

Dillon took them through the breath-count exercise and opened his eyes to see the pulses of energy being pulled to each one of them. He then led the energy-gathering meditation before moving into the famous cave meditation. It was meant to be the bridge between the conscious and subconscious, a way to realize one's full potential.

Dillon started the visualization exercise. "In front of you, you see a vibrant green forest. You hear the birds chirping and wind rustling through the leaves. As you inhale you smell the blooming flowers canvassing the forest floor. As you exhale you release all the tension in your body, enjoying the place you are in. You walk along a small dirt path through the forest, soon hearing the light bubbling sound of running water. As you inhale again you feel drawn to the water, which is somewhere in the distance. As you exhale you feel the aches and pains of your muscles start to ebb away.

"You round a gentle bend and see before you a crystal clear stream running over small, round pebbles. You walk down the dirt embankment and step softly into the flowing water. You inhale, feeling your feet absorb the cool energy of the water bubbling up into your throat chakra. As you exhale you release the energy, letting the water carry away your tiredness."

Dillon opened his eyes again and was amazed to see the tension leaving their faces and a soft glow appearing on all their cheeks. He continued.

"You walk up the other side of the embankment and continue on the path that leads you out of the trees. You are now on a grassy plain with a large mountain blocking your path. There is no way around the mountain. However, on the side of the mountain is a small cave entrance. Something is strange about the cave, yet also familiar. You walk up to the cave and see a faint glow inside.

"Continuing your calm, slow breathing you walk into the cave and, after a short distance, the cave tunnel opens into a large cavern. As you breathe in, looking around the cave, you feel the energy pulsing all around you. You are able to draw it into yourself at will, and as you exhale your mind feels free and released from all the constraints in your world.

"You look to the left and see two large doors: one ornately carved and one very plain. In the middle of the room you see a stand with a large, heavy book opened to the first page. You walk up to the book and look at it. Words slowly materialize. The words say, *This is the book of self-truth and knowledge. Write any question of yourself, and the answer will soon appear.*

“You think carefully as you inhale and draw more energy from all around you. This book is not a fortune teller; rather it is a gateway to your subconscious. As you exhale, think of something you wish to have answered about yourself. Write it in the book.”

Dillon himself wrote, asking if he was truly a leader of men or just fooling himself. After he finished writing his question, Dillon continued. “To your right you see a set of very wide stairs, and each step is a different color. The first is red, the second orange, then yellow, green, blue, indigo, violet, black, and lastly white.

“A simple wooden door has been carved into the stone wall on each step. You are curious and start to climb the steps. You feel the energy of each step. You walk up to the blue step, inhale deeply to feel the wind chakra beating in your chest, and push the door open. You exhale as you realize you are stepping out onto a small cliff that is hundreds of feet above a canopy of trees. You feel the wind buffet your body, and as you inhale you feel the wind enter your soul.

“You smile to yourself, no longer afraid as you realize what to do. You exhale and leap off the cliff, plummeting toward the ground with the wind whistling past your ears. Suddenly you feel different and notice wings where your arms once were. You inhale deeply, and as you exhale you spread your wings, capturing the wind in your feathers and whipping you back skyward. You are flying above the trees. With every inhale you ride with the wind, and with every exhale you release and let it push you higher.”

Dillon continued the visualization but again opened his eyes. His jaw almost dropped when he saw that Lian was nearly a foot off the ground floating in the lotus position, his body moving gently back and forth with Dillon’s flight commands. Dillon didn’t want to startle Lian so he talked them back to the ledge, closed the door with his words, and watched Lian slowly descend back to the ground. Dillon then had them open their eyes.