

# 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**