

Mind-Matter Interface



Part I

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Mind-Matter Interface

Chapter 1

Origins of Unification Theory



Caine lifting the cauldron. Is this possible in real life?

[Kung Fu Shaolin Kwai Chang Caine](#)

What if I said that I could do this?

For it is true. I could.

Might that be possible?

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Chapter 2

Thích Quảng Đức



Vietnamese Buddhist monk Thích Quảng Đức did not flinch when being burned alive. Nor did he make a sound. He simply sat in perfect stillness.

Vietnamese Buddhist monk Thích Quảng Đức who burned himself alive in Saigon in 1963 in protest of the persecution of Buddhists by the South Vietnamese government.

Military government suppressed Buddhists in Vietnam. Will that be a lesson learnt for Thais?

Please go to about 4:54 minutes in and watch the next minute. It is deeply disturbing. But important. I guarantee you, this man could have lifted the cauldron.

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Chapter 3

Empty Mind Shaolin



The Empty Mind – Shaolin Temple Warrior Monks

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Chapter 4

Shaolin



How a Shaolin Monk Trains

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Chapter 5

Ciarán



*I do not train in Shaolin.
Most of the time I can barely walk.*

But in terms of *stillness of mind*, no-one in history has gone deeper than me. *Empty Mind*. This is where the Mind-Matter Interface comes from. It is where my speed comes from.

Movement is painful for me. I was very badly injured so I walk slowly. My movements sparing. But when I need to I can move so fast that those Shaolin monks would be in slow motion to my eyes.

This is to do with my depth in the Tao.

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Chapter 6



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End of Part I