

Mindful Intelligence, Meditation and Micro-Dosing Awakening World Dharma – Finding Liberation Through Living

A World Dharma Three Part Video Series offered freely – by donation

Presented through The Sentinel International by Alan Clements

“Alan's life is material for a legend. An innovative explorer of consciousness, intellectual artist, freedom fighter, former Buddhist monk, he shares his insights and experiences with a passion rarely seen and even more rarely lived. He'll make you think and feel in ways that challenge your entire way of being.” ~ CATHERINE INGRAM,
Author of In the Footsteps of Gandhi & Passionate Presence

Explore head-on the most crucial question of our time: how to take our Being – our post-psychedelic experiences, our most liberating instinctual intelligence – and express them in action to transform the conditions of the real world, to nurture love, community, life, earth, freedom itself.

“Consciousness is the forerunner of thought, speech, and action. In other words, mind is the source from which the world comes into being. It is from the mind that we form identities, create myths, and fabricate illusions. It is from the mind that values are forged, principles are shaped, and freedom is known. Thus, it can be said:

To know the mind is the most important task of our life.

~ ALAN CLEMENTS

ABOUT ALAN CLEMENTS:

Alan Clements is an internationally acclaimed author, performing artist, human rights activist, and retreat leader, along with being one of the most innovative explorers of consciousness and teachings of the dharma in the West today. As one of the first Westerners to ordain as a Buddhist monk in Burma, Alan trained for many years in mindfulness meditation and experiential Buddhist psychology under the guidance of two of the modern era's most accomplished mindfulness and meditation masters. Since leaving the monastic life in 1984,

Alan has also worked extensively, both therapeutically and experimentally, with a broad range of psychedelics, including LSD, MDMA, 5-MEO DMT, Psilocybin, Ayahuasca and Ketamine. Widely regarded as a leading force in the movement for universal human rights and their merger with the indivisibility of freedom, timeless human principles, non-ordinary states of consciousness and nonviolent political change, Alan has also worked as a journalist, activist, advisor, and caregiver in war zones and other areas of extreme conflict, including the jungles of Northern Burma and the former-Yugoslavia during the final year of their war; producing such seminal books as, *Burma: The Next Killing Fields?* (with a foreword by the Dalai Lama), the feature film script, *Burning – Love in the Time of Genocide* (Chartoff Productions, producers of *Rocky & The Right Stuff*), *Beyond Rangoon* (as the principle advisor and script revisionist for this feature film directed by John Boorman) and *Burma's Revolution of the Spirit* – a photographic tribute to Burma's nonviolent struggle for democracy, also with a foreword by the Dalai Lama and essays and endorsements by eight Nobel Peace Laureates.

While sharing his contemporary understanding of liberation around the world, Alan has also become a prominent voice in raising global awareness of Burma's "*Revolution of the Spirit*" – a nationwide struggle for freedom, justice, and democracy. Among his most celebrated books, he authored, *The Voice of Hope*, the internationally acclaimed book of conversations with Burma's (imprisoned) Nobel Peace Laureate, Aung San Suu Kyi, which moved Pulitzer-Prize winning author Alice Walker to write, "Every leader on the planet should read this book at least once."

Alan's presentation style is both direct and natural – a lyrical spontaneity invigorated with humor, poetic artistry and compelling storytelling, used to foster openness and a highly experimental attitude. His personal and individualized approach to transformation expands beyond the formal course of sacred activism, psychedelic research, western Buddhism, eastern philosophies, and contemporary psychotherapy and spirituality, and implodes stereotypical concepts of spiritual normalcy and strict psychological identities. With an overarching emphasis placed on individual uniqueness and non-conformity by learning from direct personal experience, Alan interweaves creativity, scholarship and training in the areas of classical Buddhism, mindful intelligence, Eastern mythology, existential Buddhist psychology, plant medicines, vipassana (insight) meditation, spiritual activism, theatrical

improvisational performance art, with four decades of formal teaching experience, leading hundreds of intensive mindfulness meditation retreats, process-oriented spiritual-Buddhist-inquiry workshops, and World Dharma trainings, throughout Canada, Australia, Burma, and the U.S.

In addition, and as benefits to raise awareness of prisoners of conscience both in Burma and worldwide, Alan has performed his acclaimed one-person improvisational show, *Spiritually Incorrect: In Defense of Being Human*, for the past 20 years to audiences around the world. Jon Woodhouse from the Maui Times calls Alan, “the most spiritually astute humorist in America today.”

By merging the models of personal and planetary transformation found in his most recent books, *Wisdom for the World*, *Instinct for Freedom*, *The Voice of Hope*, *The Dharma Beyond Buddhism*, and *A Future to Believe In – 108 Reflections on the Art and Activism of Freedom*, Alan has created one of the most innovative and engaging, nonsectarian, psychedelic-informed, world dharma immersion trainings in the West, illuminating the inseparable link between one’s inner world and its expression in the outer world through creativity, mutuality, and action.

At the core of the *Training* is the Sanskrit word *Dharma*, reputedly the oldest word in use describing consciousness in relation to freedom. By combining the words *World* and *Dharma*, the umbrella concept was formed to embrace the reality of our *inherent mutuality*, while empowering relationships as our most sacred space for conscious awakening. As Dr. Martin Luther King Jr. once said, “We are tied in a single garment of destiny. What affects one directly affects everyone indirectly.” In other words, no one becomes free in a vacuum.

A substantial taste of the *Training* is uniquely offered in this rare three-part video series, titled *Mindful Intelligence, All Postures-All Senses Mindful-Awareness Meditation and Micro Dosing to Awaken World Dharma – Finding Liberation Through Living*. This “first time offered” online *Training* provides a dynamic environment to explore a practical theoretical framework for personal and social transformation, as well as a powerful methodology for its experiential application. In so doing, the *Training* offers the inspiration, guidance and practical know-how for liberating self and relationships from fear, conflict, and confusion, while enhancing freedom, creativity and conscientious co-existence.

“Freedom is not a state beyond this world,” Alan explains. “It is not fear-driven but life-giving — it includes the flesh, the ordinary self, the sacred and mundane

as one. It's reflected in the eyes of the person facing you right now. The key is to ignite our ability to be authentically present with heart, intelligence, and purpose, ready to serve, touch and be touched. It's about making life our art."

Alan Clements

OVERVIEW

The foundational *World Dharma Training* three-part video series is designed for both existing and aspiring psychedelic-assisted therapists, psychologists, psychotherapists, clinicians, and plant medicine adventurers. It is applicable to dedicated teachers, guides, instructors and inspired practitioners of any Eastern or Western psychology, spiritual, meditative and or plant medicine-oriented lineage teaching or tradition. It is also a powerful training for activists, mental health professionals, explorers of consciousness, artists (especially, performing artists), engaged Buddhists, social workers, Hospice workers, and caregivers. This training applies to anyone with a love of higher learning, the exploration and integration of non-ordinary states of consciousness, and nonviolent activism. This is an opportunity to access untapped creativity and sapio-sexual eroticism as "psychic healers," reconciliation, and the peaceful transition to a world in which people are free to co-create sustainable solutions, devoid of toxic patriarchy, collusion with exploitation, physical, emotional and psychic violence, and environmental degradation.

The *Training* includes comprehensive instructions at the intersection of micro-dosing through the lens' of mindful intelligence, open awareness meditation and self-therapy, along with fostering a mindful life, awareness-based meditations, transformative self-reflections, liberating thought experiments, creative writing explorations, individual processes for evolving clarity of purpose and meaningful individual and collaborative actions in the world, guided meditations designed to access specific states of mind, such as empathy, equanimity, compassion, loving-kindness, resolve, patience, reconciliation, and so on; in addition to a progressive series of short *World Dharma* talks by Alan, followed by questions and conversation. *The World Dharma Training* comprises three areas of theoretical and experiential study, starting with the following *Overview*:

Explore the traditional elements of *Satipatthana Bhavana* – the ancient Buddhist practice of "All Posture, All States Mindful Intelligence Meditation" as well as its contemporary metalanguage into *the Art of Whole-Mind and Body Awareness*.

The three ninety-minute sessions will offer a practical approach to the understanding and application of mindful intelligence (MQ) and Open Awareness Meditation both as metaphor for liberating presence and as applied science for the experiential study of consciousness and its contents; exploring the mind's nature — its structure, functioning, and characteristics — especially as they interrelate with freedom, dignity, conscience and authenticity through the conscientious use of micro-dosing.

As a meditative — All Posture All States Process — one mindfully enters consciousness — sees beyond surface appearances and discerns the underlying realities, or the infrastructure of its processes. In this way, Open Awareness Meditation — the practice of self-liberating awakening — is the direct participation in the experience of inner freedom: a way of challenging and overcoming afflictive energies that function to contract, densify, burden and/or distress consciousness, while evolving the elevating energies that function to enhance ethical plasticity, mindful dexterity, and a liberating radiant transparency.

SESSION ONE: “The Embodied Wisdom of Mindful Intelligence and the Transformation of Consciousness”: An experiential overview of “The Embodied Wisdom of Mindful Intelligence (MQ)” also known as *Satipatthana Bhavana* — (the Pali Buddhist) concept that refers to the “Beautification of Consciousness.” These “Timeless Freedom Trainings (TFT)” — will be further explored through their intimate and experiential application to the world of psychedelics, especially the micro-dosing of LSD, Psilocybin, 5 MEO-DMT, and Ketamine. In addition to the highly influencing power of set and setting, Alan will include his more recent experiences with regular experimentation of these psychedelics with respect to conscious silence, yoga, intermittent fasting, meditation in deep nature, the role of sunlight and mindful movement. Further, Alan will present a comprehensive overview of his long-standing training in classical, “*All Posture, All Senses, All States, All Times, All Contexts — Open Mindful-Awareness Meditation*.”

The first session will conclude with a presentation on “*The Integration of Non-Ordinary States of Mind in Everyday Life, Regardless of the Complexity and Challenges of One's Circumstances*.” This form of meditation-in-action is known as

the “Application of Parami Practice (APP)” or the “Empowerment Practices of Higher States of Excellence or Parami Embodied Empowerment Practices AKA (PEEP).”

SESSION TWO: 'The Radical Art of Self-Responsibility and Befriending Oneself': The Buddha's First Noble Truth is often referred to as the Truth of *Dukkha* or the Truth of Suffering. Although this definition is accurate it can easily miss the more nuanced meaning of *Dukkha*, that goes far beyond ordinarily constructed meanings. In this second session, Alan will explain the subtleties and meta-nuances of the multi-level meaning of *Dukkha* – as the spectrum of human, cognitive and existential stress and equally, how trauma, anxiety and depression are intrinsic to the fabric of existence and felt within a highly nuanced spectrum of degrees. And moreover, how these “troublesome frequencies” can be converted into radical and often immediate expressions of empowerment and insightful joy. So long as one holds the *right framing attitudes* (RFAs) and not wrong or compromising or pseudo-transformational ones. To these points, Alan will explain the three classical dimensions of *Dukkha* or distress 1) Physical distress 2) Mental and Emotional distress 3) Existential distress, in that everything everywhere and in all ways changes – is therefore impermanent – and thus, all conditioned phenomena cannot ultimately be controlled. In other words, the existentially mature or wisely informed mind must integrate all three levels of understanding *Dukkha* in order to find freedom through living. In that sense, stress, anxiety, trauma and even depression are not to be demonized. Rather, they are to be empowered and integrated through *Satipatthana Bhavana* – the beautification process of consciousness, that is likened to the flower (of consciousness) opening through *Parami* Embodied Empowerment Practices AKA (PEEP). In addition, session two will offer an invitation and exploration in how to both relanguage and befriend complexity through unlocking adventure, sacred eroticism, and creative authenticity.

Overall, participants will take a deeper dive into the more nuanced practices of Mindful Intelligence MQ, *Bhavana* and the Application of *Parami* Practices. The essence of this essential work is learning the “Art of Radical Self-Responsibility and Befriending Oneself.”

SESSION THREE: “The Art of Radical Self-Honesty and Psychedelic-Assisted Self-Therapy Training.”: To conclude this special video series, Alan will share a unique and highly personal process that he calls, “The

Art of Radical Self-Honesty and Buddhist Oriented Psychedelic-Assisted Self-Therapy Training.” AKA, *“Refining the Intelligence of Authenticity, Trustworthiness, Conscience, Dignity and Ethical Courage.”*

Alan has been practicing this self-created method of self-authentication for decades, yet more recently engaged the practice full time during an intensive silent self-retreat in Hawaii. During this five-month period, Alan was under Hospice Home Care after being diagnosed in April 2021 with an “urgent life-threatening severely enlarged aortic aneurysm.”

In addition, foregoing immediate open-heart surgery, Alan was given the “Rx medicine” to “mindfully euthanize,” granted under “Hawaii's Death with Dignity Law – The Our Care, Our Choice Act (OCOCA), that permits terminally ill adult patients with capacity to make medical decisions to be prescribed an aid-in-dying medication when certain conditions are met.”

In mid-February 2023, Alan left Hospice Care – deciding to “stop dying and or thinking about mindfully euthanizing and resume 'come-what-may' empowered living.”

Although not compulsory, we highly recommend that participants read Alan's groundbreaking book, *“Facing Death: Alan Clements in Conversation with Reverend Bodhi Be.”* In this short and powerful book, Alan and Bodhi Be (who runs the Death Store – Hawaii's only not for profit end of life, memorial and burial service) engage in an inspiring, life-elevating conversation about “death and dying.” Here Alan shares insights born from his Psychedelic-Assisted Self-Therapy experiments, as well as insights born from his Mindful Intelligence and Open Awareness practices during Hospice. Alan will also share these discoveries – and more – during this highly personal final session.

In conclusion, Alan believes that there is no one single or right method for Awakening and that each person must ultimately discover the attributes of their own unique inner guide and courageously navigate those qualities through the beautification of their own Being The Psychedelic-Assisted Self-Therapy – Self-Authenticity – Techniques assist one in radical non-postponed, self-empowerment and the further Awakening of Naturalness, Creativity and Self-Love.

“What else do we have but our humanness, our naturalness, our unique selves? No two of us are alike. No two of us have the same fingerprints. No two minds are the same, no matter how much we have in common. Nor can we assume that

any two people love in the same way. Imagine training on the “right way” to kiss? Or the right way to smile? Or the right way to dance? So too with the way we each make love. It is so individual. Dance embodies our most natural freedom and our most authentic beauty. That’s why it’s sacred. Imagine imposing strict rules on the right way to make love? The religiously correct way to be free?”

~ ALAN CLEMENTS

Hope to have your beautiful presence with us on this rare and special psychedelic-oriented adventure in the transformation of consciousness. Also, in preparation for the Three-part series, please consider reading Alan's other key books, *“Instinct for Freedom: Finding Liberation Through Living,”* *“A Future to Believe In: 108 Reflections on the Art and Activism of Freedom,”* and

“Wisdom for the World: Alan Clements In Conversation with Sayadaw U Pandita of Burma.”

Available on Amazon worldwide.

ADDITIONAL INFORMATION

Among the foundational concepts addressed in the *Training*, emphasis is placed on “ontological transparency” — examining one’s beliefs and the underlying etymological, societal, psychological, spiritual and existential assumptions, ideals, or expectations that animate them. Subsequently, through the “the mapping and practice of freedom” participants engage in the experiential study of perception as the principle architect of reality, and in so doing, cultivate the “practice of *knowing* reality rightly or through the lens of mindful intelligence,” while learning how our decisions, thoughts, speech and actions impact ourselves, others, the earth, and the quality of Life for generations to come.

Participants are also encouraged to foster “contextual-awareness” — a multi-leveled mindful intelligence that engages the dynamic interplay of the whole mind — our thoughts, psychological patterns, and the overall flow of emotional energies — in any context or situation. And through “the practice of intuitive reflection” one activates world dharma intelligence — discerning the right course of action from the wrong one — actions that release limitations and expand freedom or ones that construct conflict and constrict consciousness.

Overall, the methods and core practices in the *Training*, collectively known as *Awakening World Dharma*, are designed to shape life-enhancing and liberating

insights, attitudes and behaviors supporting the embodiment of our humanness, while illuminating consciousness as the source from which the world comes into being; from where we form identities, create myths, and fabricate illusions. It is also where values are forged, principles are shaped, and freedom is known. By *knowing the mind* — seeing it as the forerunner of thought, speech and action— a profound sense of self-responsibility emerges and with it, true empowerment. To know the mind is also to creatively influence one's relationship to the world.

Alan has been interviewed numerous times in the international media, including the cover of the Georgia Straight, Global National, CBC, Nightline, Talk to America, the New York Times, The Guardian, Time and Newsweek magazines, Yoga Journal, Conscious Living and numerous other media. In addition, he has presented at Mikhail Gorbachev's State of The World Forum, The Soros Foundation, The United Nations Association of San Francisco, and a keynote address at the John Ford Theater in L.A. for Amnesty International's 30th year anniversary. Alan was awarded in 2023 the "Lifetime Achievement Award as a Hero of Humanity" by The Visioneers International Network Jack Healy, a former director of Amnesty International called Alan "one of the most inspiring voices of freedom in the world today." For more information on Alan's lifework, books, films, albums, presentations and video-podcast, please visit his website at: www.AlanClements.com

"At a time when the contemporary spiritual landscape has become dangerously gentrified and domesticated, Alan Clements restores us to our senses – wild and elemental – pointing us to the wilderness of true, engaged, fiercely authentic awakening. This is why we are alive—to set freedom free, in ourselves and for others, in every aspect of our lives from the most mundane daily task, to the most profound political act." ~ KELLY WENDORF, author and editor *Stories of Belonging*, co-founder The Institute of the Southwest, publisher *Kindred Magazine: One Family, One World*

**THE THREE SESSIONS WILL END WITH a short talk on Natural Freedom
Liberating Conformity, Orthodoxy, Models of Perfection & Spiritual
Correctness**

“Natural freedom involves deep personal trust in the inherent rightness of our humanness and our natural intelligence. It embraces our essential human

wholeness, and consciously stops attempting to synchronize with projections of perfection, whether transcendent, psychological, physical, spiritual, or cultural.”

“Natural freedom arises out of an abiding respect for our imperfect wholeness. Who needs to be perfect when we can be human? So, natural freedom is that condition of being that precedes everything. It undermines dogmas, doctrines, mythologies, self-images, attainments, contracts with perfection, and all other inherited forms of self-protection and self-enhancement. It precedes these self-delusions, but it also exceeds them. It is a paradoxical and inclusive sense of being.

Simply said, natural freedom is the ability to live and die right now with a shameless sense of goodness and beauty.”