



A PROJECT: YOURSELF FIELD GUIDE

# How Reality *Actually* Bends

The oldest instrument ever built for the human mind, the  
five hidden layers beneath every wish, and the nine-fold  
path the sages walked to the center of it.

FROM THE DESK OF AMISH SHAH



PROJECT:YOURSELF

WHAT YOU HOLD

# Contents

## I The Instrument

|                                                 |    |
|-------------------------------------------------|----|
| What the Sri Yantra actually is .....           | 4  |
| The nine enclosures .....                       | 5  |
| The mathematics of the impossible diagram ..... | 7  |
| The golden signature .....                      | 9  |
| Sound made visible .....                        | 10 |

## II The Doorway

|                                                |    |
|------------------------------------------------|----|
| The bindu, and the point of all creation ..... | 11 |
| The gland behind the eyes .....                | 12 |
| The quiet the old ones found .....             | 13 |

## III The Machine & You

|                                      |    |
|--------------------------------------|----|
| The five layers no one teaches ..... | 14 |
| The frequency you were handed .....  | 15 |

## IV The System

|                                     |    |
|-------------------------------------|----|
| The man who almost missed it .....  | 16 |
| The nine levels .....               | 18 |
| How to use the yantra tonight ..... | 20 |
| The deeper library .....            | 21 |

*A note on how this is written: where the tradition speaks, we let it speak. Where science has actually looked, we say exactly what it found, and what it hasn't. The mystery that remains is not a gap in the guide. It is the subject of it.*

The universe does not respond to what you want. It responds to what you believe, in the marrow of your body, about who you are permitted to become.

**R**ead this one slowly. If your life has been quietly refusing to change, no matter how hard you have worked the surface of it, that sentence is the reason. Not because you have not wanted it enough. Wanting was never the mechanism.

What follows is not a pep talk. It is a map of an instrument, thousands of years old, that the people who understood the mind best decided to encode into a single diagram, so that it could never be fully lost and never be casually understood. They called it the Sri Yantra. Kings kept it. Sages dissolved into it. Mathematicians, much later and to their great irritation, discovered it was nearly impossible to draw.

You are about to find out why.

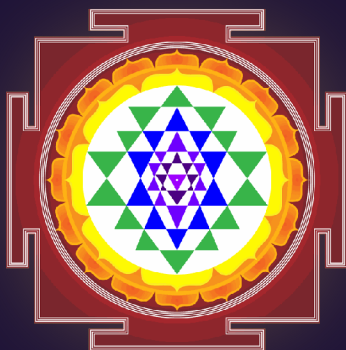
## THE INSTRUMENT · I

The word does not mean “symbol.” It means *machine*.

In Sanskrit, *yantra* comes from the root *yam*, to hold, to harness, to restrain, and the suffix *tra*, an instrument. An instrument for harnessing. The same word gives us the modern *engine*. The old dictionaries render it plainly: “any mechanical contrivance, engine, machine, apparatus.”

So the Sri Yantra was never meant to be looked at. It was meant to be **used**. It is machinery, drawn flat, for doing work on consciousness itself, built by people who mapped the inner world with a precision the outer world took another millennium to match.

Treat it as decoration and it will hang prettily on a wall. Treat it as the engine it is, and it will quietly take you apart and rebuild you from the center out.



NINE ENCLOSURES · FORTY-THREE TRIANGLES · ONE POINT

THE INSTRUMENT

# Nine gates, walked from the world to the center

The Sri Yantra is built as nine nested enclosures, the *avaranas*. You enter at the outer square, the plane of the earth and the senses, and you move inward, ring by ring, toward the single point at the heart of it. Each gate has a name the tradition gave it, and each name is a promise of what falls away as you pass through.

Read the seventh name slowly. *Remover of All Disease*. The tradition did not choose these lightly.

|   |                                                |                                                                                |
|---|------------------------------------------------|--------------------------------------------------------------------------------|
| 1 | <b>Connect</b><br><i>Trailokya Mohana</i>      | “Enchanter of the Three Worlds”<br>THE OUTER SQUARE & FOUR GATES · ROOT CHAKRA |
| 2 | <b>Fulfill</b><br><i>Sarva Asa Paripuraka</i>  | “Fulfiller of All Desires”<br>THE 16-PETAL LOTUS · SACRAL CHAKRA               |
| 3 | <b>Activate</b><br><i>Sarva Samkshobhana</i>   | “Agitator of All”<br>THE 8-PETAL LOTUS · SOLAR PLEXUS CHAKRA                   |
| 4 | <b>Access</b><br><i>Sarva Saubhagya-dayaka</i> | “Bestower of All Auspiciousness”<br>THE 14 TRIANGLES · HEART CHAKRA            |
| 5 | <b>Implement</b><br><i>Sarvartha-sadhaka</i>   | “Accomplisher of All Objects”<br>THE 10 OUTER TRIANGLES · THROAT CHAKRA        |
| 6 | <b>Protect</b><br><i>Sarva Rakshakara</i>      | “Protector of All”<br>THE 10 INNER TRIANGLES · TALU (SECRET) CHAKRA            |
| 7 | <b>Cleanse</b><br><i>Sarva Roga-hara</i>       | “Remover of All Disease”<br>THE 8 TRIANGLES · THIRD EYE CHAKRA                 |
| 8 | <b>Accomplish</b><br><i>Sarva Siddhi-prada</i> | “Bestower of All Attainment”<br>THE PRIMARY TRIANGLE · CROWN CHAKRA            |
| 9 | <b>Create</b><br><i>Sarva Anandamaya</i>       | “Full of All Bliss”<br>THE BINDU · SOUL STAR & ASTRAL CHAKRA                   |

These nine gates are not a metaphor we imposed on the course. They are the course. Project: Yourself is built as one level per enclosure, walked in the same order the sages walked them, from *Trailokya Mohana*, the enchanter of the three worlds, to *Sarva Anandamaya*, the point that is full of bliss.

You do not study the Sri Yantra in this work. You are walked through it, gate by gate, over nine levels, until the person who entered at the outer square cannot be found at the center.

You are not learning about the yantra. You are being walked through it.

**BEGIN AT PROJECTYOURSELF.COM · \$47**

The complete nine-level passage

The outer three gates create. The middle three sustain. The inner three, and the point, dissolve and remake. This is the oldest description of transformation we have.

*The nine-enclosure structure and the Sanskrit names above are the traditional Navavarana classification of Sri Vidya, consistent across the Yogini Hridaya (10th–11th c.) and the standard commentaries.*

## THE INSTRUMENT

# The diagram that should not be possible to draw

Here is where the mystics and the mathematicians finally collide, and the mathematicians lose their composure. At the center of the Sri Yantra, nine great triangles interlock, four reaching up for Shiva, pure awareness, five reaching down for Shakti, pure energy. Where they cross, they cut the space into **forty-three** smaller triangles, nested in five tiers around the central point.

For every one of those crossings to land *exactly* right, so that three lines meet at a single true point and never merely near it, is a problem of ferocious difficulty. Draw it by hand and the errors hide at the intersections, invisibly, until you make it large, and then they scream.

9

INTERLOCKING TRIANGLES

43

BORN FROM THE CROSSING

 $\approx 51^\circ$ 

THE PYRAMID'S OWN ANGLE

The base angle of the great outer triangles sits near 51 degrees, a whisper away from the slope of the Great Pyramid at Giza. A coincidence, almost certainly. But the kind of coincidence that has kept people awake for centuries.

This is not folklore. It is one of the few places where serious scholars bent over a sacred diagram and could not look away. A Russian researcher, **A.P. Kulaichev of Moscow University**, worked out its geometry and concluded that constructing certain forms of it would demand mathematics the ancients were not supposed to possess. In Britain, Bolton and Macleod proved there is not one true Sri Yantra but a whole family of them. Indian computer scientists at Sastra University wrote algorithms chasing the perfect one. As late as 2021, a mathematician finally showed it *can* be built exactly, with nothing but straightedge and compass, by reducing it to a classical problem of Apollonius.

Not impossible. Not unique. Not lost. Simply harder, and stranger, than anything else the ancients left drawn on a page.

Sit with what that means. A civilization with no algebra as we know it encoded a diagram whose exact construction eluded formal mathematics until the present decade, and they used it, calmly, to meditate.

The course teaches you to use the machine, not just admire it.

**BEGIN AT [PROJECTYOURSELF.COM](https://projectyourself.com) · \$47**

---

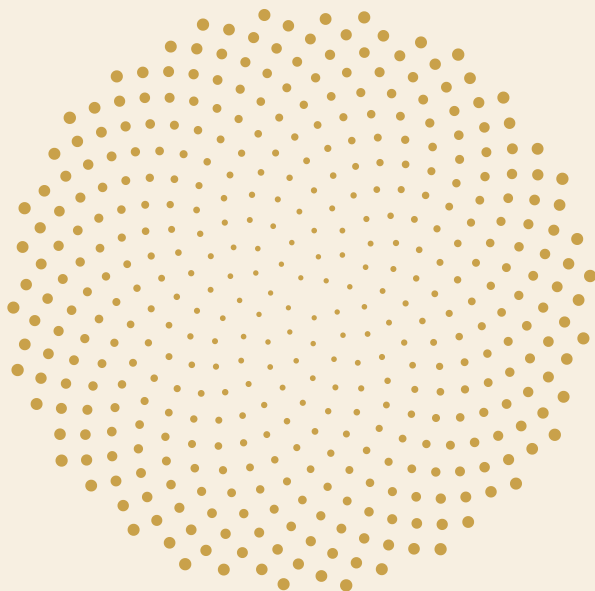
*Sources: Kulaichev, [Indian Journal of History of Science](#) (1984); Bolton & Macleod, [Religion](#) (1977); Chiodo, [Comptes Rendus Mathématique](#) (2021); G.G. Joseph, [The Crest of the Peacock](#) (Princeton). The pyramid-angle link is a noted numerical coincidence, not a documented historical connection.*



## THE INSTRUMENT

# The signature hidden in living things

There is a number that keeps surfacing wherever life organizes itself. Space a growing plant's seeds at one particular angle, roughly  $137.5$  degrees, the golden angle, and they pack themselves into interlocking spirals without a single wasted gap. It is why a sunflower's face, a pinecone, a pineapple all carry the same silent arithmetic.



*Space each new seed  $137.5^\circ$  from the last, the golden angle, and this is the pattern that forms: interlocking spirals in Fibonacci counts. The same rule packs a sunflower head, a pinecone, a pineapple. Nature does not decorate with it. Nature computes with it.*

The tradition insists this same proportional language runs through the Sri Yantra and through you, the ratio of the growing world made visible. We will be honest with you, because honesty is rarer and more seductive than hype: the sweeping claims that this one number governs the human face and the Parthenon are mostly wishful measuring. But in the spiral of a seed head it is exactly, provably real. Your nervous system was built by the same rule. It recognizes the pattern long before your mind can name it.

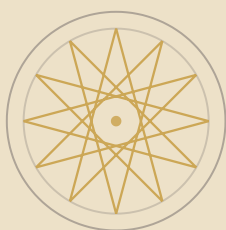
## THE INSTRUMENT

# What a sound looks like, if you could see it

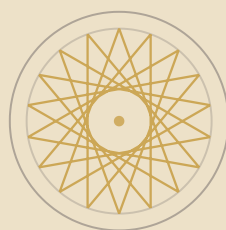
**S**catter fine sand across a metal plate and draw a bow along its edge, and the sand does not fly away at random. It flees the trembling parts and gathers along the still lines, arranging itself, in an instant, into geometry. Raise the pitch and the pattern shatters and reforms into a new one. This is real, and any physicist will show you: it is called a Chladni figure, and it has been reliably reproduced for over two hundred years.



A LOW TONE



A HIGHER TONE



HIGHER STILL

*Sand on a vibrating plate does not scatter. It organises. Change the tone and the form changes with it, which is the claim the old texts were making all along: form is sound you can see. (Stylised nodal figures, not traces of specific measured tones.)*

The old texts said it first, in their own language: *Nada Brahma*, the world is sound. Form, they taught, is simply sound slowed down enough to touch. Whether a particular chant carves a particular figure is a claim the tradition makes and the laboratory has not settled. But the deeper intuition, that vibration organizes matter into pattern, turned out to be plain physics. They were looking at the right thing, long before there was a word for it.

THE DOORWAY · II

## The point at the center of everything

At the exact heart of the Sri Yantra is a single dot. The *bindu*. Every triangle, every lotus, every gate radiates out from it, and every meditation on the yantra is a slow falling back toward it.

The tradition is unambiguous about what it represents: the unmanifest. The point before creation. The still, dimensionless origin from which the entire universe unfurls and into which it will fold back. To reach the bindu in meditation is not to arrive somewhere. It is to arrive *before* somewhere, at the place the next version of your life is permitted to begin.

When the bindu appears to split into three, the old teaching says, you are no longer imagining your new reality. You are creating it.

Modern cosmology, oddly, tells a structurally identical story: everything you can see expanded from a single point of impossible density. The sages had no telescopes. They found the same origin by going inward instead of outward, and they marked it with a dot.

Level nine walks you all the way to the bindu.

**BEGIN AT [PROJECTYOURSELF.COM](https://projectyourself.com) · \$47**

## THE DOORWAY

# The gland behind the eyes

Set back at the center of your skull, roughly behind the point between your brows, sits a gland the size of a grain of rice. Descartes called it the seat of the soul. The yogis called it the third eye, and pointed to that exact spot, ten thousand years before he was born.

It governs your night and your day, dissolving melatonin into your blood as the light fails. And science has since found it laced with traces of **DMT**, the molecule that is said to flood the mind at the two thresholds no one remembers crossing, birth and death. What the gland is finally *for*, at the deepest level, no one can honestly say. The tradition has never once doubted. It is the door.

Whether you can throw that door open by decalcifying the gland, by light, by breath, by gazing into a sacred form, is exactly the sort of question the modern world has not finished arguing about, and the ancient world considered settled. This guide will not pretend the argument is over. It will only note, quietly, that every tradition that went looking for the doorway put it in the same place.

Descartes gave it a name. The yogis gave it ten thousand years. They were pointing at the same spot.

## THE DOORWAY

# The night Moscow wired the yantra to a machine

In 1989, two researchers at the Biology Faculty of Moscow University did something no one had thought to do. They sat ordinary people in front of the Sri Yantra, people who had never meditated in their lives and were told nothing about what they were looking at, wired them to an EEG, and watched the brain itself respond.

Against three control images, a scrambled version of the same yantra, plain concentric circles, a burst of rays, only the Sri Yantra did what it did. It pulled the brain toward the **right hemisphere**, the silent, holistic, intuitive side the mystics have always pointed to, more powerfully than any other picture they tested. And it changed the whole state of the person: the calm grew calmer, the restless grew more charged, each brain moved further into its own nature.

0.78

THE YANTRA'S PULL TOWARD THE RIGHT BRAIN

1.05

PLAIN CIRCLES, BY CONTRAST

They titled the paper without hedging: *the Sri Yantra is an ancient instrument to control the psychophysiological state of man*. Then they published it in a journal of the history of science, and the world, mostly, forgot. The tradition never did.

---

*Kulaichev & Ramendic, "Sriyantra—The Ancient Instrument to Control the Psychophysiological State of Man," Indian Journal of History of Science 24(3):137–149 (1989), Moscow University. The right-hemisphere ratios are their Table 2. It is a small, early study, and the effect ran in both directions, toward calm or toward charge, by temperament. The wider body of EEG research on fixed-gaze meditation (Lagopoulos 2009; Talwadkar 2014; Cahn & Polich 2006) points the same way.*

# The five layers no one is teaching you

Every program you have tried worked on one thin layer of you, the conscious mind, the part that writes affirmations and makes vision boards. It accounts for perhaps a twentieth of your results. The other four layers, the ones that actually run your life, it never touched, and so they quietly overruled it, every single day.

1

## The conscious mind

Affirmations, vision boards, journaling. Where almost every manifesting programme works.

~5%

— — — — — EVERYTHING ABOVE THE LINE IS WHAT YOU CAN SEE — — — — —

2

## The subconscious mind

The operating system. Runs the other 95%.

3

## The nervous system

Your body's tolerance for how much it can hold.

4

## The shadow

What you exile, you meet again as circumstance.

5

## The lineage

Settings you inherited and never chose.

The other **95%** of your results are decided down here

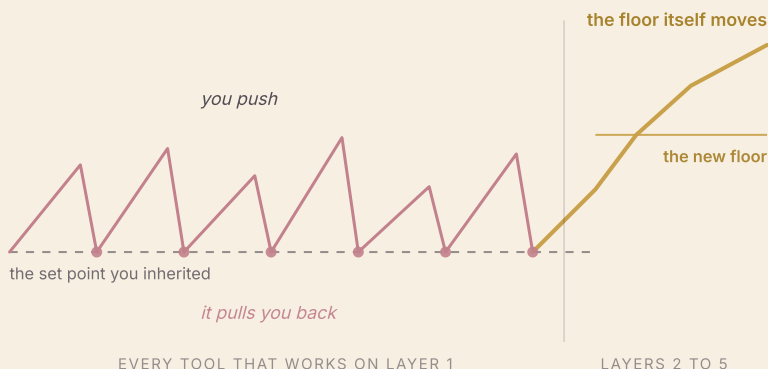
*Work Layer 1 while Layers 2 to 5 disagree with you, and Layers 2 to 5 win. Every time.*

## THE MACHINE &amp; YOU

# The frequency you were handed

There is a setting inside you, fixed before you were eight years old, by your family's frequency, by what got punished and what got praised, by the silent contracts you signed with your own nervous system about how much love and money and peace a person like you is allowed to hold.

Every time your life rises above that setting, the old machinery reaches up and pulls it back down. The deal collapses at the last moment. The money arrives and evaporates. The version of you about to break through catches a cold, picks a fight, loses their nerve. It was never self-sabotage. It was a thermostat, doing its job.



*This is why the breakthrough keeps arriving and then leaving.  
Nothing is wrong with your effort. The floor never moved.*

This is the layer the nine levels are built to reach.

**BEGIN AT [PROJECTYOURSELF.COM](https://projectyourself.com) · \$47**

THE SYSTEM · IV

## The man who almost missed all of this

I grew up poor, and I started hustling young, selling whatever I could get my hands on before I had ever heard the word entrepreneur. That strange certainty that I was here for something carried me into eighteen years of building companies, more than a hundred million in sales, three companies on the Inc. 500 list, films that aired on Discovery and Travel Channel.

By every measure other people use to weigh a life, I had won. And I was quietly coming apart. There is a specific emptiness only felt by the people who actually arrive at the thing they were promised would fill them. My nervous system was still set to the boy who did not have enough.

I had built the entire outer scaffolding of a life without ever once doing the inner work.

The shadow I had never turned to face started showing up everywhere. In my body. In my relationships. In decisions I could not explain to myself. I was successful, and I was unraveling, and the two had nothing to do with each other. One was the scaffolding. The other was the building.



**S**o I went looking. Not on holiday, to *find* something. India. The Himalayas. Temples that do not appear on any map. I sat with people who had not spoken to an outsider in decades, and I chased down researchers studying the pineal gland, sacred geometry, sound, the architecture of consciousness itself.

What I found was not a religion. It was a technology. Specific, repeatable, older than history, for changing the frequency a human being lives at, at the level of the body, the breath, the shadow, and the bloodline, until reality has no choice but to rearrange itself around the person you have become.

I have been gathering this since I was sixteen years old. Thirty years, in the end, across four continents and more teachers than I can name, chasing one thread the whole way. Six of those years I spent doing almost nothing but compiling what I had found into nine levels, built on the nine gates of the Sri Yantra, so that someone else could walk in months the passage that took me decades to find alone. Tens of thousands of people now have. What follows is the shape of it.

Everything I found, compiled into one nine-level system.

**BEGIN AT [PROJECTYOURSELF.COM](https://projectyourself.com) · \$47**

Lifetime access · 30-day guarantee

## THE SYSTEM

# The nine levels

Each level is one gate of the yantra, one chakra, one movement of the passage from the outer world to the still point at the center.

- 1 **Connect**  
Ground, get present, forgive. Breath, the sanctuary, the foundation everything rests on.

---

- 2 **Fulfill**  
Define exactly what you want, then vairagya, the ancient practice that powers it.

---

- 3 **Activate**  
Awaken the eight siddhis, your dormant inner powers. Kundalini breath, imagination.

---

- 4 **Access**  
The heart's own intelligence. Unconditional love, and the people your desire needs.

---

- 5 **Implement**  
Sound and vibration: Aum, mantra, frequency. Planning, decisiveness, masterminds.

---

- 6 **Protect**  
Persistence, knowing your weaknesses, living free of fear, and the death meditation.

---

- 7 **Cleanse**  
Where projection begins. The subconscious, food programming, sacred geometry, dreams.

---

- 8 **Accomplish**  
Belief over wish. The brain as a broadcasting station, the sixth sense, the invisible counsel.

---

- 9 **Create**  
The apex. The pineal gland, bending time and space, the multiverse, the daily ritual.

---

*Levels 1–6 transform your energy toward what you want. Level 7 removes what stands against it and begins the projection. Level 8 receives. Level 9 creates. "You have transformed into a reality hacker, and there is no turning back."*

THE SYSTEM

## Inside a single level

This is not a lecture series you watch and forget. Every level moves through the same living rhythm, so the work compounds in the body instead of piling up in the head.

**Project Forward.** A guided descent into your inner sanctuary, where you meet your avatar, the self you are becoming.

**Element Infusion.** The level's color, scent and element, woven into the room around you, so the shift reaches the senses, not just the mind.

**Image Focal Point.** Meditation on that level's gate of the Sri Yantra. Working the machine, ring by ring.

**Chakra Work.** One energy center per level, ascending the body, with guided breath and its own affirmation.

**In Real Life.** The level brought down into your actual week, written into the project book.

**Project Work.** A closing practice that locks the level in, and hands you the key to the next gate.

Nine levels. The same rhythm, deepening each time.

**BEGIN AT [PROJECTYOURSELF.COM](https://projectyourself.com) · \$47**

## THE SYSTEM

## How to use the yantra tonight

**Y**ou do not have to wait to begin. Place the Sri Yantra at eye level, an arm's length away, in soft light. Sit as though a thread lifts you from the crown. Let your breath lengthen and slow until it is quiet even to you.

Now rest your gaze on the bindu, the point at the center. Do not stare, do not strain. When your eyes drift out to the triangles and the gates, let them wander, then bring them home to the point. That is the whole practice. The wandering is not failure. The returning is the exercise.

Do this for a few minutes and notice what the old ones noticed: the breath deepens on its own, the chatter thins, and something in the chest lets go. You have just done *trataka*, the oldest fixed-gaze meditation there is, the one the modern studies quietly confirm sharpens the mind that practices it.

The yantra asks almost nothing of you. Only that you look, and keep coming back to the center.

This is the raw form. Inside the course, this same gaze is paired with the breath patterns, the chakra work, the sound, and the subconscious protocols it was always meant to be practiced with, level by level, gate by gate.

GOING DEEPER

# The library behind the course

This guide is the map. The full program, and its companion Reality Bending Library, take each of these territories down to the practice, eight parts, eighteen deep essays, the places we only pointed at here.

I            The Pineal Gland & The Third Eye

---

II           Sacred Geometry & The Sri Yantra

---

III          Frequency & The Field

---

IV          The Biology of Spirit

---

V           The Psyche & The Mind

---

VI          Consciousness Expansion

---

VII        Manifestation Tools

---

VIII       Wisdom Traditions

---

The pineal gland and the third eye. Sacred geometry and the golden signature. Frequency and the field. The biology of spirit. The psyche, the shadow, the dream. The tools of manifestation the sages guarded. It is all in there, taken all the way down.

THE INVITATION

## You did not stumble onto this guide

You found it because some part of you has been signaling, for years, that it was ready for the deeper layer of this work. The pull you feel reading this is not curiosity. It is your own future self, reaching back through time to draw the present version of you forward.

---

THE COMPLETE NINE-LEVEL PASSAGE

Lifetime access, today **\$47**

**Begin at [projectyourself.com](https://projectyourself.com)**

83 video lessons · the full library · 30-day “feel it or don’t pay” guarantee



PROJECT:YOURSELF

## ONE LAST THING

## Sources, and what we left out

We wrote this to enchant you, and every enchantment here is true to its own kind. Where we told you what the tradition holds, it genuinely holds it. Where we told you what science has measured, here is where to check us:

**Geometry:** Kulaichev, *Indian J. Hist. Science* (1984); Bolton & Macleod, *Religion* (1977); Chiodo, *Comptes Rendus Math.* (2021); Huet (1990); Santhi et al. (2012); G.G. Joseph, *The Crest of the Peacock*.

**The mind:** Kulaichev & Ramendic, "Sriyantra—The Ancient Instrument to Control the Psychophysiological State of Man," *Indian J. Hist. Science* 24(3) (1989), Moscow University, the EEG study; Lagopoulos et al., *J. Altern. Complement. Med.* (2009); Talwadkar et al., *Int. J. Yoga* (2014); Cahn & Polich, *Psychological Bulletin* (2006).

**Geometry in life:** phyllotaxis and the golden angle (Hofmeister; Douady & Couder).

**The texts:** the *Yogini Hridaya* (10th–11th c.); the *Saundarya Lahari*, attributed to Adi Shankara.

*And what we left out, on purpose:* we did not hand you a fabricated study or a number dressed up as proof. The Sri Yantra has never needed the costume. It is stranger and older and more beautiful than any claim we could invent for it. The rest, you find by looking. That is the entire practice.

---

With deep respect for the journey you are on,

Amish Shah