

# **THE SUBTLE APPROACH TO ENLIGHTENMENT**

## **AWAKENING SUBTLY TO AN ENLIGHTENED STATE**

A SEEING OF THE PROGRAMMED FEAR PARADIGM  
AND THE WORK NEEDED FOR A DEEP STILLNESS,  
AWAKENING TO THE PEACEFUL LOVE PARADIGM

BY  
J

# THE SUBTLE APPROACH TO ENLIGHTENMENT

A WORK FOR STUDENTS GROUNDING THE  
ENERGY AFTER AN ABRUPT AWAKENING OR  
FOR THOSE WHO ARE AWAKENING SUBTLY

BY  
J

A VERY GRATEFUL STUDENT  
AWAKENING TO ENLIGHTENMENT

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## ABOUT THE AUTHOR

This work, the second work by the author, who uses the pin name J; focuses upon a more subtle awakening to enlightenment, as does the first work to a lesser degree. The first work, 2018's; "Enlightenment A Martial Artists Viewpoint" literally grew out of J's awakening over the first five years. In 2014, February, J had a hit bottom life shattering experience, resulting in an awakening. Psychologically speaking, the first five years consisted of slowly reevaluating the life script. The life script, which everyone has, is formed between birth and five or six years of age, and is ones programming, obviously fostered via outside influences. Upon awakening, the reevaluation of ones life script then, would logically be a first step. There has been study sense then, writing, and work with others. J teaches martial art and lives in Portland, Oregon U.S.A.. There was for J, a troubling paradox in the study of martial art: In studying the original martial artists, the source of the paradox became clear. How could Zen and Taoist holy men of peace, engage in violence? Initially J had no interest in violence, nevertheless, growing up there was much of it in the life. Martial art became a vent for J to deal with the anger within, yet **slowly**, perceived a higher purpose in studying the art. There was study in the philosophy followed by the original martial artists, along with practice of the art. Slowly, for J it was seen, we must go within ourselves, be our own teacher, awakening within each of us, love, love blocked by our egoic mind, via the fear paradigm. Fear plagues our world at present, blocking a feeling peaceful love, which has always been within each of us, ones slumbering actual Self. A serious student at first asks; "Who am I?" Love or Fear?

# INTRODUCTION

In the authors prior work there was much redundancy, due to the great challenge of speaking directly to the actual person (the reader of this work) behind the scripted indoctrinated person we all are programmed to be. If one considers the sheer volume of information and duration of redundant indoctrination we have been subjected to, it stands to reason it needs to be at least equally countered. As stated in the authors prior work, how do we understand something with concepts that is beyond concepts? So, obviously there is, herein, much that is reiterated. Additionally, there is referenced herein the terms Self, (capitalized) referencing the actual timeless person we all are at our source, and self (lower case) the mind identified person we were indoctrinated to be. Other terms as in foreverness and innersource, (words created for this and other works by the author) speak to the feeling of a timeless stream, a feeling of peaceful presence, and or inner-being, absent in most, due to a propensity to see daily life only in time intervals, or as some teachings reference this, "Clock Time" helping all people navigate through daily life: or the feeling of what is referenced herein as Peaceful Love, ones innersorce, the source of all that is. It is felt that we are at a crossroad in the evolution of humanity. Fear, the dominant global paradigm at this point, must be transcended to the Peaceful Love paradigm, before technological advances, controlled by those in power, via a mind identified modus operandi, threaten the destruction of our world and our freedom. As Einstein's axiom states; "It has become appallingly obvious our technology has exceeded our humanity."

## CHAPTER ONE

# WHERE DID THAT COME FROM

In a conversation with a fellow student of enlightenment as we ate in a restaurant, it became apparent that her over thinking egoic mind was blocking the subject matter. There was a puzzled look on her face as we talked. Just then a person in the booth next to us sneezed. There had not been for this student the “Hit bottom experience,” a life shattering event others have had. There was pain in her life however being new in her life, (she was in her early twenties) it did seem that she was headed for more intensified pain if she did not take a different path. She was new to the idea of exactly what an awakening was all about. She, was unconscious, which at this point is roughly ninety percent of the planet. This was about when the idea for; “The Subtle Approach to Enlightenment” a subtle road to an awakening as an idea for a book, first came to mind. Her egoic mind was blocking her ability to see the life script, her life script, which all people have. This is the unbelievable power of programming, our egoic mind; it simply went right over her head. This is a result of many blocks, her very powerful scripted, programmed self controlling her. It is a pseudo person we all were programmed to be and in her, as in most people it was in top form, projecting her/self, as a victim.

The following example of programming in ones daily life is testimonial to the awesome power of our script. When the person sneezed without hesitation she said, “Bless you.” To which the

person replied “Thank you.” There was the opportunity J had been looking for. The question was asked; “Where did that response come from?” To which she replied, “I don't know.” For all readers information it came from the middle ages, **the dark ages**. Back then it was thought that when someone sneezed their spirit jumped out of their body and that to say “Bless you” would somehow keep their spirit in the body. Actually who really knows? Does it actually matter? The point is people do not see they are doing, being, and having; A life preordained for them! Objectively, are we very far removed from that time? There have been many technological advances to be sure. Having said that, human beings wholly have changed very little because psychologically we are trapped in a paradigm of fear. As to the fellow student, it's just the idea she was compelled to say it. Not knowing where it came from or anything about what, or why she had said it. THAT, is the awesome unbelievable power, of a programmed egoic mind adhering to what the student was indoctrinated to be, say, and do in her life; and is an egoic controlled nightmare. The, “I don't know why I said that” supports an axiom; “Programming controls a majority of people through fear” What was said, was known, also said as a programmed response to a sneeze, without cognition of why. She seemed to have no thought, or more accurately awareness that she had said it or why she had said it. There are an endless number of triggered responses to an endless number of scenarios in life, some triggering anger, hate, shame, grief, pride, guilt, violence and a vast variety of others, all emanating from what we will call in this work **The Fear Paradigm**.

Can it be seen the that a first step to awakening, seeing the joy and peace of enlightenment's love, referenced in this work

as; **The Peaceful Love Paradigm**, is to admit to a greater or lesser degree from the time of birth onward, we are all very, very programmed. Can the reader see people are scripted, that it affects us, or rather infects us; controlling much of what we do, while we through denial of the peaceful love paradigm simply will not see it, or accept it? Most people cannot see it, or will not see it. Many are so indoctrinated, so totally overladen with fear, completely unable to break free of their indoctrination, it simply has become who they are wholly. This is the illusory self. In the extreme if one tries to tell others of their programming and all peoples programmed selves, they will not admit it or accept it.

At this juncture you can save yourself and the author a lot of time. There is no need to go on reading unless it is seen that indeed we are all scripted, programmed and very much affected by it. If this is the case it's perfectly fine, but would you please pass this work to another? There is no judgment, however please take a look at your life. If we are honest, can we not usually find some area that could be improved? If indeed it were improved wouldn't it enhance the quality of ones life? This is about collective humanity awakening from the current dominant **Fear Paradigm, created psychologically in the minds of human beings, to the Peaceful Love Paradigm, that which always actually was the only reality. Love is our essence, the essence of all life as well as the source of all human beings and therefore what we all were hard wired to be.** We will reference these two paradigms often throughout this work. A shift from fear to love is not done by attacking the Fear Paradigm. It is not saying; **"I am fearful and must not be"** which is like dumping gas on a fire and wondering why it is not going out. To use the same energy (fear) as the world uses, is to walk the path of divisive thinking and



action; that which we are trying to avoid. We are merely to see this: then through non-conceptual simplistic intelligence, born of simplistic innocence, turn our awareness to the peaceful love paradigm which again is the essence of who we are, our source.

**The peaceful love paradigm blocked by the egoic mind**, is not consciously seen and when seen is fleeting, because we have been so completely indoctrinated into fear. Fear is familiar to us because of programming. Programming is so strong our normalcy bias has us: nor do we seem to recognize that fear has never worked nor ever will. It merely brings despair, division, hate, restlessness, unease, anxiousness, anxiety, and others, resulting in psychological disorders; brought about by an over thinking egoic mind. Thought controlling us through blocks and or mind games. All it has done or will do is foster division. This is to be trapped in dualistic opposites, an us against them syndrome. Divisiveness must be set aside: via seeing the ripple effect, a seeing of love.

Love is to be oneness, seeing with new eyes, awakening to the idea that; ***If one is to engage in the us against them syndrome, in a conundrum of opposites, it only creates more fear, chaotic violence born of division.*** The path to a **peaceful love paradigm** is to live it, to be the peace we want to see all of humanity be. Turn away from despair, division, judgment, hate, greed, anxiousness, pride, arrogance, egoic superiority, all born of thought accumulation. Excessive thought identification of what is happening via memory images, fostering opposites in ones mind, conflict born of separation, creating self delusion, the energy of fear. Students slowly steadfastly awaken **because they now see** with new eyes the value in kindness, tolerance, peaceful calm, forgiveness, non-judgmental unity and remaining here and now,

the only actual reality. Far less controlled by either past or future (projected memory) mostly, except for practical life purposes, assisting us in daily life. Is now where love is found? Is this to see we have been on the wrong path, now, simply to walk a path of unity? The peaceful love paradigm which no doubt will be, at first totally unfamiliar for the student, typically takes hold slowly. The cornerstone of this is to remain very, very, calm and still.

From a psychological perspective, a programmed learned personality forms in the average person by age five or six years. It is referenced in this work as one's "**Life Script**" forged through an absorption of information; accumulation of memory shaped in childhood and on into adulthood, as a person slowly accepts their indoctrinated programmed self via the fear paradigm. In the usual case one is so completely assimilated into their script, they identify as it totally. Metaphorically, one is in a dream world. As a child we really had no control or very little control over what went into our script. Children for the most part utterly depend upon others for practically everything. We learn very fast from birth to five or six years, taking in ideas exponentially. A child takes in new information, absorbing faster than they ever will again after this period, most of it fostered by the fear paradigm.

Can we objectively see here every great leap forward in human history had those with courage and vision? What is the readers viewpoint? If it is your time to awaken, has one, can one accept that indeed we are all scripted? If so the next step is self examination. What's your story? What happened to you that may have created deep thick blocks of resistance, division through opposites, a propensity to engage in self destructive behavior; or self delusion perhaps, whether it be the result of good fortune or

bad fortune? Regardless, a program is running. Real freedom from bondage to the script is something felt within you. Peaceful calm in the form of deep inner-stillness awakens this. There is the script and much of it is needed for moving through daily life, the meeting of daily responsibilities, a practical use of ones script: to get through life, obligations, family, job, for example. Fundamentally, begin by asking yourself which parts of the script are actually of a value and which parts are not? Honest self evaluation without bias is key; without conceptual and or emotional attachment to a "me" identity, to the programmed personality. We all have a lifetime of familiarity with indoctrinated drama, indeed a herd mentality. On the whole adhering to the status quo via fear, there is deep attachment, a clinging to the script. Clinging to a pseudo "you" as an actor upon the stage of life. With work the actual inner learning spiritual being, the Self emerges here and now, peace made with our pseudo self. Simply watch observing the script, the roll, a you identity; an "I" we're programmed to be and tend to overly identify as. Although challenging we can use egoic identity for practical purposes, then put the tool away. Our thought driven egoic mind and strong emotion foster attachment to the script, an egoic minds modus operandi. It is what it does and is relentless in this. It needs to control and will do so to a ruthless degree because it believes if it loses control of its host, that if a student begins to become Self aware, they would be in great danger. It controls people to such a great extent, most people ACTUALLY THINK they are this roll / script exclusively, beyond what is practical. It does not see itself as a tool which has taken over the person. It protects its host (and itself) via a you identification by convincing people they ARE a you identity, at least **ego** sees it that way. A students reevaluation of the script can be very

complicated and difficult. There is a fine line between what is a practical use of ones script and bondage to it. Beware of extreme opposites. A far majority of people on the planet at present simply will not see that they are scripted. They are what we have said to be, ***unconscious***. They simply see only the you/I/me identification ***exclusively***, as all they are. The level of seriousness or commitment a student must have is plainly too substantial to bare. Indeed it is large-scale work. It's less difficult, simpler, less complicated and familiar to just stay in the dream. *A student who really SEES they are scripted, who has come this far, is an extreme minority.* Clinging to the old way, to an old fear paradigm, has driven people to the brink of insanity. Fearful normalcy bias is a formidable power. The subsequent letting go to see differently, discerning that a peaceful love paradigm is the only way humanity, collectively will survive, is absolutely paramount. Mankind can awaken; humanities collective rise in consciousness clearly must and will happen if we are to survive.

So then, first steps are, engage in self inquiry regarding the script as a whole. How much of our programming outside of very clear, obvious, practical use, is needed to survive? How much time in the past and future is needed to meet demands of daily life and how much of a students energy formally consumed at or near one hundred percent, can be reclaimed? Most of the average persons energy is consumed in the stockpiling of memory information with little room for love or anything else: promoting a definition of the present, via past memory traces. Clinging to this keeps us in bondage to the fear paradigm. The brain, which has evolved over millions of years, in transcendence of the fear paradigm, can evolve to peaceful love and when it does may well undergo a profound change. As mankind rises in personal and

collective consciousness, as it takes hold, dare we say there will not only be psychological changes but the very chemistry of the brain itself may well change. The very cells in our bodies will be affected, transforming humanity wholly as fears darkness is dispelled by the light of love. Just one cell in the body contains an enormous amount of information. Considering if our cells, now filled with fear were reprogrammed, filled with peaceful love, (which is beyond thought, an energy felt) the effect would move humanity as a collective whole to what was spoken to in the last work; "Enlightenment A Martial Artists Viewpoint" as "Conscious Perfection." A completely new and different way of living.

Where did that come from then, is a question which needs to be asked throughout each and everyday, awakening a higher state of awareness, no longer slaves to indoctrinated thinking. Our minds have been conditioned, propagandized, educated, programmed, to be do and have fear over epochs of time. Finally can we be rooted in peace/stillness? Is this something readers see themselves being a part of? Will the reader have the courage to break chains of programmed, generational, learned, robotic behavior? Will readers of this consider offspring to be the future, considering what the future would be if one were to walk a path fostering for themselves and others peaceful love? Do readers of this work who have children, want children, indeed all of humanity to awaken the glory of love within? J often considers what if one who had awakened had entered J's life early on, pointing the way to enlightenment? What would have happened? Would J be farther along? If one awakens, life now has a deeper meaningful purpose. Look at self; What does the future look like if we remain in the current fear filled global insanity, in a fear paradigm? Is it what we are numbed to? There is a bazaar

familiarity people cling to for what seems like forever. Strange. At least can we agree that our current global paradigm of fear is some kind of twisted masochism personified? Has not fear only resulted in a manifestation of insane human behavior, such as bullying, racism, anti-Semitic zealousness, hate, homophobia, malice, the perversion of pedophilia, mass shootings, genocide, violence, **war**? Can a reader see that much of what human beings engage in is really quite insane? As a species overall are we well adjusted, functional? Can the reader engage in the use of honest objectivity see that the cause of this is and always was fear? A fear paradigm conjured up in an egoic mind which is totally out of control. Can a reader see excessive self talk, too much thinking, combined with out of control emotionally charged psychological baggage, is absolutely compelling the herd to follow the Pied Piper? Will a reader, indeed the collective herd, have the courage to break away from the Pied Pipers magic spell, which our programmed selves are: and walk a path of peaceful love, personifying this different paradigm? Will readers be a part of this movement, helping the proverbial snow ball arrive at a point it rolls down the hill on its own? Can a reader see that their life could have real meaning; not a chasing of the wind, a narcissistic chasing after power, money, possessions, illusory control over others and life in general? If we continue to live in a paradigm of fear which we have done and has never worked, if we do not collectively move into a peaceful love paradigm, will we ultimately self destruct? Is not divisiveness the conundrum of mankind? This has plagued humanity from a time long ago when ego entered the soul of human beings. Humanity needs ego for moving through material daily life, that said, ego, is not all we are.

Our ego acts as a kind of a guardian of the body. Its job is to

keep the body from harm but has gained far too much control. In countless people and it is believed this is increasing by dramatic proportions, ego has become a monster. A monster in the minds of mankind as a whole, driving humanity insane, via thinking too much. Ego is driving humanity to do unspeakable things to each other. Progressively on a gargantuan scale, as technological advances enable the sadistic and masochistic minds of human beings to evermore create increasingly cruel methods in which to cause suffering to themselves and their fellow human beings, the egoic mind identified state drives us into mental instability. Is this insanity exacerbated by technology? Is this not a fear paradigm, a personification of the human egoic mind, seeing itself as an individual? Can a reader see this, acknowledging divisiveness will never work? Why should that be so hard? Why is the negative goal, the global fear paradigm, so valuable? Why is it too valuable to give up? What is the payoff?

There is a useful practical paraphrased memory, from the memory of the author, always a martial artist first, knowing the horrors of war: General George Patton; “No one ever won a war by dying for their country, they made the other poor bastard die for his country” and this from Patton as well, “Thirty years from now when your sitting by the fireside with your grand children upon your knee and they ask; “What did you do in the great war?” “Well you won't have to say, I shoveled s\*\*\* in Louisiana.” If the reader awakens, taking part in this great paradigm shift from fear to love, consider life then will have real meaning. It will be hard, a student will have to take this very seriously. Students will need to awaken from their dream. The level of focused attention will rise such that a student can simply no longer walk the path of a you / me / I mind identification. The students mind, finally

perceiving wholly by virtue of simplistic natural intelligence, sees that it was always, only a bad dream, seeing they had walked the wrong path. If humanity knew on a deeper level they had been walking a path which goes nowhere would they really continue? Can a reader see with new eyes? Will the reader stand, or stand by? Omitted, at end of life the one who dies, the one who is essentially getting out of one vehicle and into another, will then see what they could have been a part of. Moreover, if a person had clung to the dream, to the familiarity of a pseudo identification as the scripted self/you/I/me, they will see then, they were in effect duped their entire lives. There is in a typical case great despair at having been so utterly fooled. If on the other hand they awakened they will then surely laugh at themselves due to the fact they were indeed so totally duped. Nevertheless, they will be the one who has the last laugh. Awakening is real freedom, freedom from the known and attachment to it. A student will “die before they die” emerging newly reborn, death and creation feeding into each other. Regain paradise lost with a deeper wisdom, the wisdom of peaceful love.

Will the reader work perhaps harder than they ever have at anything, awakening to freedom? Is this really too much to ask, considering that the alternative is to be a literal puppet on a string? Does the reader really want fear to be their legacy, their children's inheritance, or matter-of-factly humanity as a collective whole? The readers life can now have real meaningful wholeness, hopeful participation, evolution of future generations. Would this not be a much greater and meaningful legacy to leave than the narcissistic drudgery of life filled with the proverbial chasing after the wind? We are saying to; “Be in the world not of the world”<sup>Jesus</sup> or “To cross over to the other shore”<sup>Buddha</sup> as two profoundly



great and wise Teachers once said we can do. Or, we can be a puppet on a string. We do appear to be moving in a direction of technological advances, political control, making people lazy and more dependent on government and A.I. rather than the spiritual. How long before computer chips are in peoples brains? It may come to be. This to be sure is the future, a technological direction only, without the spiritual. I for one, would rather do the work and see others do the work, awakening our spiritual side for the sake of humanity rather than be a human puppet of technological advances. It is conceded the latter is a far easier path to take without a doubt. Would this result in a new form of slavery? Are we unwittingly moving toward a form of technological bondage? Will we even have courage enough to ask these questions?

Perhaps, just perhaps those who control, would rather see humanity controlled in this way. It would certainly make their job easier, in their view and maybe more humane. What then, if this comes to pass would be their position, if there was absolute control? Maybe the one's who would control, believe the road of technological control is a better method. Would this possibly result in the development of a god complex? If so, would cruelty rise to a new level? George Orwell may well then have predicted mankind's future. The talking head, thought police, the puppet master telling us what to do, think and say. Our masters looking after us? Does absolute power corrupt or does it just tend to corrupt? Do we want to leave to chance that our puppet masters would be benevolent? We have seen various kinds of puppet masters come and go throughout history, it has never seemed to work out well. Will we actually stand by, watch and do nothing? How would we explain THAT to future generation's!!!? How do we tell our children that we did NOTHING to prevent the conundrum

of a mind identified state from becoming the INSIDIOUS END of humanities rise in the realm of collective consciousness, to peace and love? People seem to want someone to tell them what to do. The current modus operandi which is familiar to humanity at this point, due to the dominant fear paradigm, controls our planet currently. THAT, is playing right into the puppet masters play book. Elitist intellectuals in denial, who seem to control, and are themselves controlled by the puppet master, may have good intentions, however do not see they too are controlled, due to unconsciousness. Again, they are well meaning and may have good intentions, yet time and again good intentions have most often turned into the calamity of a controlled society. We all need to SEE; see our programming is very strong. That through denial, false justification, indoctrinated, propagandized, educated and dare we say brainwashing, our egoic mind identification is plainly not seen. Collective humanity must transcend the puppet masters fear paradigm, (which is the egoic minds control over people) to the next level of consciousness or we may well destroy ourselves. It is the only way, the path to freedom, a Peaceful Love Paradigm, the "Great Awakening of Mankind" as "A Course in Miracles" describes it. Cut the puppet masters strings. To do this we must bring our minds to the highest state of order, deal with baggage, physiological blocks, dropping at once old programmed mind patterns, derived from memories, images in our brain which we all have identified as in life. One must be very serious in this, be their own teacher, follow no authority, no system, going within for answers. Then, awaken to the glory of peaceful love and truth, not any systems truth, truth inside each of us, our source, our inalienable right to awaken our true Self. This truth is happening in each moment, here and now. The way of truth and love has always prevailed if the fear filled self is finally seen.

## CHAPTER TWO

# A PUPPET ON A STRING

“Forgive them, for they know not what they do.” A great axiom from an even greater Teacher. (J. Christ) The consequences of Personal and Collective Unconsciousness will slowly eat away at the person in a state of Unconscious Dreaming like a disease if they do not awaken. Little by little throughout the persons life there will be moments and or longer periods of unease, self deception, insecurity, tension, anxiousness, depression, grief, guilt, desire, anger and others, *all words*. On the other side of the same coin, in a life that has been mostly “Good” there will be fear of loss of the “Good life” Either way is clinging to familiarity, to impermanence. In either of these examples there is the energy of fear, a clinging to the world, again the state of impermanence. Is this to be a puppet on a string? The puppet master, who pulls the strings, is one's own egoic mind. A scripted self compelling people to dance to the tune of indoctrinated programming, controls us or tries to. What complicates this so profoundly, one's own egoic mind, our personal puppet master pulling the strings. It knows all too well what buttons to push, maintaining control of its host. Can the reader see that this is fertile ground for resistance? Resistance is just what the egoic mind needs the student, who's awareness of **self, awakening to peace within**, via the higher **Self**, to engage in. This is egos aim, so that it may maintain control of one's mind through a dominant global fear paradigm, the majority of peoples minds are controlled by. This

definitely plays right into the puppet masters hands. A profoundly high degree of seriousness is necessitated for an awakening: in many cases for very long periods of what a student, in the very early stages sees as the beginning, sees as time, as we normally view time. As said, one's egoic mind does not want the real person, behind the programmed "you" to know what it knows, that time is illusory. Awakening will be looked at from the perspective of a sort of on going state, what will be referenced as ***foreverness*** in this work, a concept beyond conception, outside of time. Process/doing, is to trap oneself in time with two points, a beginning and an end. The state of mind of; I will be this, I am here and wish to go there, I am unconscious and wish to awaken, ***to become*** consciously aware. Who is the "I" in this? All of these are to be trapped in thought, in duality. This is just what the egoic mind needs to keep a student imprisoned. Foreverness, as the term will be used in this work, is a simplistic state of being here without arrival. The idea of arrival, due to opposites being involved, again, "I am this and will become that," creates division. In this there is resistance, fostered through opposites, creating a conflicted mind. Remaining present, flowing with what happens, with energy if you will, in all arising situations, here and now, adapting to life as it comes, is key. As in martial arts, the practitioner flows WITH the opposing energy, not engaging in resistance to it. This is real actual power, not force. Force, is a derivative of fear because we are so extremely overladen with programming via a fear paradigm. Among its tools our puppet master uses, is the powerful life script and reticular activating system. These can pose great difficulty for students in feeling consistently, inner-being, our real Self, an awakened state, once students awaken to Conscious Awareness. Do not loose sight of a fact: the student can easily be lulled back into attachment to

the world *via becoming*, if this energy is not grounded. Daily life responsibility, an obstacle of gargantuan proportions, requires intensified focused attention, seeing the state of foreverness, a state of awareness of ones innersource, the source of all life, which again is the discernment of time and self as problematic.

Timelessness, foreverness, oneness, spoken of herein, are completely and utterly foreign to most. Many an idea in this work may seem strange due to an unbelievable power, the egoic mind identified state. Because we are so inundated with daily life responsibility, it is all too easy to be lulled into an unconscious dream state. This is simply lack of awareness of our source, the source of all that is, of all life: an awareness of inner-being, of what will be called **innersource** in this work. Additionally, our life script and ego compel us to follow the script. Seeing this is essential for it to serve us, not IT CONTROLLING US. If one ponders the idea that our puppet master truly believes, absolutely believes if it lost control of the student, its host would be dead anyway, it is not surprising that its level of seriousness is total. It is one hundred percent interested, which will match the level of success generally in any endeavor and so must we be as well. A historical perspective tells us in some militaristic situations, the leader would burn their ships, or burn a bridge, so that soldiers could not retreat, leaving no choice but victory or death. It is total commitment to victory and THAT is virtually what humanity is up against. It does at times seem to be an impossible endeavor. That said, the student must do whatever it takes. As long as one has a choice, as long as a student can say; "Well if it does not work out I can quit, I can go back to it later" it is to leave the back door open to the puppet master and make no mistake, it will enter any door, crack, crevice, the smallest hole, leveraging

the slightest doubt in the mind of a student or anyone, to the puppet masters advantage. One's puppet master metaphorically, will not go quietly. Foreverness, is to live and be present, allowing here and now to be, adapting to it. In this there is no time, no becoming, rather observation of life, allowing it to be what it is.

Fundamentally, a student is along for the ride, acutely aware, with life as the master of ceremonies, taking us all where it will as a student observes and adapts. This, along with the idea of oneness, that there is no separation, an awareness of; we literally are all connected together as one humanity, is key. No us and them, therefore no divisiveness. Our source, the source of all that is, of all life, has always been only one total energy field. The idea of separation always was simply created in the egoic mind of human beings, perhaps so consciousness can have an awareness of itself. It's simplistic, ones egoic mind complicates the seeing of this. It is what ego does and is quite good at it, but then it has been at it for eons. It infects a students reality, only when an individual sees themselves **AS** an individual, ego believing in separation, separation fostering divisiveness. These two, oneness and foreverness, are basically what allows the student to perceive awakening independently, beyond thought created reality. "I was unconscious and am now awake." It is a transcendence state outside duality and is, as known through words, the paradigm of peaceful love. Fear, completely integrated into us via the life script, is what we are educated to be, do and have in life. We are, in a bubble. It cannot be said enough, simply feel quiet stillness in observation, seeing our world currently runs on a fear paradigm.

Collectively, we will move to the peaceful love paradigm, if we are to survive as a species. If you don't believe that, look at

the wars, violence, xenophobia, division, hate, malice, a fearful need to control. In just one American city, 900 murders in a year. One could say in the extreme that we are totally, seemingly hopelessly brainwashed into the insanity of fear. Does seeing this, the realization of it, shock the reader? Should it? Are people so indoctrinated, so totally familiar with what they have been taught to be, so numbed, so infatuated with an illusion, they will not let go of it? Are peoples egos, their puppet masters, pulling the strings, controlling their lives? When a student sees the strings they can notice they are subtle delusion, obscure, and at points, all too obvious. The strings CAN be seen and yet people will again deny, attempt to control, falling into pride. Has the reader ever tried to push polar opposites of two magnets together? Perhaps at this juncture, one may gain insight from the reading of Plato's: "Allegory of the Cave" found in his work, "Republic." When one is feeling manipulated by their puppet master, when they first begin to see it, it can be a very frustrating point in training. There is the wish to move away from the ***old paradigm of fear to a new one of peaceful love***; but the student's perception is blinded by their own egoic mind, via self delusion as well as pressure from others, plagued by unconsciousness. If a student is not sufficiently aware, calmly remaining very present, here and now, there will still be resistance, in subtle as well as aggressive forms. A will to power.

The last work, "Enlightenment a Martial Artists Viewpoint" addressed the above in depth in chapter 8, "The Qualities of Thought---Willpower---Emotion." The martial art practiced and developed as Xin-Tao, is obscure and is quite unfamiliar in martial arts circles generally, due to ego. Martial art in America and much of the world is dominated by the end result, doing harm to

others, it is divisive. Martial art as an art perhaps can and should be promoting Self awareness and self understanding, non-resistance, cultivation of inner-being awareness; in life situations, transfiguration, practitioners flowing with the energy of life, redirecting it. This is a vehicle for practitioners in awakening. How one awakens is not really significant nor does it matter, albeit a student will awaken in their own way via their own path and should, ultimately being their own teacher. To find ones own way, to be ones own teacher, is the only way. To not do so, clinging blindly to any system, attaches the student to knowing, to thought, *to the system and it's truth **not the truth***. Looking for someone else to tell us what to do is born of a fear of the unknown. It is just another manifestation of the puppet master, telling the student they are a you identity only. The actual person, behind the programming, needs to awaken.

Searching tends to begin with a seeking of truth, only to become about the system, or a seekers egoic mind endeavoring to make it about their own truth. In all of this there are many kinds of puppet masters, all manifestations of egoic self delusion. If one sees truth in observation, the truth then is something of itself, Self revealing self via observation rather than understanding through intellectual bias. Simplistic observation, is an innocent simplistic intelligence beyond the egoic minds incessant need to define truth in its own way, brought about by ITS need to be all important. Ego has always been about the individual "I"; egos importance, at the exclusion of its host (the actual person) and all others. In a typical person the fear paradigm is manifested via attachment to familiarity with what is known, with images, memories and thoughts. Through conditioning, one is trained to see the puppet masters truth, ego, which actually becomes their



(the persons) programmed indoctrinated truth. They, (the person in a state of Unconscious Dreaming) see the old way, the world as fearful, a method by which they have been educated, programmed, told, propagandized, indeed trained to see by the puppet master and collective normalcy bias. It would seem then, a student in order to see truth, the mind brought to order, freeing itself from programmed indoctrination, which the puppet master compels people to follow, would be simply to see what is, not what programming tells a student reality is. Truth, revealing itself to a student each moment in the here and now, not of memory. This non-attached observation of what **ACTUALLY is** happening, can give the student an opportunity of perceiving actual truth. This is peaceful love awakened to. Cannot a student and what is observed then be one? Without separation, there is love, with separation there is fear. Division creates opposites, opposites create fear. Two apparent paradigms, which tend to and do obviously create divisiveness. Moreover a fear paradigm, always only a dream, is a creation of ego, psychological baggage, a pseudo image. Egos job is to keep its host safe in daily life situations yet has plainly become a monster. Its taken over the identity of the person it is supposed to protect and serve. The peaceful love paradigm, was always the only actual reality.

When a child is being held by its mother it feels no fear. It feels and knows only love. Peaceful love, a paradigm known by a child as the oceanic feeling. It is the source of all that is, it is as it is. ***It could never even imagine anything like fear and all creation is an expression of its love, so consciousness may know itself. It was never anything else.*** Memory as egoic intelligence, came into humanities mind to help navigate daily life. Memory images are wonderful tools, which have taken a majority over,

slowly driving them insane, through the divisive, collective egoic minds over controlling over thinking paradigm of fear. What else can it do in the catch 22 of opposites, of fear filled division, seeing dualistically. Love, peaceful joyous love, can be seen and is everywhere, right next to psychological fear. Discernible simplistically, in awakening to it, so that it will then show itself to the student. Not through vain attempts to see via memory, identifying it with old mind patterns at a loss of newness, but found in the timeless present moment. Too many seem to see only partisan bias, indoctrinated divisiveness, memory images; due to the fact we all are living in a very programmed bubble of fear. They see only what they want to see and are in denial of real truth, because it challenges their belief system, the collective status quo: the oh so cherished paradigm of fear we all were deeply indoctrinated into. This is just what our puppet master wants. This bubble will burst, and it will not end well. It creates only more craving and despair.

In the next chapter we will look at the bubble, an illusion which is an image of the thing, a memory we all project into the present moment as real. Sort of a holographic reality we are all pulled into. Can we drop pure subjective seeing, awakening to an objective orientated seeing, with new eyes? After ones puppet master is noticed, a bubble many are in may be permanently put to rest: yet in the typical case a student must work very hard daily to see this. A seriousness beyond what the average person is able to muster. This is absolutely essential in perceiving this. Therefore what will we do for freedom? To be free from bondage, to free the mind, a state of total limitless capability? To awaken and shine your light into the material world of form. Feel love in every cell of the body; peaceful love, contentment, here, now, in the present moment. To honor the moment without opposite,

IS love, peaceful love, the real. Walk away from the path of fear filled darkness, away from memory images our egoic mind tells us are real, into the light of love, our source, the source of all that is, the source of all life. The alternative is to be manipulated by ones puppet master, the continuity of living in a bubble.

This student now, as a martial artist, will be completely sincere with the reader. A Sifu/teacher of this student, in training, while sparing, would smile when you hit him, and we were taught to do the same, smile, defending attack: teaching us when violence is necessitated, (only in a self defense scenario) to be in the moment, attack quickly, directly, decisively, with total intent, ending it with minimal damage and leave the situation. So smile at the egoic mind when it hits, it is helping you to awaken. It keeps you acutely aware of peaceful love, occurring now from moment to moment. Beyond fear, timeless, beyond our puppet master, a tool telling us who we are, to believe in memory images, future projected images/memories. Let egoic mind identification remind us to watch, to be here and now. See, beyond memory images, see what is now. Feel, see, smell, taste, hear, now, the only true reality, this present moment. There then will emerge a new reborn Self, always fresh, always new, alive. Peaceful love, joy, acceptance of what is, moment to moment. SELF, actual SELF, now using the programmed you, ones egoic self, a tool navigating through daily life responsibilities we all need to deal with in our lives. It is to "Be in the world not of the world," the axiom of a Great Teacher. J. Christ It is freedom, real actual freedom personified and spreads to everyone met, an energy felt within, spreading without saying a word. We may say it is Love, just as Fear is personified as anger or egoic pride. One can feel anger from another and feel love too. Be peaceful love, in the NOW.

## CHAPTER THREE

### LIVING IN THE BUBBLE

The one who writes this, prior to the awakening was a real estate investor and learned about bubbles the hard way, but then most of what has been learned does seem to have come by way of pain. In many cases economic bubbles are the very thing which keeps economy's going. In fact it can be said, the only thing worse than a bubble, is not having another one to replace the one which burst. Bubbles in an economy are artificial value created in a particular area, without concern for the carnage it leaves. The value of a commodity, to take for example real estate, is manipulated by mortal worldly satyrs, who **for money**, destroy the financial lives of vast amounts of people for their own personal gain, for inevitably what they will come to find out in the end, to their dismay, is impermanence. This is the apex of worldly attachment and is spoken of only to help the reader understand bubbles as an idea. Simply and plainly, our world is going to do what it does: the fear paradigm, the primary present modus operandi. Impermanence, as in all ideas or concepts, can only point the way for a student, to their own introspective awakening, seeing their programming and how it controls them.

Are there spiritual bubbles as well? It could be said that the above are those who are trapped inside of a bubble, which itself is inside a bubble? Those who are trapped in the fear paradigm do seem to be living in a kind of bubble. What is meant

by a spiritual bubble? As this work sees it, it is to live in a dream of sorts, living in a kind of alternative reality. A programmed scripted person we were taught to be; the program running in our head and running most peoples lives plainly is not seen. In this work referenced again as **Unconscious Dreaming**. Throughout life the bubble will burst from time to time. Students in moments of clarity can see it, usually with much resistance in awakening to this. Those unconscious, (a majority) then will go into a kind of egoic damage control: into a pain management mode, almost to an instinctive degree, responding to it, unaware of this. They then slip into a deeper state of unconscious dreaming, due to the enormous pressure put upon them by their egoic mind and the status quo of society. A bubble in one aspect is simply a state of denial, refusal to believe one is living in a dream world. Similar to a computer program, a holographic programmed world fostered through the egoic mind, arising out of personal and collective consciousness. It begs the following questions; When our programming controls us so totally, so completely, can it be seen? Are we even THERE to see it in a very real sense? Is our programming too powerful, or is denial so powerful that the bubble is actually seen as the real world? The bubble spawns separation, opposites, and divisiveness. The bubble projects this problematic mindset into our world, which is a majority of people presently, in regard to spiritual evolution of personal/collective consciousness. The bubble is not seen by those who are unconscious, frankly due to the fact that the herd, absolutely utterly buys into fear. There is really not any other way to say it. One effective way of perceiving this, an acceptance of this, is to simply laugh at oneself. To laugh at the fact that; "How could we have been so totally and completely fooled, so naive?" We have followed programming with a blind herd mentality, generation to

generation. It would seem that indeed, via intensified normalcy bias and fear; “The apple does not fall far from the tree.”

How then do we see the bubble and how does one break out of it? Can it be merely dropped, collective humanity simply moving from the current fear filled paradigm, to a peaceful love paradigm? Are we trapped in fear due in part to attachment to it, a kind of fear addiction to an endorphin high? Is there fear of letting go of what we know, what is personally and collectively familiar to us? Is there a fear of not having control over our lives? While in the bubble are we not the program running in our head? It is conceded that the bubble seems to be preordained for us and it is a packaged life, nice and neatly all wrapped up with ribbons and bows. Often the ribbons and bows hide from us regrettably, what's inside. Why is there suffering? Why is there so much anxiousness, tension, uneasiness, boredom, pride, elitism, all derivatives of fear? Why is the bubble not accepted? Why are people hurting each other? In the extreme the bubble could very well cause the ultimate nightmare of global thermonuclear war, a calamity which may well befall mankind. There have been many broken arrows, (a term used for nuclear weapons accidents, or near attacks, having been 32 since 1950) since the first atom bombs were dropped on Hiroshima and Nagasaki Japan in 1945. Americas monopoly on nuclear weapons was broken in 1950. The scientific community at that time, inventors of “The Bomb” led by the RENOWNED AND RESPECTED scientist, Julius Robert Oppenheimer and others, unleashed potential global chaos. At that time Albert Einstein feared; “Our technology has exceeded our humanity” A great axiom from a truly great man.

Is the bubble spiritually speaking, ultimately humanities

egoic mind? In this work we will say that indeed it is. The bubble, ones egoic mind, offers the perception of a world that says to believe in separation. Understanding of our world from inside of a bubble, an us against them conundrum of division, saying; “**THEY**” must be controlled stopped or even destroyed. Awakening to the chaos the bubble is, is to see the ripple affect. In essence what we do to another we do to ourselves. Separation coerces a person into fear via the egoic mind, promoted through force as idea, fear used to control, to feel safe. In oneness the peaceful love paradigm fosters tolerance, removal of oneself from ideas of black and white, ideas fostering good or evil in absolute terms, kind of a **we will see attitude**. Of course for those in a state of unconsciousness, absolute good or evil is what a person sees, and is a prerequisite for unconsciousness to exist. In this bubble, all blocks ARE the consequences of unconscious behavior, a direct result of belief in opposites. To see what we do returns, is needed.

If for example one shoplifts from a store, justifying it by saying, “Its a big corporation, they can afford it”(unconsciousness) they are stealing from people who shop there, because the store will simply raise prices to pay for it. When one sees this, they are transcending from **A Fear Paradigm**, to oneness, a state encouraging **Peaceful Love**, seeing with new eyes. It is to discern unconsciousness, a lens to peaceful love, Self seeing self as having been on the wrong path. Once more, our world is going to do what it does therefore let the consequences of unconscious behavior take care of itself, as it will. Be the change you wish to see in our world. Gandhi personified this; “When I despair, I remember that all through history the way of truth and love has always won. There have been tyrants and murders, and for a time they can seem invincible, but in the end they always

fall.” An ideology of right, wrong, good and evil, of divisiveness, of duality, in absolute terminology, plainly has shortcomings. The bubble fosters separation via a fear paradigm. There does seem to be many bubbles when ultimately there is one and when dropped leaves one humanity united. It, is thought. Egoic self, who thinks it knows or more accurately, “you” THINKING you are thought. The problem is it will burst. THEN WHAT? It starts again, then bursts, and starts again, and again, until unconsciousness is finally seen. A logical realization is, peaceful love is the only way. The bubble, a kind of dream, seeing our word trapped in a perspective of programming. A creation of thought, a pseudo you identity. We are suggesting to awaken the real Self. Learned programming is necessitated in daily life yet is out of control, it must directly be brought back to sanity, accomplished through our genuine natural spiritual Self, awakened to through a mind brought to order.

Can the reader stop reading for just this moment, which is reality? Let us together feel stillness, now, calm, silent peaceful love flowing throughout the body. Passive attention felt. It is felt very strongly now for the author as this is written, energy flowing, coursing throughout the body. Oneness with all, in this present moment. There is a feeling of calm joy, stillness, as if the body were filled with a glow, the light of love, simply wonderful, a peaceful state, nirvana. Can such a thing be described in words? Egoic divisiveness blocks this from us. Endless thinking, endless concepts fostered by and through an out of control egoic mind, which again has become a monster in the minds of human beings.

How does one get out of this bubble then? The first step as this work points to awakening, one perceives truth: our own over thinking mind controls to an excessive degree, as the first



part of this work aims at helping one to see. We have devoted the first several chapters to straightforwardly traveling with readers to a discernible truth, that indeed we are very indoctrinated. It is useful to understand program writers. Who they are, how they have affected our doing, being and having in life, wholly. Now, to actually see this for a student of enlightenment, is to be reborn in a way. Rebirth typically happens slowly, a gradual reconciliation of the original programming we all were subjected to. One sees and rewrites their life script, awakening to peaceful freedom. Be your own authority, your own teacher. It is to free the Self from an awesome power, the effect one's program writers had upon them and the lives of all humanity as well. This is to reclaim energy by virtue of forgiveness of the program writers and humanity overall.

There have been students known who actually decided the name given to them by their parents simply didn't work for them, another name being taken. Many other examples as well: a switching from ones right hand to the left hand perhaps, in eating, in writing, and now for all intents and purposes are left handed. Post awakening, the world is seen vastly different in too many ways to count. Some of what our program writers wrote for us is kept, some will be modified, much of it will be thrown out completely as the student rewrites an identity written **FOR** them via indoctrination. Once more in the typical case, slow gradual absorbency of our newly reborn Self, a transfiguration, as if the student actually goes through a kind of metamorphosis. A new person emerges, a new paradigm of peaceful love takes hold. The old way, the old person, our old fear paradigm fades and there is dare we say, an actual change in the chemistry of the body itself. Fear **was** programmed into cells of the body from childhood on, now the cells as fear is deleted, are filled with stillness and LOVE.

## CHAPTER FOUR

# THE PROGRAM WRITERS

Who were the readers program writers? The parents of course were one's first two program writers. If a student's parents were unconscious, they ran on programming handed down to them generation after generation, running on what programmers preceding them were taught and subsequently taught to their offspring. An infant absorbs, what else are they supposed to do, or can they do? Children exposed to computers or TV excessively, as the life script forms, exacerbates the situation. In the beginning of life a child is helpless, not able to do for themselves their mind absorbs its programming via observation at first. If the parent programmers were kind and loving, that becomes part of their life script. If parent programmers do not get along, or the relationship is tumultuous, they argue and or fight. If there is chaos to a greater or lesser degree, of course this becomes part of their life script as well. Either one of these because our world is totally inundated at this point by the fear paradigm, both a "good life" situation or a "bad life" situation are for the most part infected by a paradigm of fear: a direct result of clinging to impermanence, that which begins and ends, divisive opposites by way of dualistic over thinking. The infant grows into a child, now exposed to a variety of programming. Obviously what the child is exposed to outside of parent programmers, TV, computers and or other forms, is part of the life script as well. A world dominated by a paradigm of fear via separation begins to infect the child

pulling them from their source via indoctrination. It blocks peaceful love within them which the child as yet is not far removed.

As it grows, the child (finally an adult) is pulled deeper into the world, an indoctrinated propagandized person we are indeed educated to be, thereafter following the status quo. It needs to be noted moreover that our Life Script psychologically speaking, formed by 5 or 6 years is a sort of hard drive. A student with parent programmers who were kind and loving will have fear of loss of this, clinging to it, lost in the conundrum of opposites. Therefore impermanence can be a manifestation of “good,” as well as “bad” situations, in either case fear rules. If a child's programmers were kind and loving, the child now older exposed to suffering in our world, (no matter what in all lives there will be loss) sees cruelty, pulling them into the dominant fear paradigm presently controlling a majority. For eons fear has been the global modus operandi. If a child's parent programmers in the opposite extreme personify chaos, again a child fits right in with the fear paradigm perpetuating regardless a clinging to fear. Once again we have never ending chaos easily fitting into a fear paradigm or in the fostering of love, as said the child grows older exposed to suffering, a fear filled world of divisiveness pulls them into the fear paradigm regardless. In either case a child is plagued by impermanence merely different sides of the same coin. Again reiteration is necessitated in this work for we are so overladen by normalcy bias and fear of the unknown.

A child grows and the influence of many other factors comes about, many other additional programmers come into play. After the parents, marching along there are a student's peer group programmers, educational programmers, nationalism

programmers, religious programmers, technological, authority in institutional systems, as well as socialization programmers, all playing their parts as did those who were the programmers programmers before them. All fear manifesting divisiveness.

We now speak directly again redundantly; **Who wrote the program? What is your story?** We need to see our programming as something already deeply ingrained into us which of course we had little or no control over. IT IS WHO WE ARE. If we say “I” am programmed and must not be it is internal conflict. We can see it in quiet observation of mind patterns: **SELF** observing a separate **self** watching the ME/I/YOU a life script we had little or no part in forming. We can see though our scripted self is part of who we are we were choice-less in this mostly. What we are is not our fault, what happened to us is not our fault. We will see that an unconscious person is in a greater sense not really there at all. As this is the case we will; “Forgive them for they know not what they do.” As we forgive ourselves as well and also our program writers for following their script: again a script not seen by the unconscious dreaming person. Or one is incapable of transcending this due to denial. One can see humanity to a large degree is spiritually sick yet can awaken. Through much work choice-less awareness and passive observation divisive fear can be rescinded. This is non-attachment to what is. There then can be reconciliation of programming. Will the reader perhaps a student of enlightenment see this absent bias objectively? Can students let go of the egoic “me” the “I” identity, a program which program writers fostered? A pseudo “I” or more accurately the you that you are until this is seen? Can the actual you (Self) transcend the normalcy bias of their pseudo “you” (self) identity? We must accept all of our programmers once more through no fault of

their own were propagandized into a fear paradigm. Forgiveness is key. Part of a student's awakening once again is to forgive them for following a program so powerful all are compelled to follow it as well. Most people simply do not or through denial, will not see this or cannot help themselves. Of course the reader at some point in their life has likely had people/life treat them unfairly or even badly only to have an abuser say after the mistreatment, "It wasn't my fault" or "You made me do that" or "I don't know why I did that, sorry" or an abuser had no control. THAT is a mind programmed one's life script controlling them. Literally most people are in the state of unconsciousness at present. Merely at different levels of unconsciousness and amazingly won't see it.

Look at the world we live in consumed by fear, tolerance of violence, turning a blind eye to antisemitism, towing the line of malice, laughter while engaged in antagonism, hate via fear, war on a global level. THE COLD CRUEL PERSONIFICATION OF FEAR? IS THIS NOT AN OBVIOUS ON GOING EXAMPLE OF HUMAN BEINGS INSANITY? Do other species in nature act toward each other this way? Can we look honestly at the possibility of the peaceful love paradigm growing? Would peaceful love be effective could it work? If a student sees program writers, sees the programming all the unconscious run on, see themselves and much of our world at present in a kind of holographic life created **FOR** them: could they then transcend blame which only creates division exacerbating an awakening? A state of on going calm is vital which will be the catalyst for awakening to a life script program we all were indoctrinated into. Watch the egoic minds ongoing self talk, listen to dialogue running in the mind. Ego empowered by the life script and reticular activating system adheres to programming by way of fear: these mechanisms do not know love. Fear is negative

energy. Let it be a warning bell for a student. Any wavering from programming from information our program writers wrote into us now deeply a part of the students very mind itself, is via fear embedded in the very fiber of our being. It will create divisive resistance within a student. Feel tension arising notice anxiousness, feel anxiety, catch it before it wells into a storm. It possesses people pulling them back into unconscious dreaming. Fear tension felt within us. Students must bring forth a very high degree of serious attention. Peaceful love is felt within as fear is, both are observed unattached. Programming can be noticed when a student remains extremely calm, listening, a real challenge when the entire world bombards us with fear. It bears down upon a student not to mention ones own indoctrination. A majority follow scripted programming resulting in unconscious behavior compounded by extreme emotion or excessive thinking. What we are saying is we **can** reclaim much of this energy. As the student awakens, the world may appear to have gone insane. It's challenging to see the unbelievable control program writers had upon us a program adhered to by ones own egoic mind. Moreover, resistance to indoctrination creates only internal conflict. Notice the incredible unprecedented power it has minimizing resistance, suspending judgment. Listen quietly, observe calmly, peacefully, as if standing outside yourself. One simply cannot see what to do when upset, disturbed, caught up, experiencing an anxiousness others project; as well as one's own compulsive over thinking pulling them into opposition and a conflicted mind. The perfect example of a catch 22 we might say. As a footnote to this chapter there is an additional programmer: a genetic one out of consciousness itself from antiquity, which is our predisposed character traits. Genetically passed down in our cells in the very fabric of DNA, the human organism itself. Love and fear within us.

## CHAPTER FIVE

# WHAT HAPPENED TO THE “YOU”

Now the reader has come to the final chapter as a preliminary first five chapters designed to help students see we are indeed programmed. A self /I/me/program controlling us via our ego a part of each of us as we have characterized herein. A person in the state of unconscious dreaming is their life script a tool we need in order to navigate daily life and is who we are, to a degree practically speaking. The tool seeks control of us by way of a fear paradigm. Actually it **IS** the fear paradigm. People are indoctrinated into a nightmare of fear from birth. This must be acknowledged before one can proceed to awaken. The Actual Self /inner-Being must be rationally acknowledged love personified a breaking free of indoctrinated thinking before any actual awakening can be. Self is felt, not known. There must be a deep belief factor in this. It's felt as deep stillness within our essence.

From the next chapter on we will look at what will awaken a student. Let this chapter then ask the question can we reconcile fear, painful hurts, psychological baggage? Can our mind let go of and indeed not be hurt by memories of stored pain, fear images stored in the mind psychologically? Can a student of enlightenment step out of the endless affect conflicted memories have which a student has had to endure as we all have in life? A student **HAS** accumulated psychological hurts, baggage to be blunt *at least until it is calmly observed and peace is made.* This

can be very difficult to do. Until programming is seen, reconciled, one is their anger, is the grief, guilt, pride, shame, apathy, or whatever may be manipulating, running one's life. Yet these are images/memories, molding the personality filling one's mind from birth via a paradigm of fear passed on generation to generation and not generally seen. Moreover vast numbers are unconsciously attached to this. We are asking now is it possible for human beings for a human mind to do this? Together let us go into it remembering always we must all be our own teacher. Follow no authority, cultivate Self determination. The only way to real freedom/truth is to go inside to be one's own light watching self.

What happened to us needs to be seen as ones memories a thing **OF** memory. Thoughts continuously brought up in the students mind defining the present moment and ones life beyond practical use. A great barrier to an awakening and in many ways of no use whatsoever: a use of memory in an unbelievably insignificant way. It controls people beyond what it needs in excess of what is needed to be safe in our material world (egos greater purpose) to keep egos host the person safe. Clearing the mind of excessive baggage (fear) frees a mind creating space in one's mind making the mind infinitely vast, fresh, new, using the minds greater capability. The fear paradigm has filled an average persons head. Until there's no longer room for love. It is loss of awareness of our real sacred Self, Innersource, Inner-Being. This then is the problem. People are slaves in bondage to old mind patterns stored in memory. On the whole ego gained far more power over humanity than it needed in order to serve its host.

Anger is a very common type of psychological baggage blocking a seeing of the present moment a seeing of what is.



Let us now use anger as an example helping to bring students to understand psychological baggage and how one is to deal with it to in fact transcended it mostly. Each student as with all people have at one time or another been angry. Each persons story will have unique specific reasons as to how memories, psychological images as in anger came to be. Each student will turn attention inward in honest self reflection to an understanding of their own anger situations again always being ones own teacher. We can speak here only in general terminology. Anger is thought by most to be caused by outside forces when in fact it actually originates from within a person. An outside situation as in; "That person made me angry" would require the outside situation to change (in this case the person who fostered anger) which is somewhat unlikely. It firstly will be seen that anger originates from within each of us which it does. Each person through loving honesty works to know the self at least this is our aim and no system no standard way or one size fits all can do this for them. Systems can help yet only in pointing the way to answers within via peaceful acceptance, one seeing limitations of the egoic mind.

If a student has come this far the next step is seeing that with work it can be done. Much stored information in the brain, in memory, simply possesses us. It merely ends up manipulating people. Notice that much of what is stored in our brain is not useful memory subsequently why is it simply not dropped. What happened how it is bringing disorder into your life frankly takes serious work. How intense how long it takes for a student to see this varies from person to person. This is to let go of what has resulted in failure. Seeing you as fragmented **which thought has created requires an extraordinary mind.** What we have tried to do at this point in this work is merely to help the reader see and

accept that the egoic mind in all human beings seeks control and will continue to vie for control of peoples lives. It plainly knows no other way. Getting this across however can be very difficult to do. Ego thinks it will not be defeated which should not be engaged by a student. That is to say do not go to war with ego; this would pull a student deep into opposition a mind filled with opposing ideas. Energy which division drains a person of can be reclaimed through complete total self honesty via an awareness an attention and a seriousness rooted in calm still observation of conditioned mind patterns; who most human beings caught in the state of unconscious dreaming **think** they are exclusively. Acceptance of this as true is a great step forward to a profoundly deeper perception of an awakening a preliminary step.

In the subtle approach preliminary work must be done with great steadfast seriousness before a student can take the initial steps to an awakening. A collective human perspective is needed which is ultimately how the peaceful love paradigm will be seen in a larger global sense and darkness the dream of fear will at last be seen for the illusion it is a dream of psychological fear created in the egoic mind. Therefore work to bring the mind to order. There are countless books which can be helpful not to mention psychiatrists, psychologists, counselors, priests and or holy men and women from every religion all of which a student may study as a finger pointing the way until one sees that all systems ultimately will take one only so far. If students feel the need to go through all this, fine. Teachers are fine yet all of the above must be let go of. Listen to none of them too seriously including the one who writes this. Again one must be their own teacher going within for answers. If it is felt study is necessitated which many still in the seeking mode do then again that is one's

own personal journey. Each of us will awaken in our own way.

The next chapter; “Blocks to an Awakening” will begin with anger going over a few different kinds of blocks to a mind brought to order: through the shedding of blocks working through and healing, Being whole. This will come to a student in many epiphany moments of ah okay **NOW** it is seen. As a mind is clearer and clearer the world will be seen much differently than before. For a student awakening space in the mind is then created. Out of this space which is scared, vast, limitless, merging with the source of all life a students actual real Self, as an idea of oneness, a state beyond ideas, real actual love is revealed. This is peace felt in the moment. As each new moment sinks into the past replaced with new and fresh present moments, love actual love and truth is now personified into our world through the student themselves. All people then are the conduit for love to shine into our world. By and through the person by simply living this new life style a seeing with new eyes. The student is creating space in their mind for the energy of love formally filled with fear. Love is projected out to everyone in the students proximity. Love which is now seen as having no opposite absorbs fear transmuting fear to peaceful love a positive energy. The student radiates love. This energy spreads without effort. One becomes an example to all. Others will notice this observing; “They (students) always seem so peaceful calm and content” or perhaps “He is so peaceful all the time what is the secret to this?” or “People who live a peaceful love paradigm have far less stress problems in their lives seem to be nonexistent and everything just seems to work out for them” In these examples a student has done nothing to convince others by talking or control others in any way. They are simply living it. Others will want peace and do likewise.

## CHAPTER SIX

# BLOCKS TO AN AWAKENING

We will now look at how the egoic mind blocks a student from awareness of innersource or inner being (concepts, words). Always see the word is not the thing. Loss of awareness of innersource is a problem blocking us yet there are an endless number of blocks, images manifesting always. In the authors last work; "Enlightenment A Martial Artists Viewpoint" examples were given of many more common blocks. Anger presently will be used as an example. If a student is **truly completely** present in the present moment, peaceful stillness now, one is less impeded by memory images and likely sees mind games at work. It is the position herein as was discussed in the last work a fact that; as each present moment is replaced by new ones the slate is wiped clean so to say. Space is then created for the new. Former present moments now just memories are no longer real. They're images in memory. If a student has worked through blocks as this work aims at helping a student to do there will be a deeper awareness of **here and now felt as a presence**. Moderately to greatly less the self caught in egoic delusion and images defining the observed. Many think they exist in the present are present, when they are literally still psychologically bound to time, memories constantly defining now. Being present in this moment completely is a state taking place through a students heightened senses in deep focused attention. What are you doing presently? Do you feel anxious? Feel you should be elsewhere? Obviously your reading,

holding this book. Can you feel the book in your hands? Feel your eyes reading it? Hear the sound of pages as they turn? *It is all too easy to find oneself trapped in time thinking they are not. Ego by way of memory is so good at fooling its host the present is rarely seen as anything other than a mirror of stored information which thought has created. Thought creates a kaleidoscope of stored images in ones mind, a holographic reality. A mind brought to order is "Self" watching "self" in calm stillness as this goes on focusing intensely upon the script, programmed reactions to life.*

Now let us move to understand how blocks to a mind brought to order are dealt with. Egoic self is extremely good at mind games at creating self delusion. Before any meaningful real grounded awakening to enlightenment is discerned a student will see their normalcy bias. Psychological problematic proclivities baggage in life frankly. Mental attachment to psychological disorder clinging; is indistinguishable to people who simply will not endure necessitated work to awaken. People with problems may seem broken yet thought tells us this. A thought driven life script controls, conditions us. Primarily originating in childhood it is attachment, abuse, blocks, ones story. After the life script forms psychologically speaking by age 5 or 6, programming compels us to follow mind patterns regarding the way specific life situations are recognized and reacted to. In quietly listening this is seen in a mind very still. Extreme emotion incessant on going thought pulls a student out of timelessness, out of focused awareness, the now. Quickly becoming a storm it possess the person via extreme situations as in anger. The script seeks to sway people through egoic self deception and manifests subtly or aggressively in its need to control. Programs running in our head do whatever needs to be done at the puppet masters bidding keeping us in a bubble.

Egos job is to defend the life script, validate it, reinforce the self. It takes its job extraordinarily serious believe that and so must the student of enlightenment have an extraordinary focus, serious watching, a very attentive mind awakened fully to discernible self deception. Once a storm ensues the result of ones programming, (again learned responses to life situations or baggage) all a student can do is to ride it out and practically speaking then reevaluate the episode or situation after the waters calm. One simply cannot see what to do until there is stillness: see that their routine thinking is controlling them unless passive observation of themselves without bias **before** the storm becomes a storm is done. Identification of any life situation with thought memories are images stored in ones brain. It creates attachment to thinking resulting in further divisiveness. To observe daily life is enough, observation is a powerful tool. Emotionally charged thinking pulls the student out of silent stillness. A mind still is able to listen to dialogue distinguishing its own bias its propensity to define what is said via programmed memories and simultaneously hear really hear the outside (what one listens to) as well. There is conflict in a mind overwhelmed by thought and emotion. If the student outside of practical purposes draws upon memory experiences to define the present situation it will subsequently cause an identification, **images in memory** of what a specific situation is now. In every situation defined by memory there is it's opposite, therein lies the conundrum. A person attached to programming referenced herein as a state of; **Unconscious Dreaming** is a mind lost in thought a mind identified state seeing life at the level of effect only; distorted truth thus compelled to follow what the script says truth is. This normalcy bias blocks deeper listening.

In the first five chapters of this work it has been reiterated:

a student will first see and admit to a greater or lesser degree they are literally possessed by thought driven narrative telling them who they are. Largely in the present situation humanity is collectively controlled by "clock time." So choice-less awareness via stillness is required to feel peace, the timeless causal level. The level of effect traps us in time. To an undeniable degree most are lost in it. An inability to listen acutely forms opinionated views of life. Attachment to the dream of form prevents transcendence to unbiased pure observation. To be free of ***Unconscious Dreaming*** *awakening the state referenced herein as **Conscious Awareness is not doing because doing is thought driven, it creates opposing ideas.** Awareness of inner-being of **Innersource, the source of all life is to feel love, (reality) not fear, (mind created reality).*** Peace is to **be** silent stillness. Anxiousness created in a mind lost in past and or future is fears tool of control. One sees through the lens of Self here and now by noticing egoic labeled reactions to life and relationship simultaneously allowing ego to serve us. Awakening is difficult because ego is so very determined. There is a fine line between practical use of scripted programming (people using it) and it running the person. It controls most far beyond necessary functionality in daily life. Scripted egoic control holds fast to its host. Consumed by its own **will to power**, if control is lost it believes its host would be in grave danger. This depletes a students energy. Ego seeks to manipulate a student through resistance. Mind patterns are the direct cause of resistance. They siphon vast amounts of energy. With work energy is reclaimed creating space for peaceful love via stillness. Students now begin the slow and arduous noticing of a time based propagandized self brainwashed if you will, operating and also notice when they are in the state of timelessness a peaceful secession of thought. Again characterized by peaceful calm one feels they are here and

now, firm in the perception of a thought created self. We speak of two apparent forms of energy, **Fear** (egoic thought driven via memory images) accumulated in ones consciousness personal and collective and the energy of **Love**, a timeless total energy field connecting all that is. A sacredness which we are all ultimately of. Long ago thought fostered fear; a grievous error in evolution.

We will now go into more examples of how ego uses our programmed memory in its on going obsessive compulsive need to maintain control. Of course if blocks still need to be worked through ego will use these to control the student. Ego will always follow a path of least resistance in its obsessive need to control. As this section of this work is being written in a local coffee shop there is a man and woman sitting near by. Energy is noticed, tense energy in the form of obsessive compulsive behavior via opinions, programmed brainwashing in the form of a political discussion. Fear arising out of division is noticed. Clinging to opposition the two peoples energy could be felt similar to an aggressively angry person entering a room changing the overall mood among other people in the room, pulling others into fear energy. At times other peoples negativity in the form of egoic mind energy (fear) can be so pervasive a student simply must leave and go elsewhere to a more peaceful place. It is the usual scenario, the us against them syndrome going on in our world everywhere, the will to power. So much distraction and self delusion. Our world is competing interests creating division, technological advances exacerbating the situation. It is all too easy to be "Of the world" Again Taoism references the ten thousand things pulling us out of oneness into **Unconscious Dreaming**. Many responsibilities or situations to be distracted by. It is conceded this may sound esoteric to the reader so let us digress back to here and now.



Let us look now at the awesome power of the ego. Its aggressiveness, subtleties and evasiveness of a very clever egoic minds in all. As students reconcile baggage as they work at it daily fundamentally cultivating a state of peaceful calm. A point will arrive when extreme psychological problematic proclivities no longer slam the student back and fourth in emotional and mental uncontrolled periods of unconscious dreaming, then the real work begins. **The student now spends a majority of their days in conscious awareness:** the mark of this being ones days are for the most part peaceful. **A deeper awareness** of egoic clinging engaging us is seen a consistent awakened state resulting. A peaceful stillness, peaceful presence felt in the moment seeing oneness, feeling the total energy field (in Freudian/Jung thought "The Oceanic Feeling") but with deeper wisdom. In silent stillness this innocent state can be known by all. If the student has come this far a tremendous freedom is felt. One now sees the script others and the pseudo self project. One has a feeling of standing outside themselves observing it all happening unattached. Again as William Shakespeare wrote; All the worlds a stage, all men and women merely players, they have their exits and entrances and one man in his time plays many parts his acts being seven ages. --- Calmness fosters peaceful observation of the rolls one plays, a freedom from bondage to the scripted self now arises. At this point ego will likely come at the student in a much more subtle or aggressive way. ***This may be states characterized by forgetfulness or a loss of awareness of innersource;*** a huge block in maintaining awareness. We have characterized this here and in greater detail in the authors former work; "Enlightenment a Martial Artist Viewpoint" as a kind of absent minded preoccupation with daily life, "busyness." It may be noticeable to a student only after a loss of awareness period when stronger

peaceful love awareness seemed to have left, when one had not been consciously aware of innersource or inner-being: distracted by endless worldly concerns, thought/drama situations in daily life defined by memory images. Often this will distract students fostering self delusion or confusion. There are countless examples of this. In the journey such things as music, songs on the mind, one's job, family duties, other responsibilities, getting lost in compulsive thought combined with emotion, craving, conflicted interaction with others pulling us from awareness of innersource. These are a few examples of an endless number of examples. Are we and what is happening that which is recorded in our brain? Are we images born of memory or are we and what is happening something of itself fresh and new, moment to moment? Calm acceptance of mind patterns, observation of them is key. Thought generates feelings of inadequacy a feeling of; You can't do this, one's egoic mind saying; "I am in charge." "I need to be in charge in order to keep "you" safe." Or perhaps it will manifest as ego saying; "You can't win this game with me." Acceptance of this and serious observation of it is key to perceiving what is. Forgetfulness will be transcended via still, soft spoken sustained awareness remaining very present, watching so as to see clever mind games.

At this point in the world there are very few consistently in the state of Conscious Awareness. Most are trapped in fear a majority of each day a crisis to crisis mode. Students far enough along in awakening via raised awareness of their five senses remain steadfast in a state of presence (peaceful awareness of Innersource) simultaneously engaging rolls life requires them to play. Ego may leave us alone for a while, hide in the background, in the shadows patiently waiting for opportunities. Using time to control us yet less and less as awakening to timeless stillness (a

state dormant in most) ensues. Problems exist in past or future. Time is its illusion yet cannot afford to have the student see this. Ego needs the student to be plagued by consumption of time. Does illusion consume us? Can we step out of time? Do people see: can we feel this on the surface only not deeper? In this ego keeps its hold over humanity. The egoic mind hides this from people. A pretty face walks by old conditioned thought pushes its way in. Emotionally charged feelings a pseudo you dominates. One feels amorous or loneliness, conditioned thinking pulls. I/Me catches a bit of news, world events or politics, entertainment, sports, religion, on and on the world/self pulling us into division into again Taoisms ten thousand things. Let us ask a very serious question; "Can all of this mental and emotional attachment be let go of via stillness in this moment instantaneously?" Can we be here, present, a state of peaceful silence, presence now? If one simply drops it now everything comes alive, energy flows reborn anew, fresh because memory programming is no longer defining it making it old, stale and dull. It dies so the new can arise. Observer and observation shine together as one in just this moment. One is present of oneness pure essence. There is no longer observer and observed there is only observation. In the former work again specific examples of blocks were given such as anger, pride, shame, all fear energy. In this work we delve into possible scenarios attempting a different kind of approach the subtle approach, away from the path of a potentially dangerous abrupt approach a painful hit bottom experience that in the extreme can be dangerous. One must be serious in this.

We will again examine case study. A very common block is **ANGER:** The student will now imagine themselves in a situation where it is thought by a typical person that someone makes

them angry. All blocks are thought seen to originate outside yet are only situations. In fact the source (in this case anger) is the student as self acting out anger *thinking* it was something outside. Let us look at an example as in the following; A student is renting a duplex with someone. They pay half rent and half utilities. There is a front door handle lock as well as a deadbolt with two separate keys. The student comes home to find their key to the door lock sticks requiring ten minutes to unlock the door however the dead bolt works fine. Their roommate is not home. When the roommate returns the student says; "The door handle sticks my key does not work can we use only the dead bolt until the door handle lock can be repaired?" To a response of; "No I'm not comfortable with that." As a case study in an effort to understand the power of our scripted egoic mind, one in the state of unconscious dreaming is so utterly under the control of their script they won't see it. This scenario we are looking at as a case study actually happened. At that time there was a great leap in this students awakening. Now the question was asked and answer to most people would seem to be quite unreasonable. Considering that the student paid half rent and utilities there should be access to the premises to be fair. This student felt energy (self) a fear paradigm manifesting as anger welling up inside. At that moment fear energy was noticeable by Self as self creating anger emanating from within. It occurred to the one who writes this in just that moment she (the roommate) didn't see it or would not see it. Somewhere in life, perhaps in childhood a programmed response to that particular situation (fear) was thought to be via programming the proper response. There was epiphany, awareness of a great sense of freedom because a perfectly justified response of indignation (anger which is fear energy) was appropriate nevertheless it was caught before it

welled into a storm of emotion combined with thought; before a scripted response of anger had a chance to take this student over with a programmed response. It felt like standing outside a room perhaps called fear, looking in at the roommate still engulfed by her programming. What the roommate should have seen to be so obviously unfair but was not seen was that somewhere in her life perhaps again in childhood, a conditioned response instilled into her through an indoctrinated state of fear controlled her to the point of a total state of unconscious dreaming. In that moment not only was there felt a wonderful freedom there was deep compassion for the roommate, in fact for all people still trapped in a state of programmed unconscious dreaming. The axiom of a Great Teacher came to mind; "Forgive them for they know not what they do." J. Christ In seeing that to forgive is freedom from bondage to one's own learned indoctrinated responses to life situations. How can a person be blamed for behavior which they are unconscious of or in denial of to the degree it is so obviously unfair yet is simply accepted as fair and or not seen at all: or that they plainly have no control over usually fostered via pain and or fear. Now as the student who writes this approaches year five in the awakening many conversations with other awakening students have brought about an objection; *"They know what they're doing how can they not know?" "They did it and know they did it." The answer; They know but do they really know? They know however are so totally controlled in a state of denial in a state of; "What?" or "Why did you make me do that?" or "I don't know why I did that." or "I simply cannot control myself." They see it yet in some way or another relinquish themselves of any and all responsibility for the action. To know but not REALLY know is to be controlled by ego. An end justifies the means when trapped in unconsciousness.*

An extreme example of this as a case study would be; The national socialists/Nazis in world war two killing Jews. Stalin killed an estimated 20 million of his own people. Mao 65 million, Pol Pot Genghis Khan, the Romans western and eastern, and on and on exemplifying just how deeply unconscious humanity is. Soldiers on the German side sent pictures to their families. Pictures of themselves on tractors smiling bulldozing mountains of bodies into mass graves. They were proud of what they did. They actually thought genocide was acceptable. What was propagandized as "The Final Solution" (the Nazis lead by Hitler) was indeed just fine. Now we all can agree it was all too obvious as they killed six million people; the notion should have come to them killing was wrong. At least one would say this should be obvious but it was not. **The obedience experiments in the early 1960s speak to this.** They, in denial did it anyway. It is propagandized programming personified as nationalism, perpetuated by antisemitism. **They did know yet did they really understand programming, their denial, unconsciousness, a state controlling them so profoundly it was plainly not seen and justified?** Indoctrination was so strong they would not see. It simply was accepted as fine. This again is an extreme example. All this said unconscious behavior is very strictly speaking to one degree or another, one way or another in denial of the fact that their programming had them so totally, so completely they would not accept it. The mind directly will not see. This is the mind identified state. People think they are their conditioning exclusively programmed images plus normalcy bias. *It takes over people and they are not really there.* If genocide tops the list of unconsciousness there are an endless number of lesser cases lesser examples of unconscious dreaming below that. A serious student works at awakening to this discerning it AS themselves, AS others. Seeing this at least in beginning steps

will be seen as that which partially constitutes an awakening. Moreover each persons enlightenment is to awaken themselves seeing in their own personal way. Anger is seen to originate from within a student as all blocks will be seen. Blocks ARE the student. We are what we do correct? Programming must be perceived, accepted and reconciled as a preparatory state of awareness, an honest discernment prior to any serious and meaningful awakening, one must transcend blocks. Very difficult.

We now sight another example; an attempt to convey and articulate the awakened state helping one to see blocks in themselves and others. If one steals from a large store justifying it by saying; "Well it's a big corporation they make so much money they can afford it." The truth is a person who steals has done it to themselves, in fact all humanity. The act of stealing reinforces; "It is okay to steal." However a Big Corporation simply raises their prices to compensate for loss passing it on to the consumer. One who steals steals from people who shop there. Awakening to this is an example of **ONENESS** as referenced in this work. We're not individuals we are one human family. It is always separation which is problematic. "It is their fault." "If it was not for those people" the us against them syndrome. These are personifications of fear ruining our world. In calm observation transcend the; "It's about what I want, what I need, I have to get mine, I had to do what I had to do, I don't care about them, I have no responsibility in this." Notice all the I's stated above? All blocks are born of separation, divisiveness and are all derivatives of fear energy. They hide within each one of us guarded by ego. Preordained memory drawn up to describe the present, is not reality. They pretend to **BE** a student yet are not. They are illusion manifested as a you identity. Once more William Shakespeare articulated this

well; "All the world's a stage, and all the men and women merely players, they have their exits and their entrances." So may we ask are we merely playing rolls in life? Can the roll be **seen, observed, used for practical purposes**, a student seeing who they actually are, working daily, freeing themselves? People can be freed with work of insignificant psychological baggage. Until rolls are observed as a playing out of old various mind patterns people are rolls, a program playing, **what they were indoctrinated to be**. When the egoic mind rules them the Self is not really there at all.

We have discussed as an example anger and if there is anger it **IS** the person until one reconciles programmed fear. By engaging in observation of the self with practical use of past or future (projected memory) a student can be mostly present/here. What is felt in the present moment is key. The here and now is significant, is our window of self understanding. Examining one's fears where anger exists psychologically, manifestations of many other blocks may arise. Guilt, pride, grief, shame, desire, apathy, any feeling causing anxiousness, craving, depression, nervousness, paranoia, sorrow, loneliness, all pull a student into past or future, pulls one into opposition notwithstanding practical memory use. Ego's goal is physical and psychological protection albeit fear via thought, causes then attempts to solve problems IT created.

Let us now look at **GUILT**; it can come about as a result of having too much feeling guilty for ones success or regret over the past. Blocks/problems require past or future to exist, caught up in a need for process, in becoming when adaptation is key. Need for conceptual understanding/knowing traps us in doing, in controlling. Thought creates problems and tries solving them via a different set of thoughts attempting to understand itself in vain.



Students again ultimately go within their own selves are their own teacher. A high degree of seriousness is fundamental in this. As all blocks do they will always manifest in a seemingly endless number of ways, in different scenarios. Now let us look at how guilt may come about. An example of it is as follows; Let us say the student is a parent. Their children grow up as many children do with parents who are busy, busy, busy. Perhaps via competing interests their children are not adequately parented. The parents are "Too busy" taking their eye off the ball so to say. Their children grow up with excessive "baggage." The parents where there albeit not really there to the extent they should have been or could have. Or it may be the result of a broken family through divorce, death and or other causes. The children grow up with problems. Later it is apparent due to a lack of awareness the parent programmers bare a certain responsibility for how they turned out. Guilt ensues, they try compensating for mistakes only enabling the child now a young adult. Doing for them picking them up so to speak. This temporally alleviates the parents guilt while at the same time exacerbates the problem. On several levels it is the wheel of insanity spinning away (doing the same thing and expecting a different result) a vicious circle for both parents and children. A parent feels guilty doing for their child what the child now a young adult should do for themselves. A child on a deeper level resents the parent because the child does not develop the necessitated level of self discipline needed to be functional in society and in life generally. These examples are just two of and endless amount, far too many to discuss here.

In this chapter then there has been specific discussion of two common blocks, Anger and Guilt. Again we are saying here that there are an endless number of examples. We are

moreover suggesting one see it totally from a new perspective of a whole condition not separate examples. One is viewing blocks psychologically as baggage, self deception trapping us in past and future, in time. Awakening students are travelers on a personal journey of reconciliation with one's egoic self notwithstanding all systems. Raising of awareness from the current dominant **Fear paradigm** to the **Peaceful Love paradigm** will be the individual responsibility of each student. One must deal with their own psychological baggage. Only then can the mind be free, have space limitless space for peaceful love to flow within ones mind via communion with collective consciousness wholly. Basically fear and peaceful love are energy. Love spreads through the act of living it, through oneness with it not separation. One must heal wounds, pain psychologically speaking prior to meaningful fear reconciliation. Profound self understanding is necessary for this. In treatment of depression, 12 step programs as an example be they AA, NA, or others, much can be worked through. These methods/programs can and are helpful in moving through blocks nevertheless they are an initial step. This work speaks primarily of awakening leaving much of what is needed to bring ones mind to order to programs and trained psychological professionals. **Only after this can spiritual enlightenment be earnestly awakened to.**

“Why do people become psychologists?” Most spiritual students are not psychologists. A good psychologist is simply a good listener encouraging patients to find their own answers. Socratic inquiry heals self ultimately. The author speaks to what generally needs to be dealt with and will not speak for another in this regard. All one awakening can do is to point the way pointing only to a metaphorical door a student then finding their own way. Most great teachers straightforwardly and simplistically

pointed to what it is not, inspiring a student to go within themselves. *Each students situation is unique and **frankly are only blocking themselves. Professional approaches plainly attempt to help the student see and work through blocks.*** These situations (ones story if you will) trap a student in fear. Fear creates division, us and them, separation, denial of the delusional conundrum of opposites. Again no one can tell a student of enlightenment what to do or how one should proceed, one simply must find out for themselves on their own in their own way through serious inquiry, observation of themselves others and the world. Cultivating great awareness of the self within us brings a seriousness, a mind rooted in calm silent stillness. One simply cannot see what is going on cannot see the pseudo self if they are blocked. Notice even a slight degree of the voice raising be it in joy or more often the opposite, uneasiness, anxiousness, tense anxiety, racing thoughts, extreme emotionally charged thinking, anger or desire to name a few. These are noticed and observed maintaining calm. This very focused attention requires a highly aware and mature mind observing the egoic mind, catching the scripted person we all were educated/indoctrinated into prior to it rising to a storm, is vital, paramount, absolutely critical to an awakening. A discernible awareness of peaceful love so loss of awareness of inner-being is kept at bay herein characterized as **forgetfulness**. If the student remains calm noticing programming pulls them catching conditioned responses as they arise, old stale scripted scenarios, there is a great sense of freedom. A feeling of release is felt. This is very substantial indicating a student has come far in the journey, seeing division as a conundrum of fear.

Let us consider now together the fact that so very few have done this, have come this far, it will be obvious to the

reader attachment to blocks and to the world is far easier than work required to awaken. A high level of listening, focused attention is necessitated to see this, to come this far. It's far easier to stay in the dream. This brings to mind the quote from a great teacher; <sup>Jesus</sup> "Truly I tell you it is difficult for a rich man to enter the Kingdom of Heaven." This metaphor speaks to world attachment. Attachment not only to money but the dream of form generally. To money, power, control, desire, pride, anger, to name just a few. In whatever way attachment manifests it will always be subjected to **IMPERMANENCE**. Everything has a beginning and an end except oneness the source of all life, essence within each of us. We all come from that same source the unnameable source of one energy. It is an intelligence beyond egoic mind. It is felt as our essence the source of all that is, the architect of not only us but the planet we live on as well, it is allness. No beginning or end, that which is forever, without cessation. Felt within as oneness, one source, peaceful love within all that is. That which cannot be known is beyond thought, nevertheless, omnipresent. How could anyone think they could understand the infinitely complex macrocosm? Why would anyone even want to? Can we find peaceful love in this simplistic state? Are we a part of eternal Being, of one total energy field? Are we here to personify love into our world? Is this turning from the path of fear to a path of love, living peace? Why is it that this seems so very difficult? We have been indoctrinated, instructed, schooled via a fear paradigm our entire lives by outside programmers, socialization into fear. A bitter irony our egoic mind commandeering the self in us all as it protects its host yet at the same time veiling Self from us. Ego simply gained far too much power over the same souls it was supposed to serve. Our world will do what it does so let it do so. To watch egoic self with great awareness is a door to freedom.

## CHAPTER SEVEN

### THE WORLD WILL DO WHAT IT DOES

The world will do what it does. Humanity has tried to change our world for the “better” for eons which never appears to have been successful in any meaningful or lasting way. There have been tyrants and saints who have come along and for a time seem to wheel their influence upon the world having a positive or negative effect and yet it always seems to return to some form of divisive suffering. Is not divisiveness then a global problem? An us against them modus operandi personified world wide is really quite insane. Religious dogmas with their divisive natures leave us fragmented. Pick one: Agnostics, Atheists, Shinto, Islam, Sikhism, Hinduism, Taoism, Traditional African Religion, the Baha’i Faith, Chinese folk religion, Buddhism, Judaism, Christianity, Jainism, Caodism, Zoroastrianism, Tenrikyo, Modern Paganism, Unitarian Universalism, all pointing their way. Most contain many different denominations within their own system all saying they know the truth listen to them if you want to **FIND** truth. Is this not a personification of divisiveness, the best example of it? All religions say they foster love, that they alone know and or aim at truth which very quickly becomes about their truth. Can the reader see this only creates division? All systems engage in this insane back and fourth. Is this not the “us,” pointing the finger at “them” saying: “We are right we have the truth.” Those on the “them” side become defensive obviously, pointing the

finger back at the “us” side saying “We are right.” Division ensues born of fear and this has gone on in one form or another for forever. It's a merry-go-round of fear academia educates us to be, of a kind referenced in the line from a rock and roll song; “Meet the new boss same as the old boss.” (from the CD; “Won't get fooled again” The Who) Do not look for someone to tell you what to do. Be your own authority awaken the teacher within.

Divisiveness is a byproduct of fear and fear is a creation of thought? Anyone who looks at the world with honest objectivity cannot help but see it runs on fear. Fear has reigned in the world for eons of time yet has always fallen short. It begs the question; “Where do we go from here?” A question which has undoubtedly been asked countless times leading to a never ending vicious circle. The awakened, those in the state of **Conscious Awareness** have seen the light within themselves, they feel deep peace. Vast amounts of accumulated information within the cells of the body formally filled with fear are now making room for love. In effect it is to empty psychological fear from mind and body. A kind of reconciliation of fear creating room for peaceful love. The energy of peaceful love is not just a different kind of energy it is a totally different way of communing with others. It draws upon infinite vast intelligence beyond the egoic mind and its programs.

The world will do what it does. Make room within the mind for love, thoroughly empty the mind of accumulated fear. Fear enslaves us. At this point it has a majority of people trapped. Great attention, a high level of interest, a seriousness, remaining present, is necessary for peace to rise within. Total commitment to sustained awareness is required for this. Uneasiness, desire, tension, anxiety, anxiousness, stress, guilt, grief, apathy, shame,

anger and their opposites are distractions created by thought, all derivatives of fear. Love felt within then everywhere is the result of peaceful calm stillness the key to transcendence of thought. By watching thought patterns deeper wisdom is born. The student realizes the value of silencing their mind. Passive stillness is key. Thought images, memories now quieten, empties a mind of fear; so peaceful love energy may be personified through the student. Watching thought, calmly perceiving that it has been engaged in self delusion, one's egoic self's mind identified state IS the state of unconscious dreaming or mind games via thought. Ego has a deep need to control, it believes once more loss of control of its host results in death. Its commitment to total control is strong. Steadfast resolve is a must. We are speaking here psychologically, to excessive unnecessary images, accumulated memories of pain or pleasure defining now. Not the egoic minds necessitated use of memory which keep students safe in a dangerous world. One gives less and less attention to time past or future. (programmed responses) and remains more so in the here and now adapting to life. This new way of living is the catalysis for love to enter our world. Love energy fills the student as a shining light piercing fears darkness dissipating fears hold over humanity an illusion created long ago along when ego entered the mind of mankind.

Love has no opposite. What the egoic mind would say to veil love and preserve its identification as the person is who one is, who "you" were taught to be is the life script exclusively. That "You" an identity we all were instructed to believe we are is absolutely what our life script says we are and who all people are. Egos sole purpose is to control the Individual totally. Fear fostered in thought is epidemic in humanity wholly. Attempting to change the world via mind created fear is a viscous circle of confused

fragmentation. Can the reader see or are they blinded by egos clever mind games; thought fostering self disillusion within all people. Ego is 100% interested and so must the student be as well or unconscious dreaming will prevail. Reiterating? Yes we are it is necessary to foster the very high degree of seriousness needed to awaken an abiding conscious focus. In martial art one must practice over and over, this is the same. It is much easier to stay in the dream. The world doing what it does is a huge obstacle to this new paradigm. To see and live peaceful love as a lifestyle is difficult because our world, a far majority of it is consumed by a pandemic of fear while those living the paradigm of peaceful love are as yet an extreme minority. Peaceful love has not taken hold in the minds of humanity as a collective whole. The paradigm shift to peaceful love is in the early stages of being discernible as yet. Few are consistently in a state of conscious awareness. The egoic mind personally and collectively is fighting for its life for its identity as one in the state of unconscious dreaming. It is a majority, it is a you and **THAT YOU** until seen, controls most souls.

Throughout history the peaceful love paradigm has been preserved by the few. At present technological advances which threaten to vanquish the spirituality factor can become a catalyst for the flowering of peaceful love as a global paradigm. Is this not the proverbial beating the devil at his own game? Does the reader ponder the spiritual factor? Will it be either computer chips in our brains (don't laugh, its coming) or will humanity break free of conditioned, propagandized, learned, indoctrinated programming, a life script adhered to by one's egoic mind, made stronger by **technological advances/AI**? "Watch what the world does and do the opposite" applies here. If it's now obvious to the reader our world is running on fear energy with



an obsessive need to control everything and everyone in order to remain "SAFE" is that going to end well? Again in martial arts a students training must be practiced repetitiously until it is second nature and this again is the same. Redundancy in training equals success it lights the light within. Indeed awareness dispels the illusion of fear. The insanity of over thinking is transcended in quiet stillness and complete attention. Reality is what happens now each moment outside of time. It is certainly not a memory image, past or projected memory (the future) right? Our world tinkers and meddles in everything like a child at play, a dog chewing its bone and loves to do so with obsessive compulsive progressive elitist intellectual insanity. Clinging to power, illusion is an image in ones mind, belief in control of what is happening. A mind in bondage to only separation fostered in collective and personal consciousness. It is a manifestation of form so that consciousness may have awareness of itself. Resistance to what is begets division. Why do we stubbornly cling to dualistic thinking? Thought defines what is happening. Is what happens something of itself? Clinging to familiarity seems only to cause more misery. It does make one laugh however. To laugh at the insanity of fear when unconscious elitists take it so seriously does not go well so take care in this. Straightforwardly ego holds us in bondage to time, past and future where thought created problems exist.

*We are saying herein all-inclusive peaceful love energy to which no opposite exists, is in stillness. Fear a pseudo opposite, a creation of thought, cannot know love. Thought, memory craving only more and more experience, is in effect fear. We suggest that serious students of enlightenment calmly watch mind games and awaken anew within an absolutely new perspective totally new. Serious attention, an ordered mind sees what is, not images in*

*time. Oneness sees what is.* Perhaps this is what a Teacher (J. Christ) meant by the axiom; "Before Abraham was, I AM." I am here, I am now, I have never not existed. Changes within students affect the collective whole of humanity. Students through the dropping of fear via still communion and non-attachment are solidly now. They see that thought cannot know love. If it tries it creates only deeper attachment. Truth is revealed in stillness, a passive mind in observation not thought driven fear. Be still, heal collective humanity of spiritual sickness. It is suggested here frankly that cells in the body undergo a profound change in awakening to love. Let our world do what it does it will anyway weather one resists or not. Our world is on a path of unconsciousness. The awakened walk a new path. The dream of form in consciousness is projected thought otherwise atoms would simply disperse. Reality would be seen as mere potentials if this were not so. Manifesting moment to moment then dissipating, continuous death and rebirth of form. Ponder it deeply. Stillness of thought remaining peaceful calm pulls back layers of fear. Experience (fear guided by thought) traps us in illusion in memory. The egoic mind blocks awareness of time as the tool it is because time is egos tool of control. Serious students feel peaceful love is without opposite. The light of love shines peace through one who has come this far. Moreover that light will change the world: it will absorb illusory fear energy created in an egoic mind collectively and personally. Now let us ponder a simple question; "Is the reader ready to awaken to the peaceful love paradigm?" "Is the reader serious?" If they are not ready for this level of seriousness that's fine. Even the reading of this or a simple word of kindness, selfless acts do perpetuate peaceful love, an idea of oneness that one is part of a whole. Each will contribute what they can great or small it is to be a part of collective humanities rise to a peaceful love paradigm.

## CHAPTER EIGHT

### INTRODUCTION TO AN AWAKENING

This work is not significant. Humanity awakening is very significant. This work's aim is to inspire readers to ask the right questions ultimately awakening the teacher within themselves. Humanity awakening to peaceful love dropping divisive fear must happen or consciousness will leave us behind. Can humanity be freed from bondage to a life script, programmed, propagandized, educated into humanity collectively generation after generation? Can we be freed from "The will to power" as Nietzsche spoke to?

This is the nightmare of all nightmares spoken of herein as **Unconscious Dreaming**. This work aims at fostering the notion perhaps with sustained observation, quietly listening in stillness, watching ego with limited judgment, without memory images, we can collectively awaken to the **Self** beyond reactionary responses each person has been taught to be, do, and have. Is the subtle approach, awakening to peaceful love even possible? Would a subtle way be insidious? This is an idea born of a need to hasten an awakening of mankind bringing into being a far less dangerous way than the current path. At this point in human evolution mostly, awakening to enlightenment has come through deep seeded pain, through some type of life shattering event/series of extreme events. Pain dissolves egoic psychological fear, resistance to a love paradigm. Thought induced psychological pain blocks us. We are breaking away layers of programmed resistance

to reveal the true **Self**, God consciousness, Christ essence, Atman, Buddha nature, Brahman, all thoughts, all words. Take your pick but as a great teacher said; "The word is not the thing" J. Krishnamurti In one teaching awakening is defined as; "The Way of the Cross" Metaphorically the weight of the cross (pain suffered in life) becomes too much to bare. The pseudo self; "You" egoic mind identification, one at the level of effect, one's identity as memory we may say loosens its powerful grip or collapses all together. It surrenders, or more accurately, you, that mealy of memories, a programmed you identity we were all taught we are adhered to by ego surrenders its hold, releases its grip upon a student. One's real **Self** then is not veiled by layers of egoic mind identified images. No longer seeing themselves as separate they feel part of everything. Innersource is then felt as who they really are.

The egoic veil disguises itself in endless manifestations. As identification of a victimized person, angry, fearful, sad, shamed, apathetic, grief ridden, guilty. Or prideful, privileged, intellectual elitist, all memory images conjured up to tell us who we are and yet controls them. The mind identified state confuses us in endless ways making egos job much easier. The above should be seen as opportunities mostly for those awakening. A reminder to see with new eyes, to live peaceful love. This way however, when in the extreme back and fourth can be insidious, a mind conflicted or confused pulled into self delusion and in the extreme insanity or even suicide. It is the idea; for every action there is an equal and opposite reaction. **EBB** and **FLOW** the bliss of the flow obviously preferred to the ebb. Many students have need to endure this as awakening is in the grounding phase. When one is broken life situations breaking them down they surrender to what is. Choice-less in what happens, resistance leaves us through

absolute acceptance and there is peace. In typical cases there are huge back and fourth swings from deep peaceful states to pain psychologically. Painful scripted memories, conditioned responses to life situations pulling students back under egos magic spell. This may cause difficulty in fully awakening, in seeing and feeling the awakened state as an abiding presence. In many a case an abrupt initial awakening comes about through some life shattering event or severe long term pain. The student cannot endure anymore pain. Walls of the egoic mind are shattered for an initial period. Typically what follows is ego pulling slowly, unconsciousness pushing in reclaiming control. The traveler goes back to sleep succumbing to forgetfulness. Blocks in post abrupt awakenings (pain induced by thought) are suspended due to egos inability to control the situation: for a while the traveler perceives their true nature. Timeless oneness/stillness marked by peaceful surrender to what has happened to them brings the student into a nihilistic state. Serenity prevails, students feel more so in the present outside of time created problems. Problems need time to exist. Yet without grounding this peace energy a temporary initial awakening only may result, merely a partial breaking away of egoic mind identification, the students programming, who memory thinking tells us we are, then pulled back into the dream state of unconsciousness due to blocks and forgetfulness.

This work then in part intends to see if there can be a far less dangerous way to an awakening or if it can also be of a help to those who've awakened through extreme pain in life which helps to see and feel peace albeit grounding is needed so it's not a fleeting event. This work aims at finding a far less painful way to awakening than the author and many others have experienced in their spiritual journey. All this said students must be prepared to

do what is necessary for an abiding presence for prevailing peace.

The painful abrupt approach again referenced as the “hit bottom experience” can be caused by painful life events or a series of life shattering events in one's life. The “I just can't take anymore” feeling. An abrupt partial awakening can come to anyone at anytime in potentially an endless number of scenarios. This work speaks personally only to the hit bottom event resulting in the authors awakening now over six years ago. It's suspected an abrupt approach may create a far lower success rate than the subtle approach due to intolerable pain. Generally there has always been a mix of the event which broke open walls of the egoic mind and work required thereafter. Grounding work must be done because the initial feeling will fade, ego coming through the back door again. It is important to remain aware of the fact that ego will not give up its objective to control the traveler. Directly it is what it does, it is its modius operandi. The unfortunate reality is that up until now an abrupt approach primarily is the only way people have awakened. Awakening, humanities collective movement toward a global paradigm shift is still gaining a foothold. Those awakening must work to remain awake. Nevertheless each students awakening is personal and unique. One must be ones own teacher/authority. Awakening affects humanity collectively very much so even for those still unconscious. So the subtle approach is the formation of a hypothesis. Can this be done? Together we'll see if it flourishes. The level and duration of pain walked through by this student for the awakening to occur nearly cost the life. Many whom this traveler has worked with over the last five years had painful experiences in life bringing about necessitated motivation within, perceiving life in a new way, a new perspective. A seeing of the

essential, natural, true **Self**, only then to slip back into a state of ***unconscious dreaming*** again. In the subtle approach it may take much longer than an abrupt approach. This however considering it to be far less dangerous should not create apprehension. If people consider they may well spend their lives in pursuit of material possessions: power, money, egocentric relationships, a seeking of happiness in and from the world only bringing one temporary happiness why not commit to an awakening? Through profound self observation a **Peaceful Love Paradigm** slowly takes hold. Then the student is a stream of peace never subjected impermanence. Indeed it is one thing that IS forever.

If one considers our world runs on fear energy, on a **fear paradigm**, that fear controls our world at present, in point of fact the cause of untold misery in the world, division, wars, conflicted relationships, hate, why not work to awakening truth/love within? It does seem that it could not do any worse. Cut through fear be love? Albert Einsteins axiom; "It is appallingly obvious that our technology has surpassed our humanity." speaks to fear via A.I. As the world grows smaller technology moves faster: we depend on it ignoring our spiritual side. On the whole if the humanity factor does not keep pace it will not end well. How's the readers journey going? ***Can one see fear objectively? Mass shootings, malice, riots, an incessant need to control the world, on a personal and global level. Fighting for power, fostering more us and them, more fear, creating divisive chaos.*** Fear the product of an over thinking egoic mind is pandemic, a psychological disease. Human consciousness must evolve to the next level or we may well self destruct. Should we ponder this? The actual **Self** is veiled by self deception. If we destroy ourselves well the planet survives. It's fine, the people, what do they do? Fair to say they are insane?

Is peaceful love a viable alternative? It rises from the idea we are all one human family. Does what we do have a ripple effect upon the whole? Will we see this, will we work at it daily? If done perspective gravitates toward love. Unity arises, oneness is seen, peace deepens, the world is seen with loving forgiving objectivity.

It is seen here and now two viewpoints, love and fear. Love is freedom, fear is bondage created in thought, one's over thinking egoic mind a byproduct of collective unconsciousness. Fear **IS** us when obsessively preoccupied in past or future by time. Walk the path of love, feel deep peace. The essence of all life is love, **IT** is us. Be the example **be love**. Forcing "change" upon oneself is to live in conflict/fear. **BE** and feel loves real power. Fear plainly psychological, is fostered via accumulation. It fills a mind with a bazaar need for more fear until there is no room for love. Fear controls a majority of peoples minds at this point in evolution. Deeply ingrained into humanity through indoctrination, educated propaganda, brainwashing. It becomes an ongoing train of endless believed in thinking with continuous scripted scenarios to fuel it, all manipulated by humanities egoic controlled mind. Compulsive thinking, a monster, a human condition, is pandemic. Kindly Dr. Jekyll has been taken over by the insanity of Mr. Hyde, a disease potentially plaguing us all. If humanity does not evolve, if we don't awaken to see the fear paradigm (thought created) and awaken to the truth of a peaceful love paradigm, the real, insanity via the human egoic mind threatens all and may well destroy us. If this were the case it would start up again somewhere else and we as a species would be quickly forgotten. In other words on the whole quite frankly we are not actually really all important in terms of consciousness manifesting as reality/material life. Life in the universe would go on without us mostly unaffected. **The**



***peaceful love paradigm is energy just as the egoic mind created fear paradigm is energy.*** As in the example of oil and water it does not mix well. If we try to force change with the use of fear (oil) it is the equivalent to dumping gas on a fire wondering why it is not going out. One CAN see fear as a manifestation created in an over thinking mind. Be peaceful love (water) again be what you wish to see the world be. Clear out fear in the mind **see** it for what it is as opposed to attacking it, or trying to change it, control it, which absolutely pulls us into opposition. There is available to us a totally different kind of energy, peaceful love. With little or nothing said the energy of love spreads similar to a positive virus. In observing self, self is stilled, peaceful love felt and if worked at eventually absorbs all negative fear energy coming into its proximity. Yet fear energy dominates the planet at this point in human history. Peaceful love energy is hardly known at all except for flashes of it and conscious awareness of it is also rare. At every point in human history in which mankind has evolved there were those with a vision. What direction does the traveler envision? Don't underestimate the contribution. Again a single word of kindness affects the whole of humanity. Peaceful love spreads passively fear aggressively. **Fears illusion keeps us in bondage, Self determination fosters freedom, awakens our teacher within. Fear** has a majority of the world imprisoned. Yes redundancy counters egoic fear, keep going don't ask why.

Due to programming generation after generation fear will not go quietly. If we consider the way things have been done forever which has never worked at solving the great problem of divisiveness in our world, love is the only path to be taken. Love is us, the only way a planet as a collective whole survives. Wonder if this is true? Simply go ask a child for proof. In a child like

innocence adults would do well to embrace, without hesitation they naturally see love, essence born of innocence. Children are the causal level because as yet they're not far removed from it. In Freudian/Jung thought this is referenced as the **Oceanic Effect**.

How then is humanity to awaken collectively? Firstly let us move away from an idea, from attachment to enlightenment. We are merely to see in a holistic way not conceptually dividing its parts. Enlightenment is discernible fully as a oneness state of mind absent arrival without beginning or end. **Awaken to feel** enlightenment. Seeing what was hidden better describes the state actually. Moreover enlightenment as an idea cannot be understood by thought. If one tries it is already lost in the conundrum of thought using thought to try an understand what is beyond thought, to try an understand itself. Seeing it yet? Obviously then use of concepts "about" enlightenment, trying to understand via process will not work. This is only a more sophisticated egoic mind game. Thought creates opposites, just more divisive conflict resulting in duality. Words will only point the way yet words are all we have to communicate with. The problem is we're simply addicted to words. Words are forerunners of thought. Listening or observation sees what is. There is after all a reason we were born with two eyes, two ears, and one mouth. Take care, people become upset when the use of less words is suggested. One's ego says; "Oh no we are not having any of this." Ego binds the traveler in divisive intellectualism (academia exacerbating this) it makes sense; it's easier for ego to control. Ego needs to be the center of attention, furthermore conflict brings attention to ego. Fragmentation via thought lost in concepts about concepts about concepts is egos friend. **Love awakens when thought is not, when it's stilled.** An intellectual format only takes a student so far, a

point at which thinking must be transcended. You can't write a thesis on nothingness. Yes it may seem like platitude it is freely conceded. Thought, concepts, words, plainly cannot nor ever will understand an infinitely complex macrocosm, allness if preferred. Unconscious elitism (Reason) must be countered by redundancy.

Let us return to a discussion presently of again what it is to awaken. In the same way people have a unique set of fingerprints the teacher within beyond the you/I is us. We must go inward to our own answers without seeking someone else to tell us what we should do. There are similarities from awakening to awakening just as there are again similarities in peoples fingerprints yet no two people have the same fingerprints and this is also true regarding each students awakening. An awakening is unique, IS the awakening student. What is heard and understood, what is seen, what happens in the present moment from moment to moment is just what a traveler needs in that moment. Even if it seems strange or misunderstood. A student remaining present observing, is necessitated for an awakening to be discernible not attained via process. This is what has been spoken to in regard to acceptance of what is. Of course this is to see that what we want is what happens. The same is true of time, there is only and has only ever been here and now the blank slate in this present moment outside recorded memory images.

There will now be a brief discussion of what the author awakened to attempting a discernible outline. As said a student will see for themselves in their own way. ----- There was study of enlightenment off and on for most of the life albeit only at an intellectual level. The initial awakening, a sort of scattered abrupt approach, a series of painful life shattering events, extraordinary

pain for approximately eight years. Slowly as everything was lost the student fought to hold on clinging to the material world. In a word this student was “attached” to the world, was **OF** the world. The traveler in the awakening was in essence drug into it kicking and screaming. As it turned out this was only the beginning. Clinical depression plagued the author prior to awakening. There were extreme mood swings. It felt like being slammed from one wall to another for eight years leading up to awakening. Programmed resistance, egoic self, fought awakening which seemed to be inevitable. Actually this was just what was needed. There was great fear, clinging. If there was letting go of the mind identified state there would be loss of “me” identity, the “I” person would be no more. Clinging to familiarity, fear of the unknown, all perpetuated by ego. February 16 2014, the day of reckoning, this students hit bottom experience, death and rebirth. A big life shattering event, the proverbial straw that broke the camels back. Pain could no longer be endured. All this brought about by unconsciousness. Let us say that unconscious dreaming is lack of awareness of a fact; the controlling life script has us. Through our own ego to one degree or another we are yes, brainwashed, held in bondage by programming. On that fateful February day the life shattering final blow breaking down walls of the travelers egoic mind was intense. A chilling loud voice (not the authors voice) over and over repeating ominously; “Your life is over your dead stop running” The traveler was fortunate to have survived that day. In retrospect up to this abrupt awakening life was filled with depression an emptiness inside. After that day a gradual development of peaceful stillness remains and grows. Continuous focused attention daily however is required. Peaceful coexistence with ego thereafter was critical to focus upon. Fear interspersed with peace ebbed and flowed.

The first two years were dominated by what is referenced above as the “back and forth” (ebb and flow) Fading in and out of the peaceful love paradigm as ego fought this. Ego pulled the traveler into the dominant fear paradigm which at present rules our world. Details of this “experience” are not important because everyone every student who endures pain similar to the authors life shattering event, an “event” awakening people in an abrupt approach, is only the catalyst for awakening, is only a “beginning.” *Awakening is significant not the reason a person awakens. Awakening in an abrupt approach is the result of having had so much pain in life the one awakening simply can not endure anymore. Pain appears to shatter ones mind identified state (a significant cause of the pain) veiling peace from a person perpetuating resistance to what happens in daily life. A wonderful deep peace arose. Profound stillness following the aforementioned event came yet ego persisted in fostering its fear. Continued awareness, focused attention faded judgment slowly away as well as negativity and complaining realizing that it only creates division. Consistent focused observation of old mind patterns brought fourth compassion, kindness, calm forgiveness. And except for practical useful purposes a great reduction of consumption by time, remaining in the moment, less reliant upon memory which defines here and now, less endless self talk. Surrendering to what happens allows life to guide via adaptation to problems. Psychological problems need past or future to exist. They are derivatives of fear, clinging painful memory experiences. Now it is seen mostly that painful psychological memories are the very thing which caused the pain within. Drawn from memory association they only distorted the present moment holding on to that which blocks peaceful love. Old mind patterns have excessive control, a clinging to redundant programming beyond practically.*

*When one has awakened then, weather it be via a subtle approach or an abrupt approach grounding work must be done. Continuity in acute awareness, watching our egoic mind is greatly necessitated or it will be just a passing experience. To awaken comes about as a result of major fundamental changes in the way a student sees themselves and the world. These may include but are not limited to the following: Profound peace due to overall acceptance of what is. Absence of resistance to what is happening in a persons life. An awareness born of stillness, a quiet listening sees rather than obsessively controlling. Conscious awareness of separation and again a seeing of the benefit of oneness, the basic idea of the ripple effect. A feeling of oneness, what is done affects the whole of humanity. Observation of very profound and unbelievable control ones egoic mind has over them as individuals and the collective whole of humanity as well. Awakening students see their deep indoctrination. They begin a reevaluation of what they were taught or programmed to be. It is to rewrite the life script so to say, the first written between birth and five or six years. This script once more it is noted, is programmed into us by others by outside influences for the most part. Our world after an awakening seems to have gone insane. Nothing the dominant fear paradigm compels our world to do makes any sense. We can forgive those who remain not yet awakened, those in **unconscious dreaming**. It heals us; as a Great Teacher put forth; "Forgive them for they know not what they do" *Christ* This of course applies to us as well. Forgive you. Unconsciousness generally is a state of complete denial of responsibility for what one does: a lack of perceiving one is part of the whole which when seen has a major affect upon what they then do. Finally, newly awakening students remain very present very calmly aware, only using past (memory) or future (projected memory) for the practical meeting*

*of daily life demands. Remaining present in passive awareness is to notice old mind patterns which seek to control. Additionally each present moment is discerned as sinking into past memory replaced by new and fresh present moments with nothing written upon them, a key to freedom from judgment. Life is now seen with new eyes, a new formerly unfamiliar way of living, different in too many ways to count. At this point the fear paradigm dominates humanity. Those awakening to the paradigm of peaceful love may feel alienated by the majority trapped in unconscious dreaming.*

We have had discussion of the abrupt approach. Now let us return to the subtle approach. In either case it requires profound self understanding, acute observation. To perceive mind games is difficult at best. Enlightenment can be awakened to this instant, completely, however it's very rare. Egoic self fosters deep loss of awareness. An ongoing self talk plus normalcy bias averts one from seeing endless ways deception blocks us: preventing an awakening to that which has always existed within, the joy of peaceful love, an energy, the natural **Self**. Our divisive world is imprisoned, a pandemic of fear, disillusionment infects a majority at present. Psychological fear has always been the road to chaos, confusion and self delusion veiling ones actual real **Self** and veiling collective humanity from love. Straightforwardly a traveler simply walks the path of peaceful love. Simple although for many an awakening student not easy. There is no destroying fear ("I must not be fearful") there is *simplistic intelligence* similar to touching a hot stove, we instinctively pull our hand away. Human beings have an innate need to suffer before awakening born in the mind/thought. Suffering is self/ego imposed mainly. One's will must bring to bear great focused awareness daily for as long as it takes. Simply put mind games are blocking the traveler

from seeing/feeling enlightenment. One's own egoic mind stands in the way of awakening: thought a mind trapped in reason. Is it sinking in yet? Ego was meant to serve but at some point ego took control through again fostering a "you"/"me"/"I" identity. One could simply laugh at it all, at having been so utterly fooled, duped by self delusion. Again theoretically speaking it could all be seen now. Awakening can and will happen when it does for the person, in the present moment. The subtle approach then is basically not having had a life shattering event forcing people into an awakening due to pain which can no longer be tolerated. Pain is accepted then surrendering to what happened brings deep peace. In the typical case resistance in the form of denial and or pain is managed pain as we've referenced it, yet is pushed down inside. In the case of this student years of painful events before the "big one" shattered all resistance was the path. Surrender, then peaceful love awakened within. Prior to this there was pain management: this student remained only at different levels of unconsciousness, never rising above it to really feel peace, truth and love. We wonder; "Is the subtle approach a viable way?" Pain does seem to be a catalyst for awakening, being in the world not of it. From the perspective of this traveler: A seeing of the pseudo self as well as the insanity fear projects into our world. Therefore if it can be done, pain being replaced with very serious passive attention by a student, would it not be a safer and better way? Is this a logical conclusion? Mostly for those who awaken it requires both.

In the authors previous work "Enlightenment A Martial Artists Viewpoint" random scattered ideas were used attempting to by-pass the egoic thinking mind and continue to be used to speak to the person behind their programming. Traditionally



pain endured by students breaks down barriers of the mind. The blocks of one's egoic mind collapse since there is no escape from the inevitable. Similar to painting oneself into a corner or one is in battle wounded and bleeding out there is no escape for the pseudo self, it lost exclusive control it now serves its host. This student was extremely stubborn nevertheless surrendered to the awakening. In martial art training quitting is not an option which ultimately became a quality of great value in the awakening: now habituated to live a life of peaceful love and truth. The state of mind was; pain could simply not be tolerated any longer resulting in nonresistance a surrender to it. This is the power of surrender. Peace comes in this form of surrender. There is now an instinctive passive acceptance of the fear paradigm passive clarity by virtue of acquiescent observation. Pain in life prior to awakening was created via **self** resistance fatefully created on an unconscious level without realization of this, facilitating the awakening. This is the idea; there are no coincidences everything is helping us to move deeper awakening to ubiquitous **Conscious Awareness**.

It is important to note again clinging to a mind identified state can manifest in the ordinary way of viewing our world and life as perhaps **“a bad life” or “a good life”**. Either is clinging to what is tantamount to impermanence. It is felt what an abrupt awakening does is to give people a glimpse of the essence of their true Selves the timelessness of ones source, the source of all that is. A rude awakening as far as the egoic self is concerned. In this a student can observe awakening in earnest from both perspectives. People awaken in all sorts of varying ways some strongly not needing much arduous grounding work, others less fully, needing to work at it. In either case one brings to bear deep and profound stillness, grounding energy. It's useful to focus upon

the fact that this is forever. Moreover this will be seen as a state of timelessness. There is only here and now, the present beyond concepts and time or opposites: here and there, us and them, separation. Can an instant, that is to say this present moment be measured if each moment is being continuously replaced by new present moments? After something is written now it is then just a memory. Ego, your ego wants and needs us all to believe in time. What's more time is egos greatest tool of control. It has been said there is no time; Albert Einstein theorized this nevertheless ego needs us to believe in time so we become bogged down in procedure, movement from here to there, in process instead of results. Its purpose is fulfilled via time. This is precisely what traps us in dualistic thought the nightmare of divisive opposites in thinking. If the one who travels **REALLY** sees outside of intellectual concepts exclusively or more precisely if one **feels** they are a participant of a greater whole there is no longer an all consuming idea of movement from here to there, of beginning and end, of opposites, limitation and boundaries, **a kind of Polar Thinking**.

The idea of movement from here to there is still used practically, functionally, such as caution taken in crossing a busy street and is just one example in an endless amount of daily life examples. Many other practical uses of memory in daily life needed to effectively navigate time, meeting responsibilities, will be used. To **“BE YOU IN TIME”** J. Lennon or **“Be in the world not of the world”** as a spiritual Teacher once said to do. J. Christ Being you in time is to understand and see that we are all required to play rolls to be functional in daily life. Life circumstances requiring us to be in the world however are not our life exclusively, merely situations. They come and go and should consume far less energy than they do. As in form without space it could not

be distinguished. The background of what is now being read is equally necessitated to see the letters. They work together and it should be noted again empty space is far greater. The greater whole then is key, is ones actual **Self**. Oneness, deeper essence, is our core **Self**, situations are the surface. The greater whole and daily life (the dream of form) work together. The causal level is our source, all that is, oneness with all. Loss of awareness of **this oceanic feeling** of inner-being, traps us in time, binds us to old stored memories in the brain. Mere images totally identifying one as the pseudo mind identified self in an Unconscious Dream state.

Everything the reader or any person does or will do will happen IN the present moment. Really ponder that please. Stop reading feel this: unconscious human beings are a program they have been programmed to be, do and have in their lives running continuously in their head. Notice it, really see how it traps us in a crisis to crisis mode, in bondage to a vicious circle; getting life going well then sabotaging ourselves. Is this who the reader really IS? Is the programmed **YOU / I / ME** identity real or an image? Is it actual or a pseudo self, a confusing alter ego? Considering nothing anyone has done or will do happens outside of the present moment each present moment then is where one's **Self/life** exists and all reality exists. Ego suggests a time bound image is reality. Life is this moment not within the boundaries of time. It is the seemingly narrow space of here and now, actually though it is vast, limitless. Peaceful love is all there ever was or will be and is personified here and now. If we look at this deeply, objectively, this truth can be felt. Or does egoic memory simply control us to the extent we will not or cannot see this? We are asking; "Do past images, memories, thoughts, identifying now, tell us who we are and what reality is? Do they control peoples lives?"

In some awakenings there may be years of uninterrupted joy filled bliss where peaceful stillness, energy felt dominates life absent loss of awareness of the oceanic feeling, of inner-being. Without perceptive loss of essence unencumbered by forgetfulness, with no loss of awareness of innersource. Typically one subjected to deep pain is spared forgetfulness post awakening. A peace felt within initially continues for an indeterminable period. That said regardless of how students awaken grounding work will be needed in sequence for an abiding presence to be. The ground of existence is within us, the oneness we are of. It is genuine, it is **Self**, it is unnameable. With sincerity the mindset we say is needed is a state of seeing that; “The word is not the thing.” It is helpful to see ego uses words in clever ways to confuse us and it never rests. It wants our actual **Self** to never see, again there is no time. Past or future as each present moment is continuously replaced by new present moments is no longer real. Die to time, to each moment so there is limitless space for possibilities. Here and now are always fresh, new, undefined, not seen via memory alone making it old, stale, lifeless and dull. There is no beginning, no end, which are ideas the will to power pulls us into. A state of chaotic divisiveness, self delusion, separation, a never ending hell fostered in a mind wrought with competitive opposites. Thought driven psychological fear dominates to a point one is relegated, a mere slave of old mind patterns. The fear paradigm is the old way, a psychological creation successfully seen as the pseudo self all have been indoctrinated to be. Beginning to see it?

The actual real **Self** seen via the peaceful love paradigm always was our true ubiquitously felt **Self**. A hidden **Self** veiled in thought, psychological problematic proclivities, baggage, blocks, an egoic over thinking mind out of control: clouded by incessant

words, strong emotionally charged memories and normalcy bias fostering disunion. Memory lulls a people by way of personal familiarity. Thought and or emotion feed into each other and if they get much beyond a point of noticeable anxiousness quickly become a monster, an uncontrollable perfect storm. At this point the storm simply must be ridden out. After the waters calm only then can anyone see what to do, see what happened, see an alter-ego had taken them over. Moreover a successful aspirant will want to ask often throughout each day what is felt at this moment? Watch with great attention. If there's even the slightest degree of unease, anxiousness, dread, anger, grief, to mention just a few: or the opposite, pride, over-zealousness, elitism, elation, all typically seen as originating due to outside forces, this indicates ego vies for control. Again we see it manifests as a bad life situation or good life situation. Both are attachment to impermanence. Once more do not loose sight of the fact; egoic mind control can manifest as a result of extreme highs as well as lows. Daily life situations will always be manifesting opposites pulling the traveler into an acting out of old mind patterns.

Awakening to enlightenment is a state of mind not a destination to be arrived at. Not a process, a realization. A state beyond separation, oneness, unification with our source. A state slumbering in us all, wondering, awaiting each of us to awaken in our own way the teacher within us all. Oneness transcends any notion of us and them, opposites and dualism. Therefore see with new eyes polar thinking. This at this point in evolution is so totally foreign, so outside the box, so beyond the status quo, outside of what we are educated to be, do and have, a student must conclude the difficulty in this will be extreme and in the quintessential case most assuredly require much redundancy.

We are one human family not black people, white people, American people, European people, Asian. To live peaceful love is to look beyond us and them. Human challenges wholly dealt with again in oneness is key. Anger for instance is a global problem not an individual problem. Seen and dealt with from a perspective of oneness feeling deeply the ripple effect not a separative view. Discriminating as one, working together, solving problems without fragmentation, perceiving one universal energy, requires a state of continued peaceful stillness. Accomplished by individually paying very close attention to thoughts and feelings of not only oneself but others as well via interaction in relationship. With work daily this will be grasped. We concede difficulty in this yet there is no other way. In antiquity, in time ego entered the human mind and the fear paradigm dominated. Reiteration because we have been so very inundated by programming from programmers on all sides, must be countered. If a traveler, a spiritual being having a physical experience, redundantly engages in steadfast Socratic inquiry, the Oceanic Effect, peaceful love will emerge at a deeper wiser level and this is the travelers gift, peace.

AGAIN we will go into symptoms of the greater problem. One's life script fosters a memory dependent pseudo person indoctrinated, brainwashed, propagandized, an educated I image one is bound to. Once again **Self** behind a you/I/me identity: a divisive program, the roll playing actor on the stage of life, our self projected reality. At a providential point in training one sees this as part of themselves and sees that it is also not all they are. Again "All the worlds a stage and all the men and women merely players, they have their exits and their entrances; and one man in his time plays many parts." Really ponder that line. Again to counter the brainwashing in us all we ask; "Is all

interaction with others and indeed life wholly, roll playing? Can we in calm stillness watch the self, see that perhaps we are merely playing a roll in daily life situations? AGAIN “Be in the world not of the world”<sup>1</sup> as a Great Teacher once put it. Again; “Cross over to the other shore”<sup>2</sup> as a wise Teacher once said. Can each of us collectively “Learn how to be you in time”<sup>3</sup> as a great writer said in song? The most important question of all; “Can we all, humanity as a whole do this collectively together as one, see the fear paradigm then walk the path of peaceful love? The fear paradigm, dominant from the point ego entered the mind of humanity has never worked as a permanent solution. What do we have to lose with peaceful love? The writer mentioned above once wrote: “All we are saying is give peace a chance”<sup>4</sup> Very simple, logical right? A fear paradigm is uncontrollable insanity similar to a computer program doing what it is not suppose to do. Fear is divisive. See? How could the peaceful love paradigm do any worse? Peace can come if work is done. If only we would simply push the snow ball a little bit at a time until it's big enough to roll on it's own this movement of peaceful love can rise to a self perpetuating level of momentum. Then watch the affect that will have upon our world, peaceful love nirvana. Enlightenment is global oneness **via Love not Fear** to forgiveness, non judgment, freedom, not hate via divisive elitism. A love paradigm born of stillness. Enlightenment is, as Nietzsche seemed to convey in one of his writings, “Beyond Good and Evil.”

1 Jesus Christ---2 Buddha---3 & 4 John Lennon/Paul McCartney

### **OVER AND OVER, ARE WE PROGRAMMED**

In this section of this chapter and the actual overall goal of this work generally we point out to seekers the I/you and Self, the traveler, foundational first basic first steps to awakening.

This cannot be said enough the absolute fundamental fact: thought cannot know love. Thought creates problems and seeks to solve them with another set of thoughts. It tries to understand itself trapping us in a vicious circle, in bondage, condemned to live in our mind excessively trapped in a crisis to crisis thought driven nightmare. Accepting this, a prerequisite to consciousness rising to one's personal awakening via being one's own teacher is a must. We all learn from others, from systems, however to follow anyone excessively is to fall into the trap of dependence upon someone else to tell us what we should do. This is not to say that we cannot or should not help each other. There are opportunities for growth in the over all interaction with others to be sure. Dialogue between students pointing something out another had missed at a certain stage or perhaps were misunderstanding is fine. Be guarded in this however, dependence on systems/others which is all too easy to do creates dependence upon the system. Enlightenment awakening simply is awakening to choiceless awareness, to the light within us, that which has always been. A stream of awareness is critical to remain focused upon usually done successfully via calm example. There will be in this very limited ego. It may be that a student is recounting a story designed to help another or a group of students, whatever the case may be. It may be pointed out in dialogue that the student's voice had become elevated, that they were caught up in extreme emotionally charged feelings regarding the subject matter. Perhaps old mind patterns took them over. This is the back and fourth (common blocks) spoken to later in this chapter. We must be always watching/observing ourselves and others. Cultivate an awareness a oneness. In focused attention we will see differently collective conscious energy, a paradigm of love via stillness. There are endless avenues in which the egoic mind controlled state



will push its way into a student's mind in an attempt at control. We cling to memories to ideas (experience) the experience of the self, a me/I identification and this is what we know. This "I" runs from emptiness to security in thought which seeks knowledge of nothingness. Awareness of this is key, remain vigilant, tell ego nice try when it blocks the stream of peaceful love innersource. We here thank the reader for remaining steadfastly focused exhibiting patience regarding redundancy, "you" passed the test.

### THE EXAMPLE

Concerning examples there are endless examples in daily life situations to look at. Getting caught up in endless examples merely muddies the water. Students simply see the peaceful love paradigm holistically, collectively. Do not get distracted by an endless conundrum of details as the Zen saying states; "You can not see the forest for the trees." We will choose one that occurs to us and is common to those who drive an automobile. Unsafe driving or more commonly referenced as "Road Rage." Traffic seems to be very similar to the image of a herd of cattle, a herd mentality. This as a case study is very good because many are subjected to it. An awakening student sees as has been said differently. They see and feel that anxiousness in driving as in many other aspects will not extend the life of anyone even one day or make wants happen any faster. As the student is driving in freeway traffic for example they, as part of their new way of seeing, one's paradigm shift from programmed fear to peaceful love, one will perhaps put ten to twenty car lengths between themselves and the car ahead of them. Now the herd for the most part does not drive this way. The herd, who are programmed due to unconsciousness, are just a few feet

away from the car in front of them. This is of course dangerous and will not get them to their destination any faster. There are countless examples showing this to be true. A person behind an awakening student may go as far as to honk their horn in an attempt to get the student to drive up to a point they are mere feet away from the person in front of them, forcing students to follow the herd mentality which those unconscious adhere to due to their own programming. To be sure they insist that others tow the line in part because it reinforces the all too familiar fear paradigm they are addicted to, an egoic mind identity supported by normalcy bias. An awakening student is living the peaceful love paradigm, feeling the ripple effect they now see that what they do affects the whole. The student is living it, is walking the path so they are taking steps in their daily life to reduce their stress, be kind and courteous to the driver in front of them and make space for others so if they need to change lanes they can. They are giving themselves plenty of time to stop in the event of an emergency not to mention creating a flow of traffic at a steady pace not the stop and go. The stop and go is responsible for an indeterminable amount of cost, auto accidents, break repairs as well as wear and tear on motor vehicles, fuel usage, all of which have an effect upon our environment wholly.

A driver behind the student caught in a herd mentality projects frustration or anger, perhaps driving around the student yet makes no gain, merely ends up on the persons bumper in front of them. A student can see the futility of a herd mentality but egoic mind identity, an "I" programmed person the student is awakening to see in themselves and others still pulls upon other drivers. Old programming and strong desire holds fast. In typical cases fear fosters adherence to old mind patterns. Embedded

fear still pulls the student as well in spite of seeing all this. There is an urge to follow the status quo, so old programming holds on. Noticing this and simultaneously saying to oneself; "That person is unwise to engage in unsafe driving." The very clever ego in all students and all people as well knows their hosts intimately, knows what buttons to push in order to regain control and may create animosity within. Ego is powerful and knows if gets its host to raise their voice, it pulls **Self** back into self again, possibly by fostering anger within the student. **Self** is then lost to self, to mind patterns lost in unconsciousness, in process, a form of identity control. The student can hope they are not taken away by anger themselves into an I am only what the "I" identity says. Old reactionary mind patterns will still pull upon a student in the back and fourth between **Unconscious Dreaming** and the state of **Conscious Awareness**. Stillness is paramount in seeing the I. As to the road rage we must work to remain calm as a great Teacher once said; "Forgive them for they know not what they do." J. Christ. This example as a case study driving carelessly, as dangerous as it may be still does not rise to more extreme and complicated examples of life situations we may consider. Again as in the direct interaction between two people where dialogue can descend into argument. Our thoughts combined with emotionally charged feelings take us over. To see blocks to transcend them, can seem difficult indeed because we have been conditioned for so very long. We're told by others and our own mind the I is who we are only. That said it is a realization not a thing we overcome. A slave trapped in process bound by analytical past or future ("Me") born of thought. Process creates opposites; "I" am here and will go there" which ego uses. Yes there is interaction in driving however not as complicated as when two people are face to face in disagreeable dialogue. Again when voices begin to raise beyond a

soft tone extreme emotions take over. One should discontinue dialogue until the waters calm again. We simply cannot see what is or what to do when we are upset. Ego will always attempt to control all of us, we must allow this to drive us deeper into peace.

### COMING FULL CIRCLE

Where does all this come from as was asked in chapter one? We will now take a deeper look at this. As said there are examples from a seemingly endless number of examples. Each student will work through “baggage” at their own pace in their own way, being their own teacher. Again students being their own teachers may draw upon others or systems who can point the way and may go back into their childhood/life script for answers bringing the mind to order so an awakening can be cultivated absent **Self** disunion. Programmed patterns are formed in childhood by the parent programmers and later by others as spoken to in a previous chapter. All good psychiatrists or psychologists guide patients to psychoanalyze the self ultimately, then feeling of innersource is no longer overwhelmed by form identity/daily life.

### A LOOK AT COMMON BLOCKS

Some students looking in retrospect into pain from their childhood scummed to mind patterns developing the block of; “A need to please” and did so because they didn’t want problems. Giving comfort to others at their own expense had been and if psychological pain was not dealt with are still acting this out via unconscious dreaming, a mind identified state. One cannot say no giving in to the demands of others. As a collective whole in humanity historically Jewish people in Nazi Germany

engaged in this. Tyrannical movements will not be rectified by simply giving in to them. Many did stand of course. The point is not condemnation rather to foster a seeing by students of mind patterns, ones life script: adhered to and used by ego as a tool of control. This modus operandi tries to be everything to everyone ultimately in vain. So a student may be acting out a mind pattern which causes them to leave many relationships only to repeat the cycle again and again. Honesty and a students expression of their feelings is the key in transcendence of this.

Next we may have the; “Victim mentality” which can be a manifestation of intensified conflict during the upbringing in the home of a student. They remained silent directly because chaos in the home was so intense. They couldn't get a word in so out of sight out of mind, consequently they simply endured. Anger is the result. Anger is repressed because they are forced to adapt a rolling with the punches. Anger is predominantly pushed down deep inside. Sooner or later however it erupts and is projected. Calmness and stillness (a major prerequisite to a students awakening) had caused uneasiness in childhood creating only expectation of the next blow up. As adults one must learn to say no where it is appropriate. In this as an example as in all unconscious acting out or roll playing, students must come to a point they are not only able to see theirs, additionally others unconsciousness, dealing with their own and simultaneously the very complicated unconsciousness of others. Before any meaningful awakening can be seen one will notice deep wisdom emerging perceiving they ARE the baggage until reconciled/reveled **via self understanding**. Reconciliation psychologically of drama situations is precisely what keeps us from being pulled into mind patterns via divisiveness or duality. This can be seen and was seen by the

one who writes this as extremely challenging to do. It requires an extraordinary mind patient and aware. Stillness is paramount. When others yell remain calm, when your thoughts yell be still.

Another common mind pattern is an incessant; “Need to control everything.” These students grew up in a home where they felt a need to be tough, fighting to survive at home and perhaps later on the streets. The strong need to control is counter productive to an awakening because it doesn't allow the student to let life lead the way. The “I'm in control of my own life” is an enormous block a very clever mind game. It can be difficult for a student to see. When the student finds themselves outside of their comfort zone they get angry. Life simply must be controlled or the result will be vulnerability. Learn to let go. See anger welling up inside and remain in a state of very calm observation of self, others and rolls we all play and need to do for practical purposes. Notice even the slightest elevation of your voice and emotionally charged triggers/instinctive responses to situations. Let life lead us to our lessons learned. The present moment concerns potentials always new, fresh, always having something to teach us. See a deeper wisdom unfolding within. Thought tries to control us. The minds endless need for an identification of here and now making it dull, stale, repetitious, forever defined by the past or future, programmed images of what was or what may be. *It creates dichotomy between what is and what should be. What is happening now IS the real not our stored memories.*

Next is; “Back and fourth” The child is not seen by parents as of great importance. Other situations take president. The parent is simply too busy. Unintentional neglect is the result. A student as a child felt abandonment and when the parent

programmers finally got around to the needs of the child there was so much anger the child didn't care or want the attention when it came. The parent programmers were lost in daily life situations. This was exacerbated indeed even perpetuated by indoctrination into the fear paradigm for ultimately the purpose of control of the masses overall. Yet again it is the fear paradigm personified. Those in power feel that if the masses are not busy, busy, busy, they will be harder to control. For the student as a child in the back and fourth, over the long term fundamentally it becomes a very difficult block to see. Need for attention then rejection of it results in a craving of attention later in adult relationships. This roll plays out in the following way; The student feels rejection and is emotionally stressed regarding interaction in relationship. They are ultra aware of others. There is suspicion which is fear energy. They know when others are pulling away but ultimately are the creators of this due to programming and egoic adherence to it. Can the reader or people in general see this is to be trapped in thought, in memory, a mechanism accumulating evermore pictures, images controlling a students mind largely filling it with fear until there is no longer room for love? Love is energy, truth undefined by images happening from moment to moment. Now is what is never an image. Now reveals itself via a reduction of memory. Can we see wholly as one collective humanity that fear is a mind identified state with endless aspects? Can it be seen here and now and can be dropped wholly not one thing at a time which is dropping it piece-meal, just a more sophisticated type of mind game? Students must see that ego, their egoic memory which knows everything about them is part OF them. It knows exactly what buttons to push, what triggers to pull regarding control of their mind. It will do whatever it needs trapping ones mind in a perpetual state of Unconscious Dreaming

through disorder. In all relationship it's best to move slow, easy, not jumping in and in this example due to a need for attention. Great stillness is key, the ability for focused observation. A mind brought to order is more important than anything else, supreme in an awakening. Only then is one free to enjoy the world to whatever degree they wish. As long as there is disorder in one's mind disorder created by blocks ego adheres to, referenced herein as psychological problematic proclivities, it will forever veil peace from the student. These must all be dealt with as is necessitated prior to any meaningful awakening as an abiding presence. We will also say here that in most cases blocks to an awakening can manifest as a combination of two or more blocks complicating the mind identified state, the state of Unconscious Dreaming making this yet even more convoluted. So keep going.

Next we will look at a student in childhood and later as an adult avoiding daily life situations and or relationship as; “Need of a protection mechanism” Work needed to see an awakening to enlightenment (observation/stillness, Conscious Awareness, an awakening to peaceful love) requires very serious dedication as a reader can now obviously see. All of this is reconciliation of egoic psychological dysfunction, the veil to seeing one's actual real natural Self beyond one's programmed self. In this example the students block is one of a type coming about through no comfort given in childhood. A child forced to care for their own needs as in latch key kids. Once more the parent programmers were simply too busy. The child's need for space makes them uncomfortable when encroached upon by others or via relationship. Moreover fear of opening up as well as expression of feelings is problematic here. As a footnote to this absolutely it cannot be overstated the reality is one must have a deep commitment to awakening



or it will fade away be just a passing experience a phase. The negative goal, unconsciousness is too valuable to give up, the pay off being one does not have to move through pain. The arduous work needed is too much to endure. That said even a partial awakening helps a student and collective humanity as a whole. If those wanting to awaken will spread these ideas, taking some initial steps, those who are awakening will be helped in their awakening. As an idea collective awakening to oneness is not by or through the individual alone. Furthermore being one's own teacher takes us ultimately to oneness with all and deeper truth.

### **AN EPIPHANY**

As the author writes this there is and has been over the last three months or so a noticeable awareness of the journey, the last five years as a post awakening period. As year six is passed, sense the abrupt awakening on the night of 16 February 2014 there is a distinguishable fact. The original formation of this students life script as we all are subjected to (the beginning of ones life) IS written and or influenced by others between birth to five or six years. A Life Script again we all had little or no input into. It is to be sure a script preordained FOR the person we come to be, as all of us do and upon awakening thereafter struggle to reconcile. Awakening is metamorphosis seen as struggle by the one who writes this. It can be likened to a caterpillar reborn to the butterfly. The student in a very real sense is not even there at all prior to awakening. It is an acting out of a script which outside forces, other programmers wrote. There is consistent peace as year six in the awakening approaches. A new life script has been written. The one who journeys with continuous work daily and much back and fourth

is a person who has awakened peace within, freed from bondage. **The one who travels has written a new script and is in effect emerging each moment anew. This is a state of peace, love, stillness, repose in movement within form. It is to die to time.**

The authors journey now operates in daily life via a script rewritten by the one who journeys not educators nor any programmers exclusively. The program serves the student. What does this elude to? A fact that uneasiness, tension, despondency, anxiousness, a dissatisfaction with life over all, the proverbial thorn in the authors side, that is to say a script written for the author, was the very thing causing the unhappiness and emptiness in life generally. That very pain ironically freed and awakened yet another person to peaceful love. The controlling life script had run its course. More need to awaken and will do so.

If a student has come this far at the point this work is being written on the whole, at this juncture in conscious evolution it's very significant indeed. So few are fully awakened. There is no guarantee humanity will survive this reformation, this ***paradigm shift from fear to peaceful love***. It simply depends on collective humanities seeing of how critical this all is and the willingness to take this very seriously. As technological advances grow exponentially there is a danger. As this is written M.A.D. is the thought: fear within governments with a capability of waging global thermonuclear war and economic destruction. How fear perpetually fosters mistrust intellectual elitism and freedom lost. Countries and mortal satyrs meddling in others business, imposing their will to power upon people. We live in very dangerous times. Those who are seeing all this the insanity of a modus operandi of fear, bare a great responsibility to humanity. That said a students

awakening will benefit this movement mostly by simply living the state of peaceful love. Be IT, be the example, watch our world in a neutrality state. Is this the way to real change? Will awakening students personification of peaceful love be enough to foster a global shift from fear to love and truth? Because we must, each and every one of us ultimately be our own teachers, transcending systems of all kinds. Can this be done? Can people personify Self determination, can they think for themselves? Can they awaken to bring the egoic self back into service to the Self? Fear has never worked. Only illusory gains for a period of time merely to fall under the puppet masters spell, the egoic minds insanity of fear.

### **NOW WE CAN BEGIN**

We have in the first part of this work devoted time to helping the reader see that indeed we are programmed into what has been referenced herein again as the fear paradigm. We then proceeded to go over some common scenarios blocking a student from bringing their mind to order. Now in seriousness let us look beyond a mind brought to order to an actual awakening, an abiding presence felt, to **Conscious Awareness**. Brought to order to reiterate, is to reconcile psychological baggage so as to remain awake. Then to navigate the dream of form itself facilitating a fluid seeing and use of our egoic mind. The tool now brought back into service to its host in daily life situations. A fluid use of the tool while remaining aware of innersource. This is very attentive watching rooted in choice-less awareness, "you" in time as is needed yet aware of timelessness simultaneously. Being in the world not of the world is acknowledgment of ones interaction in the dream of form as roll playing, watched, relegated to practical

purposes in daily life via peaceful calm. One now feels a peaceful abiding presence while engaging daily life situations and stronger when not. Observed anxiousness is seen and minimized. One notices the dream of form, rolls we and others play. The student observes with serious focused attention the “I” playing the roll.

We have gravitated to a word, **STREAM. We are a player on stage and life leads us. Life is happening to us not something we are doing.** *At any given point on any given day in daily life when use of our programmed egoic mind is less needed a student puts the tool away and feels a stream of peace.* It is to be and feel our actual **Self**. To use the tool in service to its host. A stream of oneness. Thinking (scripted action) then thought stilled, peaceful love felt in the body. Daily life seen now as merely situations are opportunities to go deeper into peace. Love is stillness affecting everyone in its proximity, is a stream of peaceful love energy flowing throughout the body, one's innersource. An inner feeling of timelessness, a state of being in the zone. To see the dream of form, observing the tool as it serves its host, adapting to now. We are an actor in life as we all need to be while in the physical realm: maintaining awareness of the actual timeless **Self** while simultaneously seeing and feeling the total energy field born of stillness. To; “Learn how to be you in time”<sup>1</sup>. Remaining present, feeling we are the total energy field not separate from the whole. This is key to awakening. <sup>1</sup> From Lennon / McCartney / “All you need is love”

The stream is not movement from here to there it is undisturbed calm awareness. To BE here and now minimizing thought, feeling love coursing throughout the body. Peaceful love energy fostered by stillness within a student. When awakened fully one sees love everywhere. Each moment is new, seen as

endless potentials for all who work at it. One allows what is to be and fade away. *The mind no longer clings. It sees unnecessary accumulated information, psychological pain, images of memory defining the present moment, defining now as a mistake, allowing now to be and fade. The G.I.G.O. mechanism now works. Some reference the state as empty mind. It is to die to time itself, to empty ones cup of fear. Empty the very cells of negative mind acclimated fear so a vast timeless intelligence, without limitation can enter.* When a student feels the stream intensely there is an uncontrollable perpetual grin on the face, a personification of joy. A feeling of calm can be felt throughout the body. This peaceful feeling can be overwhelming. It is quite possible the very cells of the brain undergo a change expanding their use because one's mind is no longer burdened by negativity. Memories stored in the brain are a significant consequence of a fear paradigm and disease. Limitless potentials exist. An inkling of oneness is felt; with work it grows into unshakable peace, no longer undermined nor understood by thought; a source of frustration for those still trapped in unconscious dreaming. With work anyone can feel this.

In the actual here and now all is fresh, new, a blank slate unfolding just the way it's supposed to. A seeing of the bigger picture. The I or more to the point an I programmed into us is our life script, a me illusion we are all taught we are from childhood not the real **Self** exclusively. I, is ones servant. If this is seen something sacred is perceived within oneself. For this to be we must counteract the endless amounts of repetitious illusory separation and lies of indoctrinated propagandized beliefs from the egoic mind, academia, and all other programmers. Follow no authority engage in **Self** determination, then life is fully enjoyed now. Collective conscious truth is to BE one's own authority. The

timeless now is truth presented with no memory images written upon it: it shows us what truth is. Can the reader feel this inside?

### **DOORWAYS TO THE STREAM OF INNERSOURCE**

How then does one see and feel the stream? First of all a student will accept that their egoic thinking mind will not give up trying to understand via concepts, all in vain. Thought can understand that which is of thought not that which is beyond thought. Like trying to understand water without ever having been in the water. It is a state when thinking subsides. If one works at it memory is curtailed peaceful Being is felt. A personal awakening moment if that choice of words says it better. Students in training feel flashes of awakening to this truth. Gradually it is stronger as one works at it. To feel this as an abiding presence a student must work through blocks. All anyone can do is to point the way. When thought ceases clarity reveals love to us.

The stream can be felt and seen everywhere as the total energy field. To feel it, to abide in a state of presence requires an extraordinary mind brought to order completely attentive, still. It is listening perceiving what is, looking, observation in quiet stillness a passive awareness. A steadfast acute high interest is necessitated in order to awaken and feel this yet is typically different for every student due to the fact that we all must be again our own teachers. We have been so indoctrinated into our own personal programmed educated opinions we do not have an ability to just listen and pure observation is also rare. There are however similarities from student to student and because we are all one energy field ultimately we can help each other to see this.

## **PATHWAYS TO THE STREAM**

### **EMPTY SPACE**

Four examples will now be articulated. Awakened students gradually begin to see and feel energy everywhere. Focusing upon empty space brings about this new perspective felt within. Look around where you are now. Perhaps in a room with a table, lamp, chair, cup, floor, wall, all of which could not be seen without the empty space surrounding them. The words and space between the words compliment each other they are working together. Form needs empty space to be distinguished. Empty space is actually not empty at all. This is evident when we ponder ideas of dark matter and dark energy. Form is made of atoms touching the air atoms surrounding form, which seem to be empty. They're for all intents and purposes connected. Air atoms are part of all form around us simply less dense and are connected to everything. To focus upon empty space helps a student usher in the feeling of oneness spoken of in this and other works. When looking at form focusing not on the form but rather formlessness around form, it is a doorway to innersource, to inner-being, the total energy field.

At the subatomic level tiny vibrating strings unite all that is. Outside of conceptualization this can be felt beyond limited ideas of thought using thought to understand itself: felt as an all-inclusive ultimate truth a state of mind. The over thinking egoic mind will forever engage in separation because it sees its host, the person individually as a body, separate from the whole energy field. The Stream, energy forever changing form, life anew in all that is. Ego fosters an illusion of separation via fear within the student. It is divisive thought creating self delusion, Self doubt

and extreme emotions derived from a lifetime of programming. Stored information in ones brain, memory images perpetuated by a paradigm of fear. Egos job is to protect the body from harm in the material, not only physically, emotionally or psychologically as well. Again it knows only fear as an energy source. We human beings in essence are peaceful love beyond division. Our essence IS love. Love has no opposite: unless we buy into fears illusions, into ***Unconscious Dreaming*** as characterized here and in other works. Memory images will enter and believed in by a student via division create a pseudo opposite to love.

There is also silence, empty space between sounds. As in silence needed to distinguish sound. An example; listening to the sound of footsteps, silence between the footsteps is needed to distinguish the sound of footsteps themselves. Or as in the sound of an automobile approaching and leaving, a student standing in one spot, sound increases then fades. The thinking mind will draw one's focus to sound and or form, not space around form keeping one distracted lost in the ***Dream of Form*** we are all conditioned to see and feel excessively and in a majority entirely. Egos job is adherence to the material because it believes if it loses control of the person, of body and mind one would be in grave danger in the material world. It's doing its job to excess. Ego would rather see its host dead than give up control of the person and in its view if it did lose control the person would be dead anyway. It needs to do what it does including bring "you" to the edge of death rather than lose control. All this said it cannot tell us who we are. It tries, it knows its host's weaknesses and will push any and all buttons, play any and all mind games upon its host in an effort to maintain control. Students can now see the very serious commitment needed in bringing their ego



back to serve the **Self** as was intended. At a point in evolution on the whole ego gained far too much power over humanity. For all intents and purposes ego became a personification, an I/ me/ you apparition thought says we are. A tool pretends it is our real **Self**.

### **STAYING IN THE PRESENT MOMENT**

This would be a second doorway to feeling and seeing the stream as we use words to describe feelings. One will always remember the wise teacher who said; “The word is not the thing” (J. Krishnamurti). Staying in the present moment is to feel, see, hear, taste, and smell what is happening just this moment without labeling it. It is to really BE this moment, a kind of being in the zone, a state of presence. Notice unconscious dreaming states, a mind on auto pilot, mind identification if that way of saying it resonates. This is to BE just each moment, except for practical purposes to minimize use of past and future. Even in simple actions, BE here/now. When your walking feel each step, feel the body moving along breathing air, seeing sights, hearing sounds, feeling wind upon the face. Embrace what happens now, BE here, feel presence. Obviously memories stored in the brain will be navigating for “you” as one does (just to read this requires memory) doing what needs to be done, what our ego, a tool should do as we move through daily life activity. Memory then controls the student far less, energy can now be reclaimed. Our memory images no longer totally define the present moment (a students life situation) nearly as much as before. Unconscious dreaming (thought in chronological time) situations defined as one's story, as self saps energy. To remain in the present moment one notices mind patterns running and simply maintains conscious awareness of them. Each moment then is fresh / new.

This allows students to BE with what is happening moment to moment as it happens, as it is. For those unconscious a cache of images are not only defining what is happening they define the person trapped in a state of *unconscious dreaming*. For a student defined by thought memory is the student. Ego plainly controls us more than necessary to keep us safe in the material world. One could say the egoic mind simply has no shut off switch. It has no idea when its host no longer needs thought and its memories exclusively. Use of pictured images (tools) are memories guiding a person in the material world. Yet memories veil students from the Stream and pull us into the fear paradigm, into forgetfulness, time intervals or old mind patterns. Ego is not concerned with excess it seeks and knows only control. Lastly due to exclusive belief in fear ego must control, self, does not know love. That said it is protecting its host as a guard dog would do for its master out of fear they may be harmed. Ego as a tool is out of control albeit unable to see it's driving its host into despair. It dominates its host because it must. A student can make peace with the limits of ego via observation of self. Again redundancy is necessary.

Now just to be clear a student completely in the present moment would be in danger if they did not use the egoic mind to to at least some degree. If one were to see actually see the body as part of the total energy field, as it is in reality there would be a feeling of: there is no body, just energy in various forms which appears to be separate forms. Literally the molecules of an obliterated body would simply scatter, transcendence of physical existence. One would step out of one vehicle getting into another. Admittedly a little esoteric. Egos job is to prevent this. To this end it is one hundred percent committed. See the conundrum? Egos divisive nature in all this? The pseudo self and actual **Self**? We

are born into a school, into a conflicted reality. We're here to learn. Our body, all material reality are merely reference points for the purpose of slowly learning that we are ultimately non-corporeal. We are energy a part of absolutely everything, everyone, the source of all life. This must be reasoned through and conceptually let go of to reach higher levels of consciousness.

The present moment a window to oneness, continuous death and rebirth is; "to cross over to the other shore"-Something is written upon life then is a memory, an image. We have defined it and that definition is immediately stored in the brain as are computer files: then it is replaced with another present moment, a blank canvas. Awakening students see the present as something that in reality is showing us what it is. We observe unattached; perceiving what actually is not old recollections stored in one's memory. Is the reader seeing and feeling all of this now? Or is attachment to the dream of form still overpowering?

### **SUSPENISON OF THINKING**

A third doorway (we only need one) is to curtail thinking. It's interesting to note that doorways similar to all blocks of the mind are usually manifestations of a combination of one or more doorways as blocks are in a mind in disorder. A difficult doorway suspended thinking is because thought is so obsessively used so heavily relied upon it's difficult to quiet. Thought has become an obsessive compulsive condition in human beings. It drives one deeper into anxiousness, tense uneasiness, maladjusted neurotic behavior overall. The egoic mind does not seem to ever stop. Its goal is to solve problems yet every problem solved creates only more. Thinking must be stilled, quieten, an enormous challenge.

Awakening students focus on maintaining awareness of flashes of peace ultimately to a steady stream. Unfamiliar, at first requiring single minded attention. Difficult when fear the overwhelming unconscious dreaming of others and one's own egoic mind pull.

Has the reader ever looked at an inanimate object, nature perhaps, feeling a still gentle wave of peace? Thought ceases. It is as if you, a “you” all of us are programmed to be were unattached, just in the moment, silent stillness. Observation without labeling. Has this ever been done unaccompanied by a mental definition of the observed, without thought entering telling us what it is? It could be something simple; wind blowing through a tree or light the perception of beams emanating from light bringing peaceful stillness to ones mind, oneness, a deep state of awareness, a stream of peace. Then perhaps noise interrupts stillness, someone beckoning the students attention. The mind is then pulled back into time, out of timelessness, the stream of peaceful love felt; back into a thinking egoic mind perhaps required by daily life situations. It may appear to be a kind of day dreaming to others. Those around a student may say; “They were lost in a day dream” when actually one lost in Unconscious Dreaming epitomizes the day dreaming state. Is it seen by the reader in this an over thinking egoic mind blocks awareness of one's natural real **Self** from them, a sacredness within us all? Can suspension of thinking bring the one who reads, perhaps an awakening student to the oneness spoken of herein?

### **SURRENDER OF RESISTANCE TO WHAT IS**

Do people generally want what happens? How can one

resist what is happening when it is what's happening? There is adaptation, damage control, rolling with punches so to say, nevertheless what is happening teaches us. Does it not present opportunity? When one has metaphorically painted themselves into a corner there is only acceptance of what is. There is choice-less surrender, a sense of release, freedom from the idea we ultimately have to be in control or have any control at all. We surrender to what is and a wave of peace comes to us.

The one who writes this is a martial artist, teaches martial art. War is hell nonetheless a martial point of view can drive a point home. In the U.S. civil war it was common to see men who fought and died in that war on the battle field with their shirts pulled up. This was because they were told by others that if they were "Gut shot" (shot in the torso) in all probability they would die. In this no amount of resistance would accomplish anything. A total and complete surrender to the situation is all one could do. Your going to die there is nothing you can do so one is choice-less in this therefore one must accept the situation. In that state there is peaceful acceptance of what is, surrender to what cannot be controlled. One's egoic mind collapses. It can not control the situation so it simply stops. The result of this is what some have called "The peace of God" a total surrender to what happens.

Now in review four ways of maintaining awareness of innersource or inner-being are; EMPTY SPACE-----REMAIN IN THE PRESENT MOMENT-----SUSPENSION OF THINKING-----OR SURRENDERING TO WHAT IS. As students awaken Innersource will be seen and felt everywhere. We need only one of the above. Calm peaceful movement through daily life helps us

to not only see opportunities to remain aware of Innersource but also see egoic programming in its ongoing effort to control all of us. All that happens can actually help us to go deeper into peace.

### **AWAKENING IS FOREVER**

Enlightenment has no start or finish it is *foreverness*, that state where love is when thought is stilled. When life leads the way that which happens is adapted to not controlled, peaceful oneness results. We engage time as “I” for practical purposes only. Time traps us in craving in impermanence, wanting more daily life experience. A programmed egoic mind adheres to a life script running in all peoples heads compelling them to follow programming we all are indoctrinated to be, do and have: that which others outside influences frankly brainwashed us to be. Programmers who themselves were programmed. They need to be forgiven. This is of great significance in awakening. Forgiveness releases us from attachment, the need to blame ourselves and others. To one degree or another we need to *be in time*, use time to function meeting demands in daily life. Time as we have been taught to see it deceives us, consumes our lives. It blinds us from its functional use. Doing life as opposed to life is happening plays into egoic mind games blocking us from timelessness, from our essence pulling us into divisiveness. Ego fosters a conundrum of opposites, movement from here to there/dualistic thinking. It is an idea, becoming. “I” am here and will go there “I” am this and will be that with a beginning and an end creating opposing ideas.

There are common occurrences in an awakening. We must be our own teacher following no authority, moreover each of us must go within for answers, to the source of all life all that is, the

seed of which is in every human being. We will now go into some common sign posts pointing to possibilities for a student. These may vary and not be in order necessarily. The same exact path for students is rarely if ever the case. *Each journey is one's own, like a persons fingerprints. Fundamentally we will find our own path, following **Self** determination not systems. Learning what we can from systems or teachers ultimately letting them all go to be our own authority, a state of mind within waiting to awaken. Seen in each persons own personal awakening moment when their ready.*

### **COMMON INDICATORS IN AN AWAKENING**

As we've said here and in other works the mind must be brought to order. Psychological problematic proclivities must be dealt with prior to an abiding trans-formative awakening. The following sign posts may indicate where a students journey is at:

If you have had an abrupt awakening perhaps due to a life shattering event or a subtle awakening there are similarities some of which are as follows:

### **A BASIC OVERVIEW OF EXIT THE OLD LIFE - ENTER THE NEW LIFE**

Like a thorn in the side one feels as if something is wrong. Life has become dull. Anxiety and or tension abounding. One may feel confused as to what is happening. A pandemic of fear blankets our world and technology only makes it worse. Struggling to understand via thought, the "You" can't quite figure it out. The real **Self** is emerging. The **DISSATISFACTION PHASE** awakens the **Self** to see one's pseudo egoic self.

Life seems incomplete, stagnant, unsatisfactory, dull, even

meaningless. Anxious dissatisfaction generally pervades. The traveler reevaluates life. Psychologically a retrospective look at the life script. In an ebullition perhaps it is seen; programming is controlling us. Awareness of indoctrination. We are saying here that what you a person identified and controlled by thought, at a loss of essence are brainwashed, plainly preordained by outside forces. Awakening initially is to discern we had no say in regard to what we were indoctrinated to be. An old saying may sum it up perfectly; “The Apple doesn't fall far from the tree” Programs in one's head running continuously have commandeered people's lives. As if one were awakening from a bad dream, they are beginning to see and feel, the **DISCOVERY PHASE** of the journey.

There may be an abrupt crumbling of awesome power ego has. The familiarity of normalcy bias is desolated, perhaps due to some life shattering event or subtle gradual mind games. Usually it is both to one degree or another. When emotionally challenged to a point one can endure no more, there is no longer a way to control. The egoic mind surrenders its incessant on-going need to control. Egoic control is needed for protection, yet if egos game is awakened to, the result is peace via acceptance and surrender. Use the egoic mind, let ego do what it needs at the level of effect, and return to a timeless causal level, peace, our purpose needs to be a main focus. Abrupt awakening, fostering extreme release, is choice-less surrender absent resistance. There is no controlling, which is not to say if there is danger nothing is done. It's vivid clarity, surrender to life, letting go, a feeling of freedom resulting in peaceful adaptation. Life is happening and we move with it. When the wave is strong one feels what may be seen or felt as the **WONDER PHASE** of the journey. Nevertheless, there is still pain. There is the back and fourth. One may feel at times as if they



are on a wheel of insanity. Then to the other extreme. To have an abrupt awakening event is the result of a painful situation, usually uncontrollable, bringing an energy felt within, a peaceful love feeling through acceptance, spoken of here and in other works. Then, the arduous work of grounding this energy begins. There may be a kind of honeymoon period. Peaceful love and joy may stay with a student for days, weeks or even years. Wonder is to have had a glimpse of our natural state, peace we all are hard wired to be. Awakening, is always unique to all students.

What typically follows this is the **EBB AND FLOW PHASE** of the journey. Obviously, peaceful flow is preferred over the ebb. Extreme emotion, confused thought, then peaceful stillness, Fear then Love. Fear, that which we primarily are familiar with and the majority of our planet runs on presently, holds fast. Moving into the unknown is unfamiliar. The ground below is very unstable, like an earth quake. Nothing makes any sense, the world seems to have gone insane, then, periods of clarity. Life is seen differently, many questions. Those still unconscious, controlled by programming are trapped and defend the status quo. It is critical that a student keep going at this point in their training, moving through pain and doubt. It is egoic resistance. A life script formed in early childhood development, adhered to by a student's ego, *pulling with awesome power*. Do not ask how long, it's different for everyone. The answer of course is; "As long as it takes." Life is seen as a kind of forever, outside beginning and end. One who gives in to the unbelievable power of ego, goes back to sleep. Is it better to come this far, then go back to sleep, than to have never felt deep stillness, the peaceful love paradigm, absolute joy and peace? That, is for the reader to decide. Many have tasted awakening only to have gone back to sleep again. So, keep going.

The **FEAR AND DARKNESS PHASE** now comes upon us and is persistent as ego fights for its continued identification as a you, as self. It fights to protect this identity, keeping us in a state of unconscious dreaming. Forgetfulness here we will say, is very strong. As in the ebb and flow phase, the flow will at times seem to come out of nowhere, the ebb as well. A student at this phase can feel very solid in their awakening, then out of nowhere, a sort of absent mindedness comes over them. It is very easy to be lulled into loss of awareness of innersource/being. In the phase prior to this one there are extreme obvious swings, from darkness to light. The paradigm of fear is darkness. Fear and darkness, a veil of fear, hides love. Love, a seed watered by peace. This is to see the I, Me, You identity, programmers and academia educated and propagandized us to be. Our roll, an acting out on the stage of life. Again for practical purposes in daily life it's useful although it simply consumes far more of our energy than it needs. It ought to serve us, not control us, shouldn't we say? Until we do awaken, it runs our life. It should be said that most people in a state of unconscious dreaming, identify AS the program totally. Not a tool serving the person, the other way around. All of this is as was said above, the proverbial thorn in the side, creating doubt, self deception, a mind divided, in endless confusion. We here must press forward though pain, self doubt and the doubt of others as well, who are trying to help, perhaps believing that something is wrong with us. The herd, feels we should follow the status quo, it's what they do. This is normalcy bias gone insane. At times one may feel they've lost their mind. Upon awakening, the world seems to have gone M.A.D.. It's egoic resilience, the divisive nature of the egoic mind and mankind, its modus operandi. Being alone, isolated from those in an unconscious state, which seems to be virtually everyone, is preferred at times, at least until the

peace is strong enough to endure enormous pressure put upon us by the outside world. Once again, don't ask how long any of these steps will take, this is simply another trap. Don't become attached to concepts. Be Still, One, draw upon a deep vast intelligence.

Emerging from this phase there is the **ONENESS PHASE**. We will say here there may be vacillation throughout, back to an illusion of, the beginning. Each student is on their own unique journey. Here a student may embrace the idea of what we have said to be foreverness. This, is forever, humanity seeing our utter dependence upon the concept of time and transcending it. Now is a feeling of an ongoing stream. There's feeling of release in this. The world will do what it does. A student no longer needs the world to be any different than it is. A feeling of freedom from attachment to the world grows. The focus is now on Self growth; realization that if this is done this will change our world, seeing of the divisive us against them syndrome. It is noticed, time spent in past or future is less and memory is used now more so for practical purposes. Oneness, is feeling presence. All is energy, we are energy, a participant of the total energy field, all is us, we are that. Energy never dies, simply changes form. The world is seen in stillness, observation in the here and now is paramount. Quiet stillness, passive listening, feeling **innersource, the causal**. Calm presence is felt, stillness, truth is seen moment to moment. A stream without time intervals. Now, is adapted to, flowed with.

**ONENESS RISING PHASE.** As peace grows stronger, all outer negative fear energy coming into the students proximity is absorbed. There are felt connections with everything. The body feels as if it is undergoing a change, seeing, reacting in the present moment, here, now, feeling love as always new, peaceful, still,

awareness, a presence. One's mind comes deeply to order, due to letting go of an old egoic fear paradigm, embracing a peaceful loving stillness. Thought and emotion work in a very ordered harmonic state, flowing **with** life. Life itself is slowly seen as more peaceful, calm. There is a higher nihilistic attitude toward life and the world. There may be a feeling of being out of sorts, out of place at this phase, as if one no longer fits in.

**THE PEACEFUL CLARITY PHASE** now abounds. The **Self**, as peaceful love, is now solid stillness rooted, real power not force. Who one really is and always was now emerges. Egoic self, had blocked our sight. Our real **Self** arises as an abiding presence, in the now, clarity and peace prevail. Deep observation free of judgment. Now life has real meaning, feeling a participant of a greater higher purpose. There is a deeper knowing of this. It is clarity of mind, a state of mind, wholeness; **Self** guiding self as a participant **of** life, perception of one's place in the world arises.

**THE ALIGNMENT PHASE** now comes into focus. The mind brought to order is now filled with ideas and enthusiasm. A student here feels fear energy being cleared out of the very cells of the body. Billions of cells are now being emptied of fear, the indoctrinated, propagandized, educated, programmed self, is serving the actual **Self**. That which one always was, veiled by fear, blocked by a mind in disorder, now reveals a deeper love within. The student is inspired by a higher order of consciousness, peace deepens. Fear of this metamorphosis, of the unknown, leaves the student and there is a wonderful freedom felt. There is segue into alignment of physical, mental and spiritual bodies within, with the spiritual guiding the other two. Peaceful love abounds here and now, a state in which the student now abides.

**COMMUNION WITH THE SOURCE OF ALL LIFE PHASE** and a student's connection with it, allowing it to guide is the cornerstone of this. Intuition is paramount at this stage. Here, is a totally different way of communication. Language, the spoken / written word, are primary forms of communication in a world leaning toward opposites, divisiveness, dualistic thinking and obviously communication via words. For this reason a student's thinking mind cannot understand enlightenment. There is now the transcending of concepts. Concepts are thoughts, creating divisive opposites. The present has nothing written upon it. Now, is simply potentials happening from moment to moment. It cannot be understood conceptually. If attempted, one has already lost it.

**PERSONIFICATION OF LOVE PHASE.** The student feels love, radiates love, sees they are love. Not conceptualizes it as an idea, feels it on a deeper level, unbound by the thinking egoic mind. It is innocence merged with deeper wisdom, a profound stillness beacons the return of paradise lost, a point when ego entered the soul and humans came to believe in thought created reality. Ego is brought firmly back into service to the **Self**. Ego no longer holds the one in bondage to a mind identified state. It is now seen, long ago thought created dualism, an enormous progressive error.

These phases may come in order, albeit not necessarily. All students must find their own path, awakening the teacher within, awakening in their own way at their own pace. Be aware however that this will as everything will, happen in the here and now. There is no system which can teach enlightenment. It is a state of mind, an is-ness. All systems can point the way only. Most simply point to what it is not. We must awaken on our own, going within, to the source of all life, a source we are of, the light within.

## EPILOGUE

Awakening, is to feel peaceful stillness as an abiding enlightened state, perceiving to a larger degree, life is happening, not something done. An awakened state in continuity cannot be understood in an idea format. One could say we are simply here and now and at peace with that; allowing life to guide, as we, through adaptation and choice-less observation, merely react moment to moment in the here and now. We, are using time. The seeing of, all happenings are an opportunity to learn and grow, all are tests. Noticeable peace, feeling always we are part of absolutely everything, is a cornerstone of this. Any conception of what that may or may not be is still playing the game, bondage to fear filled thought. Love felt via silence is us. Our own egoic mind will resist this. If we think well, let it all go, stop seeking, we are playing yet a more clever mind game. “You” remaining “you” in a thought driven reality we are all programmed to do, creates only attachment to thought. Effective meditation is to view the world in a state of pure observation, not naming what is. In this thought is quieten. There is no longer thought identifying itself. Thought can know concepts, the things thought creates, however cannot know that which is beyond thought. Doing of life obviously is necessary, being “you” in time, use of programmed practical memory for the meeting of daily life responsibilities. Nevertheless in a majority of people this has taken over. It pulls people into a state of unconscious dreaming; self pulling us into opposites, as we have said, **a life** inundated by dualism very easily becomes a students identity exclusively, in other words, *The Mind Identified State*. Overtly consumed to a great degree by the program, to the point one does not see this. It all

actually comes down to a kind of freedom from the known. A reduction of attachment to the known, to memories, images stored in the brain. Many seek to know, yet they do not know themselves. To really know the self, is **Self** discerning life always as mystery, an adventure. If you think you understand you do not understand. If you do not understand, then you are here and now, seeing life as potentials. Admittedly this can all seem ambiguous and or seem like platitude. To **BE** present, the only true reality, is where love is. Ceasing to cling to self controlling thought, there is infinitely more space. Fear stands in the way of this. The truth is, there is no way to know. There is nothing to hold on to. Is this true freedom from polarization, from divisiveness, from images?

Some teachings see three doors to awakening. Christian Gnostic ideologies as one example, see this as **Pneumatic**; one's soul as spiritual, Being, as a part of God. In eastern thought, the God head within each person, able to receive the spiritual seed. **Psychic**; intellectual, concerned with concepts. And lastly, **Hylic**; the material, mostly identified with the body. In the Gnostic way of thought the Pneumatic way is the only way through the door. The others would take a student far, but only to the door not through it, metaphorically speaking. In all probability it is a combination of all three, a state of oneness with all that is.

It takes tremendous insight, very serious attention to see through the egoic game of existence. When you can no longer be fooled, it is all very clear. Simplistically seeing self, an actor, an illusion of our own thought process. The idea of oneness is simple, not easy; it only becomes complicated when we, as the Zen saying says; "Cannot see the forest for the trees." It is to see the larger picture. In the students journey, it quickly became very

obvious that just to get people to see and admit they are very programmed, is a great challenge in and of itself, a daunting task. The student, may have been masochistic to think it could be done. "How is this to be done"--was the driving energy in this work. One must arduously work to see the self, grounding enlightenment's energy, yet are also compelled to deal with the unconsciousness of others as well. One's egoic self and the programming of others.

There is curiosity, a wish to see if "The Subtle Approach to Enlightenment" will be a viable and effective way, pointing students to their own personal awakening. Again as has been repeated throughout this and other works redundantly, we must awaken our teacher, going within, it is the only way. Moreover, up till now the usual path to awakening has been an abrupt approach. As far as is known, this is the only path presently to an awakening, for those who have done so.

We thank the reader for their interest and end this work with a few key points. It is suggested to keep our focus upon the following; **Foreverness**; this, is forever, there is no arrival in this. Embrace this idea so to avoid being caught in becoming and thus discouraged. **Timelessness; Being, the PRESENT MOMENT, NOW**, is and always was the only true reality. All we have ever done, or will do will only happen in the present moment, or in a future present moment. Egoic memories, images, will tell us that these memories are real when they are simply stored images in our brain. Ego has unbelievable power in fostering the idea they are who we are, only. **Oneness**; we have never been anything but one total energy field. Feel and see this. **Love**; is all, is forever. We are love. Love has no opposite. One is love and always was, so what is there to seek, to know? There is no movement, we are



simply oneness. Recognizing this, there is no longer anywhere to move. Fear created in the egoic mind when ego merged with the human soul, created divisiveness. The cause of all problems is and always was opposites. We may know all this, yet our cravings and desires drive us into endless delusion and misery. All systems, organized religious ideologies, breed separation. Belief in masters, in dogmas, in systems, be they religious, political, nationalistic, or whatever, give only temporary comfort, putting a wedge between our true **Self** and our pseudo thought driven self, which may seek truth and love, finding only a "Will to Power" It may bring an illusory feeling of love, however all that has a beginning and end, only leads to more craving. Thought, a hindrance in understanding truth and love. Thought can only understand creations of thought, not that which is forever. That which is beyond thought cannot be known by thought. We prefer our thought driven beliefs, for to go beyond them is simply too difficult for most to do. The easy route is taken, a chasing the wind, craving, which leaves us only wanting more. The end then becomes all consuming, our life takes on rare moments of short lived clarity, joy and peace, to be replaced by a need for the next adventure, the next experience. Experience shapes our reality, all thought driven. For reality to be, thought driven experience must come to an end. Only then can the observer and the observed blend together as one, moment to moment, in the here and now.\*\*\*\*\* In the next book, we will use a story format to convey awakening to enlightenment, the peaceful love paradigm. Parable has long been used to convey that which is beyond words. Use of words is the current form of communication we have. The next work delves into a different form of communication, fostering communion, a oneness. We are in a race, requiring us to see we are one human race, born of love, fostering a global shift to A PEACEFUL LOVE PARADIGM. Fear? NO.