress much easier. Many of them are mines of information, mines rich in the pure ore of Divine Realisation.

Third, there are times during the unfolding processes when we will value assistance. This is particularly likely when we do not recognise what to do, since it is our first time on the trip. Having travelled the same road many times themselves and having accompanied others too, Masters often have good general advice, valuable specific suggestions and welcome support to offer – all of which can be profoundly awakening.

At the same time and as something of a paradox, life itself will be your greatest teacher. The events of your life are an absolute replica of what you are dealing with ‘inside’ you. Also, what is right at your feet, what you see ‘outside’ you every day of your life, what you hear, what you can touch and taste and smell as each day passes, these are your teachers. Becoming a Master involves learning how to recognise these teachers, learning how to learn from them, and learning how to change how you live so you align with the Enlightened Being in you that is pressing you to allow it to express Itself fully in your life.

The master practitioner training is organised to help trainees to have access to people at various stages of realisation who can help them in their own process. It is designed to help trainees to face life so that its lessons are clear to them, so that they learn from those lessons, and so that they become Enlightened and Fully Realised.

PREREQUISITES

There are three prerequisites for entering the *Master Practitioner* level of the training program:

- acceptance as a *Practitioner of Urban Mysticism* at the completion of the practitioner level of the training
- ongoing membership of Biame Network, and
- acceptance as a *Master Practitioner* trainee.

STREAMS OF TRAINING

The Master Practitioner Training Program has three streams. They closely relate to each other, so the learning of each blends with the learning of the others. They are:

- masterhood
- living Masterfully, and
- integration

Each stream is conducted at an advanced level. As with the streams in the practitioner training, these streams overlap and enrich each other. You will find some of the required content specified in *Appendix B*. At the same time, much of what is to be learnt is determined in the interactions between the trainers and the trainees.

A major distinguishing quality between the practitioner and the master practitioner training is the advanced nature of the learning and the advanced expectations that are set by the requirements for completion of the master practitioner level. Even more than in the practitioner training, the learning processes are evolving ones in which the content of the training is a vehicle for the unfolding of consciousness and for the progressive realisation of personal Mastery.

Masterhood

This stream is the direct training in Masterhood itself. Having learnt the ABCs in the practitioner training, trainees move into direct learning of more advanced practices. The practices relate both to the continued Awakening of consciousness and to living Masterfully in the world.

Trainees address the answers to basic questions: Who am I? Where did I come from to get into this world? Where do I go when I leave this world? Trainees are encouraged to discover the basic nature of people, the real meaning for life (their own and others), the nature of the world and the nature of reality. They are encouraged to promote natural release, fulfillment and growth in all things. They are also encouraged to realise

the capacity to live continually with and in advanced states of consciousness.

The Trainee's progress determines the pace of the learning. It is the trainee's responsibility to keep the learning going. While very exciting and fulfilling, it is a very challenging and demanding process. Also, the expectation is that trainees will devote long periods each day to their personal spiritual practices. It is also expected that they will keep evolving their practices during their training, as and when the level of their Awakening requires it, so that they can continue learning to become One with the Divine.

Trainees who have a special area of interest, or special talents, are encouraged into advanced training in these areas, sometimes within the Network, sometimes outside it. Their Masterhood is expressed through the Masterful realisation of those special interests or talents.

Living Masterfully

In this stream, trainees receive help in integrating their developing Mastery into their day-to-day lives. This is fundamental in the realisation of Masterhood. The integration process involves special learning and application for most trainees. They need to learn how to live through the events of the day while flooding with the grace of Enlightenment. They need to learn to enrich what they do with that grace, and they need to learn how to enrich that grace with what they do. They also need to learn how to become and then to stay centered in their own Enlightened field during whatever they do.

The learning is a matter of drawing worldly life into Oneness with the transcendent states that are increasingly available to the trainee, and of drawing that Oneness with transcendent states into worldly life. It involves discovering that the so called inside and outside are part of the same whole; and it is a matter of realising that wholeness as an on-going experience of life. Living life needs to become being centered in the 'I AM'-here-and-now in such a way that all action arises naturally out of this

being state; doing for its own sake needs to subside into and be dissolved by the Divine.

Integration

This stream of the training is for helping trainees deal specifically with the unique requirements of their own progress. The Network's trainers use these sessions to help specify your particular needs at different stages of the unfolding process. The aim of this stream is the realisation of 'All is One'.

Specific Requirements

The requirements of the master practitioner training are both general and specific. They include:

- obtaining and learning the designated materials (recordings, books, courses, written material).
- participating in the free eMeditation Course run through the Website
- attending as many workshops as is feasible each year
- participating in the regular teleconferences for Master Practitioner Trainees (at least 5 per year), and
- regularly attending meditation sessions in your area (depending on availability).

See Appendix B for lists of materials.

PRINCIPAL TRAINERS

There are several trainers available within the Network. As indicated, each has mastered certain aspects of living and makes himself or herself available to help others realise their version of the same Mastery. Ken and Elizabeth Mellor are the principal trainers. They oversee the whole program and monitor and train the other trainers.

Ken and Elizabeth have meditated for many years. After intensive training with several Meditation Masters, they became Masters of Meditation. Since then they have taught meditation to people internationally. They remain available to serve those in the Network who are interested in ongoing development and support for their own meditation practice and Awakening.

They originally worked as educators, counsellors and psychotherapists, then as writers, parent educators, business consultants and spiritual mentors. They have between them more than sixty years of experience in these types of work. They embody a unique integration of Eastern and Western ways of dealing with life. They have Mastered the trade of living life in a way that releases the Ultimate into every day urban living and make this Mastery available through the network's training program. They are urban mystics.

TERMINATING THE TRAINING

Trainees may discontinue their training by:

- writing, telephoning, faxing or emailing their intention to stop to Biame Network Inc. in Australia, or
- not paying their membership and/or training fees when they are due.

Non-payment of fees and other charges will mean automatic termination of the training arrangement.

Biame Network Inc. may terminate a trainee's training by:

- first, discussing through mail, telephone or other means the issues that prompt the Network to consider terminating a trainee's training; then agreeing on an approach that will deal with the issues raised, as well as arranging a review period for reconsideration of the issues
- second, upon an unsatisfactory resolution of the issues, communicating verbally, in writing or electronically the intention to terminate the trainee's training after 30 days, if a response indicating a satisfactory resolution of the issues is not received within that time period.

APPENDIX A: Practitioner Training Required Learning

Mastering the material in the list below is expected as part of the *practitioner training* in Biame Network's training program. This is necessary learning. The list is not complete, however, as other aspects of life also need to be mastered for a trainee to receive a certificate designating him or her as a *Practitioner of Urban Mysticism*. (Items may be deleted, replaced or added to at some stage.)

BOOKS

Berne, Eric – *Games People Play: The Psychology of Human Relationships* (Penguin Books, NY, 1964) ISBN 0 14 002768 8

Coelho, Paulo – *The Alchemist: A Fable about Following Your Dream* (Harper, San Francisco, 1993) ISBN 0 06 250217 4

Karcher, Stephen – *The I Ching Plain and Simple: A Guide to Working with the Oracle of Change* (Harper Collins, London, 1997) ISBN 0 00 716565 X

McCaffrey, Anne – *To Ride Pegasus* (Orbit Books, London, 1973) ISBN 0 7221 5967 6

McCaffrey, Anne – *Pegasus in Flight* (Corgi Books, Great Britain, 1992) ISBN 0 552 13807 X

McCaffrey, Anne – *Pegasus in Space* (Bantam Press, London, 2000) ISBN 0593 043278

Mellor, Elizabeth – *Oscar's Way* (Biame Network Inc., Seymour (Australia), 2005) ISBN 1 920892 91 5

Mellor, Ken & Elizabeth – *Teen Stages: How to guide the journey to adulthood* (Finch Publishing, Sydney, 2004) ISBN 1 876451 38 6

Mellor, Ken & Elizabeth – 'Reflections and Practices' in *Symbols of Love: I Ching for Lovers, Friends and Relationships* by Stephen Karcher (Little, Brown & Company, London, 2002) ISBN

Mellor, Ken & Elizabeth (2nd Edition) – *ParentCraft: A practical guide to raising children well* (Finch Publishing, Sydney, 2001) ISBN 1 876451 19 X

Mellor, Ken – *Another Day Younger: Five Rejuvenating Exercises from Tibet* (IMPG Inc.(Now Biame Network Inc.), Melbourne, 1996) ISBN 0 646 28088 0

Mellor, Ken - *Hatha Yoga for Westerners: Selected Postures and Sequences* (IMPG, Seymour (Australia), 1995) ISBN 0 646 25255 0

Mellor, Ken – *Pearls: Advice for the Path of Spiritual Awakening* (Biame Network Inc., Seymour (Australia), 2005) ISBN 1 920892 79 6

Mellor, Ken & Mellor, Elizabeth – *Meditation for Beginners* (Biame Network Inc., Seymour (Australia), 2007)

Mellor, Ken & Mellor, Elizabeth – *Personal Well Being* (Biame Network Inc., Seymour (Australia), 2007)

Mellor, Ken – *Taking Charge: Task Analysis, Option Development, Problem Solving* (PIT Press, Melbourne, 1980) (Available through Biame Network Inc., Seymour, Australia) ISBN 0 909257 20 5

Millman, Dan – *Way of the Peaceful Warrior: A book that changes lives* (H J Kramer, Inc., Tiburon, CA, 1984) ISBN 0 915811 00 6

Smark, Tony (AKA Arch Angel) – *Prosperity: An angelic guide to living abundantly* (Seraph Press, Vic. Australia, 2005) ISBN 0 9752443 0 2

Stewart, Ian and Joines, Vann – *TA Today: A New Introduction to Transactional Analysis* (Lifespace Publishing, Nottingham UK, 1987) ISBN 1 870244 00 1

RECORDED MEDITATIONS

Elizabeth Mellor: *Stepping Down the Light* (2000) (Learning how to access higher levels of consciousness while staying connected to the world)

Ken Mellor: *Relaxation Meditation* (1985) (For deep relaxation, pain relief, anxiety management)

Ken Mellor: *Creative Release Meditation* (1986) (Setting of goals and the resolution of conflict and the creation of inner alignment in relation to them)

Ken Mellor: *Loving Bond Meditation* (1987) (Narrated by Elizabeth Mellor) (Strengthening the bond between parents and babies (pre- and post-birth) and helping to deal with threatened miscarriages)

Ken Mellor: *Grounding Meditation* (1988) (Establishing and maintaining cognitive, emotional and physical balance, handling intense feelings (anxiety, panic, rage), staying alert and available each moment)

Ken Mellor: *Intimacy Meditation* (1988) (Fostering deep connections between partners, fostering empathic capacity in practitioners)

Ken Mellor: *Purifying Meditation* (1988) (Cleansing the energetic system, handling the ‘toxic’ effects of intensely charged environments; good for counsellors, therapists and other people-oriented helpers)

Ken Mellor: *Unifying Meditation* (1988) (Deep resolution of inner and outer conflicts of any sort)

Ken Mellor: *Vedic Mantra Meditation* (1992) (Initiation into an ancient mantra for meditation and profound spiritual awakening)

Ken Mellor: *Complete Health Meditation* (1992) (Harnessing inner resources to promote health and healing generally, and giving people a strategy to use to support themselves through surgery or the recovery from ill-health)

Ken Mellor: *I Am That Meditation* (1992) (Claiming the personal power projected onto people, situations, events, inner and out crises, and other inner experiences)

Ken Mellor: *Sublime Meditation* (1992) (For learning to release oneself into bliss, joy, love, wonder, wholeness and transcendence, for shifting center from suffering to joy)

Ken Mellor: *Earth to Beyond Meditation* (1992) (Learning to dissolve consciousness into the ‘nothing’ of the ‘deeper’ levels of the Self)

Ken Mellor: *Centering Meditation* (2002) (Learning to identify and live in the ‘true self’, to energise from inner sources of vitality and to stand in the presence of inner Being)

COURSES

eMeditation Course (Weekly meditations sent after registering for them on the Website)

APPENDIX B: Master Practitioner Training Required Learning

Mastering the material in the list is expected as part of the *Master Practitioner Training* in Biame Network's training program. This is necessary learning and is not a complete list of what needs to be mastered for a trainee to receive a certificate designating him or her as a *Master of Urban Mysticism*. (Items may be deleted, replaced or added to at some stage.)

BOOKS

Atwater, P.M.H. with Morgan, David H. – *The Complete Idiot's Guide to Near-Death Experiences* (Alpha Books, Indianapolis, 2000) ISBN 0 02 863234 6

Caplan, Mariana – *Halfway Up the Mountain: The Error of Premature Claims to Enlightenment* (Hohm Press, Prescott, Arizona, 2001) ISBN 0 934252 91 2

Caplan, Mariana – *You Need a Guru? Understanding the Student-Teacher Relationship in an Era of False Prophets* (Thorsons, London, 2002) ISBN 0 00 711865 1

Karcher, Stephen – *Symbols of Love: I Ching for Lovers, Friends and Relationships* (Little Brown & Co., Great Britain, 2002) ISBN 0 316 85846 3

Karcher, Stephen – *Total I Ching: Myths for Change* (Time Warner, Great Britain, 2003) ISBN 0 316 72431 9

Kornfield, Jack – *A Path with Heart: A guide Through the Perils and Promises of Spiritual Life* (Rider, London, 1994) ISBN 0 7126 7430 6

Kornfield, Jack – *After the Ecstasy the Laundry: How the Heart Grows Wise on the Spiritual Path* (Bantam Books, NY, 2000) ISBN 0 553 10290 7

Longaker, Christine – *Facing Death and Finding Hope: A Guide to the Emotional and Spiritual Care of the Dying* (Century, London, 1997) ISBN 0 7126 78808

Maitri, Sandra – *The Spiritual Dimension of the Enneagram: Nine Faces of the Soul* (Jeremy P. Tarcher/Putnam, NY, 2001) ISBN 1 542 081 6

Mellor, Ken & Elizabeth – *ParentCraft: A practical guide to raising children well* (2nd Edition) (Finch Publishing, Sydney, 2001) ISBN 1 876451 19X

Mellor, Ken & Mellor, Elizabeth – *Teen Stages: How to guide the journey to adulthood* (Finch Publishing, Sydney, 2004) ISBN 1 876451 38 6

Nisargadatta, Sri – *I Am That* (Acorn Press, Durham, 1973) ISBN 0 89386 022 0

Pearsall, Paul – *The Heart's Code* (Broadway Books, NY, 1998) ISBN 0 7679 0077 4 (Hard Cover)

Sams, Jamie – *Dancing the Dream: The Seven Sacred Paths of Human Transformation* (Harper, San Francisco, 1998) ISBN 0 06 251514 4

Sogyal Rinpoche – *The Tibetan Book of the Living and Dying* (Rider, London, 1992) ISBN 0 7126 5437 2

Taimni, I.K. – *The Science of Yoga: The Yoga Sutras of Patanjali in Sanskrit with Transliteration in Roman, Translation in English and Commentary* (Quest Book, Theosophical Publishing House, Madras, India, 1961) ISBN 0 8356 0023 8

Trungpa, Chögyam – *Cutting Through Spiritual Materialism* (Shambhala, Berkeley, 1973) ISBN 0 87773 050 4

Underhill, Evelyn – *Mysticism: The Nature and Development of Spiritual Consciousness* (One World Publications, Oxford, 1999) ISBN 1 85168 196 5

Yogananda, Paramahansa – *The Wine of the Mystic: The Rubaiyat of Omar Khayyam: A Spiritual Interpretation* (Self-Realization Fellowship, CA, 1994) ISBN 0 87612 225 X

COURSES

eMeditation Course (Weekly meditations sent after registering for them on the Website)

