

ENLIGHTENMENT

A MARTIAL ARTIST

VIEWPOINT

ONE POINTING OF THE

WAY - AWAKENING TO

ENLIGHTENMENT

BY

JEROLD "J" KEELER

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JEROLD "J" KEELER

THE VERY HONORED

FOUNDER OF THE

XIN-TAO

MARTIAL ARTS STYLE

*The first edition of this work--Oct. 2018--/--revised 2024 edition--This work is the exclusive copyrighted property of Jerold Keeler @YESENLIGHTNEMENT.COM---established 2019.....The philosophy of spiritual enlightenment is part of the curriculum of Xin-Tao Martial Art. Enlightenment is an ingrained part of the training, as the original martial artists taught, Taoist and Zen holy men. Fostering the peaceful love paradigm, awakening the Natural Self, **SCIO TE IPSUM--KNOW YOUR SELF. ISBN# 978-0-578-65037-1**

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GLOSSARY OF TERMS

USED AND MEANINGS

1. **Enlightenment**---A spiritual state marked by the absence of desire and suffering. Awakened to by turning one's attention inward, fostering peaceful reconciliation with the egoic self.
2. **Enlightened**---A student abiding in peaceful spiritual energy.
3. **Inner-Source**---One's inner **essence**, the source of all that is, awakened to through focused attention directed into the body in peaceful still observation of the egoic self, by way of Natural Self, something each and every human being can do.
4. **Meditation**---Pure observing of the egoic mind and roll play. To feel oneness with Inner-Source and be here and now. To feel/have presence, a peaceful state of stillness. Awareness of now in perpetuity. Living peace, to see the ripple effect.
5. **Daily Life**---Life situations, duties, responsibilities, and one's interaction in relationship, all material world programming.
6. **Material World**---Matter, material reality, the world we see and know. Collective consciousness thought manifestations.
7. **Inner-Being**---One's causal Self beyond egoic mind. Inner-Source, the macrocosm, an energy felt within in the body.
8. **self**---Referencing the Egoic mind, a programmed You or "I"
9. **Self**---The casual Self, essence or Inner-Being/Inner-Source.
10. **Unconscious**---Not to see programming controls one's mind.
11. **Conscious**---An awareness of Inner-source, Self observing.
12. **Void**---The macrocosm, energy, all that is, timeless essence.

III

13. **Awakening**---Seeing one is programmed & to feel peace.
14. **Ego**---A separate thinker, programming assisting in Daily Life. In most human beings their Ego, a tool, has so taken over the mind it's completely commandeered and totally unconscious of this, to identify as the egoic mind only.
15. **Egoic mind**---A scripted mind controlling people's lives.
16. **Presence**---Energy felt, to be here/now-awakened to via alert awareness of Inner-Source/Inner-Being, through focusing our attention inward, feeling oneness, essence.
17. **Satori**---Flash of enlightenment. A moment of awakening to our inner-being/inner-source, feeling oneness within.
18. **Inner-light**---One's inner-being, light within us all, which we are of. The life force energy within the body, energy.
19. **Present Moment**----The timeless here and now, beyond thought and memory, outside past, future or time. This nameless eternal moment, seen not as memory images.
20. **Blocks**---Emotional pain from childhood, programming into adulthood, along with it thought used by Ego to control the mind and ultimately one's life. Drama/Rolls.
21. **Dream of Form**---The material world we know, seen via personal and collective consciousness. Memory images of thought, held together by our strong collective belief system. Drama in life, or the school of life, our Daily Life.
22. **Collective Consciousness**---The collective consciousness of mankind, collective belief in the dream of form.
23. **Personal Consciousness**---Our personal consciousness belief system, personal belief in the dream via thought.
24. **Consciousness**---Sentience thought form awareness. All life and or material form, manifestations of the totality of who one is, arising so consciousness may know itself.
25. **Mind Identified**---The state of one's minds using them, thinking they use the mind-- i.e. **Unconscious Dreaming**.

Ideas were the focus of this work not editing nor precise writing.

The author is a martial artist, intrigued by philosophy, a student of enlightenment. This spiritual traveler is not formally trained nor schooled in psychology, philosophy, or any of the sciences spoken of throughout this work. The author, with the exception of martial art, is self educated. Blocks, a term repeatedly referenced herein, are basically psychological problematic proclivities plaguing people, baggage, pain suffered in childhood and throughout life. The block of intellectual reason spoken to herein, prevents reconciliation of all blocks. The intellect in most indoctrinated people tends to trap them in reason, lost in concepts about concepts about concepts at a loss of seeing the bigger picture. In Zen there is a well known axiom stating: "You cannot see the forest for the trees." The unconscious conundrum as baffling as it is, is herein painted as an inability to see the forest, or bigger picture, the idea or more so a feeling we are all one with the macrocosm. It's an inability to see what we do to another we do to ourselves. Basically at the level of effect, what is done affects the whole, the idea we are the world. To not see this is spiritual denial, adherence to a **fear paradigm**, a majority presently. The unconscious see themselves as separate, individuals apart from humanity wholly. The fear paradigm plainly foments this divisive separation: One's egoic mind positing ideas of thought being able to understand and solve all problems. *Egoic reason is a big problem.* Thought is obviously useful, nevertheless in vast amounts of people it has taken over by way of obsessive compulsive thought. Every problem thought solves merely creates more problems, because it created them. Thought trying to understand itself with more thought is the conundrum then. It creates problems then attempts to solve them in vain, with a different set of thoughts. Thinking is a great tool yet it's limited. It feeds the egoic mind which in turn uses its host. Egoic mind, *is* the problem.

We self-published. Publishers tend to shy away from material extraordinarily constroversial/misunderstood. Prior to awakening the author was of the world, in business, and knows all too well of clinging to power and the need for control business people seek, sadly all of it is in vain. This life choice creates enormous difficulty in rising out of unconsciousness. “Truely I say to you it is easier for a camel to go through the eye of a needle than it is for a rich man to enter the kingdom.”¹ This spiritual traverer lost everything, and only then awakened. With respect, frankly most people live in the egoic mind, unconscious, conflicted, i.e. mind identified, following their life script which controls untold numbers of lives. So “The Will to Power” Schopenhauer and Nietzsche spoke to, epitomizes humanity. The mind identified cling blindly to their life script with a herd mentality the majority of humanity does.--A Psychologically, people's life script and egoic mind overly control their lives. As a martial artist the author is no stranger to hard work, which helped to awaken within the peaceful love paradigm this work speaks to. If readers are uncomfortable with the fact this work is not well edited or the format is seen to be unacceptable, then maybe the ideas are not of greater importance. If so please pass this work on. The current dominant paradigm of fear running the majority of people's lives at this point in human evolution, is an enormous block in seeing peaceful love. A new paradigm upon the horizon exposing fear, facilitating a shift in consciousness. We must then, bring all minds to be peaceful. We are so utterly brainwashed into the dominant fear paradigm, peaceful love is difficult to even see. For many it simply goes right over their heads or it's seen as feckless. The author works with fellow students one on one as far away as Europe. Excerpts herein given to awakening students who work at following peaceful love as a life style have embraced the ideas, as they help to awaken conscious awareness/peaceful love.

A—Mind identification fundamentally is a mind unable to quiet itself, living mostly in the past and or future. It is, one thinking they use their mind, when actually it uses them.

By way of conversation with others, there is support of the idea it is better to convey awakening to spiritual enlightenment by random spontaneity in the interaction with people, so we're not lost to overthinking, mind patterns and social rolls. This helps to remain present. Overthinking empowers ego, deepening its overall hold upon humanity. In random spontaneous conversation our Natural Self sees beyond egoic mind patterns. Programmed minds inevitably resist seeing patterns and rolls played, creating conflict, resulting in egos lack of importance. Also, loss of its identification as the "person" plagued by the mind conflicted. All ego's see this as a fight for its hosts life, at least until harmony is cultivated. Albeit for many it's all too confusing. Through a process of moving from complex to the simplistic, a back and fourth of sorts; this appears to have had success in conveying the ideas of spirituality. Egoic reason in and of itself is a major block to the higher levels of consciousness awakening offers, but is quite difficult to transcend. Reason attempts to **know** through concepts, yet is unable to shift from concepts to *peaceful presence--an oceanic feeling--A resulting in lost awareness of Being. Thought, is limited.* Intellect alone will not work. Thought propagates merely more thought, so we must rise above it for sanity to return. Observation is the key, i. e. the moment prior to thought entering now, defining it with images in memory. Ego loves thinking in opposition to a mind limitless, it's how it keeps its hold over us, preventing humanity from evolving with consciousness. So this work: "Enlightenment A Martial Artists Viewpoint"—works to bi-pass egoic mind, speaking to the person behind their programming, allowing the information to penetrate, awakening the Natural Human-Being in all. Beyond indoctrinated, programmed, brainwashed, widely overeducated, propagandized, duped minds ego holds fast to, all due to ego's belief that if it lost control of its host they would be in great danger.

A---A term used in a 1927 letter to Sigmund Freud, from Romain Rolland describing a sensation of eternity, a feeling of being one with the external world as a whole, an idea Rolland acquired from Ramakrishna.

With respect, we're trained to be unconscious mooncalf's. So then how do we by-pass egoic reason to higher reason i.e. be free of our programming. Via randomness? Ultimately, we all need to cultivate the teacher within. If one were to define a catch-22 this example is spot on. *How can conflicting concepts understand love, which has never known conflict?* Notwithstanding concepts, mere images in memory, one's stored experiences, yes, are vital. What we aspire to do then is to use concepts to point only. Consider the magnitude of this. The egoic mind we are attempting to by-pass to the Natural Self is our own egoic mind, **which knows its host all too well, and resists**. Initial conceptual pointing of the way, is let go of gradually as travelers awaken Conscious Awareness. All this said, one must simultaneously navigate their day to day daily life responsibilities. Daily Life situations requiring obviously use of the thinking egoic mind and its memory images, seeking as it does to define the here and now through memory images of life situations stored in the brains memory bank. When ego entered the picture something went wrong, it took over. All the same, let the reader be assured with practice this can be done. In a way ego unwittingly works with its host, **yet only if one is persistent**. Gradually, ego assists by keeping us alert. In typical cases there is much back and fourth as ego struggles to control. Egoic disguises are many and as long as it can promote scripted rolls its host buys into, the mind is kept in check. As said repeatedly throughout this work egoic mind believes loss of control over its host would result in death anyway, so it's relentless. A logical next question: "How long will it take for an awakening to come about?" Because each egoic mind is unique –thought and extreme emotion being so problematic, don't even ask. Basically: As long as it takes. Awakening to enlightenment is forever. There is no arrival, which is just another mind game. For many these ideas go over the head, or, a tongue in cheek view of

the material. Biased egoic minds see this as absurd...unorthodox or scattered. Prior to awakening this student studied for years the subject of enlightenment, and the "experience" was, information became skewed as thought and the egoic mind sought to confuse: Egoic minds attempts to preserve an exclusive identification as its host. A spiritual obsession drove this student to awaken, remain awake, and continues to do so. Egoic mind fights vehemently with its mind games and programming. This student nearly succumbed prior to the awakening. Breaking through the mind games to one's Natural Self has driven many into deep despair, all due to fearfilled normalized, indoctrinated behavior. There is now work with many people in a sort of mutualism capacity, where there is no teacher or student, just two or more souls helping each other remain alert and awake, cultivating oneness referenced repeatedly herein. In addition it keeps the ego in check, by virtue of humility. Ego does not like humility...it means its lack of importance or identification as the student of enlightenment. Many authors on the subject go to great lengths with detailed explanations of the material, in a very specific step by step fashion. As will be said throughout this work, enlightenment is difficult to see. Overthinking, concepts and corresponding emotion only take students so far, then simply must be transcended. Those worked with over the last four years, at points became confused, indeed even lost when the subject matter got too complicated. Therefore, this format was chosen. Speaking to the Natural Self behind programming we're taught to be. The hope is to spark inspiration and awareness of the Natural Self. All in all, to keep going steadfast is paramount to awakening. Footnote: The authors intent was to focus upon deeper aspects of enlightenment. The first chapters are a prerequisite to awakening, addressing psychological disorders in every conflicted unreconciled mind. That said, readers should go through the work thoroughly.

INTRODUCTION

This work speaks to enlightenment as a state of awareness, to have presence; less so reconciliation of psychological disorders needed as a prerequisite for deep spiritual work. Throughout this work are certain words and phrases used in describing awakening to inner-source or inner-being, referring to energy felt in the body. Parts in italics, capital letters or underlined to distinguish them, or in some cases entire sentences in italics or bold print, helps to put emphasis upon ideas or drive a certain point. Additionally there are references to students having two so to say, people inside them, designated by the capital Self, timeless causal level energy, and lowercase self, humanities programmed egoic mind. Random or redundant ideas are used in an unorthodox attempt at conveying concepts pointing to awakening, which is beyond concepts. When thought is quieten the subject is more easily absorbed. **Random concepts speak to the Natural Self behind people's programmed identity, forever always defining here and now by way of a mind conflicted, referenced as one Mind Identified.**-A It's estimated ten percent of people are awakening, albeit few are fully awakened. Those called to usher in this totally new kind of human-being, the profoundly significant state of awakening to peaceful love, have a great responsibility. Those called will find there is great need for spiritual progress due to a majority being unconscious. Collective consciousness will after all change the current paradigm of fear, controlling our world and minds presently, to the peaceful love paradigm. Fear merely propagates ongoing divisiveness, creating opposing ideologies, conflicted thinking collectively at the level of effect in life. Spiritually speaking: Thought trying to understand itself created a fear paradigm, distracting us from Natural Self. Yet do not assume an impact at the level of effect cannot be made. A--A

state in which one lives in the mind, mostly identifying daily life via memory, the mind using the person, i. e. is the actual person even really there or merely a roll they play?

Some are called to make vigorous and prolific contributions of unimaginable proportions, yet all coming together as one is key to success. Merely a single kind word has imminent and important consequences. In this work the aim was to reach all seekers in a more random way than contemporaries, particularly many past authors on the enlightenment subject. Often work in the field of enlightenment is overly complicated. Perhaps children should be taught to see mind patterns and social rolls as their **Life Script** is forming. They may be the key to successfully ushering in peaceful love as a dominant paradigm, currently controlled by fear and the egoic mind. Especially children prior to age six years, after which their life script indoctrination has been primarily formed. Planting the seed of enlightenment in a way they understand at a young age fosters deeper wisdom within, enabling them to hold a peace energy frequency and not succumb to indoctrination. Adults are awakening, in spite of the fact they're stigmatized by a seemingly insurmountable task: *Peacefully interacting with an indoctrinated life script, reticular activating system and ego controlling, a result of lost awareness of Inner-Being, or, The Ground of Existence.* **One willing to work at this, could possibly be the most important and meaningful accomplishment in their life, and if persistent they will awaken.** Yet this energy must be grounded or it will be just a passing experience. As in all goals where we direct our attention, there results will be. To cultivate a peaceful humanity is difficult due to the life script and egoic minds prolific power. We aim to help those who've felt this peace, to see the adversity opposites create. Literally controlling minds to a point they're unaware of it. A direct result of being greatly indoctrinated into an "I" identity. An enormously powerful ego who's purpose is to maintain the life script, compelling people to blindly follow in perpetuity old mind patterns and social rolls all humanity struggles with in their lives.

ABOUT THE AUTHOR

Imagine if we could all go back armed with the information herein, and rewrite our life script, use our mind not the other way around. It could very well be a totally different world. Imagine no longer being controlled by the egoic mind and its fear paradigm—love, emerging through the doorway of peace. Peaceful love is the core of every child, yet subjected to aggression, foments divisive lives of fear indoctrination. From early on the senselessness of the world was seen. Fear subsequently ingrained in childhood through programming, made early life very disturbing by today's standards and even then. The father was a drinker and mother very spiritual. Life prior to awakening was capricious with suicidal tendencies, interspersed with what is now seen as spiritual highs, albeit not understood as such. The upbringing programmed great fear, deep seeded guilt and shame, all major hidden blocks suppressed deep at an unconscious level, masked with pride and anger. Although pride and anger manifested in adulthood as well, which became the vent for pain pushed deep down. In retrospect, a deeper pain manifested in childhood fomenting anger and pride. References herein speaking in the third person, are due to a deep belief there was a death and spiritual rebirth, now viewed as fortuitous, and a feeling it was fated to be. It is to die before one dies. Awakening and surrender came at a great personal cost, viewed from the former life. All material gain was lost. The path to awakening was the result of Hitting Bottom, which fundamentally is having had so much pain in life, all due to unconsciousness, the point came it simply could not be endured any longer. This broke down walls of resistance, the egoic mind crumbled.-A A profound peace never dreamed possible was revealed. An abstruse deep surrender—an uncontrollable situation resulting in a collapse of the egoic mind.

A—The egoic mind protects us psychologically and physically. In hitting bottom the egoic mind lost all control and collapsed, revealing a deep peace never thought to exist.

An interest in martial art and philosophy developed in youth. Study was on a level of fanatical compulsiveness, the mothers influence most definitely. And then the other side, a self-destructive compulsive side, a result of the fathers influence. Martial art was used to vent anger, resulting in aggression, inciting rage, until the awakening. Looking back much of the former life brought regret. All the same it was an impetus to awaken and prior to it intense suffering ensued. Preceding awakening there were extreme highs and lows, at the level of bipolar disorder. As the unconscious life drew to an end there was a spiraling down, resistance to life in general. It was quite common to wake up in the early hours with feelings of uncontrollable despondency, being pulled away into a semblance of intense fear, away from peace whatsoever, akin to an ominous force attacking. The feeling of being a stranger in this world was strong, with a desire to go home. In retrospect to one degree or another this had been felt sense childhood. Just prior to awakening it all intensified exponentially. "Please take me home." ...was a common request. As this became progressively worse, a feeling life no longer wanted the author dominated. There was no reason to go on any longer. This came to a head and the absolute bottom was hit. Death came quite close several times during this period. For most of life formerly, there had been on and off study in the subject of enlightenment albeit only on an intellectual level. After hitting bottom a profound spiritual awareness fostered an awakening to inner-peace and stillness, although this ebbed and flowed. A lingering back and fourth, testimonial to ego's awesome power, fomenting disorder. Awareness of Natural Self, energy felt within, faded in and out. And when it faded there was a lonely pensive feeling, then, the peace would return of its own accord. Resistance, a major block now seen, and the quintessential mind identified state egoic minds encourage, were formed in youth.

It requires tremendous ongoing focus to remain awakened. Ego wields prolific power psychologically, a result of blocks, thick walls protecting the life script and its guardian ego, yet there was no going back. Peace took primacy, it was all that mattered. For a long period after the initial awakening there was nothing owned, a lack of interest in all the material world had to offer. Countless days were spent sitting in nature, libraries, book stores engaged in talks-reading-writing and meditating. Upon review, a honeymoon period of peaceful wonder, feeling Presence. Light within, Inner-Being, referenced herein as Inner-Source. Bliss, an innocence felt, a calm stillness. For all intents and purposes dying to this material world. Yet onerous work still remained to ground the energy and continues. Outside the martial arts lessons taught, a fundamental lack of interest in anything but emerging from programmed rolls and mind patterns. There were days without basic needs. It simply didn't matter. Through the kindness of others and surrendering to what is however, all needs were provided for. A Great Teachers axiom often came to mind, paraphrasing: "See the birds of the air, are they not cared for? And the lilies of the field they neither toil nor spin and are they not cared for?"¹ Clinging to the material and corresponding pain, a result of deep blocks..especially desire, built thick walls protecting the life script and its praetorian guard, ego. Relinquishment of judgment came, a belief it is something no one ever really had the ability to do, accurately that is. To engage in judgment one must have knowledge, absent error, of past and future, freed of personal bias, and what person can do that? Bias reared in the fear filled programmed egoic mind, blinds us to any accurate judgment. Unconsciousness is being compelled by our life script to do what we do while in a fog, not understanding why we do what we do. Attachment to self-destructive behavior; yet the other side of pain is also attachment, rearing conflict as well.

Perhaps there's a less dangerous path, or, less painful way than the journey spoken of herein. Commitment to discovering it is strong. Ultimately we simply keep going steadfast to consistent presence. Methods and systems, although useful at first, take one only so far because frankly they divide. This cannot be grasped by intellectual pursuits exclusively. Intellectual knowing, moves one to pure observation, a mind freed of fragmented thinking. In pure observation one consciously awakens. It is to feel energy via one's Natural Self and combined with arduous cultivation of wisdom, the energy is grounded by way of living a lifestyle of peace. It is to have presence. Or, it is just a passing experience. Consistent focus and passive pure observation is critical. Each of us must go within to: Commune with the teacher within, our own personal journey by observation of life, and for this student, fortuity. In so doing we discover personal enlightenment through vigorous socratic inquiry -following no authority. Cultivating awareness so the mind sees its mechanical dependence on memory. Transcending to emptiness, emerging from this back into the dream of form, a light shining forgiveness..peace..love..Bodhisattva. The authors journey yielded strong feelings of inner-source as well as many subtle states. The nature of consciousness as well as life itself, is movement; be alert so past images in memory don't control excessively. All arising out of consciousness. Watching as often as one is able, while engaged in observation of thought and feelings. An indoctrinated egoic life script promotes ideas of arrival, lulling one away from observation of thinking and feeling. Ego backs away in response to persistent alertness and cultivation of peace-innocence and wisdom. Yet ego reenters. Earnest peaceful observation of life, mind patterns and social rolls, one will see who the 'I' is so egocentric intellectualism does not lull the spiritual traveler again into the dream of form by way of **Forgetfulness**, into unconscious dreaming, lost in dualism.

CHAPTER ONE

THE DISEASE OF UNCONSCIOUSNESS

THE CURE OF ENLIGHTENMENT

What is unconsciousness? Defined as: “A state of being not aware of something, not intended or planned, not consciously done.” What is Enlightenment? Defined as: “A final spiritual state marked by an absence of desire and suffering.”¹ For those who **seek** spiritual enlightenment, the answer to these questions may seem particularly vague. Newcomers tend to find the subject obscure and opaque. Let us then inquire into this, and with a deep seriousness delve into the mysterious subject of enlightenment. Unconsciousness is a state of being unaware we are programmed and it controls us. Most will simply not see they're infected by it. Vast amounts of unconscious souls cling to it. A pandemic of fear brewing divisiveness. We can collectively negate fear and awaken peace. Enlightenment the word, is not it, it's a concept. That said, enlightenments seed exists within all, each souls slumbering birth-right awaiting its cultivation. Its peaceful love comes sporadically to everyone; when it does the vast majority do not see or know it to be what it is. Awakening as an abiding state is to live peace as a lifestyle, nevertheless this elusive energy requires consistent, alert devoted focus, one then holds its frequency. Vast numbers live in mind created fear, i.e. *Unconscious Dreaming*, unaware, living in a continuous **crisis to crisis** mode of learned--molded--programmed-fear filled unconscious behavior the far majority of people are

currently controlled by. In other words they get their life running smoothly only to repeatedly sabotage their own success. A vicious circle referenced herein as: **The Pain Pleasure Cycle**. *Virtually a revolving door delivering back and fourth endorphin highs, where pain is accepted because pleasure is the pay off.* There are varying degrees of this in people's lives, as well as endless examples, yet unconsciousness as a condition is the vast majority living life in bondage to an existence which follows blindly the paradigm of programmed fear, as well as indoctrinated acting out of scripted behavior. Social rolls and redundant old mind patterns stored in one's memory. A bizarre slavish clinging to fearfull overthinking, compelling one to follow the scripted minds narrative. Do people see indoctrination as it plays out in theirs, others, and collective humanities lives? *Can it be seen we are running on a sort of auto pilot?* The world runs on fear, a motivating factor in what people think, do and say. Inquiry into this is observation of people, *our own life script and rolls we play.*-A So before we get into solutions, deeper understanding of the underlying cause is required. In most cases either not seen or adamant enlightenment is not for them, one's life script controls their mind. Pain runs in cycles, often long cycles, so fear our world has fallen into via unconsciousness has taken center stage but sooner or later goes bad. Overall, consider human-beings are constantly at war, involved in endless conflict on personal and global levels, all fomented in thought via an egoic mind. We conclude humans as a species, harming each other endlessly, does appear to be quite insane. And the endless wars: The last millennia, millions slaughtered a blazing fire of fear, hate, and

A- We play rolls in life, which are of the life script, yet most don't see their patterns and loose themselves in rolls. This is the state of unconscious dreaming referenced herein.

malice..lust for power sold disguised as nationalism. Senseless but profitable-all created by a fear paradigm and elitists. Measured by one awakened—totally insane. Gererally speaking we are a cruel species are we not? Many say: "That's not my problem, what can I do?" What other species treats their own the way human-beings do? So many ignore it until it's on their door step. Yet as long as compulsive, conflicted, fearfilled scripted egoic minds rule, the suffering will continue. Vast numbers plainly will not see it. They deny, minimize or pretend nothing can be done, but do we all not play a part, either directly or passively? Even at the personal level most relationships are trapped in dysfunction, the break up make up cycle. So is this actual real love? Human interaction most often plays out as contentious dramas or pretentious comedies. A life script being written even in the womb. In this work we aim to help ill-inclined unconscious souls cultivate peace with a scripted alter ego. On a global and or individual level, literally the majority are perpetually used by their own egoic mind. If one is to live a life style of peaceful love, *a true and natural human-being*, it requires resolute alert attention: Hereinafter, daily susstained observation of scripted thought and emotion, *awakening to see that our own thought is trying to identify itself.*-A Preliminary work necessary to awaken: Ennobling one's conduct, helping bring order to the mind so it can see it's fragmentation. Initally, one deals with baggage--- Psychological Problematic Proclivities formed in the life script, old mind patterns and or social rolls, controlling what we are having, being and doing via accumulated psychological fear. *Programmed blocks creating divisiveness and generally obscuring peace in life.* A-

With the use of thought alone one can't know The Ground of Existance, or Inner-Being, one can only be aware of it—because it is beyond the thinking mind, which is limited.

Everyone has enlightenment moments, yet they're fleeting. Zen Buddhism references it as Satori, a flash of enlightenment. An example: The feeling had watching a beautiful sunset at days end, or gazing at the mountains majestic beauty, actually captivated by it. Or engaging in intense physical activity in one's sport of choice: **"Being in the zone."** Also felt in relationships on the sexual level between people seeking love yet it's nearly a flash. Unconscious egocentric--codependent--on and off or superfluous relationships, typically fail. Satori itself is fleeting until adequate work is done, or else anxiousness within reclaims control denying consistant peace over and over. Satori often is, stillness occuring in the moment, a result of thought quieten, staying here, each moment in the here and now, each present moment without mental labeling. A taste of awakening or moment of peace felt, having Presence, noticing time slows. Regretfully those unconscious are mind identified and cowtow to the egoic mind. Incessant thinking seizes control again and again. **Many live life almost entirely in their mind, think they use the mind when actually it uses them.**-A So this works aim is to help students see these flashes of satori can be felt as a consistant awakened state. This energy frequency when held, brings peace---serenity---quiet soothing calm emanating from our source, energy felt within.-B To simply focus attention inward, peace and clarity of mind arises. It's awareness of energy in the body. Seeing as well as feeling, freedom from compulsion to follow scripted autocratic programming. A life script and stored memory images in the brain running people's lives, so normalized they're unaware of just how much it does control. It is a projection of a scripted, indoctrinated

A--On going self talk, mind patterns and rolls controlling one's life.--B--It comes when a mind is quiet, with work it's a continious stream of peace. It is conscious presence .

life: A life parents and society taught us to act out. So how much of this scripted egoic mind would one say they actually are?

Thought forever tries understanding enlightenment through intellectual concepts yet cannot because it is beyond the realm of thinking. Recall watching the beautiful sunset spoken of. Actually being there, in the moment, peacefully observing it, here, now. Thought is quieten when pure observation prevails. A stillness felt within the body. A feeling of peace arises and the here and now is seen. This conveys 'ideas' of awakening. Here and now thought is far less intrusive, the mind negates past and future. Here and now stillness arises, and thoughts shut off switch is found: *Conscious Awareness*. A mind stilled negates images, is alert, present, absent obsessive compulsive continuous mind patterns. Without thinking or feeling I, a you, all rolls we play; e. g. 'I' ought to be elsewhere or doing something else, an uneasiness, lost in past or future. A mind observing and listening, induces the awakened state. Energy reclaimed by egos host, a mind unconflicted, is to have presence, inner-source felt as unification with just this moment—a oneness felt, sensations of we are part of the entire energy field. An axiom from Zen posits: “What is missing in this moment?” Or, in Taoist teachings: “Free from desire you realize the mystery.” Remaining here and now, to use past or future to assist, flowing with all life situations. In this work we reference these life situations as: **Daily Life**. To be **in** daily life is engaging observation, noticing thought and emotions. Therefore, focusing on now brings peace of mind, which is essential in dealing with triggered reactions to situations, which are part of who one is yet unobserved leaves us in conflict.

Life situations obviously are important but seeing life via memory alone prevents us from reclaiming energy, consumed at or near 100% by egoic mind and the life script. **In an Unconscious Dream State choices are made by the life script, who's source is stored memory and fear we are all compelled to follow.**-A Why does *the egoic mind/me/I/you*—control us? Are we our programming, and is ignorance bliss? Focusing on our spiritual core within, transcends this beginning with a question: What do you know about spiritual enlightenment? Garnering typical responses of nothing. A sublime state of stillness, love, clarity and peace of mind, not only brings misunderstanding, it is simply not known of at all. This begs the question: Why is this not being taught to our children in school? Is the answer a fear paradigm dominating people, an unconscious humanity? We are so controlled by ego, script and fear, that it has morphed into a progressive monster, creating resistance forged in people's own egoic minds, filled as it were with only the best of intentions, yet we fail to see thought used to understand itself will confuse any mind. A collective shift in consciousness from the dominant paradigm of fear to a peaceful love paradigm is needed now. Therefore with a high degree of seriousness we are to notice fear, which has been absolutely ingrained into the collective mind. Martial art deals with fear. It redirects opposing energy. Similarly, we aim to transmute fear, rearing one conscious humanity rooted in love--forgiveness--peace and non-judgment. Pure observation of incessant overthinking and or powerful emotions collaberating, promoting adherence to social rolls. Suffering via a programmed egoic mind, old patterns and a life script controlling people's lives.

A—Akin to living in a holographic reality or a dream world. The mind controls so completely it's all one has known and believes it's real."The mind makes it real ' The Matrix.

CHAPTER TWO

A MARTIAL ATTITUDE

A martial attitude would be the attitude a warrior takes into battle. Imagine charging into battle. Can you? Death may come at any point. This, is to be absolutely each moment. Here and now there is no you, only alertness. Ever so alert because death is ever so close. Nothing matters except this moment. If distracted from each moment at any point one risks being killed. The lives of the team are at risk as well. Along with interdependence for all lives involved, one unit. One has no time to think. Distraction via past and or future is gone. **There is only, here and now. This present situation is all that matters. It is reality.** If not, the team, a unit, will perish. Yes, prepare to have such focus in observation of the programmed mind. Hopefully it will not require determination at this level but life scripts tend to propagate disordered minds. And ego, its guardian, fights for its identification as “you”---an identity thought has created, veiling Natural Self and peace; harmony with with scripted reactions and rolls, to a degree if the observer does not surrender to the observed, the student exists in a false sense of reality, or, Unconscious Dreaming, lost in old patterns and rolls. And if so lost no one blames the “you.” It's all too easy to cling to the known rather than leap into the unknown. **You**, can kick the can down the road. It's not **your** problem. What can “**you**” do? So, 'blue pill' or 'red pill'?^A Difficult choices illustrated by a story telling of the level of commitment necessary to awaken. For this student it is a continuous challenge. It need not be, although letting go of the old paradigm and old mind patterns can seem like war. This work seeks to be honest with the reader. Together we will look at

A—From the movie *The Matrix*. A metaphor used to describe, in order above, unconscious dreaming and conscious awareness.

a story pointing to the level of commitment needed to awaken.

The story of a teacher, a man of ancient aristocracy and truly immense wisdom. He was approached while on the shore, as the new sun arose. A young seeker asked him to impart his profound wisdom unto him, to in fact take him on as his student. He agreed: "Very well, follow me into the water." Puzzled and apprehensive at the perplexing proposition, his young apprentice followed anyway. Abruptly grabbing him he pushed him under the water, the young man very nearly succumbed although with one last mighty effort, freed himself and upon regaining his breath asked: "What were you trying to do drown me?" The great teachers retort? "That is how badly you have to want to learn to begin with me." Prepare for a level of commitment such as this to awaken. It is unwise for anyone to underestimate ego's power. Much success in life comes only after intense pain and prolonged practice. There will be resistance. Resistance, used by ego to maintain adherence to the Life Script and rolls, uses opposition, opposing thoughts or ideas, creating dis-ease within, keeping us in a back and fourth emotional and mental swing to control us. From one extreme to another, controlled by past or future projected memory, denying now and veiling the Natural Human Being, or **Self**. Mind identified people live in the mind almost entirely, they follow programmed social rolls, an indoctrinated learned behavior we all were taught to do. Again this is our life script formed by age five or six years. It is so deeply ingrained into us the majority actually embrace total identification as the programmed egoic mind/**egoic self**. Typically one is completely unconscious of this, or at least in denial. This work will posit, such is to be in a state of: **Unconscious Dreaming**, life lived perpetually in the fear paradigm and usually unaware of it. Awareness of Natural Self reveals, unconscious resistance is our

scripted egoic mind controlling. Hence awakening requires letting go of who one was, or thought they were. In so doing the world known drastically changes. Most acquaintances still abide in fear, posing enormous challenges because programming still has a hold on them. The spiritually inclined, with work discover a new way of living. Those who remain unconscious see yet do not see, hear nor understand. Presenting further challenges to students who's new paradigm unfolds within them. *Those compelled to follow egoic minds programming must be forgiven. They don't understand why they do what they do, can't help themselves, or project blame to others or situations. Indoctrinated, running on a kind of auto pilot, unaware, or are in denial. Programming runs their lives.* Spiritually speaking, in awakening the life script kicks in creating resistance in a world currently controlled and largely motivated by fear, its fuel. Fear is taught, in fact programmed from childhood, and passed generation to generation, has been normalized psychologically. If children are taught to transmute fear into peaceful love, they can learn to redirect fear rather than resist it. Fear creates an on going train of aggressive thinking and worse case, abets violence.

Martial art helps one to focus, remain present and grounds an awakening. **Peaceful practitioners of the art awaken to inner-being.** A sort of in the zone, the saying in sports synonymous with awakening, to be in the moment without being distracted, absent overthinking programmed minds foment, bringing us to a feeling of being there. Intense activity brings on these fleeting glimpses. In the zone, can be compared to a profoundly joyous feeling one wished never ended. Fleeting satori experiences will bring flashes of an awakened state, peace offered to us all. Although conflicted minds persist and attempt to seize dominance again. *Egoic minds goal, indeed its purpose, is to totally control its host.* To this end

its commitment is absolute. It does this by way of keeping minds trapped, endlessly focusing upon past or future projected memory constantly defining the present. Perpetuated by on going self-talk, thought, and or feelings forever pulling us. Programming traps us in a pseudo time based reality. The present, here--now, is where actual Natural Self is awakened to; and is measured by the degree of peace one feels throughout each day. It is peace awakened to via awareness of inner-source. Here and now, where all that was or will be happens. Time, past and future, is what an egoic mind uses to control its host, filling the present with never ending mind patterns, redundant self-talk and images in memory defining now. Awareness holds the frequency of peace and projects love in daily life. Eternal source energy from within and by extension universal energy, or, **inner-being**. It's love, energy born of peace, taking us above thought by virtue of pure observation. Listening, observing calmly, each Present Moment, energy felt, bringing one into the now. This moment then, is all there is. **A scripted mind overrides the seeing of this.** It tells us what now is and here and now is lost. What is, is obscured, because memory has already defined it. If students work at this seriously, and if persistent they'll begin to awaken to see the mind using them. Other people will still see the world i.e. *be of the world*, as "*the you*" used to. This makes it even more challenging because again ego still has a hold upon them. *Those unconscious draw out the students scripted self, 1 pulling them into their life situations. People are programmed,* and fear binds us from seeing egoic mind. Unconscious fear then, is passed unknowingly generation to generation. Children should be taught to see this as the life script forms, the sheer destruction opposites create within people. Us and them, only feeds divisive conflicting fear in the mind and progressively incites aggression. *Yes, people simply act out a life script and their social rolls: **An indoctrinated***

“blue-pilled”¹ life. In the extreme the major cause of fear and its aggressive behavior, resulting in egoic minds challenging sanity.

Martial art helps one to focus, to be present. Practiced for awareness of Natural Self is extremely rare. Most instruction does not honor martial art for its greater purpose. Often it's no more than brutality, an egocentric unconscious projection of outright bullying. A mind set of fear, conflict, division and war. **Ego hijacked the art by emphasizing aggression. Ideally martial art teaches us to know ourselves: Natural Self reclaiming energy from egoic self, not aggression.** Honoring martial art is to negate fear by way of non-violent awakening to peace. We prepare as a deterrent to war, to awaken our Natural Self. Satori, flashes of enlightenment, on many levels in the lives of people say with persistent work this can be done. What level of effort do we put forth for peace? What if the work was harder than anything before. Would one do it? Examine your life. Is it seen all material accomplishments have only garnered short term satisfaction? Be honest, do you as the I thought has created, wish to spend a remainder of life chasing the wind? It is impermanence and simply will not last. Awakening is awareness of inner-source energy. Anything outside that has a beginning and an end. Seeking happiness in the material then, is an exercise in futility, destined to end, a clinging to time. Attached to coveting, to past or future, where problems originate. Time is of past or future projected memory, which makes the present an enemy, unless it benefits ego. Awakening is to rise above thoughts dominance. Timeless peace energy is within all, and by extension universal energy, a Presence felt, it brings one into the here and now, through daily astute observation, alert, listening. A scripted egoic mind sees now as merely images in memory, identification as the egoic self in “Clock-Time.” So then, reclaim energy from the

shadow self, it propagates resistance and anxiousness. Ego is the life scripts praetorian guard and enforces its narrative. Intended to help people, in a far majority the script and its guardian have taken them over. Reclaiming energy, requires acceptance of what is, so one flows **with** energy. Living peaceful love rises to inner-calm, then movement in and out of "clock-time" is normalized. Awakening allows us to relinquish the need to control everything in life and we live here and now, not in past or future. Spiritual students relax and flow with life situations so that stillness flows throughout the body. Presence is felt, one lives primarily here and now where actual reality is. Stop reading—seriously ponder the following question: ***"Is there any problem right now?"*** Consider a prerequisite to problems is the past and future. The here and now is stillness, fresh, always new, the only actual true reality. **So then life, is one continuous present moment, not fragmented.** Stored memory (past), and or projected memory (future), denies infinite space the now is. Therefore create space, watch the mind and in pure observation negate memory, except for practical purposes.

In martial art while sparring one is now, completely in the moment and if not they will be hit. Extreme drama such as war, is ironic in that intense human conflict brings us into the moment. That said, the awakened state is peaceful love, oneness with all that is. Throughout history examples of war bringing one into the moment have been documented and it speaks to energy or having presence, can manifest destruction, or be creative as well. Peaceful love is energy felt within, is fleeting or scattered. Consequently it must be grounded in wisdom. Yet egoic mind will still promote resistance. This may seem like spiritual war for one engaging in pure observation of the egoic mind. Ego's job is to keep us safe, nevertheless it seeks to control us to excess. It protects us in the

world, in the daily life and is the reason it sees its purpose of such importance. It seeks to total control of its host, ergo grounding the awakening is critical. In this, normalcy bias is one's nemesis. Be prepared to watch vigilantly your shadow self, its rolls and old mind patterns. Watching the life script, social rolls and reactionary triggered responses in life, fosters wisdom. Fascinating, one's own egoic mind perceived as an adversary. Its intended purpose, is to help us, yet unobserved egoic minds take over. Furthermore, the goal is not to defeat ego, it's to calmly watch it without resistance, through observation of its thinking process and emotions used to control us all. Observe calmly, see what it's up to, catch it before it takes over. So pure observations aim is to help students see this. A basic reason this work is so repetitive, to counter programming.

The challenge then, is to see and transcend this **crisis to crisis lifestyle**. In the journey it will be necessary to please understand we've been indoctrinated into fear. Into a sort of dream world, a belief system integrated into us until it permeates us down to our very dna. A far majority are controlled to a staggering exponential degree, unconscious, and completely unaware of it. At least we can all see and laugh at ourselves then, for being so utterly duped. What is one to do but laugh? Initially, by fortitude and consistent work awakening to conscious awareness manifests as inner-peace commensurate with remaining present, wisdom integrated into a mind programmed from birth. Here and now, far less worries or concerns plague us, due to the chalkboard of memories being wiped clean moment to moment. **Time slows, there's awareness of The Ground of Existence.** "Split a piece of wood, I am there. Lift a stone and you will find Me there."-A Being totally still, brings awareness of this. **Resist not, observe life and flow.** See patterns

A- From The Gospel of Thomas, The author inturperets this to mean Christ-Consciousness. An energy felt, then seen everywhere. And, that enlightenment is innocence merged with wisdom. As consistant work is done, slowly energy is felt as awareness becomes more-so keen. One totally listens peacefully, with their whole being. It is to live a lifestyle of peace, out of which love comes into the world. This is a totally new kind of human-being fostering the peaceful love paradigm and letting the fear paradigm go.

unattached, watch the movie of your scripted self, others as well. Observant, alert, watching egoic script and its pernicious agenda. Inquire, bring the mind on auto pilot to order. Bring stillness to it. Metaphorically sitting in the audience watching you play rolls.-'All the world is a stage. And all men and women merely players.'-A

Those awakening or awakened, are scattered. They've been around throughout the ages. If we look and are aware they can be seen. They're the ones with a peaceful calm persona. Not uneasy, calm-relaxed-content-peacefully flowing with what happens each moment, ***the only reality***. Engaging the whole of being into each and every movement, listening, having consistent flow, the mind acutely focused. **Not mental labeling, observation here and now.** Martial focus upon remaining present. A mind unconflicted, or no-mind--alert--awake--observant, requiring one hold this frequency. A mind submerged in deep peace, silence, quieten, calm. Thought negated: Making space so a mind sees what it sees, what actually is. In this space created, the mind sees truth. Allowing **here, the present**, to show **us** what **it** is, not continuously defining the now through memory. The present is not seen by way of past memory, seeing it in images. It is one's own personal journey. Yes, an up hill battle, quite repetitive, and at points frustrating. Yet in rare cases awakening is sudden and complete. Nevertheless it often requires potentially immense and determined persistence for long periods, and likely, may well be interspersed with feelings of inadequacy, the awesome force of ego pulling on us in the back and forth. One must keep going and don't ask why, this is paramount. A—W. Shakespeare

So present awareness is to negate time. Preoccupation with “clock-time” at the loss of present awareness then, is a challenge. Now is all there ever is-was or will be. Seems like an oxymoron it is

conceded, before one's perspective undergoes change. Practicing peace awakens us to love and leading to feel Being, is the void of omnipresent energy. For practical purposes, we need time in daily life. It's only problematic when we lose awareness of Being, lost at the level of effect, lost to worldly egoic mind disguises. A state of unconsciousness is to be **of** the world rather than **in** it. All of one's energy isn't needed for ego and script to functionally assist its host yet control is the modus operandi of all ego's. Awakening is reclaiming energy from ego. A retrospective viewpoint: Success has much to do with the number and severity of blocks the student has. All blocks, pain suffered in childhood and in life generally, or attachment to the world, can be a catalyst for change. Adults are awakening to feel inner-source but once again consider children have few blocks as of yet. They feel an innocence, which is lost to adulthood. Pain children haven't gone through yet because the life script has not fully engaged their lives to the extent it has in adults. Therein is a window unspoiled by fear. It does seem we are destined to learn by painful experiences. Yet undeterred, control can be reclaimed from indoctrinated, time bound mind identified states. Tenacious, alert watching of one's life script and its rolls is required. Natural Self sees egoic self via inner-being awareness, notwithstanding we are inundated by existentialism. Awakening helps those who are ready, to see unconscious dysfunction within themselves. We need to see we are all one humanity by virtue of living peace. Others then will see in one awakened a mirror image of themselves. So the awakened exemplify a unity with essence. Along with wisdom and forgiveness, merged with a basic primeval innocence, peace comes, and is the doorway for love to enter the world. Love has no opposite. Fear begets aggression and violence. Those who control continue to divide and use fear to do so. Peace as a lifestyle exposes fear. It's not as if love turned its back upon

fear, which is thought created. Love is our core, arises from within and couldn't imagine fear. Love, a bi-product of peace, vanquishes fear which is dispelled by love's light. The egoic mind accumulates fear. Dreams upswelling in collective consciousness, instigated by one's thoughts. Once fear takes root it is self-perpetuating. Should we be attacked in daily life, or find ourselves in some other kind of danger, the present is acute awareness and reaction. It keeps one safe but is not psychological fear. Martial art teaches practitioners to see psychologically accumulated fear; one reaches a point they have nothing to prove and peace is the primary purpose. Yes it's a violent world, but true non-violent martial artists know this, and choosing peace they work to see unconsciousness violates one's inner-most nature. Consider that desire, excessive gain, power over others, material possessions and fear of loss of these, all go hand in hand. If a spiritual student goes deep within, they expose hidden despair, typically caused by the continuous searching for happiness in material possessions, vain, pride-filled egocentric relationships, elitist desire for power, all impermanence, **all for not**. Is not the course then all too clear? Consider awakening brings us lasting peace. **With onerous work, one can see it manifest as the Great Awakening of Humanity.** It rises to dissipate fears darkness, by virtue of love's light. Ponder then, a profound axiom: "Imagine all the people living life in peace, you may say I'm a dreamer but I'm not the only one."¹ Additionally one could ask, will egoic mind and A. G. I./trans-humanism, exceed humanity? Will we lose our freedom, or woefully, perhaps destroy ourselves? Not if collective consciousness sees and transcends to the paradigm of peace. We are essentially love. Love without opposite, the personification of truth. Fear, a falsehood mostly created by thought, has the energy and power we give to it. Children see this, by virtue of a child-like innocence, simply by living here and now, where peaceful love is.

CHAPTER THREE

IN THE BEGINNING

The beginning is one's decision to awaken, it's an awareness. Spiritual awakening is consistent presence, it requires grounding inner-source energy. It is recommended a spiritual student ennoble the conduct of their character, as it helps bring the mind to order: Psychological proclivities, baggage in life worked through. Pain we are plagued by, suffered due to conflicting opposites, manifesting dramatic highs as well as lows. A programmed life script instigates conflict; this, is unconsciousness, one's mind in conflict with itself. Observation subverts unconsciousness, so there is peace, a mind ordered. Failure to see patterns jeopardizes peace which denotes deeper clarity. A mind unfragmented then, is still and it sees ego seeks to control us all through emotion and thought. In martial art observation is key. Awakening is to observe a scripted egoic mind. Consistent observation is key to conflict seen and caught prior to it rising to a storm i. e. taking over by way of overthinking, inciting a conflicted mind; this creates deception in the form of images in stored memory, seen to be reality. Actually seeing this requires a mind very alert. Albeit extreme life situations can reveal peace as well, vis-a-vis the collapse of one's egoic mind, revealing a peace never dreamed at all possible. Vast numbers live in the mind and merely at varying levels of unconsciousness, are jejune, arid, unable to rise above thinking. The devil we know, is to sink below

thinking via extremes, or mind alteration. Only when blocks are seen and dealt with is there consistent peace. So a basic summary: Adjust perspective, feel peace within, reconcile blocks, i. e. do the arduous work to cultivate wisdom then merge wisdom with peace.

Awakening comes to anyone, if taken seriously and vigilantly worked at. Through spiritual study, one on one dialogue or workshops, the student dissolves blocks and peace prevails. Initial first steps? The conceptual part of the journey, taking note there will be vacillation, a sort of back and fourth. Study the subject matter, at points to obsessive degrees, all counter-indoctrination. Refuse to give in, set and complete goals, turn attention into the body, these develop a strong foundation. **Notice the wheel of insanity--** or karma, and **self** in it. Only then can energy be reclaimed from a mind in disorder, which keeps humanity in bondage to fear. Live peaceful love as a lifestyle, which is to reduce energy given to the egoic mind, allocating only enough to simultaneously allow ego to navigate life situations, and maintain awareness of **Inner-Being**. Observation is paramount to this. Look at it this way, at the risk of getting into time, time being a major problem. There are 24 hours in a day. One cultivates an ability to remain consistently aware as egoic mind vies for complete control of those 24 hours. We cannot afford to lose awareness. If we do ego moves in seizing any available space. Moreover we all must operate in daily life, family, job, duties and so forth, requiring the script. Focused awareness is necessitated and allows sufficient amounts of energy for the life script to function, ultimately, effectively being **in the world not of it**. **It's simply peaceful observation of egoic self-to reclaim energy**

from overzealous old mind patterns. Maintaining alert conscious awareness is key, this is meditation then. The goal is to bring the egoic mind to order by watching it. Seem impossible? Be assured unwaivering persistence brings it into being. Those awakened are doing it moment to moment. Adaption to what is, brings one into the moment –**provided they keep going without fail for as long as it takes.** In non-resistance one has presence. Discontentment in an inauspicious mind only furthers resistance. We speak here to acceptance of what is, adaptation to daily life situations—neutral observation. Use of memory images practically, adaptation at the level of effect (chronological time), and simultaneous awareness of causal level energy, one's essence and the source of all that is.

Thought creates opposites, foments divisive resistance. It's thought trying to understand itself. One's mind using them rather than one using their mind. A method of thought and concepts used, then transcended. A catch-22, until adequate work is done. Acceptance of what happens and adapting to it, is freedom from incessant thinking and or corresponding emotion, to no longer be in unconscious dreaming. Ego and the life script plainly control us, that said watching it brings freedom. Something went awry when egoic mind entered the picture, albeit this maybe is just what was needed for us to awaken to enlightenment, it keeps us ultra alert.

Develop self-discipline, set and complete goals even if you start and want to quit, do not. Be peaceful in manner and speech. Be guarded in the use of subjective thinking. Ego knows its host all too well, it's extremely cunning and clever. Temper complaining,

and judgment. Too often we judge only to find out later we were wrong. Avoid extremes when possible, stay peaceful. If ego senses its host is awakening to Self awareness it uses feelings or thought in clever ways to distract us. The awakened are humble/selfless, as opposed to an elitist perspective, which is pride based. Nurture the peaceful natural human-being within and others see what has been awakened to by virtue of example. Talking about awakening is not suggested. Living a lifestyle of peace seems to resonate with people and helps others awaken. We can't see what to do when unconscious, so living peaceful love is like a positive sort of virus. Yet this is not awakened by way of thinking exclusively. Concepts must be transcended. Ergo the deeper more consistent one works at it, the stronger one's unification with inner-being. *Peace then, should always take primacy.* Turn attention into the body and feel energy radiate from the causal into the level of effect, then Being permeates all life situations. Interesting to note how unbelievably clever egoic mind is. A teacher antecedent to awakening, spent ten years in the study of enlightenment. A more recent instructor devoted years of study as well, albeit these instructors left their respective institutions. Perhaps it was merely another mind game. One did affirm he left due to the firm belief it was just an egoic mind game. The other had a condescending nihilistic view: "The faithful were just sheep." Religions by nature are divisive notwithstanding they do aim at fostering truth. Religions point to truth, nevertheless pit their truth against others, even within the same religion. Their proclaimed truth in conflict with others, all blocks to awakening. The authors retrospective view of these men: It's

To be unconscious is a mind perturbed. It must be still and calm to see what to do. Ergo if peace takes primacy, it spreads, life runs smoothly and the mind is infinitely clearer.

questionable if they attained an enlightened state. It appeared in their mind they were quite convinced of being enlightened. They indeed have personified the state, at least as far as one can by intellectual means. This is not to judge the intellectual, it's merely a fact. The purpose of this discussion is to avoid a potential trap, to learn from others mistakes. The void, is vast nothingness. The intellect understands thought and thought forms not nothingness. Awakened via a mind stilled, being there, having presence, is pure observation, not an attempt at describing presence conceptually. The awakened have no need to proclaim they are. These two men may have been missing the point, all humanity, are themselves. Propagating condemnation foments separation. We, are all one. **They may misunderstand the mistake thought has made, not see it or complicate it.** It would seem their egoic mind won in the end. Persistence in knowing by way of thought, or settling for memory experiences. "You can't always get what you want but sometimes you get what you need."¹ to quote an old song. Both are very wise and intellectual individuals. Good kind loving souls, yet egoic reason is a major block due to conceptualization. Ergo, simplistic innocence, a child like innocence is half the equation of simplistic innocence and wisdom merged. Do children complicate things, do they loose themselves in concepts about concepts, or, through innocence simply see what is? Thought can know only that which is of thought.-A In many cases spiritual awakening comes via being broken down and stripped by life of everything the material world has to offer, bringing about a surrender. Nothing left to cling to is conducive in maintaining awareness of inner-source. To be less

A--All thought knows via concepts-which can write a dissertation on The Ground of Existence yet it cannot be known, one can only be aware of it. Thought is limited to conceptions.

judgmental is challenging as well yet also conducive to awakening. Unbiased judgment, is quite impossible. We are merely giving up what could not be done. Except in unavoidable situations let it go, it simply pulls us all into drama, away from unity, peace and love. In our world presently, we do what we can do. Steadfast, we see spiritual gains as they come. Spiritual enlightenment, comes to those at Neutrality, just above Courage, which is the first of the higher levels of consciousness.-A And the prerequisite to courage is ***persistence*** which is difficult for us all. Once life reaches a certain stage it can be detrimental to a mind, after a lifetime of clinging to patterns and the life script. Applicable: “A leopard cannot change its spots.” “An old dog can't learn new tricks.” “It is easier for a camel to go through the eye of a needle than it is for a rich man to enter the Kingdom of Heaven.”¹ And especially inordinate elitist mindsets. It is daily decrease not daily increase; awareness within, brings peace. So therefore abandon all systems, raise awareness of innocence, merged it with wisdom. There's no arrival in this, it's an awareness felt, and assurance of success, **if one keeps going**. Study the subject matter. Additionally, loving honesty transcends all painful blocks. *Ennoble conduct, albeit do not try to be better than you can be*. Bring order to the mind. Calm your demeanor. Through sustained onerous work at questioning, inquiry via pure observation of social rolls and old mind patterns, innocence and wisdom grows stronger. We are to awaken by way of examination and elimination; seeing value in peace as a lifestyle.

A--The higher levels of consciousness: i. e. courage, neutrality, willingness. acceptance, reason, love, joy, peace, enlightenment; Transcends the lower levels: i. e. pride, anger, desire, fear, grief, apathy, guilt and shame. (Ideas from Dr. David Hawkins books.) The author equates the lower levels here-in as blocks, and the higher levels as freedom from blocks. Blocks as referred to here- in are Psychological problematic proclivities we must work through as a prerequisite to an extraordinarily ordered mind, required to fully awaken. The author feels if there is even the slightest degree of dis-ease within, that this disrupts peace and the student is then subjected to being pulled into rolls and old egoic mind patterns, which veil awareness of the feeling of inner-being i. e. The Ground of Existence, an energy felt in the body which we cannot know, just be aware of. If a mind doesn't have a high degree of order, an awakening is a passing experience, they will succumb to their life script, or go back to sleep again, i. e. unconscious dreaming, be of the world not in it.

A martial art story of a student who approached his master asking for the secret to proficiency is telling. He was told to come closer and closer until his student's ear was right next to him. "The more you practice the better you will be." Simple not easy. Calm speech and movement, focus attention inward. Vigorously, consistently focus on here and now. Be respectful...kind...reserved...forgiving, less judgmental *and most of all humble. **Yet the truly humble, do not know they are humble.*** Proclaiming humbleness is to imply its opposite. Pride prevents one from seeing a coming fall; denial fed by self-talk, ego's relentless effort to control us. Looking good, at the expense of others not doing as well. Unquestionably ego does not like humility. Ergo awakening is to observe in peace, the egoic mind and its resistance to what happens in life situations, all while curtailing complaining and judgment. Rooted in peace, stillness of mind, one connects to all people. The unconscious are asleep, and they plainly do not see it. No better or worse than anyone else. Yes, spiritually sick, morose, perhaps, albeit can awaken. Work to awaken wisdom, not through attacking with fear, by seeing life as opportunities for growth. Leave fear behind, not by turning away from it, by observation of it. See it is a creation of the egoic mind, psychologically speaking. A caball of accumulated fear in memory. Love has no opposite, and could never even imagine anything like fear, which is created by thought, trapping us in a mind identified state. Fear is born of attachment to "clock-time." Love comes by and through living a lifestyle of peace, although, this is relatively unfamiliar to most people. One awakened, takes all commitments seriously. Once committed to awakening there is no going back. A

strong need to push onward is absolutely paramount. When one talks of it they're to carefully choose their words. The unconscious often do make light of it all. So awareness of what is said is very important. To simply live peacefully is suggested, especially in the beginning. In the beginning, focus on what is done, be here and now, very present. To focus on energy in the body fosters peace, a flow analogous to a light shining from within, into the material world. Accept what happens and flow with it, no negative energy. Resist not, and energy is not blocked. Flow with life situations and adapt to what happens. Feel energy flow throughout the body, then project it into doing. **It is presence felt in the here and now.**

In martial art training the practice becomes a vetting process for those ready to raise their conscious presence. The training is a positive useful character builder one works at and fosters peace. The "Being in the zone" feeling all sports bring about is conducive. Ultimately studying martial art is to see the futility of aggression and violence. Develop awareness of indoctrination into the fear paradigm many are bizarrely enamored with. Reduce anxiousness little by little each day so that an innocence merged with deeper wisdom emerges within. One may however, become discouraged when equitable gain is upon the horizon in specific undertakings. Know that success is close when resistance peaks. Press onward, keep going. This journey is forever, there is no arrival nor should one want to arrive. Much can be learned in endeavors which at some point we did not wish to follow through with. We never know what insightful gifts await around the corner. Yet in all we do, really become deeply in the act of doing, even for such simple

tasks as in walking or brushing your teeth. *The last several statements point to the Present, to the here and now, awakening our teacher within, following no outside authority.* Avoid attachment to all methods or systems, go inward for answers where there are no boundaries. Stay present, where peace is. Accept what is and adapt. Develop fortitude, without it little can be gained in bringing order to the mind. Ultimately this all leads us to a still mind, rising above thought by way of freedom from attachment to opposites; life always new, fresh, love arising now. Again a student will know when they are close when resistance peaks. And the warning sign resistance is upon the horizon will be some extreme emotion or thought, good or bad, which tends to carry us away; life script and egoic effort to reclaim control. Ego uses past, future and time to control. So then, use time for practical purposes only. Awakening to now, everything comes alive, as if seeing it for the first time. In a mind recalmed, one is ultra present. The egoic mind therefore is programmed anxiousness, ongoing obsessive compulsive behavior and ongoing self-talk. Feeling energy within, flowing through the body, counters this. As work to quieten the mind is done, notions often come of success and awareness may soften, one stops doing what got them to where they were. Negative energy again takes control, one's mind succumbs to egoic mind. Notice it and reset to focused attention. Reclaim presence whenever you feel yourself slipping into forgetfulness. ^A There may be feelings of "I" should be turning up the focus, leading to overthinking. We must therefore see all mind games as that which promotes awareness, yet only if alert. It often feels like being slammed from one wall to another.

A—Lost awareness of the self, carried away by social rolls or old programmed mind patterns, so caught up in life situations, one gets lost in them, lost in the dream of form.

Ego protects us, yet do not become too attached. In far too many the egoic mind uses the person. So expect there will be a back and forth in the form of extreme highs and lows. It feels like being in a sort of transformative vacillation. Ebb of tense anxiousness, then flow of sublime peace. There will be much of this back and forth. Albeit with work the intervals become shorter. Do not complicate or overthink this, which only leads to misunderstanding and or confusion. An instructor early on would always say: “When things get complicated always go back to basics.” **Remember awakening is measured by the degree of peace one feels.** Having presence encourages smooth acceptance of what happens from moment to moment by virtue of adaptation. Even a slight degree of tension is resistance, indicating dis-ease within, pulls one into the scripted I identity. Being present takes us out of time and fosters innocence, slowly wisdom comes, situations reveal truth as something of itself.

Expectation exists in time and creates frustration. Time is of thought and memory. For time and space to be, one needs two points of reference. If time attempts to measure here and now it is gone. Truth now, is absent separation, a continuous stream of now; it is to see mind created conflict in life situations. That said, conflict has been so programmed and normalized we see mostly past and future at the loss of awareness of the now. In martial art techniques rise to perform themselves when we're present, in the moment we can be freed of conceptualization. This is the same of course, although still a totally new and unfamiliar way of living. No longer attached to what we've been trained to be or bound to indoctrination, we reclaim energy out of a disordered storehouse

of memory images. Alot only enough energy for programming to navigate day to day needs in daily life. Psychologically, spiritually, to be well adjusted. Much energy is then reclaimed by the Natural Self via awareness of patterns, or rolls, **seeing a you in time as the thought created scripted I**. This requires alert observation, at the level of effect, of social rolls and patterns, which is to say, egoic mind lost in unconscious dreaming: Egoic self manifesting a wheel of insanity, typically fomented through the pain pleasure cycle. A fear driven endorphan high in the pain cycle, followed then by an endorphan high of elation, derived in the pleasure cycle. This back and fourth is common and many derive a bizarre satisfaction from it, often only admitting it reluctantly. One cannot see what to do when caught in disconcerted extremes. Bringing calm order to the mind is the prerequisite to conscious awareness. Now these first chapters were designed to answer basic questions. If one's mind tries to understand this via thought alone, any real meaningful progress in awakening can not be accomplished. The quality of a mind must have a high degree of ordered peace, only after which progression as a student of enlightenment accelerates. An alert awakened state, unfolds by way of forged calm stillness in all life situations. Described as peaceful acceptance of now, originating from our source; seemingly different from energy generated in the mind programmed to fear.-A Egoic mind is characteristicly thought created anxiousness and aggressive negative fear energy. What is felt here and now, should be asked often, watching thought and feelings: 'It is like a finger pointing away to the moon. Do not fix your gaze upon the finger or you will miss all that heavenly glory.'¹

A—Fear is created in thought, mostly a psychologically disordered mind. To live in the now is to react and ddapt to what happens. Be aware of the source, not past or future.

CHAPTER FOUR

IS THE YOU SURE

Seriously, is humanity ready to awaken? It requires cultivating a mind with deep awareness—shifting from judgement of life, to observation in life, awakening Natural Self. Much of what was believed to be valid, from comfort zones to the life script, must be scrutinized, ergo questioned-observed-changed or perhaps totally transcended to make room for an emerging new paradigm...love. It's disconcerting to see we've been subservient to our life script. A rude awakening and major reconciliation. We're duped by ego, life script and thought created fear. The unconscious identify as an I, who they believe they are exclusively, prior to adequate pure observation being done. Natural Self then sees egoic self on auto pilot, one's mind moves out of conflict and division to peace. So is the you sure it's not preferable to simply remain in the dream? Awakening to see egoic **self**, a separate thinker we're all taught to be, is a difficult animal to tame. The path: Consistent inner-source awareness, observation of an I identity-its rolls and mind patterns. One calmly alert, then, day to day noticing the life script. Awareness not resistance, and the journey then begins. Less reliant now on rolls, the traveler sees their script as **impermanence**, to which the shadow self capitulates. Until observation of the I and script it follows, is practiced, attachment to the script feels secure, albeit foments anxiousness..psychological fear we cling to; and attached to this identity feels strangely satisfying, yet to one's dismay finds only temporary satisfaction. People settle for the known and fear the unknown. So if ignorance really is bliss, we are a collection of scripted belief systems seeing life from an I's subjective viewpoint. Countries-groups-ethnicities-religions and so on, have self-images

yet unfortunately still promote division. Ego loves this and feeds on it. It uses fear to keep us trapped in a divisive prison whose bars are concepts. Far too few practice peaceful love as a lifestyle. A majority live life wistfully bound in **Unconscious Dream States**. Vast numbers so completely “blue-pilled” they literally live mostly in the mind, adhering to what ego and programming tells them. A way of transcending this, *a finger pointing the way*, are the four levels of consciousness, discussed at length in chapter ten. Not only do people collectively adhere to the programmed dream of fear, they won't let go of it. They cling to it because it's all they've ever know. Pain, the upshot, is seen as better than the unknown. It is people's collective drama, old mind patterns and social rolls, dreams, generational manifestations of fear, all fed by their script. And buying into it anxiousness becomes normalized. A minority have awakened to reclaim energy from egoic mind which controls people via its pernicious narrative. Initially, one awakened notices everyone is unconscious. As a side bar, the minority are in no way better than the majority. Those awakened feel a profound peace, which everyone wants in their life. Sometimes others mistake the enthusiasm in one awakened, as thinking of themselves as better.

Plato's ancient Greek story illustrates unconscious dreaming quite well. “Allegory of the Cave”¹: Tells of some unfortunate men chained to a wall inside of a cave who see shadows, and hearing voices believe it's the real world. Offered freedom they decline because they believed the shadows they had known only, to be reality. Collective fear trapped them. It's difficult to transcend fear and shift to peaceful love, yet we must or consciousness itself will evolve without us. If we do, a totally new human-being emerges. Native Americans in the 1800's saw life different than foreigners. They exemplified an interesting yet contrasting viewpoint, or, way

of seeing. Their normalcy bias was strong too, notwithstanding in a dissimilar way and exemplifying programming, Native Americans had no concept of land ownership. Chief Seattle in the nineteenth century was asked to sell his land. He wrote the U.S. government at that time, paraphrased: "What is it to buy or sell land? It is an idea strange to us. How is it possible to own the earth? How can you own the sky, rivers--trees--land--nature?" Obviously he had a contrarian point of view. Natives likely found inner-source much easier to feel and see than we do today. The River of Life for them was a paradigm of oneness with mother earth. So what paradigm has the reader accepted? We tend to think of ourselves as special, different from trained animals, but are we any different? Are we programmed, and do we question indoctrination? If *one accepts they are programmed, is it detrimental?* A fresh perspective: The mind awakens to see and works at peaceful cohesion, a stream of clarity extended. Moments in stillness, arising here and now. The seed is within us all. It can be seen in someone awakened, often bringing to mind, what is it about that person. Something is very different, a peaceful light within; in truth, one sees their **Self**, it is the same light. They see the mirror reflection of their own light in one awakened to peaceful love. We're all inundated by self-talk, over-dependent on old mind patterns and social rolls, in addition to incessant thinking. So to hold conscious presence approaches the insurmountable. Disordered minds project the You/I identity, which will not easily give up its hold. And resistance plays right into egoic games, enabling ego to keep its hold. Albeit rare, all this could be seen instantaneously. Most of us however, have to work at it. Yet be assured, in just the right moment peace is awakened to, **provided one is persistent**. Those who do awaken often are drug into it kicking and screaming, a result of ego creating within its host, resistance to the new paradigm of peaceful love arising.

Ego takes all this quite seriously, and unless egoic self is seen via Natural Self, it is virtually a pain so unbearable, the scripted egoic mind, one mind identified, collapses for a time. Disorder then is transmuted to peace via surrender. One needs to be in it for the long run however, or they will slowly go to sleep again. “I don't care what it takes”--must be one's mantra. Ego aspires to control the minds of all humanity, literally by duping people into following the fear motivated life script. A mind seeing this then frees itself from its own dysfunction. Natural Self sees the scripted egoic self.

As inner-source energy arises, the scripted self is seen as an overzealous program. In the Zen Buddhism system: The fifth ox-herding picture is the point—“An effortless friendship with ego is established with one's own true nature.”¹ Daily life actually can foster peace, albeit patience must be cultivated. To observe then, is freedom from one's life script exclusively controlling. Freed from anxiousness, clinging and dis-ease, one's mind then is no longer in conflict with itself; the nightmare of fear via emotion, thought and memory. Ponder the following: Love, is a bi-product of peace, and once again has no opposite. Love brings soothing calm into one's life. But never underestimate ego's resolve to control its host.

What effort is made to awaken real freedom? Search your childhood memories. An innocence, a oneness felt as if time stood still. And the child felt present awareness, **felt a part of all that is, an Oceanic Feeling, surrender to life's will.** Observation of egoic mind changes a student's perspective. So observe ego and reclaim energy from it. In this, one feels our world no longer makes any sense, **a good sign the student is awakening.** If awakening came in the form of a more abrupt way, one may feel alienated, at least at first. So the newly awakened, often tend to isolate and or

withdraw. Our world looks ominous to some degree. It seems as if we are descending into global insanity. What's it all for? Everyone fighting for more control, power, position, money, all of it in vain, this, is to chase the wind. It seems pointless to one awakened: **A good sign.** To ground spiritual energy, many surrender moments come nurtured by acceptance--compassion--forgiveness and love. Peaceful stillness whispers to the student: *"Natural Self is a part of absolutely everything:"*-**A sign one is awakening.** Oneness felt as peace within the body, one planet, one people. Seeing life in a new way. If the awakening was abrupt, or subtle, grounding work must still be done or else it's just a fleeting experience. At points the energy seems to have left all together, then returns abruptly. *Its gift is peace, yet steadfast patience is absolutely paramount to awakening.* Inquiring through observation, study, and alertness of self, solidifies peaceful tranquility, one is metaphorically reborn in a way. Grounding the energy requires persistence, and truly one's gift to all they come into contact with. Without speaking it simply spreads akin to a virus. Enlightenment's seed exists within all and in the grounding of it, one feels within the mind and body healing. This brings love and order out of chaos. Awakening is to observe social rolls, thought patterns and solidify non-resistance to what is. Predominant daily practice in seeing egoic self is definitely key. Resistance is the tool ego uses to control us, ergo practice, watch ego, have forgiveness—kindness—acceptance, observe the script. Were there kind acts today? Was there consideration of others first and foremost? Is there something which could have been done different, or maybe better? Should there have been amends to someone today? How can there be service to others?¹ Is the mind at ease, in the now? Can ego's needs be set aside? Epiphany moments come as we see totally anew, truth awakened to in each moment. Like a pebble dropped in a pool affecting the whole, it

A-- It is fundamentally, Biblically, "Be still and know that I am God." Psalm 46:10 The Ground of Existence, cannot be known, one can only have an awareness of it. Source energy.

is the ripple effect. What we do touches all humanity. A, we are the world viewpoint, not separation. A mind alert to each present moment: Life is as it is and now is peace. Nurture these ideas. Ego abides in time, is divisive and conflicted. Can the reader see it, the present as the only reality? For all intents and purposes, thought enters and the present it's no longer real, it is memory. The future or projected memory—ahead of the present—to see reality there results in only temporary satisfaction. Ego seeks reality in time, in so doing it negates the now—past or future, mere images in memory of now. The present: the only true reality. To not see this is to live in mind identified states. To search for reality in past and or future is what most do and they're programmed to do. The actual here and now—are random potentials observed, occurring moment to moment. Thought seeks to identify the now with memory images, which take over the seeing of the present moment, one is then lost in perpetuity to social rolls and mind patterns. This creates divisiveness i.e. egoic mind controls. **Present moments are not of thought, they're not known, it's an awareness of truth revealing itself, and is of itself.** Natural Self sees true reality, and shadow self lives in the mind. Feel this within yet don't define or hold on. Whatever comes into now, accept it and instantaneously allow it to fade into a memory hole, then use it for practical purposes. It is analogous to a chalkboard wiped clean each moment by virtue of a still and ordered mind, calmly intently listening, creating room for the fresh and new moment, to reveal itself. The eternal now is one continuous stream. Difficult to see because past and future have been so very normalized. So, normalize the now via the mind watching itself, see to engage in identification of here and now, is mere memory. A conundrum of opposites, plainly images of what memories say is real. Subsequently inauspicious to awakening a mind watching itself. Practice then, see not images in and or of

memories, see what you see. So, is the egoic mind blocking it still?

There is definitely a normalcy bias which must be seen. Let us look at the power of normalcy bias then. The twin towers were destroyed on 9-11-2001 in New York City. As buildings were being evacuated some went back to get their purse, or shut off lights, their computer or other such insignificant tasks and they paid the ultimate price for doing so. Normalcy bias is to be controlled by a programmed scripted mind. It is so strong even life is abdicated to it. We ask readers then, consider on a scale from one to ten how important your indoctrinated life script is, egoic mind and your identification as it. People are so lost in rolls they have become numbed by the dream of form. So many are of the world, live in their minds and will not let go of programmed fear. Does the one who reads this want out of the dream, exacerbated by their own minds resistance? If peace is what you want, ponder this: Why is the negative goal so valuable? What is the payoff? Why is it too valuable to give up? You may conclude a fear based egoic mind to be just fine and settle for it. Yet if one is not ready to awaken it's okay. Awakening to conscious awareness is a major paradigm shift wherein one dies before they die, to be metaphorically reborn. It's not as if the egoic mind using us was ever going to end well anyway. Trapped in persistent negativity? Clinging to the dream? For each person so trapped, upon their entrance into death, should they embrace clinging to the world, ego and self their entire lives, resisting an awakening, it will be seen then what could have been; bringing into their soul great despair and or disappointment. A feeling of having made a great error. As if one's soul were saying now it must be done all over again, and again, until we get it right, a sort of loop in the space-time continuum. ***The negative goal is unwillingness and clinging to egoic mind, a state of fear, still, it's***

one's goal, limiting, negative, yet familiar. One must ask, what is the payoff? Human tendency is to cling to familiarity, the devil we know is preferred to the unknown. So then, do some soul searching. As the I, life may be considered to be okay, and if so again that's fine. This reformation if you like, is a part of humanity evolving. Truth is if we blindly follow a program, we are all not far removed from domesticated animals. We herein ask the reader to open their eyes to truth via observation. Think it over, but know there is no going back. Ask then, is the you sure? There are risks. That said there are risks walking out your front door too. Most souls whom have awakened have done so by way of a painful life experience, which is a very difficult route. As we rise in numbers, ushering in awareness of innocence combined with wisdom, the awakened state will put an end to separation, division and craving of elitist power. Once we see actions affect the whole, which the unconscious do not see due to a dominant fear paradigm, there is nothing **to** judge, accurately that is. It is conceded getting one's head around all this is not easy. We simply see it then transcend living in our minds exclusively. Historically, great spiritual teachers used metaphor to teach, often teaching orally. Perhaps because it forces a student to go deep within themselves to find the teacher within. Much of the wisdom it seems, was lost as teachings were written down by mind identified followers, unintended of course, or not. Blinded by unconsciousness, passed down generation after generation, serious commitment is needed for a daily decrease of obsessive compulsive thinking, questioning belief systems. Watch extreme emotions which only propagate egoic attachment. Acute alert awareness, absent forgetfulness—listening so an absolutely still mind in quiet observation of what is can freely, smoothly shift from the timeless state to Daily Life tasks...'Clock-Time' used, then shifting to the now, simultaneously aware of peaceful inner-being.

CHAPTER FIVE

ENLIGHTENMENT ITS ATTRACTION AND CHALLENGES

There is a growing interest in enlightenment. Why is the subject gaining in popularity? Is it simply that our world needs more love? Is love food for the soul? Humanity is predominantly fear motivated, just watch the news for proof. We are asking, is enlightenment a positive alternative? Does ego deceive its host via their script? Are people blinded, lost to mind patterns and pre-established social rolls, yet feel as a thorn in the side something is lacking spiritually? Should we be developing our spiritual side and what is done to bring this to fruition? An inner-voice whispers to us, there is more, and more love is needed. Fear, disguised as the scripted egoic self, veils Natrual Self. Attraction to enlightenment rises as church attendance falls. Interest grows as the search for lasting peace is seen as the only alternative in a world seemingly smaller--controlled--complex and violent. Conscious Awareness: A final spiritual state marked by the absence of desire and suffering. We have spoken of being in the zone, i. e. to rise above thought. **Reduction of incessant thinking, remaining present, acceptance of what life brings, silence between sound/empty space around form, all help to shift out of living exclusively in a mind that uses us, which comes via observation.** A Satori Flashes can be extended to longer durations with persistant arduous work. 1—The four doorways to awareness of

inner-being, helping us feel innocence and observe the mind, sharpen it, then turn it upon itself. One using their mind not the other way around, it's the doorway to wisdom.

As gaps between ebb and flow lessen, a stream of peace extends. Uneasy tension, caused by excessive focus upon past and future, melts away. There is room now in one's mind for the fresh and new. The four doorways in bold print above, do help to bring into focus, peace energy, which permeates the body and brings us into here and now, freed of reliance upon controlling old programmed behavioral patterns. As the student awakens, it extends peace to all collective consciousness. A sustained steadfast commitment to peace brings into being inner-source energy consistantly. Having presence fosters peace, out of which love comes into the world.

Let us compare peaceful calm to busyness, garnering merely temporary happiness. Those who live in the mind to excess, live in fear and peace is lost due to loss of awareness of inner-being. Lost in the dream of form, present awareness is blocked, replaced by images in memory, making ego's job easy. Distracted, in a fog, one never notices they're actually controled by ego and the life script. Inundated by programming and unaware of it, consumed by daily life distractions resulting in loss of peace, here and now is sadly not recognized. Unconsciousness: A mind bound to clock-time and perpetual anxiousness. A mind forever consumed by thinking and busyness, is lost in the dream of form, this makes ego stronger. An enormous hurdle to awakening peace enlightenment offers. This is a major paradigm shift requiring that we see how essential it is to notice self-talk, social rolls, patterns. *Ergo, consistant attention is critical. Never underestimate the difficulty in this. The level of interest matches the level of success. If a student is one hundred percent interested, only then will they be one hundred percent*

successful. Now we ought to deeply absorb the three sentences, and see an extremely powerful egoic mind epitomizes this. We are saying then, to have an equal level of seriousness as does ego. Reflection at a deeper level drives the point: Pure Observation is the only way to see the egoic I and move into the here and now, which is certainly better than capitulation to a script. It's a total change of perspective/new way of living. Natural Self is felt, more so than known. It arises out of quiet stillness, now. To assume this will come without work is erroneous. Ego and your life script are relentless—and together they seek to control via thought created psychological fear. Attention diverted is ego's clever slight of hand saying look here, as it dupes us. It fights vigorously for the script it protects by compelling us to follow mind patterns and social rolls. And a majority are totally unconscious of this. *Egoic mind strives continuously to identify its host and all life really. Adhering to past and or projected memory, it creates separation, propagates ongoing conflict in a mind, and this controls us until pure observation is practiced. Natural Self's timeless presence is a vehicle, transcending illusory veils. Still, present awareness is awakened gradually, yet we must expedite it; consciousness is evolving, we evolve or it or get left behind. So we're not as important as we seem to think.*

To say we must move to an awakened state is to already imply its opposite, creating resistance, this foments divisiveness. Ego needs and uses divisive opposites via concepts, which are to be used and let go of. *A mind too full of memory, defining now, empowers the ego. When exclusively mind identified, this leads to accumulated fear in the mind.* Yet peace, is just below the surface.

A slumbering seed in every human-being, and pure observation cultivated, brings it to fruition. Varring levels of unconsciousness enable ego to hide its pernicious agenda, precisely why we must steadfastly cultivate the teacher within, via peace. Ego promotes its narrative and is quite good at deception. It may have already propagated in the readers mind: "This is nonsense." Yet a thorn in the mind for those courageous enough, still calls. Fear is a product of extreme emotion and thought, it will rear its head when least expected. One cannot see what to do when upset. Calm needed to see clearly is vital. Bringing the mind to order, egoic mind no longer uses its host. Yet this requires persistant pure observation. Work at it diligently so the mind is then freed from the known.

The powers that be desire to control the masses. Egoic pride creates this elitist ideology, making ego's job all too easy. World leaders feel humanity must be protected from itself. This plays to illusions of godhood, preventing global elitists intellectuals from seeing peaceful love, the new paradigm arising. They're no better than anyone else, still, ego is quite good at disguising itself within the prideful. It's fascinating, the parallels on a personal and world level. A quite disconcerting fact: World leaders controlled by fear, creating laws, is the unconscious leading the unconscious. "The Advent of a Great Awakening" 1...is lost to their lust for power, i. e. unconscious dreaming. People totally inundated with things to do, or **of** the world, are enamored with egocentricity. To the serious spiritual student the proposition of present awareness, the feeling of peace/love, is an infinitely better alternative than being duped by an egoic mind, helped along by propagandized indoctrination.

The challenge: To observe egoic *self*, cultivate peace, i. e. essential inner-being. **Natural Human-Beings, work to forge a mind without boundaries, born of an alert quiet stillness,** carved out of an indoctrinated *self*. Empty your mind of fearfilled thinking so there is infinite space for the new. Clear your mind of memory so there is space for each new moment, absent all thought created images identifying the present. We are letting life show **us** what **it** is, not an I describing it with memories, defining our life, i. e. stored past images in the brain. In a mind awakened, subdued memory allows to see what they see, not memory images of it. *Side-bar—finding this all too repetitive, superfluous, diffused? It requires tenacity to see it, endure it or, allow your mind to use you. We digress—*To be **of** the world foments division, conflict, aggression and anxiousness. Being **in** the world is a mind observed; creative imagination, self determination, critical thinking, wisdom-all necessary to awaken. Tech., and divisive fear is on the rise, and will go badly absent the spiritual factor. The egoic “you” hides in denial, so that egoic self cannot be seen. Watch egoic mind, it fosters the very awareness needed to not succumb to it. Progress would surge, creativity and productivity, the tax base of countries would grow exponentially. Harness untapped spiritual energy, and it will propel humanity to unimaginable heights. Slumbering spiritual forces lay in wait for each of us, awaiting as it were the creation of space in one's mind, not over dependence on memory. The mind identified, propagate merely conflicted minds. Ergo, evolve with consciousness or cling with good intentions to familiarity and let ego rule us. We've only begun to scratch the surface of the unbelievable possibilities if

spirituality rises. If all of us work to cultivate our spiritual side—if enough individuals live peaceful love as a lifestyle, psychological fear is then vanquished from the minds of mankind, and the egoic mind would no longer drive us into despair. Can we imagine it?

Again, Albert Einstein's axiom: “It is appallingly obvious our technology has surpassed our humanity.” Technology advances, and commandeered exponentially by an egoic mind, is enough reason enlightenment should rise. Positive energy is love, without opposite. Projecting it simply makes sense. Slumbering real power not force, light within us yearning to reclaim our birthright, slowly grows through observation of the egoic mind and social rolls we play, abating duality. So, water the seed—awaken Natural Self—cultivate presense—observe ego—think critically—excercise self-determination. To succumb to egoic mind and opposites, negates peace. Release creative spiritual forces in humanity on a collective and individual level. Courage, the doorway to the higher levels of consciousness, opens us up to see this. Awaken, project the light of inner-being into daily life. And if love were to flower, when we begin to *see love as always new*, an explosion of creativity would usher ensuing calm, entering our world by virtue of living peace, the doorway for peaceful love to come into our world. Difficult yes, nevertheless as more are called to awaken, it will be viewed as essential and inevitable. Absent dualistic thinking a new way of living brings us into the **here and now**. Egoic mind blocks this, yet if peace by way of pure observation is practiced, excessive anxiety is would be quailed. To think of the here and now, categorizing it by way of memory images stored in the human brain, merely

creates division—*Do 'you' see this as scattered or a word salad? If you live in the mind, it uses you, and 'you' will see it as feckless. Is peace in your life? We digress—Obversation sharpens the mind and then turned upon itself, it serves us.* After the awakening, almost immediately it is apparent to the student most people are totally unconscious. Ego rules them, pushes their buttons and controls via an 'I' identity. Literally the wheel of insanity, is one's life script seeking to control. To practice steadfast peace and hold its energy frequency, spreads it. Anxiousness fades in the here and now, the only actual reality. Observe, free the mind of a scripts incessant need to control your mind, indeed it's your mind. Initially awakening is wonder followed by onerous work to ground energy. Or else it's just a passing experience and one is lulled into unconscious dreaming again. Bringing the conflicted mind to order, is difficult because we are so completely lost in busyness. Observe the self, so peace—forgiveness—and limited judgement, foster a new life view, one of acceptance; life is as it is, a non-clinging to what happens. Want what happens, roll with the punches. A “good” or “bad” perspective, is then seen from the peaceful, we shall see perspective. All that moves in and out of the here and now is accepted, absent resistance. Unwarranted psychological fear, is observed and dissipates. The clever yet petty little ego, laughs as we chase the wind, so observe, watch it, life force then flows and no longer blocked, resistance melts away, social rolls played in life are seen in real-time, one determined to observe thought rises above it.—A Aggression fades, is replaced by love. Literally, we are then transcending insanity, a revolving door in perpetuity of mere

A—To rise above thought is to see what you see, always new, without memory intervening. As if to see it for the first time. To use memory for practical purposes only.

endless pain pleasure cycles, seen in the now. Unattached limited judgement, enables spiritual travelers to feel peace energy within and helps others to do the same, via example. Having, being and doing, in the here and now, will propagate peaceful love. Fear normalized—blocks all peace. Arising out of acceptance of what's happening, awakening initially feels quite unfamiliar. The energy of fear filled clinging, born in egoic minds, dominates the masses presently. Freedom from it requires **attention**, so a mind sees its own anxiousness; then a progressive realization of a worthy ideal accomplished by virtue of intermediate goals. Goals or systems, only help us if we **use and discard them**. There's no right or wrong in absolutes really. Only pure observation of what happens now—adapting as possibilities unfold. Eliminating all that divides one by one until absolutely the entire dream—all social roles played—the I—a you identity—aggression and clinging—transmute into peace. Enlightenment, once tasted who would settle for less? There must be a **collective** rise in consciousness, connecting all humanity to the new peaceful love paradigm. And when oneness is felt by all, humanity sees at long last we are all indeed absolutely connected. Connected by way of tiny vibrating strings at the quantum level. Literally one energy field adapting to possibilities, randomness via the changing power of observation. **One world, not world order, cultivated peace within. We all then see, little or no government was ever needed,** ending psychologically fearfilled separation so there then is no one left to hate. Blocking this is separation, ego, mind creations of us and them, fomenting roles, strong emotions, overthinking. Read this far? Challenge met—attraction continues.

A—Suggesting humanities rise to higher reason, rooted in abstraction, the doorway to the highest levels of consciousness—One world in peace, beyond intellectual reason.

CHAPTER SIX

AFTER THE AWAKENING

This could very well be the greatest, most rewarding and important accomplishment achievable in the physical realm. And arduous post life script formation, beyond 6 years. A retrospective view the awakened often have. Pain is usually involved but does not need to be. Throughout history rarely have there been those whom have awakened suddenly and completely. That said, for most spiritual travelers, which includes the one who writes this, it has not been so. Remaining awakened is daunting to say the least. Imagine an ominous fear-filled nightmare, unconsciousness. Then, a spiritual awakening while everyone else lives in a mind that uses them, an inauspicious state of unconscious dreaming. Appallingly obvious, people's "I" identity, which thought has created, acts out a programmed script. One awakened sees it outside looking in yet others do not see it. It's as if You, *were* in a kind of hologram, now the emerging Natural Self, observing in the audience. Others are still running on the programmed drama filled script, playing their rolls; attached, or controlled by their egoic mind. One awakened forewarns them: "The egoic mind blocks you." Yet they don't see, or can't believe it: "Though they see they do not see...hear...nor understand." (Jesus Christ) This is disturbingly apparent post awakening, and frustrating. As awakening unfolds it requires one ground the energy or a false thought created self, the You identity, reemerges to imprison the one trapped in a paradigm of fearful overthinking. The programmed, propagandized, nightmare unconsciousness is.

In martial art training there is something called tempering. This is where one takes a stance (a horse stance) allowing their

partner to kick and punch their body, to toughen it up. Of course this is for adult students, generally those training for full contact competition. Cultivation of an awakened state can seem like being tempered. In awakening to enlightenment all students experience different challenges. All anyone can realistically do is follow their own path to wisdom, their teacher within. This grateful spiritual traveler will now articulate the path taken: The journey began many years ago as a seeker lost in *unconscious dreaming*, a term repeatedly referenced herein. All efforts consisted of on and off obsessive compulsive study albeit on an intellectual level. A family to raise...business to run...responsibilities...bills to pay, busy busy busy; just what the ego leverages to control. Again, intermittent study for most of that time. There was clinging to the material, caught in the indoctrinated script and old patterns. Additionally the struggle of ennobling conduct. Being **of** the world to a deeper degree rather than **in** the world. Even post awakening it was a difficult transcendence from being of the world to being in the world. Over four years ago the awakening occurred—a spiritual rebirth, and consistent work since to ground the awakened state, ***which continues***. The difficult part of grounding work has turned out to be the interaction with the majority of people known and met who are mostly unconscious. Surprisingly as the journey goes on, discovery of how little is known about the subject is now quite apparent. “What do you know about enlightenment?” A question posed to countless people. The typical response: Most know little if anything, don't care, or it goes right over their heads. Talking of it garners responses of everything one can imagine. The best and worse of reactions, yet misunderstanding is the norm. People are receptive, kind and curious about the awakening, but for the most part confusion is commonplace. Challenging because after rebirth nothing is the same. It seems there is a price paid for awakening, A—

The hit bottom experience brought peace never dreamed possible, the innocence part. Without cultivation of wisdom it will fade and one sinks again into unconsciousness.

or, no longer adhering to the status quo. One simply does not fit in, similar perhaps to the born again Christian, ostracized by old acquaintances. Our world it seems, has gone quite insane: M.A.D. or M.A.E.D...elitists seeking power...money...exacerbated by ego-centric sycophant mind identified academia, fear of loss of status –fomenting anxiousness. **Hiding Natural Self** via a controlling ego. Mind identified, **veiling Self** at a loss of **awareness of Inner-Being**.

The world in a larger sense is no longer of great importance, in the respect it does not consume us. It all becomes seen as a chasing of the wind. For the serious student peace slowly replaces their programmed self as Natural Self emerges. A Different for each spiritual traveler yet there are days when ego aggressively attacks, then the opposite extreme, peace. Pulled again into a back and fourth with voracious power. Peaceful love comes gradually, due to fear having been so normalized. It makes the back and fourth in grounding quite challenging. Awakening is one thing, to ground it permanently, that my friends is all together a different animal to tame. Pure observation along side acute awareness as best as one is able to do, is necessary to ground the energy. Otherwise only a partial awakening results; lulled by egoic mind into unconscious dreaming. Loving self honesty i.e. self examination brings order to the mind helping to **ennoble a students conduct...a prerequisite**. Purifying motives and the physical body is strongly recommended as well, so the Natural Self is not pulled into disunion: **Seeing life through the eyes of fear filed obsessive compulsive conflict born of division**. The mind identified state is virtually where everybody met and known are post awakening. Our worlds modus operandi seems to be fear ingrained in our very dna, an indoctrinated mind controlling us. It can be likened to a cup the world fills with fear, A–

A mind slowly withdrawing from the fear paradigm to be more-so the peaceful love paradigm. Fundamentally to live a lifestyle of peace, the mind is clearer and peaceful due to the student no longer being completely caught up in social rolls and old mind patterns i. e. an egoic mind driving them slowly insane with past, future and overthinking.

leaving no room for love. Fear, forever pushes its way in but with work peaceful presence slowly arises, a consistent presence. At times peace comes in waves..joy..nirvana..an energy felt. Akin to martial art, it is to create space in the mind and negate fear. One must be ultra aware--alert--watching thought. We are reared to believe the life script and its narrative. The nefarious self, pulls us into mind patterns. Persistence develops an instinctive **no**, pain of controlling negative old mind patterns will no longer be tolerated. Therefore surrender to what is, accept and move through it. Fear then transmutes into peace provided awareness of inner-source is consistent. This traveler's life shattering event, the "Hitting bottom experience" referenced earlier in this work, merely began the awakening. *Be prepared to really work at this.* When elimination of the over use of past and future is practiced, peaceful presence prevails. This is so totally outside the box for most, the ideas again often go right over seekers heads. Now, is plainly not seen, yet is all but problem free. Space created in the mind negates time and programmed scripted rolls. In such a mind real love is stimulated.. **Nirvana.** A state of Nirvana, once grounded is abiding peace, and a vast limitless macrocosm of bliss, an awareness of the Ground of existence.-A To feel inner-being, which is to say, having presence.

Nirvana literally means blown out, as if to blow out a candle. In Buddhist thought, it is to still the egoic mind after desire and delusion have finally been extinguished. In Hinduism, it is union with Brahman. Out of the divine ground of existence, the ego-less present emerges. Here and now, ego is negated in a mind silent, or, no-mind. Ego has less power because it needs past or future to create fear. Peaceful love exists here and now, in only the Present Moment. In Jainism and Sikhism, it is the state of profound peace felt now, again, in the present moment. Moksha, release from

1--The Divine Ground of all Existence, a spiritual absolute, ineffable in terms of discursive thought but is susceptible to human-beings awareness, one can be aware of it not know it.

suffering after a lengthy period of Bhavana. A spiritual cultivation of Natural Self: Development of loving kindness, oneness with all creation. We are saying here that to feel Natural Self is predicated upon **ennobling conduct**, *bringing order to a mind* through loving honesty, in regard to addressing one's story—or one's blocks. Pain suffered in life, ergo, daily work slowly develops loving kindness, a cultivation of peace. The state is also found described in western Christian Mysticism and or Gnostic writings: ¹“When you make the two one you will become sons of man.” ²“The Kingdom of Heaven is within you.” -- ³“If you bring into being that which is within you then that which you have will save you. If you do not have it within you then that which you do not have within will kill you.” ..a conflicted egoic **mind**.-- ⁴“Recognize that which is **before** your face and that **which** is hidden from you will be revealed to you.”-- ⁵“Many are standing at the door but it is the solitary who will enter the bridal chamber.” ..maintaining conscious awareness of inner-being... The following are descriptions taken from others whom have cultivated a peaceful awakened state: -- ⁶“Our true nature is not limited, it is like a vast ocean, when we touch supreme consciousness through meditation then we are boundless, we are everywhere, we are eternal.”-- ⁷“God Consciousness is ten million times more blissful than sexual experience.”- ⁸“To the enlightened one the world as he knew it ceases to be and everything now stands shrouded by a shining vesture of divine effulgence hitherto invisible to his normal vision.”-- ⁹“If I were to spend years and years imagining anything so beautiful, I could not do it and I do not even know how I should try, for even in its whiteness and radiance alone it exceeds all that we can imagine.”-- ¹⁰“Everything that occurred to me while I was in this state of consciousness was vastly beyond anything I have ever experienced and yet at the same time it was familiar, as if I had always known of its

existence. Even now I am mute with awe when I try to describe something so beautiful, there are no words in any language to describe such grandeur.”¹ --- The descriptions given above are synonymous with what's been awakened to, and as one cultivates wisdom it grows stronger. So how can these people, not knowing each other, describing the same feeling, be wrong? Well they're not. If seriously worked at one awakens to realize that all these descriptions are suprisingly similar, going back thousands of years.

We need to see that people are so completely caught up in programming, so absolutely totally unconscious, they will fight it when their oh so cherished script is challenged. Normalcy bias has them. Almost completely caught up in the **pain pleasure cycle, or, wheel of insanity/wheel of karma**--they will not see it. A merry-go-round of insanity a minority are committed to move beyond. Until more souls awaken to exit this merry-go-round, suffering will continue. Maybe, the survival of humanity is at stake, especially if one considers world leaders are caught in elitist propagandized fear, with their fingers on the button of global thermonuclear war. Again as said repeatedly, those who remain unconscious or ignore the spiritual factor, choosing to follow a fear filled ego, time and their belief in **self** will come to an end. The egocentricity ceases at the moment of death and time for honoring the **self**, over. It then will be seen what was forsaken. Despair weighs heavy upon one's soul as it moves through the fires of purification on its way to another incarnated life as some teachings posit, or, the illusion of another incarnated life if you wish. Despair experienced at death, is due to a fact: One must do it over again and again, until the soul

gets it right. In truth there is no experience, ***there is only ever the eternal now, one continuous present moment.*** Ponder this: If it took two years for someone to see any results would the effort be worth it, freedom from the burden of self—an egoic nightmare, anxiousness unconsciousness is? Would it be worth five years of work or even ten for peace? The bliss described above, and many not mentioned who had similar awakenings, spanning thousands of years. Most people will spend ten, twenty or even thirty years in pursuit of material gain, bringing only temporary happiness. Or, would we rather endure the hang-over for our sole at death? Yes, it is told from a martial viewpoint. All people can see if they want to see. What does the reader see? The reward is sweeter, more so than whatever effort required. Besides, it's where we're all going anyway, so why not get on with it. And **it** is....., that's right thought using thought cannot describe **it**, and **it** is only seen via rising above thought. Ego and thought are the problem. We're all hard wired for peace, **yet must see mind games block this**: “A final spiritual state marked by an absence of desire and suffering”-awaits us. Watch the life script so peace abides. It then helps us remain alert. So people using the mind not the other way around, is to watch peacefully, observe as often as able, or the life script identity diverts attention and old mind patterns take over.

Now to come full circle. Have an expectation of difficulty, that it will be hard work to see this, to awaken. If it comes with less difficulty, all the better for students and a world at this point, trapped in unconscious dreaming. Some spiritual teachers paint the picture of awakening to enlightenment as being more-so

simplistic or easier than it actually is. Then there are the spiritual teachers who are so laborious, so complex to understand, seekers just give up. Albeit the subject should be looked at quite seriously deep. In early martial art instruction by some in the United States, a martial art student had to prove themselves. The corresponding philosophy, be it Zen, Taoism or another discipline, at its core was to know Natural Self, this was ingrained into training. Awakening to one's inner-being, or inner-source, via rigorous training and self observation. This was their ultimate goal. Make no mistake, they were committed practitioners. Ultra serious, although most were also quite unconscious. Slowly ego came in the back door even for very serious practitioners. Spiritual students must understand the commitment necessary to awaken is great. Again early martial art instruction focused upon essence. Training was intertwined with philosophy yet this was lost, gradually replaced by money and the need for power over others. Mind identified practitioners succumbed to aggression and sadly, desire for status. We leave this chapter and move to latter chapters where a far deeper seriousness will definitely be necessary to see this. Remember that resistance is a sign of fear arising to trap students again in a programmed auto pilot life script. And when this happens one often slips time and again into forgetfulness, into unconscious dreaming. The Natural Human-Being is then hardly there at all, replaced by egoic mind and script. The egoic mind will seek to reclaim control, again and again and again, therefore be alert to its clever and endless ways to distract us. Attention focused in the body, fosters awareness of Inner-Being, where adaptation in the here and now brings peace. A

—Most people live almost entirely in the mind, following their life script and its Pratorian Guard, the egoic mind. Sharpen the mind and turn it upon itself, i. e. reclaim enehy.

CHAPTER SEVEN

WORDS

Interest in Taoism developed early in martial art training. A fascinating religious system, Taoism has no deity. "There is something chaotic yet complete which existed before heaven and earth. Endeavoring to describe It I call It great endeavoring to name It I call It Tao." Laozi. By some other systems perspective: Inner-Being--Brahman--Allah--Jehovah--God--presence--Vishnu-or Shiva--Spirit--The Great Spirit--The Holy Spirit--Heavenly Father--Comforter--Atman--bhava--Yahweh--or again, Tao. Words describing that which is beyond words. **And words can only be a finger pointing at awakening to enlightenment;** so words, formed into concepts, are instruments. Therefore should we not use concepts and transcend them? If one is alert there is awareness *of energy felt in the body*, immaterial nothingness, essence, out of which all form arises. How can the mind then, understand nothingness with concepts alone? Thought--concepts--words--memory images, can never know no-thing. Thought tries to understand in perpetuity, nothingness exclusively with concepts, it's all it has. No words can describe incorporeal nothingness, it's far too abstract. Words are of thought, form and time, not no-thing, or random potentials.

Pragmatism, who's most notable disciple might be William James, considers thought to be a tool, an instrument. A life script, thought and emotion controlling. Words or concepts keep a mind subservient to fear filled overthinking. As an instrument, words--concepts--thoughts, often merely point to more of the same, so process of elimination for beginners, can only point **to** consistent conscious awareness. Why does the script and ego seek control? ^A

—Again the life script is our programming up to 5 or 6 years of age. And ego protects us psychologically and physically. In most it has taken over. Ergo reclaim energy from it.

Can the mind free itself of egoic control? Observing the scripted indoctrinated self, gradually frees us of bondage to programmed memory: a you--or an I identity, one's script. The mind can silence itself by watching egoic I; its chatter then fades as clouds do. Use the I for practical purposes then shift to presence, to be here and now. No longer identifying as memory traces a life script and ego encourages us to be, projecting now, making it dull-stale-feckless. Words are derivatives of stored memory, concepts—useful to a degree but we get lost in them. Thought and by extension words, are useful, that is to say, if watched and chosen wisely the point comes when words and rolls we play, being of the scripted mind, controlled by fear, are seen as tools used, then no longer control us. One acts and speaks more-so from *a stillness emanating from inner-being awareness: “Be still and know that I am God.” Psalm 46:10* Source energy is beyond concepts or, experience, its the mind in a state of quiet alertness. We're saying here to have a foot in both worlds. *Practical interaction at the level of effect in daily life and simultaneously feeling causal source energy, so as to not define the present moment by and through perpetual memory images.*

Laozi left his city out of disappointment no one understood the Tao he was attempting to convey. A guard at the city gates encouraged him to write it all down before leaving. Pious seekers of all religions have good intentions, aspire to God Consciousness via prayer and or meditation, surrendering to something greater than themselves yet to Know via concepts foments division, or tends to if relied on excessively. What is transmutation from self to Self but vigilant awareness of inner-being or Natural Self, one's essence. *Consider minds use thought, a mind in the framework of egoic mind projects conceptual memory images. A The self fueled by fear, and seeking control, pulls one's mind out of the silencing of* A--

Vast numbers live in the mind exclusively, a mind using the person then becomes the egoic mind, which identifies a persons life via memory, fomenting an unreal image of now.

*itself, preventing conscious awareness. Ego enforces the life script rather than ideally working with its host. Scripted rolls foment unconsciousness, this must be seen. The mind clearly seeing, then forthrightly alert, awakens Natural Self and reclaims energy from egoic self, a mind brought back to order, to sanity. Peace with ego is then viewed to be a continuous reminder for spiritual travelers to remain consciously aware of inner-being and rolls consistently. A new perspective, one's mind shifting to non-resistance, a seeing and surrendering to what is, by way of pure observation. Then we see our tendency to live in the mind. Watching it brings us into the present moment. This is to notice egoic self and adapting we see the scripted mind has duped us to the point we are lost in endless conceptualization, comparison, separation, rolls in one's life script. A mind sees it, hereinafter determining how much of **its** energy is required to navigate day to day needs, to be in the world/Daily Life, subsequently allowing egoic mind only enough energy to do so. This points to progress in the realization of an awakened state as far as words can define. Really ponder this. Again concepts cannot **know** love. Appropriately, when one reclaims energy through observation, innocence and wisdom merge. This is real power not force. As said, it is awakening through turning one's attention into the body, to be alert and have presence. Being completely in the moment, the senses rise to a highly receptive level. One awakens, is aware of love, without opposite. **One sees attachment to the life script and egoic mind as a sort of programmed auto pilot the self and others programmed selves are manipulated by.** Seeking works to a point but it's of thought/words. Scripted minds seek, they are of past..future..time..space, *and deny the present, other than a means for ego to pull us into past or future.* Real freedom is a mind unencumbered by words, alert to the ground of existence. Presence, fosters peace, sees the present, not mind identified*

images, memory via thought i.e. a melee of conceptual madness. Thought extends to the spoken word, foments anxiousness as life script a mind a prisoner of social rolls we all play and get lost in; memories identifying now, but are not the now. Living in the mind panders to scripted thought images and triggers old mind patterns pulling students repeatedly into the mind identified state, denying now. *Seeing this we reclaim energy so the mind no longer uses us.*

Ideally every spiritual teacher conveys the scripted mind as problematic, i. e. it uses us. Religious metaphor, handed down by Avatars, effectively spoke from inner-being, or essence in the here and now, thereafter their meaning, reworded by followers, over time and in multiple languages, left perhaps traces of meaningful and profound original truth the Avatars teachings gave us. Many of them never even wrote the teachings down. They symbolically pointed, often to what it was not. Once written down words are limited, because reality changes even as we speak. They had to have known reality changed moment to moment. Moreover, all of their teachings, weather written or verbalized, had then moved out of the present and subsequently watered down, were of time and memory.^A One might ask what is real--what is truth--what is new? A mind quiet using concepts and words practicaly. Was it not the Avatars disciples who wrote it all down? Disciples, being mind identified, likely missed much of the real meaning, and over time teachings were lost in translation and narrative. Enlightenment is beyond intellect, concepts and or words, which tend to dilute the meaning. Likely the Avatars understood the teacher within each person to be the only path to awaken. Understanding each person must of themselves cultivate inner-soruice by virtue of their own individual path, student to student, reclaiming control from egoic mind using its host. Understanding times illusion,

^A--We're saying here, egoic mind and memory, attempts to define the present moment. Once the teaching moves out of the here and now it's meaningful affect begins to fade/change.

abiding in conscious presence, that present moments project all truth. Those ready to see illusionary truth and indoctrinated fear, they freed. They knew a form of communication beyond words, concepts or languaging, they, rose above thought. Communion by oneness, to be one **with** another, far less dependant on a divisive scripted egoic mind controlled by fear. Words foment opposites in a mind, inciting conflict within itself/one mind identified. See and accept that every ego's job is to protect us, yet controls to excess. Adhering to a script as needed to keep us safe is all well and fine. Nevertheless egoic mind uses fear to do this while veiling love in the process, albeit it cannot **know** love. That said, one awakening to peaceful love as a lifestyle, through the merger of innocence and wisdom, cultivates the teacher within. A new way of living life emerges and consistent presence projects peaceful love to all.

The philosopher Spinoza wrote: “Man is to be feared if he has nothing to fear. It is not to be wondered at therefore that the prophets thinking of the masses rather than of the few, should commend so greatly humility and repentance.” Spot on in a world controlled by fear, an egoic mind and life script, complicated by technology, and or words. Awakening encourages all humanity to feel peace within connecting us all by love. Mind identified elitists in power fear the masses. The powers that be worry—we really cannot have people going around thinking they are equal to us now can we? This speaks to how insanely out of control the egoic mind is. If their illusions of godhood propagate unconsciousness, a paradigm of programmed fear, intellectual elitists have embraced a falsehood—there is need to control the masses by way of fear. **Believed in because they too are fearful.** Mind identified, seeking only more power, motivated by fear and an insidious agenda, is a nefarious alliance with ego. The Avatars spoke of peaceful love:

“The meek who shall inherit the earth.”¹—those cultivating peace and wisdom. Egoic mind identified elitist intellectuals, insist they will protect us, albeit, as with ego adhering to the status quo, who will protect us from them? Words are distorted by scripted egoic minds, especially if interpreted via egoic mind, all used to confuse their hosts. Any viable religious system has a foundation of love. Yes, Holy writings reveal truth yet gravitate to the systems truth, and if watered down by words...narrative...mental attachment... opposites and fear, truth is deluded. Awakening to enlightenment and **remaining awake**, takes us beyond words to see truth in each moment—A Great Avatar was once asked long ago—Are you a profit?—“No.”—“Are you enlightened?”--“No.”--“Are you a God?” ---“No.”---“Then what are you?” --- **“I, am awake.”** ² Ergo, remain alert and see truth as something of itself, projected into the now.

As the life script forms, protected by the awesome power of ego, walls of the egoic mind thicken. Stillness awakens awareness, **so the seeing of now, extends to longer durations.** Unconscious dreamers are proselytized, trapped by the fear filled programmed egoic mind, disrupting peace. One's mind in conflict with itself and if not brought back to order overthinking will wreak havoc. Words then, are to be used and abandoned for the vast timelessness of an eternal mind. Clear out memory, so there is space. Awaken to observe memory images and divisiveness, us and them, the seeing of words and concepts arising via compulsive thinking. Words are derivatives of memory and following a train of comparisons, due to opposites, leads us to believe life a script and ego bring peace, when actually foment disorder in a mind. A psychological thought created vicious circle resulting in distraction from one's Natural Self. Native American folklore, tells us we are born with a certain number of words, when they are used we die. Intriguing concept.

To reclaim energy from the egoic mind, which is to say, observe it; use egoic mind and life script practically, simultaneously maintain awareness of Inner-Being. One's mind then no longer in conflict with itself, sheds accumulated psychological fear in the mind.

Quiet stillness, a prerequisite to pure observation, facilitates an awakened state. Go within, listen to words, watch peacefully, sharpen the mind. Words and methods are used as the builder of a great building uses scaffolding; abandoning the tool to reveal the actual structure. Abandon systems, ultimately all teachings. Truth, is seen in the here and now. As it says in song: "Stay right here cuz these are the good old days."^{Carly Simon--Anticipation C. 1971} Should the above legend be true, we are born with a preordained number of words, so use them wisely. Try it, go one day without speaking, abstaining from the use of words, you may find arising a new form of communication. Being...Presence...Essence...awakened state... are words yet the word is not the thing. Empty the mind by way of clearing it of incessant memory, there is then room for truth. If not focused however, very still and ultra alert..listening..seriously observing life, memory images will always creep in through the back door. Indoctrination by way of egoic mind and rote, subjects us to being taken over again and again, because ego aggressively pursues control. Vigorous and sustained awareness is necessary, so endless mind chatter no longer injects itself. Notice 'clock-time' and inquire into it, follow no one, no methodology, nor system. "The kingdom of Heaven is within you."¹ Thought, extended to spoken words is limited, time bound, is past, future, an egoic mind lost in rolls using its host. Cultivate alertness, quieten thought. We are to use, then transcend words. **A mind quiet and still---space between sounds and form---acceptance of what is, absent even the slightest resistance---remaining present, are all doorways to**

inner-source, and help us to remain alert. Daily life often creates a conflicted dual nature and busyness distracts us. Being now is to subdue thinking, a sort of alert reception, minimizing attachment to old mind patterns. It's to delete memory, to see what you see.

In retrospect, historically this movement could be seen as a kind of reformation. All major religions vibrate at the level of love--have good intentions--do many good things yet create division vis-a-vis the fear paradigm. Enlightenment does not attack systems, it complements them. Nevertheless systems tend to abet judgment, fear and separation. In the seeking mode systems bog us down if they're relied upon to excess; exponentially perpetuate opposites, and further divisive judgment. When possible set judgment aside. Forgive others by being so rooted in peace all judgment is less so considered. To the degree spiritual students awaken peace within, markedly decreases dependence upon systems; rightly so because they judge, create conflicting opposites i.e. we're right and they're wrong. So be rooted in humility, clear the mind and adapt to all situations, remain present. Thought feelings and words fade from a mind if observed. Unconsciousness is spiritual denial, it prevents observation and denies conscious awareness. The unconscious in a very real sense, are not even there, so: "Forgive them for they know not what they do."¹ —which enables us to truly and lovingly forgive aggressive behavior, not put up with it, which is just one of many mind games we play to get along. We can indeed have a major change in perspective and say no without aggression. Let us say a defensive action is suddenly required, one then reacts in the moment with a definitive NO! And due to one's paradigm shift out of fear, courage takes its place, there is adaptation to any and all life situations absent expectation, so who knows what one will do. Having presence is courage, it is to drop fear in the here and now.

Natural Self, ever alert, ready, watching ego, observing situations unattached. Mind patterns merely bind us to opposites, resulting in dichotomy, social rolls and endless words we loose ourselves in.

A mind must see the advantage of watching self-talk to be certain ego does not gain excessive control. *To see this, go slowly.* Listen, focus attention upon what happens now. This takes Willing-ness, who's process is Intention, and corresponding emotion is Optimism bringing it into being. A teacher who is asked for martial arts lessons illustrates the level of attention required: From the beginning his student responds to instruction by saying: "I already know that." The teacher says. "Lets try something else then." Only to have a similar response: "Oh I already know that." The teacher smiles. "Let us stop and have some tea." He hands his student a cup, begins pouring the tea. When the cup is filled his teacher continues to pour until it spills over, burning his students hand. And dropping the cup he says; "You burned me!" "Oh yes of course, I already know that." The metaphor? The usefulness of the cup is its emptiness. Empty your cup so a mind limitlessness is born. This is to empty the mind of psychological fear so it is not blocked, peace then negates the egoic *you*. When freed of fear and its derivatives love enters one's mind through the window of peace, and we finally see love has no opposite. Egoic fear, is of personal and collective consciousness, likened to a hologram it is the dream of form we get lost in. Inquire, ask, is there something eternal within, an intelligence beyond words? **Is there something sacred within the billions of cells the body is comprised of? Can all humanity step into this timeless space at anytime? Does one energy field encompass all that is? Can all people live a lifestyle of peace and transmute the will to power, to at last merge with the Ground of Existence, felt within as an energy, described by**

the words void or God? Beyond a fearfilled indoctrinated brain, all human-beings are wired in every cell for peace. There is a form of communication beyond words then, by way of remaining alert, consciously aware of inner-source, the personification of peaceful inner-being, which as said is beyond words. Separation is blocking this from us. If it is seen beyond any doubt that what we do to another we do to ourselves, then words, concepts and blocks are transcended. Therefore maintain the stream of peace, stillness and strong awareness of inner-being to the point it is normalized. Fundamentally, awaken to a point being **of** the material world, or space-time if you wish, feels unfamiliar. Use less words, feel inner-being; *act and speak via essence*, by way of surrender to the flow of lifes will. Peace is a state to be sure if measured, would show a marked increase in endorphins and the greater use of the brains capability. Slowly awakening does bring awareness of an energy not felt before because the scripted egoic mind, “you,” no longer blocks it by seeking to control virtually everything. So a reduction in words, and the egoic minds attempts to define every situation, certainly is perfered over egoic narcissistic drudgery in perpertuity. All scripted egoic minds, words and life scripts tend to propagate conflict. Simplistic innocence speaks to *awareness* of the oceanic feeling—not inundated by words, a feeling communion, a peace, a oneness, one race, the human race. Outside of “Beyond Good and Evil”--ultimately igniting the light within us all, is peace, out of which love comes into the world. Live peaceful love-not words, be forgiveness...live kindness...surrender...die to fear, we're all then reborn to loves conscious presence. It's love seen and felt through the eyes of a paradigm of peace, by way of **observation**—beyond words—in a mind one with all. An idea we might say is overdue. **Love comes by virtue of peace, humanity as one energy field—oneness felt, inner-source, or just maybe the words Natural Self.**

CHAPTER EIGHT
THE QUALITIES OF
THOUGHT WILLPOWER EMOTION

Thought, a chatter that never seems to stop. Programming so normalized it's seen as one's identity. If one lives in the mind, it, uses them. One's mind observing itself shows thought to be a powerful tool albeit unchecked morphs to a progressive monster. Thought observed/investigated, is a step toward freedom. Serious students listen to their thoughts. What does it rear? **Who is the "I" it rears? Who is the I that I think I am? What are the I's biases and patterns? We are taught this I identity and it controls us, yet most are unaware it does. So, is the I a shadow self, and when it dominates one's mind, is the Natural Self actually even there? If we're controlled by unconscious programming do we not follow blindly the Pied Piper.** What degree does self-talk, out of control thinking and exceedingly strong emotions, compel vast numbers of people to do what they do? I don't know why I do what I do---is actually only investigated after emotion and thought are quieten. *Considering the self: One's life script progressively formed in youth --primarily up to age of five or six years. And thereafter it runs in continuity, adhered to by the very powerful egoic mind. Obviously there is learning after this. Nevertheless, a foundation of an egoic mind, now firmly in place, instigating mind games, life script, and a fear paradigm so normalized, perpetually followed and woefully adhered to, controls the mind. Ego protects us psychologically and physically, yet controls us to excess. So does it understand that*

*civilization has evolved to an extent much of what it protects us from is no longer valid? It operates as a programmed overzealous mechanism, seeking complete control: The mind using the person, albeit keeps one alert to its pernicious ways. So, basically then: Life script forms...there is a shift...a loss of innocence...we succumb to 'clock-time"...and a thought created I steps in to run our life. **Ergo, observation, a path of non-resistance, reclaims energy from ego.***

Somewhere in human evolution the proverbial wrench got thrown into the works and it all went askew. Ego took control because it believes if it lost control its host would be in danger. So human minds at some point capitulated to unconscious dreaming; a mind, became egoic mind, and a far majority are quite oblivious. Additionally, the reticular activating system in one's brain, files all incoming input into two categories—what is of a value to us and that which is a threat to us, this is problematic as well. A paradigm shift is seen as a threat by ego. Clinging to egocentricity, which is all too familiar to us, we lose awareness of inner-being, or Self. *Peace then, is undermined by thought, which instigates problems, problems it creates and in vain, tries to solve them with a different set of thoughts.* Prior to age five or six, we learn faster than at any time thereafter, however because of indoctrination we had little control over what went into our life script. Oh, imagine if we had. Obviously, to develop awareness of what we're thinking is critical then, noticing emotion and the life script as well. A fear paradigm controls so completely we're utterly unconscious of it. It is life in a daze, notwithstanding one can break free. It pulls us into a kind of benumbed dream like state. And likely will require over and over, a reset many times daily, to remain ultra alert so as to distinguish fear energy from the energy of love, reclaiming control from ego. And if not egoic mind fills the days with its pernicious objective.

A wonderful tool thinking is, nonetheless ever tried to clear your mind or subdue thinking? One then will surely notice the immense power scripted minds have. Extremely difficult to do consistently.

We'll be discussing willpower and emotion, although at this juncture a side bar is in order. Thought, willpower and emotion, ideally are to be developed simultaneously, so that they advance equally, in order to see correctly, so an awakening is balanced. If let us say emotion is developed beyond willpower and or thought, it can disrupt balance, resulting in misunderstanding and disunion from Being. If one wants or believes one thing and another wants something else, a lack of peaceful calm cohesiveness distracts us, fomenting resistance. *If the three move as one, it forges a strong commitment within the students core to press onward.* Balance is needed to deal with blocks, necessitated in bringing order to the mind. **Fundamentally, this is to be well adjusted, psychologically speaking, a major prerequisite to awakening.** Ego is quite clever, it will pull the student into mind games via pride--anger--anguish and others. *One must ask often then, what is felt in this moment?* Is it causing tension or dis-ease within the body to the slightest degree? Is here and now accepted, adapted to and flowed with?

We're programmed but the mind *can* see it. Even so, it is not knowing, it is alert watching. Thoughts I knows. One can, with firm stillness of mind, drawing upon non-conceptual energy, see this. One sees ego and the scripts obsessive compulsive need to totally control the mind. Awakening to see the egoic mind, the I, is to flow with what life brings about, adapting by drawing upon inner-being energy within, via peaceful observation. There is a vast and deep intelligence, an energy one can draw upon that trumps mind games, i.e. thought images, a controlling egoic mind using its host.

Ego's last line of defense to the highest levels of consciousness are its mind games. *Beyond intellectual reason, we transcend to loves revelation. Ego attracts intellectual reason, and mixed with other self-deprecating lower levels of consciousness foments the egoic minds nefarious idea that it takes primacy. One is enamored in egocentricity, at the loss of awareness of inner-being. They become of the world and no longer in the world. The problem with intellectualism and egoic reason combined is, it posits disorder in the mind. The void is far too abstract for scripted egoic thinking minds to know. Good, well meaning intellectuals have a degree of success at awakening yet are blocked by conceptualization: You can see this however can you really see it? Platitude you say? The problem is one gets **lost in thought**, which can't know no-thing i.e. the void. Lost in endless concepts, the 'I' cannot see the proverbial forest for the trees. So pure observation, a quiet stillness of mind, is vital to transcending egoic reason: ***The essence of all this is the transcendence of scripted egoic thinking; because ego, vis-a-vis mind games, resists. A mind must see value in silencing itself.*** With work one negates concepts: **The Bondage of the Will** ¹ along with programmed memory and projected memory, controls us by way of ego. Now observed, one rises above thought, i. e. ego and mind patterns defining the here and now via memory. Intuitive reason, then flowers in the mind. The doorway to the highest levels of consciousness. Deeper wisdom cultivated in a mind freed elevates conscious reason to an intuition. A mixture of existentialism and observation, *noticing thought propagates old mind patterns and preordained social rolls as authentic reality.* The student forgives trespassers for they know not what they do. ² Egoic intellect has a fascination with analysis of everything. **Likened to self-destructive behavior..denial unseen..a mixed bag of egoic reason and pride. Innocence and wisdom, transmutes this to a mind freed of all fear.***

Ego moves into the background, letting us run the show or think we do, yet its reemergence is inevitable. We are suggesting, divisive thought can subside so awareness of causal level energy, not level of effect, transcends opposites thought promotes. A mind sharpened, then turned upon itself, empties itself of unnecessary memory so there is limitless space and, sees what it sees, what is.

*******Willpower: Surrender to what is.** An acceptance of life on life's terms is the cornerstone of this; cessation of the need to control everything. Non-resistance to life, to accept what happens in life is paramount for this. The development of a mind in pure observation. Open to life leading the way via life situations. We're speaking here of a substantial reduction in resistance to what is. Curtailing judgment, allowing whatever happens to show its truth, minimizing the scripted minds attempts at defining by memory, or attachment to experience. Now, supersedes a life scripts incessant need to focus on concepts and programming. Passive will, stillness enabling one to see we are pulled in two directions. It is to listen, watch and adapt to what happens, without an over dependence upon memory to define and judge, only inciting conflict. A martial viewpoint—to gain a foot hold. Use of force in battle can result in many lives being lost to gain a few hundred yards. Incessant mind activity tends to force, ergo create space in the mind via **a mind silent-which is to say have conscious presence, flow with energy.** Non-resistant interaction **with** energy life is, fosters peace in the fragmented mind-negating memory combined with emotion seeking to impose control over us, resulting in a mind unaware of its vast limitlessness. One listens with their entire Being, alert, giving complete attention to the present, so peaceful clarity arises in the here and now, the only place actually real. One holds the energy frequency stream of peace, and works at extending its duration.

Willpower is observation of rolls, not being lost in them. Courage makes this feasible, so then we do not succumb to psychologically created fear. Willpower lets life lead as one adapts to situations each moment. Flowing with what happens now. Why do we resist what happens when it's what's happening? Practice shifting from mind to presence. Essential to this, is a mind still. Peaceful inner-being flows into doing-driving one deeper into peace. The idea we must control, blocks energy and merely pulls one deeper into duality; creates opposition, propagates only a mind conflicted and confused. Enlightenment requires a mind peacefully assured, laser focused on observation of all life, patterns and triggers, so what is done, is done without conflicted anticipation by way of adaptation, *then, who is to know what one will do*. Rarely done, while nervous anticipation is quite normalized. Akin to proficiency in battle, the warrior is just there, and techniques simply preform themselves.

*******EMOTION:** In the scope of this work is a realization that if we allow feelings to flow, they're not bogged down by resistance--inadequate willpower. So resist nothing. Life situations trigger old mind patterns and social rolls. Attachment to emotions, caused by thought, create fear situations and promote attachment to events and people involved. Resistance ensues, and well, situations carry us away into an uncontrollable storm. Situations become then the focus, conceptualization distorts, remaining now is lost, opposites come into play, resulting in loss of an ability to maintain presence: Attachment to thought, emotion, memory and projected memory identifying the present moment. Lack of space in a mind prevents feelings from flowing, fear energy, associated with blocks and the life script, takes over, pulling one yet again into unconsciousness. Like undertows--the swimmer is pulled under--resists--panics and drowns. Relaxed, it shoots them out down river. In acceptance of

what life sends our way, we flow **with** life. Adaptation is key to this. Thought, Willpower and Emotion, working together as one, with onerous steadfast purpose, is freedom from resistance, then practicing peace takes primacy. Emerging from lower level blocks, requires courage, and a gateway to higher levels of consciousness. Truth now, absent labels and biased subjective concepts, is to see moment to moment. Furthermore, concepts as a tool helps us but can easily become a stumbling block to an awakened state, if we are taken over by them. So, die to each moment, die to time, and see everything anew, as love is always new, to be free of anxious **tention: True reality, life seen through the eyes of here and now, not memory defining now in perpetuity.** Allow emotions to arise and fade, surrender to what is, then, move through it. Be present so emotion passes more readily, with far less resistance. Beyond anticipated experience is adaptation to potentials. A, we shall see viewpoint, moving *with* energy; this too shall pass reactions to life situations moment to moment i.e. transmutation of control..**flow.** There will still be problems albeit absent anticipation, energy is no longer blocked. A life scripts influence is then markedly subdued. Perplexing to be sure, all due to the life script and fear being so very normalized. Embracing this new way of living brings clarity, the mind rises to an ordered state. Unification of the qualities, all working together, frees us, allocating just enough energy for ego to deal with practical needs, the rest is then reclaimed. *Now can humanity as a collective whole, do this? YES!* Can we see to live in unconscious dreaming is akin to running on auto pilot, life lived in a crisis to crisis mode? Vast numbers of people live out their lives not actually there and oblivious. Non-cognizant ego/programming has them under its control. Are they to be held responsible then? If indoctrinated, they're blinded by mind identified states not seen --a mind using them and humanity widely. People, are lost in rolls.

It again speaks to a Great Spiritual Teachers axiom: "Though they see they do not see-though they hear they do not hear-nor understand." (Jesus) We can now see indoctrination controls us to a great extent, and again has been so normalized, that in such a one the mind dwells in perpetual, conflicted, unconscious dreaming. They cannot or will not see it. Thought-Willpower-and Emotion unified, strengthens the mind. When the three move as one, peace arises, ushering in a new freedom for the minds of mankind. So work to cultivate the three equally, it's a powerful tool for enlightenment. The scripted egoic mind is of fear. Imagine love shinning its light upon fear, inner-sorce fostering peace. Imagine no wars, and no separation. Fear, is merely an ominous creation of thought, it was always one's own life script, psychologically, the egoic mind, *born of memory images stored in one's own brain*. Imagine humanity as **calm...peaceful...joyous...non-judgmental love with no opposite, finally realized as our Natural Self, by virtue of an abiding peace;** truth arising always anew and forever now, the only true reality. Work to awaken and see love has no opposite, see fear as thought created pseudo narratives. With each step forward in humanities unfolding, there have been those with vision. What is the readers vision? With work we can all rise above thought, by uniting these three qualities within. A mind then awakens to the higher levels of consciousness and sees those unconscious as either unaware of what they do, projectors of blame, or simply cannot control themselves due to programming. Forgive them, a script runs their lives. *Forgo arrogant ideas of intellect alone as a final answer, deprived of the spiritual factor. **Thought, Willpower and Emotion, when combined with soul force, ushers in a new kind of human-being via spiritual awareness, not the technologically developed trans-human upon the horizon.** Seeing this, one must ask: What are the consequences of remaining in an egoic inauspicious dream state?*

CHAPTER NINE

MEDITATION

In prior chapters much examination of conceptualization was considered. How one's scripted mind by way of opposites creates division. We went over a need to quiet the mind, remain present, a need for observation of old mind patterns in daily life. Working through relationship in daily life situations, seeing this as a form of meditation. There was focus upon the importance of the present moment, awakened to via silencing one's mind, and meditation as turning attention inward to feel inner-source. To be consciously aware of self-talk. Alert, observing actions and or thoughts as we move through daily life. **Self** noticing egoic **self**. Remaining as best as one can, consistently aware of programmed responses to daily life situations. In the scope of this work observation is meditation.

Now however we will go into a more esoteric explanation of what meditation actually brings about. The universe is integrated, i. e. one energy field. Meditation raises awareness of energy. We are absolutely part of everything, of all that is. Empty space, projecting potentials into form so consciousness has an awareness of itself. Being in and observation of the present moment—where peace abides. Meditation then, is steadfast awareness of now, the true reality. To quieten thought..a mind stilled..the mind creating space for the here and now. **Meditation is passive watching each moment, adaptation, flow, eternal peace, no fear or boundaries. The mind creating space sees infinite possibilities.** A Conventional meditation is contemplation..thought..seen as inauspicious in this work. Meditation: To rise above thought except for practical needs.

A—A mind sharpened into a weapon then turned upon itself. 'If you have faith as a mustard seed you will say mountain move and it will—and nothing will be impossible.'

In the context of this work meditation is approached differently from what is thought to be traditionally defined meditation. One is not sitting for hours in a lotus position. It is done while engaging daily life, watching patterns and rolls as often as possible. Ego can help to sustain focused awareness of patterns, precisely due to its attempts to continuously pull us out of awareness. One is alert-awake-watching. Astute observation dispels fears darkness, which is so normalized and complicated by normalcy bias, minds get lost in it. As perspective changes, formally dominant unconscious fear is seen and if watched the life script and ego now keeps us alert. Inner-being is an energy which must be grounded or else one's initial awakening to it fades away. In grounding there are extreme back and fourth swings, prior to cultivated wisdom. It is fleeting, it must be grounded or busyness in daily life pulls us into social rolls and peace is lost. This energy is not an interval in time...space...or even a goal...it is awakening to what was blocked, **yet requires work to hold this frequency**. One's mind sees its own disorder, works to still itself, noticing its been lost in rolls, stored images in the brain, old mind patterns. And observed the mind awakens to freedom seen in each present moment. Participation **with** life---is choice-less awareness, profound peace felt, out of which love is projected. *Spiritual travelers passively observe what is, in just the moment prior to egoic mind and memories defining it.* Without thought identification, now is accepted..flowed with. Grounding is to observe the mind and its patterns, catching them prior to being possessed by them. When the mind is still we see ego and peace arising so that accumulated memory has far less control. There is acceptance of what is as we interact with life through inner-being.

In the third Zen Ox-herding picture the Ox, symbolically the Natural Self, is found, still, further discipline is required for deeper

stabilization. Enlightenment has been glimpsed. 1 Requiring work for consistent presence to be steadfast, meditation is a seeing of life through the eyes of timeless attention, *to see feel and be now*. In the fourth Zen Ox-herding picture, energy enlightenment is, can be either creative and or destructive. Once again energy must be grounded. When thought runs away it becomes a flood. Through consistent alert meditation, run away thought is contained.² The scripted mind oppresses us with fear via egoic ***self*** deception and forgetfulness. Grounding the awakening is done by awareness of the 'I' in 'clock-time', and shifting to timelessness. Go slowly to see this, have tolerance of unconsciousness and hold the frequency of peace. People do not know what to do, cannot help themselves or again, will blame their unconscious behavior on others and or life situations. Awakened souls are the conduit for spiritual energy to flow into the world, ultimately holding this frequency so all are touched by its peace, even if not aware of it at all. Acceptance, by way of adaptation, releases us from the need to control life and facilitates awakening. Meditation is to feel peace in the here and now yet it's challenged in time. Fear has less control here and now because it's of past and or future. Those in bondage to endless thinking, can rise above it. To intently focus upon what one does is vital, as in walking...feel and hear the feet walking...feel the air flowing in and out of the lungs...feel the body moving...the wind blowing upon your face...all bringing us to have presence. This, is meditation. Ponder objectively, nature and or the plant world—mindless...egoless...following merely the pure passionless laws of growth in quiet stillness...below thought. Nature projects peace, due to its being below thought. **In timeless peace we rise above thinking; practical purposes being the exception.** Time is always a prerequisite to minds conflicted. Alert awareness brings about the feeling of intertwined movement *with* life, one unopposed to life.

Ego blocks this. Noticeable in oneself and others, it is to see mind patterns emanating from a life script, pulling us into unconsciousness, we then lose ourselves in rolls beyond a need for practical purposes. So in interaction with the unconscious, be mindful they don't see it. Bound in unconscious fear and programming we must forgive them. Describing peace energy in words it's a warm wave sensation, a peaceful clarity of mind. One feels flashes of this. As in a sunset, or any "experience" bringing one into the moment; that moment is all there is, time stands still, a glimpse of here and now. Nothing really matters, it could be compared to a child like innocence, thought subdued. Effortless when watching a sunset. A moment outside the bubble of past or future. Described peaceful contentedness, felt arising from within. Exponential, ubiquitous in nature, love, calm, forgiveness, kindness, and or compassion. It's as if the feeling is love itself. A quiet whispering voice—the more peace projected the stronger it gets. Oneness felt, not an I identity creating separation. Without resistance negative energy leaves us. Slow movement, subtle speech in interaction fosters presence. It seems as if this energy wants peace for us. This is meditation, a form of it. **Grounding is movement through the back and fourth.** Interaction in daily life, while awareness of inner-being is there just in the background. **Intervals of sporadically flowing peace, extended to hold this frequency. Interaction in 'clock-time'--then shifting to inner-being.** Take moments to focus often on the doorways mentioned repeatedly herein. Be attuned to Presence. The memory driven scripted egoic mind, is of fear. Peaceful love, as it emerges from the doorways spoken of, flows through one's body, alert profound stillness and is of absolutely everything. Seemingly the two within us, the Self and egoic self. Do we choose fear and divisiveness? Love, has no opposite, so it knows no fear. Lost in a conflicted mind, one lives in the mind, at the loss of inner-being.

Stress..anxiousness..an incessant self-talk..overwhelming feelings extreme emotion..overthinking, all a mind using us, is fear energy.

Scripted egoic minds encourage fear. **Peace energy is felt in the body, is inclusive, bringing fourth love for all creation.** Deep ineffable peace; surrender to it, let old images go. Be forgiveness-rooted in tolerance and humility. Ego would have us live in fear filled division, separation, aggression, created and perpetuated by indoctrination. The mind identified do not see what is accessible by way of alertness, a consequence of thought created I identities. Meditation is living a peace lifestyle. Holding conscious presence helps the unconscious see the egoic mind uses them. Awareness of Being, tenacious passive watching, movement **with** the scripts prolific power, all redirect energy, which is the highest outcome of meditation. Meditation then, is to flow with energy. Egoic mind ultimately, will yield to a mind vast, new, if laser focused upon its limitlessness. Traditional meditation is useful as well, it does help to ground energy. Albeit we need to maintain daily awareness. *To reset again and again multiple times daily, untill it's natural to do consistently. Prior to conscious presence taking primacy, it often does feel like an obscure sort of fading in and out of awareness.* In the back and fourth ego repeatedly disguises itself as a You/I/Me identity. **One must press on at this point in the journey, or they will surly go back to sleep again. The innocence part will fade without cultivation of the wisdom part.** *If mind games are seen, if persistent, a spiritual traveler sees ego helps maintain alertness. Transcendence of mind games brings many tests indeed.* Peace is felt in waives, and when so felt hold its energy frequency for as long as possible. Resistance is indispensable for ego. **A permanent awakening with no boundaries to inner-being, is a mind freed of suffering...clinging, or we may say Polar thinking via Za-zen.**

CHAPTER TEN

WHO AM I REALLY

Will the reader seriously ponder the title? How many times over countless millennial has this question been asked? Who are we? Where are we going? What's all this for? Fundamentally, we are energy--Being--soul--love. Peace, does the reader have peace in life; energy projecting love? Is abiding presence possible for all souls and if so is it the personification of love, here and now in perpetuity? Is the mind absolutely unlimited---a state beyond the known? **An unwritten number abiding within each instant?** A If we see the futility of fear, and ready to ask these questions are we then free of time, and is now where peace with ego is found? If anything else accepted or not, one is on a journey of becoming. Let us distinguish this journey in this work, using words, which are limited and process the you uses in time, as: The Four Levels of Consciousness. Together we'll look deeply at the beginning of this seeking, the state posited in this work as, a child like innocence, which became a fragmented mind. We will categorize this state as: *******BENIGN PERFECTION:** A natural innocent state..pure love...unattached...not judged...sinless. The body is comprised of microscopic cells in the billions, each encoded with unbelievable amounts of information. A miracle right? Further, if the P. H. level on our planet were one percent either way there would be no life. The human body, as well as the planet we call home are vastly complex organisms. Mere realization of such things brings about ideas of natural perfection. The programmed egoic mind distracts us from awareness of this. Let us now look at the biblical story of Adam and Eve. Many religious systems speak to expulsion from

A--All there ever really is, is here and now, which is like a slate wiped clean each moment, so that the present moment can write something upon it. And we, are spiritual beings having a physical experience moving through the space-time continuum, or dream of form. Depending on how advanced we are determines to what degree we see all of this.

paradise, a point everything was perfection, a peaceful mind state prior to the fear filled egoic mind. And: “They ate fruit of the tree of knowledge of good and evil.”—which of course did not turn out well. The egoic mind then, pulls us into confusion, separation and dichotomy. Creation of duality, right--wrong--good--evil--beauty--ugliness--pride--judgment--sin. Long ago ego entered the minds of humans. So this work is saying it's how we got into the mess we're in now. The 10% of those awakening are forerunners of a great shift in consciousness to peace. At 100% all humanity awakens to a state of: Conscious Perfection. We then return to paradise lost, but with a deeper wisdom. Without separation humanity awakens to unconflicted unity, not institutionalization of a dream posited via a thought created identity. The egocentricity of Me--it's about the I, when in fact I am **no-thing**. Watching the I enables us to see its influence. Next: ***** **UNCONSCIOUS DREAMING**: The mind identified indoctrinated self we are all taught to be, an egoic mind using its host, **i. e. perpetual crisis to crisis**. A state in which overthinking sways one to believing they are their programmed egoic mind, living mostly in the mind. A dream, reality seen via memory, viewing themselves as merely images in memory, all controlled by thought--emotion--egoic mind--and life script. Seeking, clinging to the material. This being **of** the world creates division--opposites--dichotomous insanity and garners only short term satisfaction, **all of it is Impermanence**; propagating fear filled suffering, loss and endless craving, eternal coveting. Egoic self in this mind set posits a mind identified **you** as separate. Fear traps us in this prison of time, bound to a program we're taught. We fear change and cling to familiarity. **Those imprisoned in time, are used by their own egoic mind, and, it's preferred to the unknown.** A We observe the indoctrinated self at this stage yet there are inklings of the Natural Self, a voice inside, inner-source beckoning, which is strong at

A—Vast numbers of people think they use their mind when it actually uses them. And due to normalcy bias they cling to what they have only known. Read “Allegory of the cave.”

points and fades at other points. Flashes of satori, of the here and now. The prerequisite to peace, is a mind non-fragmented. *Nevertheless all enjoy moments of peace but mostly do not see them to be what they are due to the duration being so short. Satori: short perceptions of peace, alert moments absent thinking.* Playing our favorite sport for example, **being in the moment**. Still, one mostly identifies as what they've been programmed to be, do, and have. Distracted by what Taoism references as the ten thousand things. Fate it seems, is to live out scripted rolls others taught us. *It is the you in time*; living life almost entirely in the mind. Engaged in endless mind chatter, lost in concepts--separation--division--fear filled conundrums born of overthinking, bound to past and future when actual reality elementally has always only been here and now. Randomness happening now, not memory images **of** the now. Not scripted images creating boundaries and conflict often overblown into paranoid delusion, a fear filled nightmare fomenting anxiety. Awakening is to notice social rolls, to be present as the watcher of egoic self. Alert and aware of causal level energy: Using clock-time at the level of effect, for practical purposes, i. e. in time; it helps to be functional, it is peace undefined. The unconscious don't believe they are unconscious. Normalcy bias and an egoic mind have them tightly in its grip via fear. Unconscious Dreaming then, is the drinking of the Kool-Aid level. A Third level: *******CONSCIOUS AWARENESS**: Finally seeing a scripted mind has us "blue-pilled," a slavish clinging to the material. Now aware of it travelers see the mind can free itself. Still, there is vacillation between the scripted mind lost in rolls--excessive thinking--deep craving--distracted by inordinate conditioned triggered mind patterns, strong emotions pulling, and the Natural Self without boundaries, seen now. Love beyond definition which thought can never know. There is buyers remorse concerning the egoic self, acknowledging the Natural Self

A—On November 18th 1978 a religious leader, Jim Jones, had his followers so controlled he and the rest committed suicide at his behest by drinking poison Kool-Aid.

and self are our teachers/who we are, ergo we observe i. e. watch the mind. Noticing, alert to the why, how and what the scripted egoic mind does. Inquiry into who the I is; observing, not being carried away by programming. But it fades in and out, which is to say, pulled into an egoic life script, i. e. a mind identified state. It's akin to metamorphosis, a caterpillar struggling to break out of its cocoon to a butterfly, confused as to what's happening. At last we see we're acting out the life script program, an identity written for us. Obviously, playing rolls we loose ourselves in as we struggle to see it. Observation reveals this shadow self. Fourth level: *****

CONSCIOUS PERFECTION: To have consistant conscious presence and able to hold this frequency of peace. **In** the world, not **of** it. Harmonious--loving--calm--quiet stillness. Freed from egoic mind control, to be one continuous present moment. Back to the first level, with deeper wisdom. Totally aware of egoic limitation, now we notice egoic mind. All the same can freedom from its dualism happen individually or must it be collective? If still in the back and fourth, one's useful purpose is communication, to live peace as a lifestyle. **Natural Self emerges as we hold the frequency of peace and it spreads.** If this all seems vague, it's because we can only be pointed to the door. **Each themselves will need to walk the walk.** Concepts point only **to** the door. Awakened souls then, are highly alert, seriously determined almost to a fault. By going inward they encourage others to do the same, to know themselves and the: *light of peaceful presence here and now-the key to awakening.*^A All Avatars proclaimed love formost. Awakening to a journey of Self discovery. Transfiguration, the Self working in harmony with ego. Transitioning to peace is to continuously dye to time, the here and now takes primacy, it's the only place actually real. Each individual awakens the teacher within by virtue of peace, who's bi-product is love. Ego challenges us continuously, though the awakened see its

A--"Your whole body will be filled with light." Christ... As we work at peace the energy is noticed by others. It is to have presence, and comes who is very present.

attempts to control us and reclaim energy from it. ***** At all levels vacillation in and out of previous levels is common, back to conscious awareness or below. **Keep going;** it's observation of old patterns and courage to keep going. Let go of seeking, allow life to lead the way, this moves one deeper into awareness of now. As awareness rises, normalcy bias kicks in hard. Things of the world, success, money, power, desire to control--seem far less important and peace now takes primacy. One sees their life change as the compulsive need for egoic mind to control us all, as funny as that sounds, holds fast. Painful as it may be, it is familiar. The ride will be staggering and will run the gamut. Students may experience a wondrous feeling--generally distinguished as spiritual energy. One doesn't want it to end, with work it's felt as consistent peaceful presence. The proverbial whatever this peaceful feeling is, it's genuine, so how do I keep it. Hitherto there is nothing to keep. It's awareness of inner-being, one's real home. **We are all caste to be of the material world.** In the back and fourth one feels great disease, anxiousness, and struggles to rise above thought. Then, deep peace, albeit our own egoic mind exerts its awesome power over us, pulling us back under its control, it is egoic self triggering mind patterns, that is to say, social rolls we play. If a student has had enough, awakening unfolds within. Diligence softens emotionally charged egoic thinking only if we don't capitulate, so, be vigilant and patient. Conditioned mind patterns pull us back into worldly attachment and old habits merely create disorder via a life script and unconsciousness from others. Pulled into forgetfulness and or weariness we must reset awareness. **Observe resistance, it then will pass.** The life script is forged in thought and triggers seemingly endless clever mind games. We, have lived in a dream, told to be what we are taught to be. That hidden by our own mind is seen at last, now the real work of cultivating wisdom begins.

A—Throughout each day students notice when they've slipped into unconsciousness i. e. roll play and mind patterns, unaware of it. It's to develop present awareness, to be here and now not in the mind 24/7.

So just when one is going through all this, breaking out of the cocoon, they must now deal with the unconscious. Patience and tolerance is required so one is not pulled into social rolls or old mind patterns. These are people known before the awakening. Unconscious acquaintances sense a change. They can feel the peace radiate. Some see awakening as nonsense, yet be assured, *peace is longed for by everyone*. The nonsense, is the insanity of egoic divisiveness and aggressive behavior. However be guarded against who this is shared with. It's best to not speak of it, at least at first. The awakened are in the minority. One must be aware of unconsciousness in others, as well as one's own self, though really want to share with them. Who would not want to talk of such a wonderful revelation? Others will pressure the awakened to be as they were. Deliberately or not there will be those due to fear and normalcy bias who will try pulling us back into the dream, creating disunion from Natural Self. The unconscious tend to follow the status quo and one's own ego comes at its host from all angles-for years if necessitated. Be vigilant, yet kind to others as Natural Self emerges. Unconscious people and egoic self, are to be peacefully watched. *It's ego's game of disguising itself within one's scripted programmed identity. The life script encourages overthinking to a point one believes in egoic disguises.* Ego wants no partnership, except on its terms, nothing less than perpetual unconsciousness, with the occasional satori experience, **enough to keep us mind identified, or, comfortably numb. The programmed self is you in time, yet as harmony with ego comes wisdom develops, rolls are seen.** So pure observation of each moment, actual true reality, eliminates methods and truth, reveals itself, not the programmed script running in one's head 24/7. Fascinating, intriguing, we are spiritual beings having a physical experience. Be that as it may,

transcendence of even this idea is a part of the journey. Once in discussion, a skeptical seeker inferred: "If I am part of everything I could walk into the street, get hit by a truck and nothing would happen to me right?" Have patience. It speaks to overall collective unconsciousness, this will be gone into in a later work. So: "In that scenario sir you abruptly transcend this consciousness to different levels of learning. We are all here to learn. We are on a spiritual journey and life is our school. Much can be learned in this reality." Until a majority awakes, the dream and its fear paradigm control the masses and those who ask such frivolous questions.

Vacillation is inevitable, much back and fourth, aware and unaware. This is certain until grounding work runs its course. To move from mind to presence develops deeper wisdom, the point doing emanates from the causal level so that wisdom merges with innocence. We are saying definitively of course, this means highly serious attention. **No mind altering substances whatsoever in advanced training, they only cloud the mind.** Such behavior takes us below thinking for a while but it's temporary. Besides nothing could even come close to conscious presence. So why would one settle for sinking below thinking temporarily? Because onerous work is needed to rise above it. Indubitably the violent insanity of unconsciousness in humanity would be far worse without drugs, legal or otherwise, and or any other form of mind alteration. So let it be said definitively, it is the opinion of this work that any altering of the mind, drugs, thrill seekers etc., has no place in vital alert focused awareness so critically needed to awaken. Alert and well adjusted, the mind is brought to order. Any distraction from awareness would be inauspicious to this. We already have a very clever ego to deal with. Moving through the back and fourth between unconscious dreaming and conscious awareness, students

are quite easily duped by the egoic mind, rolls and life script. Until energy is grounded, ego will use mind altering behavior against a student and perhaps always will. Why would any serious student of enlightenment alter their awareness? Peace ultimately realized, cannot be matched if alertness is cultivated. As pure observation continues, one awakens and it's noticed. The unconscious may say this is crazy, as well as the other extreme. Some will profess the awakened are right, wrong and obviously many in between. Some may actually, and this is in the extreme, hate the student. Perhaps the reason for this is the far majority are unconscious dreamers yet gradually notice the awakened have found a wondrous deep peace. Perhaps they're envious, or so caught up in their life script programming they cannot let it go. One awakened challenges the status quo. Perhaps the work required to awaken, as well as the vital grounding of energy, is simply too hard to do. So it's not really advised, as difficult as this will be, to speak of it, especially in the beginning. There will be far less conflict simply living it. It is ill advised to think of oneself as special however. This would be counterproductive to awakening. Others may say: "You just think your better than we are don't you?" They're unconscious, yet the seed to awaken is within them as well, no different except the awakened have chosen to work at it. Still, this does tend to create divisiveness. If a person has cancer one does not blame them for it. The unconscious are spirituality sick. They live life lost, i. e. live in the mind. Until they awaken to see mind games, methods and mind patterns so many play, the egoic mind continues to control them. **Methods are stepping stones to be discarded ultimately.** The awakening student then, helps all of humanity see what they have begun to see, and so indirectly, because we are connected via energy, actually help others see it. Presence, in a mind brought to order, freed of dysfunction, **pure in mind body and spirit**, is a

state of deep peace, wisdom and forgiveness of the unconscious. Suspension of judgment and cessation of complaining is key here.

Spiritually, there are seven bodies: physical body--etheric--astral--mental--spiritual--cosmic--and nurvanic, as some teachings refer to them. Forces are at work on the aforementioned bodies. But that we will save for another work. In conclusion we are the seven bodies above. That said in the scope of this work suffice it to say we're on a journey. An adventure of discovery, a school of learning. Ultimately bringing observer and observed to oneness so peace takes primacy. Watching egoic mind and endless concepts, space is created, and the mind no longer uses the person. Notice triggers to rolls and mind patterns. When social rolls pull us and or others into an indoctrinated mind identified self, remain rooted in peace. Remember, aggression is thought created. See one unified humanity, an energy emanating from the causal level. Relinquish fear, have courage--listen to the teacher within. Gradually reclaim energy from the program. Resist not then, any attempts by egoic mind and script, observe it and: *This too shall pass*. See with new eyes the peaceful love paradigm. Resistance merely empowers old mind patterns. Be peace so strong it absorbs any and all fear. This comes to us by virtue of passive observation. We then project conscious presence to unconscious mind identified souls. They do not see, so forgive them, they're lost in social rolls and old mind patterns. Be the example, have steadfast acceptance of what life brings, no negative energy. Having presence, Natural Self trumps the egoic I personality which views reality via memory. Then one acts and speaks from inner-being so that consciousness becomes aware of itself. This is to projected love into our world. Love then, is of the Natural Self. Food for souls unable to rise above thought, and, feeds humanity by virtue of expressing peace, here and now.

CHAPTER ELEVEN

JUST THE TWO OF US

From this chapter forward our journey will be somewhat more esoteric. There may be difficulty grasping these ideas at an intellectual level. Enlightenment by way of thought alone will not awaken spiritual travelers. The hope is that this does not dissuade readers. **Intellect only points to simplistic innocence, along with wisdom is key to awakening.** In the course of study there were numerous times material was not understood, yet by refusing to quit, simplistic innocence and wisdom merged, eclipsed concepts. This work has been revised countless times and is infinitely more understandable than the original format. To be frank, with all due respect to readers, not having had a spiritual awakening it's like trying to explain martial art to someone who has never been in a fight. One can read about it, or know it intellectually, but until one has been in a actual self-defense situation, receiving attacks and or delivering attacks, it remains conceptual. It's conceded this may be viewed as hyperbole, but as a famous heavy weight boxer once said: "Everyone has a plan until they get hit in the face." This is initially, wonder, an innocence, merged with wisdom we awaken.

If there are two inside each of us, "Perhaps only one is real." ^A If there are two, would this logically speaking only creates conflict between the two? If there actually is just one inside, would it be reasonable to conclude seeing it fosters peace? Simplistically, if so concluded, it is inferred one assumes, people prefer peace. Who would not want peace over fear, malice, aggression and violence?

A---From *The Power of Now*, Eckhart Tolle author, Namaste Publishing Inc. 1997. More so this chapter, but the work generally focuses on random scattered concepts with intended reoetition the author feels penetrates to the Natrual Self behind the indoctrinated life script and egoic self, which veils awakening to peace, keeping us mind identified.

So can peace exist in opposites? Can the scripted mind transcend fear? In the current situation pain management is settled for. Pain management then, because most people simply will not work to awaken, i. e. see the mind in conflict, avoiding extremes is simply what people do. *Lesser levels of pain then, are acceptable. Ironic, extremes can be an incentive to awaken.* In this a life shattering event breaks down walls ego guards, egoic mind collapses, revealing a peace never thought possible; so awakening is the catalyst for a deeper peace. A student sees conscious awareness as finally the way out of conflict, then absolute limitlessness, or conscious perfection, a mind freed. In this works view this is what the mind as the Natural Self should do. A mind at peace with ego, not mind identified, realization of extraordinary harm caused by excessive overthinking, detrimental opposites, conflict and division; dualism via conceptualization. All these serve only to strengthen ego and perpetuate resistance. An egoic mind's concern is material world survival and control over its host psychologically. So observe egoic mind, its rolls and or mind patterns. Notice ego, its extremes and subtleties, how clever it is as it takes over the student's mind via unconscious dreaming. A mind can be alert to this extent and see opposites create a continuous vicious circle. Perpetual conceptual thinking keeps one in bondage to past memory images and future projected memory. And our own egoic mind blocks this; it takes us out of the present, veils the here and now, pulls us back into a conflicted scripted mind preventing us from being and enjoying each moment as it is without labeling it. Natural Self is concerned with material and spiritual, causal level as well as level of effect. Ultimately okay, they are one. The genuine natural human-being within, is felt by focusing on inner-source, bringing its energy into what is done. Awakening then, is done vis-a-vis pure observation of our scripted egoic mind seeking to control us. From a

conceptual perspective one's script is akin to a program. Is not the problem then loss of awareness of Inner-Being? We never rise out of unconsciousness, merely live in it, or at varying levels of it. One typically plagued by unconsciousness, is not only in bondage to it but addicted, or unable to see they live perpetually in the mind.

Computer programmers often use the acronym: "G.I.G.O."-- "Garbage in garbage out." This is similar in that memory—(past) and projected memory—(future) are images programmed into us, similar to a computer hard drive full of information, but obviously more complex. Egoic mind has formidable power and its task is to keep its host alive, yet should not totally control them. Egoic mind and its need to control is outdated in modern times. Like an old computer program requiring upgrades. When it suspects one is becoming Self aware it sees it as a virus, resists using thought and or feelings to regain control. If that doesn't work it may back off, feeding a belief the student is not controlled. An interesting and fascinating game and quite perplexing. Albeit sooner or later ego's adherence to the life script rears its head again in an attempt at reclaiming control. **For this reason we would do well to cultivate the teacher within, the students inner-light, i. e. be consistently alert, watching ego in stillness. In a peculiar way ego eventually helps travelers in that it challenges them so it is seen rolls and patterns are opportunities to go deeper into awakening. God it seems, uses us all and everything in His works.** All goals start at 100% failure, moving to 100% success. Concepts pointing the way. At some point one experiences 50% doubt, now awareness is key. One begins to proclaim: "I'm doing it, reaching my goal" and tends to become complacent, ceases doing what created initial success. Lulled into unconsciousness again and again, is usually preceded by some extreme emotion along with obsessive overthinking. This

alerts us to always be one step ahead of ego. Notice it, a sort of passive focused alertness. A method like any other, to be used, not attached to. Self watching egoic self, obviously takes primacy. So observe patterns the "I" uses to control us via emotion and thought. Alertness is critical as well, this is to have presence. *In cultivating peaceful stillness an extraordinarily focused mind is required.* Sharpen awareness of the egoic I, allocate only enough energy for past and projected memory to navigate the I in day to day activities, or daily responsibilities, for practical purposes. One must be steadfast and alert, present, noticing the back and fourth between daily life demands and the mind stilled, ergo hold fast to awareness of inner-source. In the back and fourth one notices a shift from mind to peaceful presence. The quite cunning egoic mind and its script are forever ready to reclaim control given the slightest chance. The proverbial: Idle hands are the devils work. Consequences of not maintaining present awareness leaves us at the mercy of ego and script it follows, *the mind consumed, adrift, lost in incessant thinking and forgetfulness.* Distractions come so we accept the fact that when consciously aware resistance will be at its highest. Accept what is, with non-resistance it will pass. Use thought but do not cling to it. See this as a new partnership with ego rather than a competition. *If blocks were dealt with,* if seeing the process we're going through correctly and ever-ready to let go of all process, awakening comes. Let everything drive the Self into inner-source, deeper into alertness, peace and wisdom. Rolls, are relentless, pulling us all into times illusion. The egoic mind will use emotion, ergo observe feelings absent distracting thoughts **about** situations causing them. Flow. Akin to martial art, one flows with opposing energy so it can be redirected to positive peace energy. Focus on what is felt within, not upon life situations outside, see what is, before it rises to a storm, be calm, observe. Key to this, to

feel not think so we see mind resistance. Egoic mind does what it thinks is best to protect its host the only way it knows, via fear. In a way it is unconscious itself. Fear is its fuel used to control us. Thought defines and conflicting opposites negate peace in one's mind. When thought races simply notice it, move with it. Monitor negative thought, concepts and egoic mind created fear when ego attacks, stay calm, notice, resistance only empowers it. See ego for what it is, our protector yet it keeps us alert. Awareness then is our greatest defense to unconsciousness. Acceptance, one of the higher levels of consciousness, above willingness, transcends unconsciousness to higher reason, who's process is abstraction, the point wisdom comes into play, to ultimately: "Be in the world not of the world"-as Jesus said. When a mind frees itself of resistance, only then can deeper peace be felt within. Notice mind patterns, still the mind. Curtail much judgment...ennoble conduct...see that thought is in conflict with itself. Vast space then is created in mind for something new. The mind sees this and willingly empties itself.

A mind reclaimed is limitlessness. Awareness of this fosters feelings of omnipresence..humility..enormity..oneness now. Sense this, feel it and then again, let go of process. Ergo awaken is alert, devoted-unwaivering-steadfast-determination, patience, harmony and persistence, a different kind of persistence than ego employs albeit equally aware. Expect all minds can see mind games and not succumb to resistance, which encourages separation. Expectation ego ever capitulates, is unrealistic. When in unconscious dreaming one tends to project. The level of effect inundates a mind and one gets lost in egoic social rolls, because it sees the script and rolls as its identity. So I then, is a shadow self, denies whatsoever causal level even exists. Nurture Natural Self. The mind, when attuned to the causal level, projects peace energy into the level of effect.

One then lives life in peace, emanates love, dissipating fear. This needs to awaken in the student wholly so that two blends to one.

Again we benefit looking at it from the left brain right brain perspective. Right brain being abstract, sees the bigger picture or outside the box. Left brain thinks in linear ways, thinks in specifics. The two halves are mostly separate yet are connected. Left brain is concerned with self...ego...details, concepts helping us in daily life tasks. Its focus is I..Me..it's all about ego, separating all minds from ideas of oneness. Right brain is Inner-being, is Natural Self, alert to ego and present moments, abstract, not languaging, ergo limitlessness. Right brain is one energy field..stilled..uncluttered..patient, and outside of concepts, it is perfect emptiness..nirvana. We are saying here right brain is the quintessential ripple effect. Wholly inclusive, one, awakened to via creating space. Vastness, it's the total energy field, undefined peace, love in minds silencing themselves. Pure observation not overthinking, just accumulated memory seeking to personify peaceful love as a paradigm thought projects, rather the mind rising above thought, so what is, is seen. Still, right brain without left would be impossible in this world, in this space-time continuum/Minkowski space. Left brain is vital yet it would have us be **of** the world not **in** it, and controlled totally. So be you in time--(left brain) while simultaneously aware of right brain; living and feeling peace, Natural Self in harmony with egoic self. Right brain is to have presence, also misunderstood. 'Clock-times' bias toward memory is of left brain. Feeling presence then, is difficult because to live in the mind is so very normalized. As fish in water, they've never known any other reality. And one mind identified is similar, akin to unconscious dreaming. Egoic mind is who we are, yet totally unaware of the greater whole we, loose ourselves in an I identity. Long ago ego gained dominion over us,

..but ironically is what keeps us alert, and with an innocence and wisdom merged, reminds us to stay alert. A matter of perspective really, awareness patiently watches and sees a scripts attempts to control. Ego's ***fringe benefit***, it keeps us sharp. Expect it to create resistance, catch it before it takes over. Again ego feels if it lost its sway over us by way of the 'I'—its host could never survive. It will not, nor can it see it drives anxiousness, that is, a mind using the person. Sufficiently cultivated wisdom then, through observation, solidifies union with essence, and one awakens conscious awareness. Ego does not actually change, *one's perspective changes to see ego fosters alertness*: 'The meek who shall inherit the earth.' Quieting of the mind comes via Being—not accumulated memory controlling us.--*So if this all seems superfluous or tongue in cheek, know the mind in conflict paints it so. Repetitiveness and randomness is accepted by a serious mind-endured because it sees its own indoctrination. We digress.* Transcend ideas of right and or wrong. Indeed, a completely new way of seeing and living life, unfamiliar to students mind identified. That formerly thought of as negative, or unpleasant, is no longer seen the same way. Good or bad, now are simply seen as well, just life. It is to engage adaptation, modify one's perspective, it's a mind reborn, fresh, new, primarily now. **Observation without attachment to whatever happens.** A kind of rolling with the punches. Movement with fear energy redirects it to peace. Domineering situations, are now seen as opportunities for growth, helping develop wisdom. A paradigm shift to peace is difficult to do in a world fear filled. As the students fear paradigm dims, thought trying to understand itself is then noticed more-so, resulting in a marked increase of awareness of inner-being, the peaceful love paradigm, personifying love into the world.

Without the empty space between form, there would be no

form to see. Seeing both, not as separate but extolling each other, is awareness of essential space. Space between letters and words are equally necessary as well. So a different perspective example: The physical eyes see reflected light. **We see only light reflected off of form. Form arises from nothingness, so, one cannot know no-thing, they can only be aware of it.** Matter, or material reality, is about 10% of the universe. Seemingly much empty space. When we look at form with awareness of space surrounding form, it is to see in a totally new way, the great significance of space in the mind. It brings us a new perspective, peacefully, slowly fostering a different view—space and form as Being, one. Instead of two, one-ness through observation. Previously feeling separate the Natural Self awakens us to a oneness. Perspective, one's perspective can change to pervading peace. This seeing and feeling oneness, is to awaken. The world can be viewed differently, so then do not be intransigent. The universe is expanding exponentially. We used to think after the big bang it should be slowing down. Energy pushes it apart exponentially; we may call it dark matter. Realization of thoughts limitations opens us up to limitless possibilities. Focusing on empty space awakens us to oneness. Plant these seeds in the mind. Empty space is energy, has significance and all formlessness is essence arising into form. In peaceful stillness, presence is felt. In quieting of thought one has presence. Beauty in form elevates presence. All that is comes from one energy source. In our fellow brothers and sisters is deeper essence, love. Essence therefore is throughout. Atoms, the scaffold supporting our body, form seen as a body; in just one atom if the proton and neutron were blown up to the size of basketballs they would go to the moon and back. Human-beings are mostly empty space in a form seen as a body. One energy field flowing from within and throughout everyones body touching all that is. In the religion without a deity, it is Tao.

There are flashes while transcending scripted thought felt as peace in each moment; alerted to inner-being, shocks of joy...yes we are a light within. In awareness of Being, these flashes become longer and closer together, a stream of peaceful presence held. A clearing of memory process in minds-listening-awareness through observation-brings mindfulness of the ripple effect. *There may be apprehension with regard to returning to this material world after feeling deep peace. Returning to busyness resisted...as if one were home for a while and had to come back to be of the world.* **Be cautiously aware of this. No negative energy. Ego would rather its host die than give up its control. In the back and fourth swing, it may condone suicide rather than loose control.** It's important to work through problems and adapt to what is. Remain peaceful in doing, at the level of effect in daily life. Bring harmony to life so conflicted thinking subsides. At night, release troubles of daily life to the source. Upon arising, focus on inner-source energy felt in the body. One is not alone nor in charge, nor needs to be. *One is helped by a universal life force energy and feels as one with it. An awakening to the causal level.* What is, is, that's all it needs to be, this brings order through acceptance. Let go of becoming, we are to awaken to a mind freed of obsession with the known via quiet pure observation moment to moment. Be vigilant and keep going. Methods take us only so far. Ultimately we should follow no one, no system, person or book, including this one. **Be your own light.** Inner-source is inside. Work at passive emptiness, shun conflict or even mild aggression. Natural Self, long ago relinquished, reclaims energy from egoic mind. A peace, happiness and bliss discovered, will engulf the body, an eternal relationship working forever now, as might have always been. Self sees mind games via surrendering to what is and creates space for the new and fresh to flower in a mind new, the void of no-mind. Two, can then blend to oneness.

CHAPTER TWELVE

PAST---FUTRE---PRESENT

We're inundated by endless programming daily from all sides. Television, smart phones, internet, advertising, academia, work, ethnically, nationalistically, religious institutions, forever, on and on and on to the point of ad nauseam. All so egoic mind can keep us in bondage to "Clock-Time" 1, past and or future, to the point we identify as a programmed life script. Vast numbers live in their minds exclusively, over project a scripted self, think they use their mind, when actually it is the exact opposite. This work has used repetition and inordinate amounts of concepts to counter. We are attempting to awaken the reader, i. e. bring one to have presence, living far less in the mind, considered so normal by a majority. A process, a method designed to point one to the door. Cultivating an awakening, is to follow no authority or system; turning inward to inner-source, one rises above thinking. *Abstract timelessness reclaimed, innocence merged with a deeper wisdom.*^A Once again, freed of old social rolls. The I relinquished, starting with counter-indoctrination to a degree of repetitious inquiry students endure. Focused attention upon the timelessness of each present moment along with Socratic inquiry, then freedom from a conflicted mind identified state unbound to divisive fear in memory. **Process helps this but can complicate it, so again pure observation is critical.** Outside of the present, storehouses of endless information in our brain's memory bank rise up and disappear just as quickly into memory holes, drawn up over and over, forever defining the now. New present moments arise and old memories are ever-ready to tell us what now is. **So memory images are of time, a bi-product of thought, a shadow self identification telling us what now is. It**

A—Timelessness equates to empty space, which the majority of all form consists of at the molecular level. It is nothingness and thought cannot know this, the mind can only be aware of it. It is The Ground of Existence. Innocent awareness merged with cultivated wisdom. The two blended successfully, forges a totally new kind of human-being.

foments division we cling to in perpetuity. Scripts veil Self awareness of now, keeping us on auto pilot, preventing observation of a mind unconscious. **So the present, is perceived as a narrow space termed now, but it is eternally vast.** *The actual present happens each moment, just before thought and conceptual ideas enter to define it with memory. Ergo, now is all there ever is. Ego veils this truth—seen by virtue of awareness, through pure observation, not form...feeling...cognition...mental formations nor consciousness.*

We are not saying one may not use past or future as a tool, or for entertainment, yet we need to keep it in perspective. **The idea is to relinquish past and future except for practical purposes; be alert, primarily to awareness of inner-being, so the mind creates space, then peace flows into doing, as egoic “I” is extinguished.** Reality again, is each moment, not memories. It is surrendering to a fact: To a greater or lesser degree we're manipulated, numbed by what is tantamount to a scripted computer program controlling us, outright indoctrination following the pied piper concerning most of what is done. *If the “person” controls, it projects memory images.* Paramount to developing presence is awareness of now, notwithstanding most people see primarily through the eyes of past or future. What mind games does the readers ego play, keeping them trapped in a mind identified state? Via observation there gradually develops awareness of pernicious rolls, which do keep us alert, i. e. **self** evaluation by way of pure observation as one is able to do absent resistance, vital to having presence. Watching so the mind is still, watching in peace. Then, Natural Self no longer capitulates to egoic self. Unattached to past and future, 'clock-time' is now used for practical purposes only. One's mind, now at peace, adapts to here and now, holds a peace energy frequency, transmuted love to each and everyone interacted with, by virtue

of arduous work, exemplified in the following: A perpetual state of calm stillness, laser focus upon the mind and acceptance of what is. Maintaining this state may require one leave for a time, any life situations disrupting peace, distracting or preventing observation of the mind. So watching fosters peace energy, and reconciling all blocks aggrandizes love, finally emptiness. A mind pulled, bound to concepts, additionally strong feelings and rolls, simultaneously tests one's resolve. The present here and now is life--alive--fresh--moving moment to moment without cessation---**as Self emerges from an image of the scripted self, or, one having presence, then moving to a state of total emptiness beyond even consciousness.**

Can anything outside of the here and now, which exists only in memory, be real? Outside the present is it significant? This begs the following question's: *If the present is the only true reality, why does thought define it by way of memories? Is this anything more than images in a programmed computer we call the brain? Merely memory defining now? Is the mind duped? Where is it that reality exists then? To what degree do people believe it to be either past, present or future? One's mind freed of concepts as each moment arises, brings one to see what is. Born continuously moment to moment, it is now arising in a mind new---undisturbed, projecting peace into doing. The egoic mind accumulates memory and uses it to define the present, making it cold--dull--lifeless--a program defining the here and now. Having awareness of abiding presence is to use past and future for practical purposes, then shift to timelessness, not live only in the mind. Having presence is to be calmly alive--wonderful timeless bliss, due to past or future intervening less. Without time based concerns energy is no longer trapped in endless thought created problems. The present: The moment before thought enters, peaceful inner-source projecting love, and if*

extended one is free of a mind identified state, to speak/act out of Being. Good and bad are seen as attachment, and judgment is increasingly subdued. Everything is here and now. Peace within. In this timeless space there is nothing to judge, nothing measured or compared because now is gone before thought can judge it. ***Each moment appears to rise and fade, yet is one continuous present moment, no beginning, no end. And, realized now not in biased memory images defining the now.*** Acceptance of what happens moment to moment brings serene flow absent anxiousness. The script, a computer construct with much information, again defines now making it unreal. Really ponder this. We have lived not here and now, but in the mind, in a program. A hologram--lackluster--devoid of peaceful love---**thought creating a *conflicted mind, old mind patterns, social rolls too many people loose themselves in.***

Yet again let us point to a different perspective, left brain. For many people left brain, ego and time, have domesticated them. The unconscious see themselves as singular, subjective, separate from the whole. *Unconscious dreamers live life in a fog, are used by their own egoic mind. We are all reared by a method of punishment for wrongs, rewards for rights-controlled by fear, dominated by an egoic mind. Is this not the same way animals are trained? Ironic, nature's natural state is to be present/now. We've lived in a bubble of fragmented programming and peace is lost because we see the present moment not as one continuous stream. Except for an occasional flash, memory defines it.* Memory practically used is fine, all the same does it control us to excess, is this who we are? Can people distinguish a 24/7 program from reality? Even though we don't see ourselves as used by our mind is this not so? To what degree do we live free of programming? Are we instinctive, living mostly in the mind, or do we adapt to random possibilities now?

A scripted egoic mind accumulates information, i. e. others who taught us, as well as collective consciousness. What we're trained and taught makes us a product of accumulated fear adhered to. Past or future projected memory keeps us in bondage. So do we choose this life? Living a dream of perplexing personifications of fear and its derivatives, as in: anger-egocentric pride-guilt-blame-judgment-desire-apathy-hate-stress-shame-anxiety..psychological fear filled lower levels of consciousness. What is missing in this moment and why does ego resist the now? We're lost in thinking, continuous rolls we play and do not see. What's it take for one to see now is where energy is reclaimed from past, future and ego? In the here and now a mind awakens. How long before we affirm: Pain of unconscious dreaming, which is similar to a sophisticated programmed computer controlling us-we're all done with. Natural Self needs to awaken and reclaim energy from ego. Awaken to see the life script is running lives, albeit if worked at it keeps us alert. What amount of time do we need before we see time itself is the problem? Nothing happened or will happen outside the present moment which is all there ever is. So the above is not intended to criticize, simply an attempt to awaken the reader to peaceful love.

Satori: short flashes of the peaceful present, ironically keeps all people trapped in the aforementioned nightmare. Just enough satori to keep us trapped in unconsciousness, **our karmic wheel of insanity**. The script is of fear, it's seen now, in this instant. The ego embraces awareness of peace sporadically, yet very little. We are thrown a bone of Satori, just enough for students to not ask too many question's. Seeing isn't easy but is simplistic, it happens in an instantaneous shift as we let conflicted thinking go. Awakening usually happens gradually-often preceded by unnecessary pain and an ambivalence about alertness. To observe the egoic mind

awakens us to the mind identified state. As one awakens, the ego works to create fear within. Therefore cultivate Natural Self, to a mind no longer fragmented. It creates vast space within itself and one uses memories for practical purposes. Martial artists train to ultimately see the toughest opponent is our own scripted egoic mind, *and is who we are if ego is not watched. We see it testing us and wisdom then develops.* To the reader: You can't imagine the peace and serenity awaiting. Again presently most souls have not awakened, think, the conundrum of conflicted thinking/dualism, human intellectual pursuits primarily solve any and all problems. It is egocentric intellectual pride, the downfall of denial. Therefore repeatedly watching sharpens the mind, then, turn it upon itself. Thought produces technological advances, many are positive. Yet intellect cannot know enlightenment. Albeit in human arrogance, fueled by the narcissistic egoic mind, vast numbers are deceived; "Forgive them for they know not what they do."¹ Thought foments us and them..past..future..lust for power. We turn away from our natural spiritual core Self resulting in desire and suffering. Many scoff at the idea of spiritual essence, see it as frivolous or nonsense. Humanities immersion in pride, enamored with ego, A. I. or egoic self's intellectual accomplishments. A kind of Natural Self betrayal; ergo be content, but also remain discontent. Be contented only in having presence i. e. any and all true seeing of the nature of now. The awakened see the unconscious as quite saddled with responsibilities—lost in patterns, social rolls; so then by holding a frequency of peace it help others see egoic self. Remaining awake, others feel energy, this raises conscious awareness. We digress.

We have spoken of left brain and right brain in this work repeatedly. Due to medical circumstances, unfortunate souls whom have had left brain shut down so to say, are blessed with a unique

opportunity for **self** reflection. An awakening to peace, seeing the quite abstract right brain. If they were lucky enough to have lived and tell the tale, it truly is an interesting story. We are herein referencing: **“A stroke of insight” Ted. Com.** Ultimately, extreme emotion, in addition to conceptualization will be seen as another block by ego to enlightenment. True awakening, is freedom from the known, from its conventionalizations and divisiveness. Elitists, in their egocentric belief intellect is the only answer, in their mind, conjurer illusions of godhood and crave perpetual egocentricity. Absent awakening to inner-source and its peaceful love within, a oneness **combined** with knowledge stored in memory, intellectual elitists, mind identified souls afflicted with a stubborn arrogance, repeatedly self-destruct. Perpetuating fear, fueled by division. In intermediate training students adjust to the back and forth, or ebb and flow, and tend to the needs of daily life while remaining awakened to inner-source, or presence. Potentially quite difficult, but can be felt there in the background while preoccupation with one's day to day responsibilities continues, all the while consistent presence remains. Theoretically this can be seen instantaneously. Typically, a slow back and fourth. Feeling peace strongly or subtly, merely at intellectual levels will not bring lasting presence. Inner-source is veiled by layers of programming. It's a frustrating back and fourth, at least until the energy is grounded. We cling to the known even though it's painful, and fearing the unknown, cling to varying levels of unconsciousness. Pain management then, is an alternative to awakening. It's a sort of spiritual denial. So minds in conflict, block awareness, try to see with concepts albeit cannot. Again: “Allegory of the cave.”¹ The story of men chained inside a dark cave. They could see shadows of figures walking outside. One of them was able to free himself, fled and then returned to tell others the real world was not the shadows they had known for so

long. They would not listen, would not believe it, and killed him! They could not accept it. Offered freedom from an illusion, they declined. Having been there so long, it had become their reality. Overwhelming normalcy bias so strong they killed the one who tried to free them. It's programming with negative outcomes. Past future script and fear controlled. Embracing familiarity, preferring pseudo reality over the unknown. The unknown was shunned and the known, painful as it might be, was familiar. What then has all humanity collectively gotten used to? This new way of seeing is to transcend limitation, images of time past, future, the unbelievable insignificance of it. Ego will forever say you need me and we all do, *if **we use it practically, it assists us in "clock-time."*** Ego vies for control using past-future and fear to accomplish this. The mind in disorder foments concern, worry, apprehension, Self doubt. What worry is there in the present, in this moment? Close the eyes, feel energy—***be this moment.*** It's predominantly peaceful. Worry over past or future concerns, is merely time and programming inciting negative energy. Thought identifies via a life script, rolls intervene and memory defines now. To see what you see, is to accept what arises in life and peacefully observe it. In acceptance of what is, a warm relaxed peaceful sense of, here is okay, descends; the joy of presence is flow. Peaceful energy felt throughout the body. In the zone, adapting, a mind stilled, now—hence no longer fragmented. Energy felt within merging into oneness, a conscious awakening to inner-being, the light within us all. Inner-Being flows, presence felt as we, are just there. Ego, a practical useful tool, helps us in life if one makes peace with its limits. This slowly resonates and begins moving spiritual travelers away from quite frustrating unconscious dreaming, to blissful consistent peaceful love. Shift to the state of conscious awareness, if 'clock-time' is no longer needed. Imagine rising above thought, you're ushering in heaven on earth i. e.

conscious perfection globally. **An effortless friendship with ego, is Natural Self seeing self.** Expect vacillation, levels, tend to overlap. Levels as an idea, along with conceptualization wholly, once one sees it, are all abandoned for a mind vast, receptive, peaceful still energy out of which love is personified. So water the seed within, long ago lost to forgetfulness, albeit could have never actually left. How could something that is one's essence, that is to say who they are, ever leave? A mind conflicted cannot see itself trapped in unconsciousness. Therefore thought pitted against itself posits only conflict. If seen, unconscious indoctrinated thought has much less affect upon us, in the sense that a programmed scripted self no longer pulls us out of the now. One sees it. Countless souls do not, they, are unaware. Still, one at conscious awareness, can still be pulled into rolls if not steadfast alert. Be aware of anxiousness so negativity has less affect. Able to functionally operate in, and to hold the frequency of, peaceful love energy, there then arises a tremendous freedom at this point in a students training. One sees thoughts mistake, mind patterns, rolls and emotional turbulence. Consistently aware, limited energy is given to ego. **Awareness reclaims energy from an egoic mind.** *Difficult, yes. Many times the author has repeated: "This cannot be done alone, please help," appealing to the Source, or, God if that **word** works; this carries us through. As in martial art the combination of simplistic innocence and wisdom, humility, a loving Socratic inquiry, patience, practice, negation of process and steadfast Self awareness, oneness and refusal to give up. Then a point comes, the feeling of great joy. A mind sees it in short flashes, extending to longer streams, or break throughs. Thoughts egotistical intellectual pride...past...future-will scoff at this. **Believe, do it!** Do not let others, thought, or veiled egocentric ideology block it. Cultivate the "Natural Self"---behind the "I" people are programmed to be. As K suggested---"Do it sir."*

CHAPTER THIRTEEN

STAYING IN THE MOMENT

“I'm tellin you what shrimpin is tough.” From Forest Gump. ¹ Staying in the moment is also tough, until the energy is grounded. If called to awaken do not disparage the power of your life script. It does what is required to control, and with egos help is quite formidable. Our egoic mind used against us, bends us to its will prior to adequate observation. Yet if collective humanity were to awaken peace on earth would abound—“The lamb will lay down with the lion.”² Normalized observation of the self brings this into being. Significant to this is, it happens in the present moment, as does everything. Here and now, continuously dies and is reborn. If travelers remain present it will be seen. If one is alert, past and or future intervene far less and peace is then sustainable. If peace is encroached upon by fear energy, in conjunction with emotion, in the form of subtle or aggressive forgetfulness, herein referenced as the mind identified state, rolls go unnoticed, vacillation in and out of conscious awareness ensues, if at all. Ego commandeering one's mind, results in extreme or subtle disunion from Self, i. e. a script controls. A mind swayed by fear is common, ergo grounding work is a must. When 'blue-pilled' one is the I, or self, veiling Self with old mind patterns, lost in social rolls. Veils, are blocks peeled away by peace. Being around one awakened tends to facilitate awareness, yet do not depend on others. Seeking someone to tell us what to do is just another mind game. **One must cultivate the teacher within them.**^A Additionally, claiming to know is again ego. To know is thought, this is the problem. Who is the I that knows?

A—This is the voice within guiding us. It comes by way of clearing the mind,, being still and listening intently. We can't see what to do when we're upset. Any extreme emotion and or thinking engages the egoic mind. As Tolle title one of his books: Stillness Speaks. Or from a biblical perspective: “Be still and know that I am God.” Psalms 46

Reclaiming energy from ego is to peacefully observe the script and its rolls—used for practical purposes, eyeing them from a far. The axiom: “It is easier for a camel to go through the eye of a needle than it is for a rich man to enter the kingdom of God”¹--speaks to the difficulty in being attached to the material. Ergo, watching self is key, yet by way of ideas stored in memory exclusively, is to still be **of** the world. Life distracts us from watching egoic mind. This results in further loss of awareness of inner-being and presence. **A viscous circle of craving, pulling us into time, where ego controls.**

Time pulls one out of the moment and is efficient in so doing. Thought combined with extreme emotion pulls us into an endless train of concepts. Overthinking scripted minds, time and concepts, oppress us not due to subjectivity, but because of deception the self promotes in the mind via an 'I' identity. Overly drawing upon memory images to identify the now is one of many forms of self-deception. Observation in the present moment is the mind silent, unattached to the known, and is always where truth--peace--love and clarity are. **Steadfast alertness must be cultivated so the less obvious mind games do not prevail.** Egoic mind comes at us by way of subtle intellectual pride. Remember, pride comes before a fall—so be aware or the egoic mind forever lulls us into forgetfulness. Insecurity, Self denial—scripted fear via overthinking will creep in, often preceded by pride. **The observer and practical use of programming must work in unison. Ego and life script then are watched via one's mind sharpened, a weapon turned upon itself. Spiritual travelers drop any notion of thought and or systems being able to do this for them. Unattached observation: is an ordered mind in passive alertness. No negative energy, ergo: “Be *in* the world not *of* the world.”²—We're all spiritual beings having a physical experience therefore focus, be attentive, and with calm**

alertness notice depression...dis-ease...pride...anger...all fostering a deeper awareness. A mind is indoctrinated, and lull us to sleep if we clinging to normalized scripted mind patterns; life situations happen, thought enters and memory defines. So remain awake, alert to each present moment with limited energy given to “clock-time”-then Natural Self gradually emerges. Embrace this paradigm of peace, felt within each moment, clear memory, create room. **Practicing this, we refrain from egoic dependence, and concepts become stepping stones used and dropped, then the now takes primacy.** Pure observation of thinking by virtue of serious quality attention, keeps a student here and now yet its energy is fleeting, unstable. One must practice daily observation of the egoic mind, not capitulate to a life script, social rolls and or old mind patterns. Persistent, unwaivering observation, fosters a mind laser focused upon itself. **“The kingdom of Heaven is within then seen everywhere.”**¹ Attention turned within, independent of truth outside, follows no system nor another, which is to say do not cling to rolls or follow the status quo. **Awakening to one continuous moment, comes when we watch egoic self and its rolls.** *Rise above thought and its endless fragmentation. One's mind can never **know** Being, only be aware of it. It is conceded these ideas seem quite abstract. Simply keep going, don't ask why and gradually it comes.*

Listen, watch daily, hourly if necessary, sharpen the mind, then turn it upon itself. Again quite unfamiliar at first. Observe in stillness; life leads spiritual travelers to where they're supposed to be, if we adapt. Ego is governed by rules and is enamored with the material world, a school we are to learned from. Because this is so it can never tell us who we are, and nothing can limit us unless we give in to its narrative. Nevertheless it's all to easy to loose our selves in the dream. Elementally we're no-thing rising into form or

dark matter one might say, energy in material form. In martial art when techniques got overly complex we would go back to basics. Similar in that simplistic innocence is our refuge, basics bring us to have presence. Children feel this naturally as a oneness and know its peace as: The oceanic feeling. Opportunity exists while they're young, before the life script has formed, if we teach them to hold loves frequency. Children still remember. In conversation with a four year old child—he went to his two year old brother in the play-pen and asked him to remind him what heaven was like, that he was forgetting. He also told us of a boy in preschool who said he was dumb. Asked if that same boy told him it was okay to run in the street as cars were coming would he believe it? Naturally he said no, answering without thinking, in the now where truth is. No one, nor self, can sell us a narrative unless we buy into it. Ego, by way of redundant unconscious programmers narratives, teach and caste us to be an I identity, who they think and feel we should be. *Their truth motivated by fear, not the truth, seeks unconscious destruction of the teacher within all people.* The apple not falling far from the tree, absent awareness of our teacher within, results in one being lead by the Pied Piper. Question old mind patterns, observe rolls and others rolls as well; gradually awareness of ego comes and energy is then reclaimed. If a child or an adult, has a narrative pounded into their head it becomes quite difficult to even see it controls them, especially if surrounded by unconscious dreamers. Once the child's life script is formed it's hard to see this and life is more complicated. A script governs and its praetorian guard-the egoic mind, uses linear thinking, collective and personal belief systems, veiling Natural Self, which acts out of Being and is guided by random potentials, all happening in the here and now. Collective consciousness and or one's personal consciousness, will reinforce familiar patterns unconscious dreamers cling to. Time, is

where problems abound if scripted definitions of now are bought into. Reality, is each present moment not thoughts limited images memory projects. Let us adapt then to each new moment-random potentials here and now. Being functional in the physical realm is fundamentally, to simultaneously have one foot in both worlds, in timelessness, and 'clock-time.' There will be vacillation in the back and fourth, spiritual Self and self, peaceful calm stillness, and fear energy via mind patterns identifying now as memory images, the "I" prior to cultivation of wisdom merged with an innocence. Each travelers awakening moment is their own personal epiphany of Self awareness. There are always similarities in every journey yet to see it is to observe reality here and now, not see it via memory.

Those whom awaken abruptly tend to see a world gone mad. Peace descends as a whirlwind, contrasting old mind patterns, i. e. one caught in the ebb and flow. One may feel waves of peace yet can all too easily, be repeatedly lulled again into unconsciousness. Egoic scripts subtly lulls us to sleep again and again and again. It may back off, only to reemerge—brought on by complacency and forgetfulness. **One must press onward in these times.**^A To awaken is to partake of life and relationship, simultaneously maintaining conscious awareness of inner-being. A very determined mind can free itself from the scripts perpetual on-going desire for control. Pure observation, while in conversation for instance, is to remain aware of increasing tension within: Is the voice elevated? Is there awareness of rolls as we play them? For example: Shopping, move slowly alert to interaction. Notice when the script lulls you. Pay attention to detail, bring the senses to bear. Monitor--**listen-look-touch-taste-smell** each and every moment and absolutely have present awareness. Walking to the car each step-focus on opening doors--the car starting--movement--driving-parking-waiting. ^A—As the bliss

-ful feeling of innocence fades in and out, wisdom must be cultivated to hold this energy frequency, or, go back to sleep again, i. e. live in the mind exclusively. To keep at it is key.

Lights--pushing the cart--seeing colors--hearing sounds--all of it un-attached. Notice social rolls pulling you into absent-mindedness. **Watch, stay alert.** *Aware of the 'you' playing the roll-feel-see-hear* all interaction with other people's rolls, outside looking in; aware of rolls while playing them. Keen alert observation induces a quiet mind, very peaceful, vigilant. Have conscious presence, a mind so alert that situations drive us deeper into peace; stillness, freed of attachment to normalcy bias. One's mind is creating space, always fresh. Unaffected by old memory identification of here and now, the mind, observes itself. *-Side bar- The work is repetitive, needed to coneract programming. Do readers internal voice whisper: This is feckless. Of course it will because it needs thinkers, the you, to follow its narrative. Yet for thousands of years many awakened souls called to peace never even dreamed possible, then realized, obviously do indeed have the last laugh. Perhaps attachment to endless conventionalization capitulated to: e. g. One unaware of mind patterns, ignorance seen as bliss, "blue-pilled" repeatedly. A vicious circle of thought memory holed, drawn back up, identifying present moments then ascending to social rolls played-redundant, lifeless--cold--unreal--not now. We digress.-In thinking of the now, concepts arise, "clock-time" enters, thought defines the now via images. So, if unaware, we're pulled out of the moment, back into rolls—rolls used for practical purposes exclusively. The author has watched rolls, gotten caught up in them countless times-having to reset again and again, all due to a lifetime of old patterns. It's all well and fine provided it's seen for what it is and we do not loose ourselves in the roll. **We**, use them, but see they're all to easy to get lost in, which is, unconscious dreaming. **Keep going.** Let now lovingly guide via observation of what happens. Be vigilant, alert. Ego lulls us to sleep so we need to be one step ahead of it. --**"You men, could not stay awake with Me for even one hour?"** Matthew 26:40*

When overwhelming emotion and or thoughts exert ominous demands, empowering egoic self, it can often bring on feelings of inadequacy. *Do not resist.* **Watch and calmly notice here and now with no negative energy.** Anxious dis-ease foments conflict, while pure observation brings clarity of mind. Ego follows the path of divisiveness. Distraction is everywhere, not to mention a majority of people remain plugged into the dream. Accept that too. Forgiveness of those in the state of unconscious dreaming is essential as well, critical in fostering non-aggression and an acceptance of what happens. Ego disguises itself—Taoisms ten thousand things, vis-a-vis its attempts to lull us to sleep repeatedly. Remember, for every person committed to staying in the moment it profoundly affects the far majority of those trapped in bondage to scripted programming. *They, do not see it.* Moreover, all collective human consciousness is affected by one having presence weather they're aware of it or not. **Pure observation fosters peace, like a sort of positive virus, it touches all.** Can the reader see how enormously important success is for those called to awaken? Pure observation fosters peaceful love, energy which connects us. The egoic mind is driving humanity insane through its fear paradigm. We race to the singularity yet spirituality lags behind and must be developed or technology will be its pseudo replacement. This work counters the negative, limiting, self-esteem degrading input—exceedingly with a positive, useful, constructive, contributive paradigm of peaceful loving, spirituality. An alert mind sees observation of scripted rolls and mind patterns help to develop the spiritual, not capitulate to trans-humanism or Neuralink. We now have purpose, a higher reason to cultivate conscious awareness—**to rise above thought.** Courage along with purpose spreads peace to others, and if done the light of love is the dissolution of fear. This may well be, if one works at it, the greatest most important, courageous, selfless and

meaningful accomplishment achievable in one's life. So compare this to narcissistic drudgery, fighting for fleeting power, money, prestige and adulation from fear filled sycophants; pride, elitist egocentricity, craving pseudo power and temporary satisfaction, all impermanence. Rise above thought, live in the here and now, where peace and the joy of Being are. Beyond concepts, outside time, the problematic is nil. Ego's game is to distract us and drive us into disunion from Natural Self so that unconsciousness takes over. It's relentless in this pursuit. There is much to be distracted by, and it's all too easy to get lost in the dream of form. Loss of awareness of inner-source leads to endless coveting. In martial art ultimately, awareness is our best defense. Unconscious dreaming, where most people plainly are, is to be unaware. They can't see it, believe, it's the reason they sleep. If change were easy everyone would be doing it. In the next chapter we go down the rabbit hole to wonderland. Readers may wonder about this work, or question why the scripted dream manifested by way of our programmers and fears indoctrination—how this controls to the extent it does. Prepare for a ride challenging spiritual travelers current paradigm totally. We aim to point the way to truth, so all can awaken. All systems point, although in and of themselves will not awaken us. Only the teacher within, by virtue of wisdom, peace, and truth as something of itself will. The egoic mind hides much and we should inquire. In the end for all we know this school, this scripted mind identified 'I' reality and the material world, is a place of higher learning, bringing about a retrospective need, to share some of what has been awakened to by the one who writes this, so as to facilitate the readers spiritual rise in consciousness to the degree they are ready, so as to usher in the Great Awakening of Mankind. A totally new kind of human-being, choosing to live the peaceful love paradigm as a new lifestyle, freeing minds of a fear paradigm.

CHAPTER FOURTEEN

HOW DEEP DOES THE RABBIT HOLE GO

Lewis Carroll took us down the rabbit hole to wonderland, challenging minds. Imagination is the only limit to how deep the rabbit hole goes. Where do we start? Well, let's just dive into the hole together. The pinnacle of consciousness, as outlined in this work is Conscious Perfection. Although realistically we *never truly arrive*...this would be boring...impermanence...unconsciousness... simply another mind game. We're an expression of inner-being already, a personification of love for all creation. A part of all that is, which is in and of itself conceptualization, again just another mind game. An enlightened state is beyond words, or, thoughts ability to grasp it. We, are nothingness--potentials--the moment prior to thought entering now and identifying it. Observer and observed blended together. We are energy, one energy field. Unattached to thought. Forever here and now, all now ever needs to be. Imagine spiritually awakening, waking up in the Dream of Form. Shocking really, to see it's all an illusion, a dream we are in. **Tiny strings all connected...form we see.** We write--produce--act--direct and edit the dream. And we've bought into it, a ticket to ride. Unlimited potential realities exist and one can mold the dream anyway they wish, infinite possibilities for any traveler. Collective and personal consciousness holds the material dream together. Manifestations, all of it arising out of nothingness. Immaterial rising into form. The dream of form held together by strong biased belief. Subatomic... quantum particles...possibilities...potentials— all of this emerging out of **randomness**. At the sub-atomic level, in quantum physics, things get really strange yet it and spirituality really actually do

complement each other regarding what is thought of as real, i. e. this material dream world of form. Intriguing to ponder, if not for collective consciousness the dream would simply disperse. Atoms in objects of form would basically scatter and return to the source. Matter: derivatives of incorporeal manifestations in consciousness –although part of absolutely everything, the macrocosm. Essence, a rabbit hole beyond consciousness itself, or nothingness. Another dream. At the quantum level of physics in the eleventh dimension, all that is are actually tiny vibrating strings connected together. Oneness spoken to herein, seen as divided yet one energy field, appearing fragmented to all minds in disorder. Again, a series of potentials guided by randomness. Sounds unreal? Well then, what is real? Can real be defined by thought or explained by language?

Let us have a look at the ***double slit experiment***: Physicists fired protons at a wall with two slits in it. Behind the wall with two slits in it, protons hit in a spread pattern. The reaction was, that's strange. So they decided to record it, to watch it, upon which the protons behaved as expected, or, two straight lines on the wall behind the wall with two slits. So randomness then, is a series of possibilities affected by observation. We are positing here: We are a manifestation in the stream of consciousness, which time seems to fragment, when there is and always was only one energy field. ***Schrodinger's cat***: Is a thought experiment in quantum mechanics illustrating a paradox of quantum super position. A cat is put into a sealed box with an atom of a nuclear isotope, with the equal chance that within an hour the cat will either be dead or alive. Nevertheless before you look, the cat can be simultaneously alive and dead. This speaks to the act of observation fundamentally having an affect upon reality. Matter, including the body—may be held together by a collective and personal belief in that observed.

The common denominator concerning quantum and spirituality, is the changing power of observation. Watching therefore makes a difference. Egoic mind sees its host as an I, as a body, clings to the material world and fear paradigm we're born into. Spiritual beings in a physical experience, who's purpose may simply be to observe, to watch in the here and now, the only actual reality. All material form: Energy flowing from the un-manifest into manifested form. Awareness of inner-being is nurtured by pure observation. **From it peaceful love blankets our world.** Ah, but who is the observer: Our scripted egoic mind, its mind patterns, social rolls and our life situations, or, the timeless eternal Self—just another mind game.

A colleague and friend studied day after day, falling asleep and then upon awakening resumed reading again, enamored with the subject herein. Intense subject matter. Being very determined and in retrospect was the first realization of that which words may describe as oneness, an awakened state yet brief. Suddenly there was profound peace. Not satori really, akin to an elevator ride to peaceful clarity. ***A glimpse of the void.*** Looking out the window, birds flew by on a clear sunny day. The scripted egoic mind totally collapsed, peace abruptly arose. An epiphany: **Why that's true, none of this is real!** He shot out of the chair. You can pretty well guess what happened next. Ego jumped in from the background. Having none of this there was intense fear, the mind clinging to the material world of form, life script, and ego its guardian, back to familiar normalcy bias, pulling him back to be **of** the world. You didn't think it would be easy did you—came to mind. Applicable axioms: “The reason you suffer is because you cling to the world.” or “Cross over to the other shore.”¹ A slow back and forth process ensued, ebb, resistance, to flow, observation. Once a majority are awakened, the dream no longer controls. Preceding this: There is

no us and them...merely energy...oneness, useful ideas fostering an awakening to peace as a lifestyle. Conscious perfection defies definition i. e. I, cannot know love. Freedom from the known is boundless peace—freed of all negative energy, rooted in the now. Then, each moment reveals actual truth to be something of itself. The dream is and always will be a paradigm of fear thought has created. Transcendence to consistent peace is work, nevertheless worth any effort made. We're saying with unwavering persistence anyone can awaken. One's great responsibility in life really is the realization that the highest most important thing a human-being can do is to foster the loving personification of inner-peace and presence, then project its unlimited love into the world. A true axiom may have tried to communicate this: "Whoever believes in Me will do the works I am doing and he will do greater than these."¹—limited only by a mind conflicted. Transcend division, do not limit the source. A totally new way of living if one is willing to seriously inquire into it, remain steadfast and work at it daily. Of course challenges will still be there, notwithstanding seeing with a different perspective. Problems are gifts, opportunities for growth if we hold the frequency of peace, in silent stillness---unshakable-alert—this is love emerging from within. Non-resistance and total acceptance brings peace. The traveler emerges reborn, flows with life. Calm emanating from inner-source, which in turn flows into doing, so one's actions are always motivated by peace. One then attracts people and circumstances essential to peace. Optimism rises, flows and peace absorbs all fear filled negativity coming into our proximity. Awakening to inner-source promotes development of a strong inner-core, peace and deeper wisdom, take primacy, standing as a seer of truth moment to moment. In such as these is *oneness—transformation to nothingness—followed by rebirth out of nothingness back into form—finely benediction, in which the*

body's useful purpose is to project peace to all. Imagination, direct experience---peace---random pure observation---love flowing into doing. In the moment, as it ebbs and flows like a beautiful sonnet, or a piano solo by Bach. This requires work, for as long as it takes. Then, the art of letting go. **Finally, freedom from consciousness itself, truthfully a spiritual transfiguration.** Inner-Being projecting peace, total acceptance of here and now despite what happens, observation of ego and life script it follows. In the moment what problems are there? Problems require past and or future. Always remember what one does to another, comes back, via karma. Let Being flow into doing, peacefully observe problems—flow with it.

To the degree one allows themselves to be veiled by the life script is the measure of their clinging, or fear of exiting, the wheel of insanity, an illusion of repeated existence, **wheel of karma**, or a kind of variance of Nietzsche's eternal recurrence. Self, aware, is pure observation beyond ego and life script. A mind sharpened then turned upon itself, our weapon emerging out of the ashes of conflicted scripted minds. The student's mind free by virtue of no resistance—truly actual freedom from stored information in a brain fomenting psychologically conflicted minds, blocking our seeing. Metaphorically speaking there will be rapids, tumultuous times, albeit peace remains like a rock embedded in a rushing riverbed whose water cannot dislodge once the awakened cultivate peaceful love. So, nothing circumvents deep peace if we surrender to it. Egoic script is governed by nomenclature, it's a linear mind. Love, flows from peaceful awareness of Being, not knowing Being. It is to be alert to eternal causal level energy, beyond past or future, continuous, eternal present moments, now. What's lacking in this moment? It's perfect, it takes past or future to have imperfection. This present moment is fine, it's not a number, thing, place or a

judgment, for all these exist in space-time, have a beginning and an end. Only the now is real. Perfection then is to, **have presence, Being there, an oceanic feeling, observer and observed are one.** Life as unlimited potential possibilities, letting all illusion go. Life is as it is, a continuous stream happening beyond description and or all conceptualization. If we attempt to name it we're lost yet again to time. Again enlightenment is...here...now...forever...moving...alive...playful bliss...without attachment to beginning or end. It is forever, essence in stillness, absent resistance. It never opposes, yet re-directs in perpetuity all fear energy, to peaceful love now. Everything is energy flowing out of the void with all the answers already. Time--mind--ego--are mental constructs, images. Essence is pure energy, incorporeal. Within us, inner-peace yet clouded by a script, veiled by egoic mind. The eternal mind is a mind without borders—beyond all limitation and infinitely less finite than the scripted mind. The void voided, all it needs to be. Love projected into form, or Natural Self expressing essence, fostering truth.

Human-beings are at a critical crossroad, will we evolve with consciousness or shun our spiritual evolution? We may destroy it all and if we do consciousness itself would continue. Technology exceeds our humanity presently and if humanity decides to not cultivate their spiritual side, the unintended consequences await us with no guarantees. Millions and millions killed in unthinkable violence, all the insanity of the scripted egoic mind. For awakened it tries the soul. Violence-judgment-divisiveness, and so many are unaware or don't seem to care. Oneness...a new paradigm upon the horizon. What is done is done to all, the entire energy field via established acceptable etiology. Enlightenment...a way out of hell. Seeing, knowing others do not, brings despair and often saddens those awakened. So will consciousness evolve with or without us?

Energy never dies..simply changes form. We are energy so is death illusion, a creation of thought via collective consciousness? A manifestation born of fear? Somewhere in the universe perhaps on a planet out there, are beings advanced enough to take all this for granted; perchance they may be watching this very moment, and wondering if we will destroy ourselves or make it through this reformation of raising consciousness from unconscious dreaming to conscious awareness. Or merely a game, us being the pawns in a game **Brahman plays as Lila**. Before the reformation many came along; those attempts to create change ended in the lost of many heads. As Martin Luther entered the scene was it simply an idea who's moment had come? Is it enlightenment's moment then? We have a chance here and now to usher in this energy. We who are awakening concede it will be what it will be. Join us then, until there is no us or them. And finally some fondly pondered ideas: "Living is easy with eyes closed, misunderstanding all you see, it's getting hard to be someone but it works out, it doesn't matter much to me."¹ And this passage: "If you have faith as a mustard seed you will say to this mountain move from here to there and it will obey."² It is after all, **us seeing truth**. What does the reader **see**? Are we willing to **consciously see**? Going deep inside to our spiritual core awareness? Are we puppets of scripted egocentric intellectualism, the spirit of the age following A. I., our Pied Piper? If so it definitely will not work out well. So inquire then, who is the puppet master? Ponder that and ask a question: How will each of these possibilities turn out? Can the author and reader together objectively see the importance of this? *We will if we surrender to this perfect awakening moment.* Or, is more pain and suffering, a clinging to the world needed to finally awaken? Crazy, mumbo jumbo or insightful with limitless soul force? Well that's a matter of perspective. Does the reader have peace in their life, or fear?

CHAPTER FIFTEEN

RENOVATIO

Awakening is spiritual rebirth, realization of Natural Self, an oceanic feeling merged with cultivated deeper wisdom. Freedom inner peace brings truly feels as if one had been reborn. A passage perhaps synonymous: No one can see the Kingdom of God unless they are born again.¹ An initial step toward renovatio is awakening to a fact: Basically unconsciousness is running on a kind of auto pilot. Spiritual travelers called to awaken, see they're in a sort of sleep walking state, a life script dictating what to do, be and have, the purgatory unconscious dreaming is. Realization of, your mind has been using you. One may sense this at a deeper level yet still buys into the indoctrinated dream, one's daily life, consumed by overwhelming busyness allowing for little spiritual cognition. Lost to social rolls and old mind patterns. Yet inner-source, like a thorn in the mind calls us to free our minds of disunion from awareness. Awakening requires surrendering to a fact, we're all dysfunctional, maladjusted psychologically to some degree. Commandeered by an egoic mind to the extent one struggles to see it, particularly concerning blocks. Therefore egoic mind subverts transcendence of blocks. Clearly every mind needs order. Indoctrination passed generation to generation clouds one's mind. Renovatio, is rebirth to an unfamiliar energy, consistent peace. Persistent inquiry along with generally, a refusal to give up, is necessary to transcend the dominant fear paradigm and awaken. It's pure observation of fear energy, and peace energy as well. Aggression, counterproductive to one awakened, is shunned, it fundamentally propagates a mind in conflict with itself, egos quintessential veil to peaceful love.

Emerging from the dream to feel peace is a result of passive observation via reclaiming energy by virtue of remaining alert to inner-being. Peace felt, combined with wisdom, dissolves divisive fear energy. One awakened sees then: "The will to Power"¹ is the world. Aggressive behavior is prevalent, suffering so normalized it's all too easy to succumb. Mind patterns have prolific power as well, so peace with an indoctrinated programmed life script is the challenge. Transcendence of this requires observation and stillness of mind, extending this energy stream of peaceful flow, so it's felt beyond mere flashes only. As pernicious social rolls and old mind patterns control wane, peace slowly comes. Renovatio: To see life situations, rolls and old patterns emerging; to catch fear before it rises to a storm and carries us away. **Requiring patient steadfast alertness**, fear is seen to be of time. A stream of peace gradually expands to consistent presence. Vigilant observation of egoic self, fosters peace, and love is its fringe benefit to all. Negativity fades, and a feeling of oneness comes to us, as peace grows stronger. As peace presides, divisiveness is now put aside, it is seen as enabling problems in a mind fear filled. When grounding work is solidified little disrupts peaceful love. At this point in training peace is no longer superseded and unconsciousness is seen, now. Challenges still come, nonetheless one's perspective has changed, they now are viewed as opportunities for growth. In a humble and selfless state of mind an acceptance of what is, is adopted and there's forgiveness of unconsciousness generally. Inner-being, the greater whole of one's life, is now far less obscured by division. In all life situations: **"Accept, leave or change the situation."** **Awareness of inner-being grows stronger when this is done.** Actually seeing the ripple effect, noticing it operating in life situations, ego no longer overly controls. Reconciliation and adaptation is one's new way of living. No negative energy, anxiousness, aggression or dichotomy.

Feeling satori comes sporadically for beginning students: Non-interference or perhaps..good fortune..luck..inspiration..flashes of awareness come yet the dream lulls us relentlessly over and over. An intriguing intellectual mind game evoking dependence upon the life script, moving us away from spiritual awareness. One gets caught in life situations or social rolls, unaware the ego and script subtly seek control. Lost in baneful egoic disguises, beginners are swept into physical experiences, resulting in loss of awareness of inner-being. Awakening is to observe thought and emotion with the new eyes of peace, reclaiming energy; ego incites emotional and intellectual dependence in the back and fourth yet with work actually helps the student develop peace. ***Unconsciousness is life in a crisis to crisis mode; life running smoothly then undermined by one's own ego and life script, sabotaging success via getting lost in rolls and mind patterns, confused—unaware—conflicted.*** Forgetfulness i.e. perpetual unconsciousness, allows life situations and or others to lull one into an I identity, lost in dreams of form. Unconscious people are not only unaware but unable to see they sabotage themselves; failure to notice ego and life script compelling them to do what they do. And mind identified people defend the status quo, we become preoccupied by egoic mind games, roll play and or patterns, losing ourselves in them. Collective fear and programming denies the now. This is resistance to life. Watching unconscious humanity, advanced students can see this though the unconscious do not. There was a point in an advanced students training they too did not see, hear, nor understand; forgive others and the self as well for repeatedly slipping into forgetfulness. One must press onward undeterred for renovatio to arise within them.

When one awakens to inner-sorce they feel foreign in the world, but slowly fear energy is seen and programming revealed.

There is peace in the present. Fear easily deceives us because it's familiar to unconscious minds. How do you tell a fish they are in water? How does one watch the mind when they cannot see the forest for the trees? **We can't see what is, or what to do until the mind is calm. Only then can the mind observe itself.** Renovatio is rebirth in perpetuity to one continuous present moment, ergo its peace comes via acceptance and observation. Negating judgment brings this to fruition. Detached from opposites, we stop burning up energy and draw upon an endless power supply capable of anything. It is to be very still and have present awareness. Fear, judgment and mind patterns, are seen as detrimental. Acceptance of what happens then, by way of observation of what is, nurtures adaptation, enables us to see blocks and divisiveness. Why do we resist what happens when it's what's happening? Awakening is to accept what is and adapt to now, moment to moment. Peacefully observing we see the I and its blocks fomenting opposites, which imprisons the unconscious in self-imposed mind patterns--rolls we are taught to be, all of it created by thought. Peace, in real-time is undisturbed. Peace, personifies actual love, not what society or media, projected by an egoic mind, say it is, rather love emerging from omnipresent formlessness. So then, a lifestyle of peace is the doorway to love, when fully awakened peace is undisturbed. We accept what life sends to us and adapt to it. Resistance blocks this. Therefore the mind laser focused upon itself, is commensurate to awakening a consistent state of peace. Definitely not for larks, for one willing to work long, onerously. Life will ebb and flow so one accepts the best and worst of situations, monitoring often, what is felt each day, and if peace *is* disrupted, restores it via observation.

Awakening to an enlightened state: a personification of peace to all, especially to children prior to their life script taking charge.

Little children still remember from where they came, albeit forget. Children before their capitulation to egoic mind, mind identified thereafter, struggle to feel peace if at all. Learning still happens of course, post life script formation, albeit comfort zones and belief systems have become firmly rooted. Normalcy bias and the walls of the egoic mind, thenceforth become dense. Excessive thinking and extreme emotion possess the mind and one's life script takes over. Veiling one's deeper omnipotent mind as ego blinds us with normalcy bias. Still, a paradigm of peace, an awareness felt within the body, slumbers within all human-beings. Simply reading this fosters peace. We're part of the movement to raise consciousness out of egoic mind created fear, to rise above thought except for practical purposes. *There is great need for people willing to do the necessary work, to awaken. That said, while in the rudimentary stages of this paradigm shift, spread these ideas. If all one is able to do is make some sense of this, acknowledge the irrefutable fact we are indeed programmed from generation to generation, then be peaceful. If one has interest in awakening, it holds a frequency of peace, helps those further **along** accelerate theirs, hastening the belief factor for themselves and others.* Renovatio, awakens all collective humanity. Peace as a lifestyle impacts all without saying one single word. For those called to awaken, if feeling this to be potentially an arduous path, it can be difficult being around those still unconscious. Being present, and pulled into unconsciousness by way of others, not to mention our own script, is a monumental challenge. Ego is ever-ready to reclaim control. Renovatio is to see rolls we all play in life, derived from our life script and memory. So cultivate the teacher within, observe egoic mind, bring it to order. Forgo dependence, follow no other, system, or method, go within. Pure observation is key. Watch the egoic script, ask who is the 'I' following it. *A martial dedication, again is necessitated in order to*

counteract a lifetime of programming. We digress: Peace energy is elusive, that said it brings us to see and flow with what is. In the back and fourth “process” one may feel peace slip away as fast as it came. Finding oneself in a struggle to remain alert and awake, one feels taken over or attacked by ego. The energy is fleeting and scattered. Until the mind conflicted, sees this, it will resist creating confusion. Diligent pure observation, i. e. no negative mind and or emotional energy. Watch, acknowledge it's your life script. Focus on courage, a doorway to peace. Nature elevates peace, since it is below thought nature often does allviate mental resistance. The unconscious are at the level of thought and must rise above it, or live in their mind. And if unable to endure unonsconsciousness, they'll remain awake. A serious determination is required. Life and things acquired prior to renovatio pale in comparison to peaceful love. Post grounding, frustrating circumstances in daily life have far less impact. Peaceful love does repudiate much of the problematic, a result of remaining present and pressing onward underterred. It requires weeks--months--years--or lifetimes, persistance is a must and, resolve is foreverness; it must be very strong or the mind will capitulate to ego and project an I identity, as egoic mind controls. Yet it can never tell us who we are unless we buy into its narrtive. Within the perview of Self emerging, peaceful harmony with a life script comes by virtue of arduous work, as one cultivates wisdom. Maintain awareness of Being, monitor rolls so as to not be overly invested in them. Now if peace has touched the spiritual traveler deeply, they will not go back to sleep. **With focus, programming controls less as observation of the mind is steadfastly cultivated.**

Condemnation, judgmental dichotomy directed at the heart, beckoning resistance within, likely continues and is egos powerful leverage. The caterpillar, egoic self, surrenders, and then is an

instrument assisting the butterfly, helping us to remain alert. Ego tries again and again to regain control yet cannot when the mind is observed. The Natural Human Being emerges. A spiritual being having a physical experience, is now seen, an effortless friendship with ego comes, one's deeper truer nature arises. Acceptance of egoic limitation realized, egoic mind becomes a free companion. Life known before renovatio is totally reassessed. The dream then pales in contrast to presence. Thoughts and memories of scripted life situations, attributed to memory images, if used practically no longer dictate ego's pernicious narrative. Ego dominated, now, it keeps us alert. Governed by thought, bound to a belief in illusions thought has created. Here and now each moment is love always new. Problems are of time and fear, all judgmental conceptual thinking, egoic mind identified dichotomies of time past or future. *Without an I, or us and them, separation is negated and one is now, conflict free.* The present moment is something occurring of itself, unless, we cling to memory images, merely dreams of form arising out of one's consciousness. If there is even the slightest iota of dis-ease, the dream will seem real. Time controls as long as we cling to egoic fear. No longer open to times truth ..beginning... end...past...future...all of it impermanence—it is all mere vanity. Peaceful love, is seen in all creation, arising out of immaterial dark matter, which is everywhere, in us, in the body, in all that is. The bliss Inner-Being is...is all-ness...is-ness: Immaterial nothingness, empty space, and is a majority of what we're comprised of. This is essence or energy, eternal Being without beginning nor end. Our source in perpetuity...immaterial...formless...ineffable. The mind observing itself sees it by virtue of stillness, so: "Be still and know that I am God." Psalm 46:10 Express peace--project love--even though ego would rob us of it through--grief--sin--guilt; forever arising out of institutionalized systems existing in all minds adhering to fear.

Fear is created in opposites, propagated by judgment. How can mankind judge? Judgment is time bound, is of thought. In the present judgment is subdued, for one must have time, memory and concepts to judge. In the actual present, there is nothing **to** judge. Accurate judgment, even in real-time, requires one have an impossible amount of knowledge, facts, past and future, as well as all the variables, absent any bias for there to be fair and correct judgment. Limiting judgment facilitates a students renvatio. Again memories in the brain saying this or that event, which may or may not be viewed as bad, (thoughts obsessive biased control of us all) are real, and you; ***albeit do not move away from them, observe them*** and see stored memories acting out a life script. Merely an image in memory. Egoic self, mind identified, stored programmed files in the brain. All there ever is is this moment. See it yet? Ego resists the present, has little or no power here and now, so, enjoy memories used to assist us navigating daily life. The instantaneous now passes and is a memory. Ego wants its host to believe images are real and uses fear to accomplish this. When it exerts immense pressure to follow its narrative, alertness is key. Watch it, hold the stream of peace energy, a warm loving sensation, stillness, absent ideas we should follow the egoic life script. Seeing this enables us to remain alert. So curtail focus upon past and future concerns or worries. Work to accept what is, adapt to it. Live ***in*** each moment, and use past or future to assist in daily life situations. Renvoatio arises in a mind having infinite space. There is then room for the fresh and new, and far less bound to concepts, aggression and disease, realization of renovatio newly reborn to each moment, ***is to die to time.*** Beginning to see this or has the programmed mind proclaimed it cannot accept it? Of course it will, seeing as how it is forever bound to concepts. So how is a mind to see with intellect what intellect can never know? Let it all go, just be, here and now.

CHAPTER SIXTEEN

LOVE AND FEAR

“How quickly humans move from the feeling of affection to anger...scorn...hate and back again.” Anonymous. If one ponders the title of this chapter from a very simplistic viewpoint, does not the world and life itself come down to these two states? Fear is of past and future which makes an enemy out of the here and now. Psychologically accumulated thought patterns and or social rolls stored in everyones life script and memory, accompanied by over thinking, combined with emotion, elevates fear to a psychological disorder, egoic mind-controlling its host. Fear of danger is healthy, yet in instantaneous reactionary responce, is not fear, rather it's one's reaction to some danger situation in the moment. Confined to reactionary responses it's fine, absent fearful anticipation-- e. g. reacting when confronted by let us say one's justified self-defense reaction in the moment. *Love exists in each moment. Love has no opposite and emerges in a mind stilled. Observation brings us into peaceful love, energy emanating from Being, and is Being. A mind able to create space. This, is felt, not known. Love is nonexclusive, it's oneness, energy within. Being...nothingness...peaceful...non-conflicted, a remembering of soul force. ¹ Source energy, i. e. the timeless mind. Presence arising now, incorporeal. We could say, Dark Energy.^A Loves light shines into the world through peace and into people's lives. The energy is not known intellectually. All souls must cultivate an awareness of it.* Most of the ideas in the prior 13 sentences are repeatedly stated in this work and actually the sum total of the entire overall work. The scripted mind drowns us in redundancy and confusion, therefore we are then to exceedingly

A--Dark energy is the name astromomers gave to the mysterious "something" that is causing the universe to expand at an accelrtated rate. It's energy connects everything.

counter it. Timeless love, is seen instantaneously. Each individual awakens it as peace is cultivated. The personal personification of Self/inner-source, there as it is, awaiting for us all to awaken.

As love exists in the moment, which dies continuously, so too egoic "I"-a creation of thought, will need to die as well in order for time to die, so love arises. We die to time, in the now. We create space for love, or fear by incessant thought/memory images. If we consider in life, to the degree we are subjected to indoctrination, programming reiterated over and over, we realize the magnitude of the task confronting us, or not. It is as we see it, Self (love) or self (fear). Do we see what we see, as: **Randomness, Being, as the changing power of observation in every mind non-fragmented?** Peaceful love is our essence. Scripted minds and egoic fear pull on spiritual students, challenging them to remain present. Perhaps by degrees, peace felt may be low when deeply engaged in daily life day to day activities. Ergo persistently, as best as one is able, remain alert and aware. This requires a high degree of attention. Looking at problems, it's a matter of perspective, awakening to see they are opportunities for deeper unification with peaceful innocence and wisdom; this is to have presence--love--new--now. Problems are moved through by virtue of acceptance and serious observation. All problems can drive students deeper into peaceful love. Accept the scripted mind will pull, yet if one's mind is laser focused upon itself, peaceful love and clarity brings them into the moment and peace is then a doorway to love. Having presence is to feel energy throughout the body and its peaceful love unites all if one works at it. Peace solidified then holds the frequency of love..kindness..humility..non-judgment, negating aggression. Love has the capacity to create space within a mind through a marked reduction of unnecessary thinking, which takes over any student

trapped in a mind identified state. Love does not complain. Fear is forever complaining. Once fear takes hold it has an endless array of things in which to fear, filling the mind with anxiousness. Turn attention into the body—feel love's energy. Different in intensity concerning loved ones for example, or love of nature. If one lives peace as a life style love pours into the world. Although love is not exclusively for loved ones, nature, etc., love coming from within is eternal. Arising in a mind able to empty itself of thought created fear, love is always new and is never lost when things or people are gone. A peace energy frequency, is not subjective or subjected to impermanence; it is not of the thing or word or concept, it's of beauty emerging now, unfolding in all creation. Love, stimulates oneness and is a part of absolutely everything. Love is projected by one awakened if they remain *very alert and present*. Continuing to live in the fear paradigm much of our world does, is wrought with unintended consequences manifested in all unconscious dreaming people—who actually believe they are doing the right thing and in the majority of cases are genuinely well meaning. Nevertheless, good intentions cannot prevent calamities which befall mankind if we remain unconscious—an egocentric belief our spiritual side is non-essential. Thought driven egoic minds look to intellect as the only answer to problems, problems created by thought itself. The spiritual factor is that which brings forth love. Love emanates by way of peace and felt in the present moment rises above thought manifested love. Consider too thought has created A. I., and along with overthinking, pulls us deeper into fear. We cannot allow A. I. to supersede the spiritual factor. Albeit if sufficient work is done, the awakened prevent it from so doing. We all live, consciously or not, a life of peaceful love, or fear and its thought created images filling the mind until there is no longer room for love. Love flows in one who rises above thought by coming into the here and now.

In thoughts mistake the mind dwells in only fear and anxiousness. Thoughts mistake? It creates problems, opposing ideas arise, then attempts with another set of thoughts to solve them. One can **feel** loves energy, perhaps in enjoying a beautiful sunset on the beach, a painting or walk in nature as thinking subsides. It is the simplistic core of love felt in awareness of Being, all in the present moment.

Awakening, cultivated by having presence expands peace to a stream of presence, i.e. one continuous present moment. Nothing anyone has ever done or will do happens outside of the present. Memory association, or future expectation, traps us in time, the newness of love is then lost to memory. A student keeps at least some energy focused on inner-being and daily life simultaneously. Remain alert, having presence is a state of timelessness. The petty little yet quite clever ego pulls us into time, excessive thinking and combined with strong emotion it takes us over, then feeding each other, the present is seen by ego as its enemy. So passive mindful watching of the scripted self and others mind patterns as well, all rolls we play, pulls us into endless conflict and awareness is lost. Tension arises in the form of resistance to now, fomenting states of forgetfulness---unconscious dreaming. Calmly observe, be, here and now. Holding the energy of peace, brings love, then a narrow space referred to as now becomes infinitely vast, touches instantly omnipresence and fosters creative imagination. Nothing happens outside of the present and love arises in one having presence. The only reality then, is now, anything that ever happened in the past or will happen in the future, all happens now. This idea has been reiterated over and over in this work, and is necessary. The axiom: "The path is narrow and beset on all sides"¹ is seen by a mind awakened, seeing thoughts mistake, rising above thought, we see the narrow path, beset on all sides by egoic disguises. Past and or

future *seem* so vast, with endless distractions, generating fear and a very powerful entity—ego and life script controlling generation to generation. The seed of actual love without opposite, is within us all, awaiting our awakening to see it and spread it to others. Awaken to now...learn how to be you in time...make the now your friend, practice forgiveness, limit judgment. Learn from this school of life by virtue of adaptation. Listen and see through observation, with new eyes, one sees love not fear. Love is the salvation of the world, our inalienable right. Will the reader be a part of it or stand by? So, love or fear then? Shakespeare once wrote: **“There is a tide in the affairs of men which when taken at the flood leads to fortune. Omitted, all the voyage of their life is bound in shallows and miseries.”** We all have the seed within us. Ergo do the work to awaken, be alert to each moment. Simplistic, but not easy to do. Now coming full circle an esoteric perspective: Fear is built up psychologically; accumulated memory images are thought created manifestations, personal and collective consciousness, all believed in and adhered to by egoic mind. A dream of fears personification of separation--dichotomy--divisiveness--egoic chaos. An illusion if believed in even the slightest degree will seem real. Love, emitting from a mind awakened to truth (now) --able to negate old stored memory images and mind patterns of no usefulness in seeing real truth now, **is real, is** how we're meant to use the mind. **Now is**, all there ever was or will be, to awaken oneness with all creation, is seeing the ripple effect, is part of the macrocosm and its truth. Love is our true nature, the personification of our core causal Self. Ergo work to awakening unnameable truth each present moment, where freedom is. Love is new, is this moment out of time, non-attachment to concepts and images—simply a blank slate for the present moment to write upon. The peaceful present moment, a mind no longer in conflict with itself, is a mind totally free, awake.

CHAPTER SEVENTEEN

A DIALOGUE ON SPIRITUAL ENLIGHTENMENT

This chapter will be a retrospective look at the journey. Fellow students in Q and A excerpts, talks one on one, work shops or on-line. Early on the author is asked about his past. A past filled with abuse in childhood, and the subsequent personification of anger via fear, among other more serious blocks moved through in the awakening, releasing great pain in so doing. All people must take the hand life dealt, and make the best of it. There is much this spiritual traveler regrets having done before awakening and has made amends where possible. Awakening was the direct result of pain, egoic self, its fear, and blocks to a mind brought to order, all suffering made worse by indoctrination. We're all hard wired to peaceful love, the seed of which is inside us. The initial significant awakening occurred 2-16-14, the result of a hit bottom experience, the point at which one can no longer endure the pain caused by unconsciousness. Post awakening much time was spent studying, or communing in a state of profound peace, a period of intense ebb and flow. Then, it faded somewhat and daily work to nurture peace, innocence merged with a deeper wisdom-was necessary to hold its frequency; this continues. Footnote: Parts of this chapter and the work overall, were edited or modified to convey meaning.

Q: What is a hitting bottom experience and how does it happen?

A: From this perspective viewpoint, it came in the wake of having lost everything, all material gain, and surrender to this. It is to be

broken down by way of adversity to the absolute bottom; in part brought about by intensified blocks, pain in childhood and life. A point one cannot endure pain unconsciousness brings in life, and surrenders to what is, awakening peace. Out of this comes many opportunities for change, Self, observing egoic self. Painful blocks worked through. Hitting bottom revealed a peace not at all thought possible, followed by the prolonged serious work to remain on a spiritual path. By chance, observation of social rolls and old mind patterns, the pain receded. A reconciliation with the scripted self and a seeing with new eyes, love, acceptance and non-judgment.

Q: I looked you up on the internet after hearing about this work shop on spiritual enlightenment. I saw that you have a record, including assault on a police officer, reckless endangerment and harassment. You don't seem to fit the profile of a spiritual teacher so what do you have to say about that? Why should I believe you?

A: You can take what is said here and if it helps you to awaken that is good. You should believe no one, no authority nor system. Cultivate the teacher within. As to the past you mention, yes, it's all true. Life for this student was filled with violence, abuse, rage and fear from a young age, which became part of the life script. On the night of the hit bottom experience spoken of, and peace revealed, this life nearly came to an abrupt end. This student engaged in a life of self-destructive behavior prior to that night. This student and you, are far from perfect, which is one reason we are here. Living life, learning, growing day to day awakens change. Pain brought another to peaceful love. Will you work to awaken?

Q: I think talking about the subject of enlightenment misses the mark don't you?

A: Indeed it does. Words cannot describe the state. They merely point the way and actually are another attachment, another thing to cling to. Simply living peace is the best way to communicate an awakened state. Peace energy spreads without talking at all.

Q: At what point will I know when I've arrived at success? I mean I practice my meditation each day for two hours and do not seem to be making gains. What can I do to increase my progress?

A: Remain alert and have present awareness. Watch thought and focus on inner-being, timeless eternal essence. Time, implies two points of reference. If **you seek** essence it merely foments duality, promotes resistance. Meditation is to **be** this moment, unfolding here and now in life and relationship. It is to drop instantaneously "clock-time," except for practical purposes. It is to bring senses to a high state of awareness-have total acceptance of what is, absent desire for arrival. Observation in stillness, thought quieten, a mind able to empty itself of insignificant memory. Yet confident that if a response required now, is necessary, action will be taken free of one's biased conceptualizations. Once grounded the energy is an abiding presence yet this requires serious onerous work. At points peace will be stronger and at other times just an echo. Grounding will be quite challenging, so notice programmed roll play in 'clock-time,' simultaneously feel inner-being. See memory defining now.
Be the watcher of your script. This is to ground the awakening.

Q: How can we feel peace all the time as you say? Is this even possible? I mean everybody has a bad day don't they?

A: It's a matter of perspective, but yes, we were hard wired to be peace and or joy, outside of time. We're love, not fear. The Self is

love. An egoic mind's fuel, is fear energy. It isn't that there are no challenges, they simply don't disturb peace. Out of that peace and its love, all problems are seen as opportunities to go deeper into inner-source beyond psychologically fear based thought. If there's loss in a person's life there is not loss of love itself. Challenging yet simplistic really. Love is our true nature, arising out of peace. Fear, for the most part is psychological, exacerbated by egoic mind and it furthers anxious tension. Consider for a moment the miracle of the body, how infinitely complex it is, as well as the planet we live on. Ultimately, all an expression of love. Awaken love, feel Being and the peaceful healing affects love has on every cell in the body, uniting creation. All people, our planet and light keeping us alive—are clearly love personified. A voice inside saying at a deep level: "Yes, this is all true." Peace emanates love from within. Nothing in the material world can ever even come close to peaceful love if awakened to. It is not dependent on thought or things outside, it's essence is something of itself. We feel real love if awakened to, or feel fear, pain and loss. If we are all not ready to awaken, fear will control and humanity suffers due to such fragmented minds.

Q: How do I break down blocks of the egoic mind and extreme feelings of fear? They seem to gang up on me.

A: Loving honesty, the natural Self in pure observation of egoic self, to reconcile all blocks. Notice how clever and cunning ego is. Engage in rigorous day to day work, focus attention upon source energy...inner-being. This is natural Self reclaiming control from a mind identified scripted self. Calmly observe daily life unattached. Blocks are then transmuted to peace. There may very well be days when one's life script provokes extreme feelings and thoughts, to deceive, encouraging fear energy to an overwhelming degree, and

one accepts this may happen. Be equally determined. Ego guards the scripted self we were all taught to be, using fear. As in training for anything, progress will come if we continue forward. Where we direct our energy and attention, is where results will be. In trying times it's enough to simply keep going steadfast.

Q: My life growing up was filled with abuse. How do I overcome pain and connect to my Natural Self, to the peace you speak of?

A: There was a disturbing and abusive upbringing here as well. A question posed in training was telling: “Can we heal through love, forgiveness and non-judgment?” Start there, what happened was not your fault. Those who engage in abuse are unconscious and will not see it. It is denial, refusal to see what one does affects the collective whole. The cycle of learned behavior passed generation to generation. Be forgiving of yourself and others. See proclivities for what they are, merely challenges to be dealt with reasonably and logically. **With love and forgiveness**, anything is possible and much can be worked through if we accept the hand we were dealt in the school of life and make the best of it as we can. Moreover, deep blocks many people suffer, will be moved through in non-resistance alert surrender moments. In grieving...breaking down—movement through the pain transmutes it into peace. No one is alone in their journey, and cultivating peaceful love energy helps those who still suffer in the state of unconscious dreaming. Focus, remember the source from which we emerge, love within us all. Flow with life situations, accept, leave, or change them, and limit judgment. Choose to press on, adapting to whatever happens.

Q: Are we just suppose to forsake the world and responsibilities to be replaced by this experience? I have a family and a job.

A: On the contrary, once peace energy is firmly grounded, the awakening to inner-source and strong presence solidified, we are free to partake of the material world to whatever degree we're so inclined. This requires arduous work. Remain present. Ego will lay in wait, letting us *think* we are all unaffected. Sometimes for long periods, which is time. *The present is timeless.* **Ego's reemergence will happen, and peace as well—the ebb and flow.** Lulled by ego into worldly desires, egoic self foments anxiousness then we can't see what to do. It's easy to be lulled into programming, into ***Self disunion.*** *Alert to forgetfulness, one resets, focuses on peace.* Stay in the here and now where truth and the joy of Being are. Energy is then reclaimed. Keep going: Do the ongoing work of grounding peace energy. Then family, job and life, will be more fully enjoyed.

Q: How do I stop the voice in my head from driving me crazy? I mean sometimes it just will not stop.

A: Calmly notice it. It is egoic mind and life script. Watch without attachment and it will fade. Once the I, one's scripted egoic self, is observed, the realization comes this amounts to a sophisticated computer program created by indoctrination which seeks control. Its powerful and clever. Although difficult to do we can reclaim energy from it, if able to watch the ego and script it follows. One then begins to reclaim energy from their egoic mind. With work, typically a slow awareness of fear rises, one awakens inner-source within. A steady stream of awareness of love, a peaceful presence comes, a totally new kind of human-being emerges as we engage observation, energy reclaimed from egoic mind, felt in the body.

Q: Why do you feel little children are the key to ushering in an enlightened state, I mean isn't this beyond their comprehension?

A: A Great Teacher once said: “Let the little children come to Me and do not hinder them for to such belong the Kingdom of Heaven.”¹ First of all, we may be surprised at how much they can comprehend. Second, their indoctrination has not yet completely taken them over. They learn at a faster rate than they ever will again in life. They are for the most part, here and now. Adaptation and imagination comes easy to them. They're forgiving and loving. The life script all of us were taught and follow, incited by ego, has not taken root in children as of yet. Lastly, a child like innocence is fundamental to awakening—blended with wisdom there is peace.

Q: What is it to die to each moment?

A: It is to die to past and future projected memory, the illusion of time. To be ultra alert to each new moment. Unification with love by way of surrender to what is. Seeing the present as always new, or, actual reality. Imagine a mind unable to experience time, past or future, only the present moment, except for practical purposes in daily life, after which time is negated. There would be no fear, and gone too, past or future projected memory interpretation and intervention. Would it not be that time, memory and or projected memory weal little control? Ego and time control us: For the good of us all, is egos view. Can **you**, clear out memory of past or future in real-time? **One continuous stream of now, would then be seen as reality.** Once we move out of 'clock-time,' our memory defining the present, does time really matter? Images programmed in the brain, similar to a hard drive, are obviously memories. Should not time then, be seen as unreal? If so, space created for here and now is freedom from the known, a mind seeing what actually is. Therefore, the present is all there ever is...was...or will be. *Old egoic mind patterns in memory foment much disorder in the mind.*

We speak here of timelessness, not an I in memory, i. e. one mind identified. If we allow our script to possess us via thought, feelings and egoic fear, times illusion can be quite convincing. Relying on memory to identify what present moments are, is simply memory images slipping in the back door, defining reality. Question is, do we believe and or cling to memories of now, or actually see in the moment? To the extent we use memory interpretation to identify what is the actual now, speaks to just how mind identified we are. And, extreme emotion creates division, images of a me, a thought created I reality as conflicting scripted rolls we all play and tend to lose ourselves in. Peace through an ordered mind, watches the I in time, non-subjective seeing of egoic self's veils, disguised as an I, created by thought. Egoic mind knows, via thought. Practical use is fine albeit used excessively, leads to a confused mind, lost again to mind identified states, old mind patterns we lose ourselves in.

Q: You have said to develop continuous conscious awareness of inner-being and to have presence. That we will then awaken to abiding peace. That it is necessary and is the form of meditation needed to ultimately bring the ego back to work in harmony. How is this done? I mean, is it even a possibility?

A: There is a historical figure—William Wallace. In the movie Brave Heart, there is a scene with Mel Gibson who plays Wallace. He rallies the army to fight: “You've come to fight as free men and free men you are. What will you do without freedom!? Will you fight!?” One of the men in the front line says: “The English are too many, we will run and we will live.” Wallace replies: “Fight and you may die, run and you will live, at least a while. And dying in your beds many years from now would you be willing to trade all the days from this day to that, for one chance, just one chance to

come back here and tell our enemy that they may take our lives but they will never take our freedom!”¹ As a martial artist that scene had a great and profound impact. Tell ego that. Students 100% interested will then be 100% successful. Ego is forever 100% interested and so must we be as well. There is no secret, it takes practice, dedicated work. We all have the seed within to awaken, which is freedom from an indoctrinated egoic mind and cannot be taken from us unless we capitulate or choose the programmed life script exclusively, which limits us commensurate to our belief in it. Therefore the programmed egoic mind cannot control the Natural Self absent capitulation. Initially one must awaken to this. In some teachings...at the end of life, if one does not reclaim identification from ego and programming, at the moment of their death they'll see an ineffable doorway sadly forgone. So what does one do for freedom from bondage to their script? The answer is for a serious student—whatever it takes. Ergo keep going and don't ask why.

Q: You said that to transcend the script is the reclaiming of one's energy from the egoic mind by way of feeling inner-source in pure observation. That this is done in the present moment. Can you go into more detail about what happens in that process?

A: It is similar to metamorphosis. The attempt will be made to describe it metaphorically. A caterpillar does not want to let go of its life. It's confused and there's resistance to letting go of the old life which dies, as the new one arises. The old life was familiar, perhaps a family...job...friends. A mind identified person separate from the butterfly-the emerging Natural Self. The caterpillar clings to the old life-the self trapped in 'clock-time' fomenting resistance to the new life. Part of the one who awakens, wishes to remain as the old self, which is familiar to them. They're going through a

difficult struggle to get out of their cocoon; the old self may not totally understand what is happening inside. Picture the Natural Self holding the old egoic self, surrendering, dying in its arms, the arms of the Natural Self. The butterfly holding the caterpillar in its wings, saying it's okay—the old scripted You can let go—don't resist—let it go. A mind free of programming is reborn to peaceful love via consistent observation of ego. The caterpillar, controlling egoic minds, do not see, hear, nor understand what is happening. And mostly, unconscious people associated with the caterpillar, don't see, hear, nor understand as well. It and they, only know it's dying. A butterfly emerges, bringing ineffable peace and wisdom, alert to egos ways. But the caterpillar must let go, and in many cases, family and friends as well, let it die for this to happen. The process is not without a sense of sweet irony. A presence felt, in conjunction with one's inner-source within, seems to want this. If accomplished, as a genie freed from its bottle—the butterfly is free.

Q: You talk a lot about collective consciousness and personal consciousness. That in an awakening one's awareness will be very focused to avoid misunderstanding. Can you elaborate on that?

A: Yes, although the explanation may seem somewhat esoteric. Collective consciousness is accumulated consciousness of all mankind. It projects the dream of form, our world as we see and know it, and humanities collective belief in it. Collective consciousness therefore is a kind of belief system, while personal consciousness is one's personal experience. People still in a state of unconscious dreaming, not ready to awaken, mind identified, dominated by a scripted mind are, controlled by fear. They resist awakening, shun those awakened and will defend the status quo due to fear and familiarity. They're not ready to awaken, nor are willing to do the

very studious work necessary to cultivate their spiritual rebirth, an innocence merged with wisdom. They fear the unknown, cling to the known and normalcy bias. Awakening, is willing acceptance of and forgiveness of collective unconscious people, notwithstanding the fact they're still in bondage to an egoic mind controlling them. They, live in their mind. Be guarded as to who this is shared with.

Q: You had a spiritual awakening, can you clarify that?

A: As a result of the hit bottom experience, which is basically one being unable to endure the pain of unconsciousness any longer, gradually a seeing arose of the following ideas: What's the state of awakening? Natural Self is hidden, veiled by egoic mind. Ergo one reclaims energy from ego. A cultivation of deep wisdom combined with innocence. Feeling oneness, an 'oceanic feeling'--as in youth. Engage in pure observation of the life script to see this. Time and overthinking elevates separation. In an ordered mind separation is seen and dropped. Seeing, feeling the present moment. Moreover if this moment, that is to say what happens in the here and now before 'clock-time' enters and memories define it, seeing through eyes of an egoic mind and images in memory, creating opposites; if thought by way of memory defines the observed moment, this creates division. Therefore a mind disordered, awakens peace and cultivates deep wisdom, i. e. coexists with ego, exemplified in Yin-Yang, a symbol. *In this, the futility of thought trying to understand itself is seen and transcended.* **Listen to egoic mind as it dictates its narrative.** Truth, seen in the now, is not defined by memory. Once the present is defined by memories, lost awareness of now ensues, loss of awareness of inner-being. We are saying to still the mind and in this stillness, all is new...fresh...undefined by scripted thought/memory. Freedom from a scripted mind identified state.

Q: How am I just supposed to not think? Is not thinking and or doing the same?

A: You are wanting to see. That is good and you are fortunate in that. We're not suggesting to not think per-Se. One is to engage in observation of compulsive overthinking, fear psychologically built up in the mind. Obsessive thinking encourages over-reliance upon past memories or stored images brought up to define the present. This then causes the present moment to be dull, stale, repetitious. A false, unreal image in memory of what each moment is, not the moment itself, conjured from an I identity, divisive and in worse cases manifesting redundant images thought says are real. ***Is now a memory?*** A mind able to clear itself of stored memory is free to see each moment without scripted biased input, or, as it truly is. Without past or future images labeling now, divisiveness fades. To actually be ***in*** the present, not memories ***of*** the present, there is only what is. So then fear creates opposites, which exist in time. In the narcissistic egocentric world comprised of vast numbers of people, it is so, doing and thinking, **if people live in their minds**, appear similar. Egoic mind is enamored with its accomplishments and intelligence, seeing the now as what ego and life script says it is. We turn our backs on our spiritual side, seem quite proud and clever, however this never ends well. Just look at the last century where millions were slaughtered in malice, aggression, violence, chaos, all egoic mind. Memory traps us in time, a thought created scripted you, complicated by opposites and indoctrination. So let us go into our time based computer memory bank, which is our mind, **intended for practical purposes, albeit ego took control**. A past moment for instance, as we sought the solution to a math problem. We try to find it although cannot. And, sick and tired of looking, (overthinking) walk away in frustration. A mind too full of

concepts. Going back to it the answer jumps out in an instant, **in the here and now**. Was it not often simplistic? We say, why was that not seen before? Which of course is a result of thinking too much. When it jumped out it did so in the moment, before the you--the I-- a me identity-- the "person"-- all created by thought-- got into conceptual aspects as to what the problem was. Truth, was seen each instant, in the present moment, now. You were not **seeking** truth, because that would merely foment opposites and just create dichotomy. Is not the mind lost to overthinking--old stored memory in a brain filled with concepts unable to see now, simply trapped in a box? Well yes, prior to observation of itself. **The now is peace, brings us clarity, so anxiousness leaves us. The moment before concepts enter is a mind rising above thinking. A mind empty, without limits, just there, conflict free, observer and observed are one.** There is room now for the fresh and new. *Truth reveled, not memory images of truth.* Each moment concept free. Freedom from the known where peace--joy--love and the seeing of truth now, not memories. A mind freed, egoic mind transended to ones own personal enlightenment. Work at it, see the now is not an enemy of ego or its host. This is to be and have presence.

Q: If church membership continues to drop, what is the future of religious peoples and religious institutions?

A: Religions, seemingly, hopefully without intending to, become factional and or divisive. All viable religions posit love, yet as in all organizations, be they religions...political parties...unions...or any group or system, perpetuate the us against them syndrome. This creates separation when oneness is about unity. As for people of faith, a possibility exists, perhaps in the distant future mankind will see love in all creation, the faithful will then no longer need to be

sold on religious ideology. When any two meet, that in itself will generate a feeling of love, a state of communion. It's possible this may be the religious life, a sacrament felt now, unification with **all** humanity. Interactive relationships, i.e. people and life will be the religion of the future, freed of fear and division. Oneness realized.

Q: Are you saying that the ego's function is to connect the body to the immaterial, including the Self? This would explain a lot, but isn't clear.

A: We cannot understand this by way of a scripted minds thought processes. Ego's job, is to keep us safe in the material, in the daily life, but has gotten out of control. Reclaiming energy is to see ego, **to be aware of its pernicious, manipulating ways.** Programming induces a thought created self. Immaterial awareness, is done by turning attention inward to feel inner-being, *aware of energy, not know it.* Cultivating peace is the doorway to having presence and fosters love, which comes through the door and into the world, inner-being expressing itself through the student. One consistant energy stream of now, of old into new. Immaterial is incorporeal, it is one energy field. Most of the body is immaterial, empty space in a form we see. Focus on empty space, quieten thought; Natrual Self then transforms into the watcher of egoic self, as well as the life script all egos follow. Pure observation is the key then.

Q: Can you describe the idea of a child like innocence?

A: It is to be in the moment. For a child, that is to say their idea of time, it stands still, the innocence part. Some scientists possess a unique ability to reason deeply, yet are also able to shut thinking down, which is when many of their greatest ideas come to them,

Srinivasa Ramanujan is a good example. Innocence is intuitive to a large degree. Unburdened by conceptual thinking, it's an ability to draw upon a universal intelligence, before thought enters. A oneness akin to an oceanic feeling manifesting peace and serenity. To feel inner-peace and love, until we are taught to do otherwise. As fears divisiveness and aggression are taught, this innocence is lost.

Q: You talk about the importance of forgiveness in absolute terminology. In the extreme such as in war, how do you forgive those who perhaps have taken the lives of your loved ones?

A: By understanding that to not forgive is to perpetuate fear and hatred into the world, exacerbating the problem. *An awareness of love, emerging from the doorway of peace, dissipates fear.* Those perpetuating aggression are unconscious, know not what they do. If they did awaken they would see they're one with all. *Logically, we must forgive, or capitulate to the fear **they** follow.* Difficult yes, albeit the consequences for their actions will come. It is the ripple effect or karma. Collective humanity must bring the mind order, be completely alert and rooted in peace so unconsciousness is seen as the sleep walking state it is. In an egoic minds unconscious dream state forgiveness is just another word. Actual forgiveness is unconditional love, a capacity for deeper compassion, to see the unconscious are not actually there really. Their life script controls them so completely it foments denial of this and the ripple effect, brought about by an adherence to fear. Actual love then, is having no enemies. In that state who and what is there to forgive?

Q: What do I do with extreme emotions I feel? I struggle with anger and it gets in the way of my peace. What can I do when I feel overwhelming feelings and overwhelming thoughts?

A: Life situations come and go, and do often seem like they come straight out of a wheel of insanity, challenging us. These are tests and ought to be looked at as opportunities, helping inner-source awaken deeper. Regarding anger, just look at it objectively, see its futility. We may say concerning what has angered us: "Well that's not fair,"--or whatever specific response the situation calls for. One can see anger within and catch it, only then can peace absorb it. One feels anger inside, before it rises to a storm, it then can be transmuted into peace. At a certain point one might say: "Can you believe that?" Perhaps laughing at a situation that "you" adhering to programming, were caught up in just moments before. Yet this requires developing an ability to laugh at situations, as well as life itself. Laughter is a great counter to many extreme life situations. Pure observation of the conflicted mind is key, to see egoic mind in opposition with itself. As if anger were going on inside a room, and our shadow self has no affect upon the Natural Self, watching egoic mind and its thought created extremes. As tension arises, be alert, have presence, focused calm; noticing egoic self, we remain present. When observation of old mind patterns is practiced one then is not carried away by them. Sharpen awareness of old mind patterns, triggers to them, and any social rolls fomenting anger.

Q: How does the egoic mind manifest in us? Are there examples?

A: Yes, it's incessant thinking, emotion, patterns or social rolls we act out in life. Egoic mind uses these, and we loose ourselves in them i. e. become them. Even the slightest degree of anxiousness is fear or its endless derivatives, as in anger--grief--forgetfulness--e. g. failure to maintain awareness of inner-source as best as one can-desire-despondency-shame-uneasiness-resistance-guilt-mind chatter-sadness-elitism-pride and others, all words pointing to an

I identity/egoic self or thought created you identity. On the other hand steadfast alertness, requiring consistent focus, very calm as one observes fear created psychological disorders, noticing them so the scripted I doesn't disrupt peace, is an ordered mind. Peace fosters flow--forgiveness--stillness--acceptance of here and now: *Having presence is to observe of social rolls we play with **courage neutrality-willingness-rudimentary levels of higher consciousness.*** To calmly be each moment is having presence. For instance, anger within, then is seen and transmuted before it rises to a storm. By observation of memory images, i.e. programming and compulsion to follow its truth, the present is then seen as always new. It's a blank slate so how could one be angry? As though the brain had a refresh button, was constantly moving one into the new present moment where no anger exists, negating time so now is problemless. Unaffected by past memory images, mind patterns intellect clings to. Ergo, forgive the unconscious, a programmed life script and egoic mind controls them. Two roads, unconscious dreaming, time and fear running one's life, or, life in **choice-less awareness**, as we adapt to what is, is to be, or have presence. Peacefully notice mind patterns in the ebb and flow of life. And if we notice unawareness, this is to have presence as well. Love, solidified in a mind practicing peace, slowly reveals the scripted self, then time melts into one continuous stream of now. So in all life situations we are to: Accept it, change it, or leave the situation. No negative energy, this is the result of a mind rising out of conflict with itself.

Q: I think I understand what you are saying when you speak of Natural Self or egoic scripted self. I'm having trouble transcending self to feel the peace of inner-soruce you are talking about however. Then my emotions along with overthinking, overwhelms me and now is lost. What can you tell me to help me understand this?

A: All thought and or words can do basically, is to help point the way; attempt to speak to the Natural Spiritual Self behind intellect ...the programmed I—an egoic mind blocking awareness of inner-being. To feel peace energy in the body, is to live outside of fears indoctrination. Thought can't *know* inner-being, only be aware of it. It tries to know with concepts yet this is still thought trying to understand itself with thought. Observation of conflicted thinking, brings awareness of egos intentions, so thought, which is limited, then no longer defines the here and now. If thought, via memory images, defines the now one is lost to 'clock-time' and awareness must reset or concepts create divisiveness. If the present is seen to be **this**, an opposite, **that**, comes in and foments opposition; Each new moment is seen as merely images stored in memory, which is thought defining it. How can, or why would one think what they see, are thoughts memories? Now, is new, not a memory, and far too abstract to know. Awaken to see egoic self helps keep one's mind alert. See the "I"--the "Me"--a "You" thought has created, that that you is one's consciousness—a part of who we are yet needs to be watched, it cannot see beyond thoughts limitations—i. e. thought identifying itself. **Natural Self has awareness of now, egoic mind seeks to know it.** Watch and see thought intellectually defines now. Natural Self observes rolls and or old mind patterns, then gradually wisdom and innocence merge to be a mind ordered. This is a mind laser focused and turned upon itself, rises above thought. Unfamiliar, due to egoic veils. The life script pulls us into being of the world, away from Natural Self, being in the world. We must all watch the mind, that is to say, use the mind not the other way around. So use reason, roll play, and a script only for practical purposes, have presence of mind in so doing, focus upon the now which, long ago was abdicated for duality. The mind identified person commandeered by ego i. e. psychological fear: To gain the

*world and loose the soul. Inner-source says this truth was veiled by the egoic mind. A consequence of paradise lost. Awakening is innocence--peace--wisdom--nothing ego nor a you can **know**. Although Natural Self can be aware of it. We feel this—have glimpses yet struggle to see what it is really, because a life script and fear blocks it. It is peaceful love, the continuum of old into new, the now in perpetuity.*

Q: You say that we are essentially love at our core. If love and or our inner-source are of the immaterial, of the macrocosm, then are we to connect to love? And if so how is this done?

A: Awaken to inner-source and by extension presence, infinitely--ultimately--the macrocosm--all that is, all-ness--timelessness. Love emerging out of peace. Simple, not easy if lost in concepts. Turn attention inward, into the body. Inside and outside are then one and conflict fades. The outside, through an egoic mind and strong emotion, controls people's lives and much of their energy. *Alert to the present moment, use past and future to function concerning day to day needs in the daily life, i. e. the level of effect. Feel presence--still thought--resist nothing--adapt--and be present. It is awakening to no-mind, empty, thought quieten, noticeable in vast empty space, or intervals between sound and or form.* Ultimately they are all one. These doorways induce oneness, peace, and stills the mind. Without space between form there would not be the ability to distinguish observed form. The same is true for sound, only distinguishable by silence between the sound itself. Space in between letters and or words of a book are equally important. In martial art we say to bridge the gap, to blend with energy. This is similar, bridging material and immaterial. We cling to familiarity --to the known, at a cost of being controlled by the scripted mind identified state; we get lost in rolls, loose awareness of essence.

Loss of awareness of the causal level, inner-source or inner-being. Akin to Yin and Yang, a black fish and white in a circle cultivating harmony. Natural Self watching egoic self develops an alert mind.

Q: Is there no time in which we are to meditate in a traditional manner?

A: It's best to stay focused as much as one can throughout each day upon awareness of Being, which is measured by the degree of peace felt within. Egoic mind merely foments conflicted thinking. Yet simply being aware of this is to have presence. So awareness is our best defense against controlling egoic minds. Meditation is awareness of Being moment to moment. Although, in the evening and upon awakening, conscious awareness of inner-source helps one to feel peace energy. Deep sleep, below dreaming, one may experience a feeling of being lulled away from inner-source upon awakening. As if one were home, at the causal level, then pulled back into the "I" identity, inundated by unconsciousness, old mind patterns, overthinking and social rolls. *We are saying then-dreams too are creations of thought.* Below dreaming we all merge with source energy, to recharge. Traditional meditation also merges us with our source yet it's best to remain consciously aware as often as we're able. This requires a serious mind, alert, with awareness of Being and containment of forgetfulness, not lost in rolls to the extent one becomes them. Busyness passively observed, gradually brings Being into doing. *And once again the measure of this is the degree to which one feels peace throughout each day.* So remain present and flow with what happens, adapt to what is. Is anything missing in just this moment? In the here and now there is no past or future, it's problem free mostly. *Now, isn't a memory, if seen as such it is no longer now.* Having presence is pure observation of

each moment. Rooted in calm soft speech, being peaceful fosters awareness of the You identity seeking control. Can the questioner see fear is programmed into us from birth, and denies us peace? Memory images negate the now; so mediation then, is to hold the stream of peaceful awareness until the energy is continuous.

Q: Is the feeling of inner-source an emotional feeling? If so what emotion would you say defines it? And how does it manifest?

A: It is not an emotional feeling in the usual sense. It comes by way of deep awareness, soothing peaceful calm. It will overlap in conjunction with thinking and emotional reactionary responses to daily life situations. It is energy felt in each moment by virtue of watching thought. This fosters presence. It is peace generated by turning one's attention inward. Endeavoring to describe it we may say it is warm and soothing, the mind unattached, alert yet silent. There is no mental attachment to it. It is our inner-light flowering, total non-resistance. As thought enters to define the now, there is resistance. Emotion drawn up in collaboration with overthinking, empowering ego. The daily life, that is to say daily life activities, perpetuate endless concepts and or emotional attachment to the material as rolls we play and tend to lose ourselves in. Spiritual energy derived from the causal level, is vast emptiness, or, one's essence, beyond this, the void, foreverness. Ego resists this. Any wavering from egoic mind or the life script program means their lack of importance. Ego wants its host to be dependent upon it, as well as the script it follows; to live in an unconscious dream state most people are in bondage to. Ego has succeeded in duping us. It believes if the 'I' identity it uses to control were not in place, one would be in grave danger. The egoic mind's job is to protect us in the material world yet seeks total control. The egoic mind does its

job all too well, akin to an overzealous advanced computer always as it were, seeking to control everything. Continuity of a mind still, extends the stream of awareness to a lifestyle of peaceful love. By way of change in perspective and observation, one sees ego seeks to control us all, and we work to adapt to it. We've had dialogue concerning the awakening and the hit bottom experience, letting go of pain unconsciousness brings via surrendering to what is, and loss of virtually all material gain. If all is lost there is nothing left to cling to. This spiritual travelers path led to a total shattering of blocks the script foments and ego holds fast to. A negation of old thought created mind patterns resulting in death of the old self and a spiritual rebirth. *Notwithstanding the death of the old self and ascending Natural Self—ultimately they are one, has required onerous work in grounding energy and continues still.* In the subtle approach grounding the awakening does require much work so as to cultivate wisdom, necessary for abiding presence. A shattered and painful life, at the level of effect, often will catapult spiritual travelers into awakening. The subtle approach may appear quite difficult typically because the me/you, an “I” ...a personification of our programmed self in daily life, mitigates extremes though pain management. Never allowing one's self to sink too low or high. Never actually rising out of unconscious dreaming to the *Self*, just vacillating at varying levels of *self*. *And this has been so normalized it's hard to see one's mind lost in it.* A partial breaking away of the scripted egoic mind may happen, only to be lulled again and again to sleep. *To press on undeterred is vital.* Considering this students painful hit bottom experience occurred well over four years ago, sustained work, luck or by chance, has yielded progress. As more people awaken, it will be easier for others. In the abrupt approach it's as if one is drug unwillingly into awakening, fighting it with resistance to a fundamental change, i. e. a major paradigm shift.

Even in the abrupt approach, it can and often does take years to ground the energy. It simply depends on the individual---level of resistance--outside forces--family--job--friends--worldly influences, not to mention the life script. Utilization of the subtle approach may require more effort to see progress than an abrupt approach. This need not create apprehension if we consider that the current You/I/Me identity controlled by the life script, won't end well and the evolution of consciousness as inevitable, we may as well get on with it whatever it takes. Let us move forward. The old life and old world must make way for the new spirituality and new world. In the current situation, pain and toilsome work is nearly always associated in awakening relevant peace. **Ego arouses resistance, has unbelievable power over collective consciousness, extending to the personal consciousness of mankind;** identifying us as what we've been taught to be, brainwashing if you will. In the future, as more people awaken there will be a conscious seeing, people will awaken to see thoughts mistake. Surrendering, along with intense arduous work, will accelerate. Going beyond egoic minds endless reasoning, letting the fear paradigm go we'll surrender to the new paradigm of love. To put this in perspective, consider that in the early days of space exploration people actually believed that firing rockets into space would anger God. They thought God was sitting up in the clouds. Additionally, before Roger Bannister broke the four minute mile in 1954, it was commonly accepted that to run faster than a four minute mile was all but impossible to do. The point is relative to spirituality, as more awaken to accept this as possible, the belief factor will hasten presence, wisdom and global peace. As the old fear paradigm shifts to peaceful love, more will awaken to a harmonious reconciliation with their own ego. Simply put: If others can do it so can I, cultivates the extraordinary mind needed to do so. It is a numbers game. As the numbers begin to

rise, so too will progress toward peace accelerate. It's the idea of a snow ball rolling down the hill, bigger it gets the faster it goes.

Q: Are there different levels of awakening and or surrendering?

A: The idea of levels can be a tool pointing but always let it go. Ultimately avoid attachment to concepts, use and discard them. A number of endless mind games arise out of concepts. Egoic mind stands as a kind of guardian between it and Natural Self. It traps us in resistance to anything challenging one's original life script. Psychologically, it projects memory along with the very powerful reticular activating system, which filters all sensory input coming through one's senses. All we are consciously aware of is sensory input seen to be of a threat to us, or of a value to us. If we were aware of everything coming through the five senses there would be an overload of information. As one's life script indoctrination is challenged, the current dominant paradigm of fear will see it as a threat. Excessive thinking combined with emotion, ego and the life script we all tend to cling to, band together and mount an all out attack so as to protect the current dominant fear paradigm. Metaphorically speaking, there will be cracks in the dam as one works daily to break down walls in their mind, which ego guards. Unquestionably different people will experience their own unique individual journey. There can be the partial awakening, flashes of insight, breaking down of egoic resistance. Then, reemergence of ego at a later point. Be alert to egos persistence. It's your ego and knows all too well which buttons to push. **It is patient, relentless, and we must be as well.** There is danger in being lulled into ideas of arrival. Ego keeps us sharp and aware, yet will always seek to control our mind. Accept this and awaken deeper peace due to it. Natural Self, is veiled by all egoic minds. Observation sharpens the

mind, it is then turned upon itself until a continuous stream of the now comes. An emptiness or no-mind, foreverness, oneness, allness, to be each present moment. Ego uses time to lull one back into the suffering of unconscious dreaming, i. e. learned behavior, conditioned minds on an auto pilot program. Typically, people are not at all conscious of this. So let past...future and time go...stay here and now, in the present moment where reality is. No beginning, no end. **Truth, reveals itself in the present moment. Stop defining truth conceptually--in images--expectation--anticipation and future projected memory.** Let the unconsciousness of others and the egoic mind drive all minds to awaken deeper. Let extreme situations in life be the very thing that fosters awareness of ego, illuminating peace within. Ego reminds us to stay alert, so peace is projected to everyone, by example. Ergo, surrender to the now.

Q: How can I have a positive effect upon the world? How can I change the world to the love you are talking about?

A: To change the world is to imply one impose their will upon it. Life is as it is, if it's not resistance is inevitable. Flow with life, let it guide and adapt to it. Awakening to inner-being is to no longer be consumed by extremes, opposites, or resistance. In a majority it's the mind in conflict. Essentially, awaken pure observation of the divisive egoic mind and its paradigm of fear. Be here and now, the only actual reality. Initially an unfamiliar energy due to fear being so normalized. It is love without opposite. Awaken then, to peacefully watch the egoic mind in 'clock-time.' Remain alert, listen—be peace which illuminates the energy vibration of love within, not better, yet plainly different. Comparable to a positive sort of virus. Fundamentally peaceful love spreads energy to whomever comes into its proximity, an energy others feel, just as egoic fear does.

This peace frequency, or stream of peace, if held, combined with cultivated wisdom, negates conflict and resistance. Surrendering to what is brings it fourth; outer resistance drives collective minds deeper into peace and stillness, to the source. Feel programmed fear activate as anxious dis-ease descends, triggered by extreme situations—emotions combined with thought. Resistance is egos friend, in observing it there is peace through surrender. In martial art surrender to non-resistance enables practitioners to redirect energy. This is power not force. Real power is of love, and force is fear energy. Real love has no opposite, fear, is mind created. It is not to say if one is attacked to take no action, playing the roll of a pacifist. Whatever action is required will arise here and now without accumulated memory or anticipation, and is dealt with, in the moment. In adapting, who can say what one will do? Referenced herein as peaceful assurance, it is to have presence. Unbound to time/fear, it is freedom from memory anticipation of what action will be taken. It's being there, not anticipation from experiences in memory. Accumulated concepts in memory confuse, while a mind calm..silent..peaceful..still, *flows with whatever happens moment to moment. To have courage, willingness, able to freely act, now.*

Q: How do I deal with unconscious people? I mean sometimes all they react to is more unconsciousness. I am finding it difficult to remain alert while around them. How did you deal with this?

A: It can be extremely frustrating. To forgive is the short answer. When we forgive, weight is lifted and then there is peace. Yet unconscious souls can erode peace to a point it seems as if its left us. Obviously, with so few souls awakened, it is quite the challenge. We must work at it. At the point of this dialogue its been well over four years since awakening. Reborn, metaphorically the new life is

just as old. This perspective develops patience. One's new reborn Self is elusive, and egoic self resists any change. In our scripted life prior to awakening, what was it like to be three or four years old? We were learning fast, although not yet very capable. Egoic mind gradually took control as we adjusted to a paradigm of fear. This is an unfamiliar paradigm shift, innocence combined with wisdom. It simply requires patience, and adjustment to peace as a lifestyle. Coveting, judgment and aggression, subside as Self emerges. One awake spent a lifetime prior to rebirth mind identified, deluged by unconsciousness. Obviously it takes time for peace and wisdom to solidify. Many endure years of study on an intellectual level, yet that in and of itself does not foster an awakening, other than to point the way. In fact intellectual endeavors often merely point to what it is not. On going egocentric mind games, simply trap us in unconscious dreaming via blocks and rolls associated with blocks. The unconscious loose themselves in social rolls and or behavioral patterns. This student did not have enough conscious presence to bring about an awakening by way of the subtle approach alone. It took a life shattering event, in fact several years of sinking down prior to the aforementioned event, facilitating the awakening. All that said, based on this travelers retrospective view, inner-source will rise in anyone willing to work at it. Unconsciousness veils it. *Albeit enlightenment's seed is in everyone. The awakened see to be productive in this requires feeling it deep inside, not in an idea format, but a child like innocence merged with wisdom, a sort of simplistic spontaneity.* Overwhelming pressure from unconscious people continues to bear down and egoic mind will not capitulate, ergo, accept and adapt to all life situations. People known and or interacted with are still mostly unconscious, unaware, and adhere to the status quo. One must endure distraction from this as well. We are saying to surrender to what is and adapt. In acceptance of

what is, resistance, agitated by unconscious people, is neutralized. Ultimately unconscious acquaintances can facilitate awakening by driving the student deeper into awareness. A point comes where intense unconscious resistance from our script and other people's unconsciousness, is a stark reminder to remain present, alert to mind games. Then the work of remaining aware, alert and vigilant when confronted by subtle unconsciousness put forth by other people, as well as one's own egoic mind. So notice disruptive old mind patterns, work to cultivate focus, alert by virtue of passive observation of egoic self and other people's mostly unconscious efforts at dislodging peace. Hold a frequency of peace and forgive the unconscious by seeing they won't or can't see it. Observer and observed then gradually blend. Peace flows into doing by way of a mind rooted in stillness. Words can't describe it. *When it's strong it's bliss, the weight of judgement lifted. Peace felt within, due to seeing that the unconscious are unable to notice patterns control them. Then the subsequent logical forgiveness of unconsciousness removes judgement, and in the extreme need for retribution.*

Q: What is truth?

A: It is spiritual. The light of causal level energy. "You will know the truth and the truth will set you free." ¹ Or: "Your whole body will be filled with light." ² Now is where truth is. When we awaken to observe and surrender to what is, truth reveals itself. Having absolute presence we're completely each moment, a mind makes space, truth enters and due to thought being stilled, it is quieten. Transcending conceptualization reveals truth, it comes to a mind no longer conflicted with itself. It is not of past...future...memory or time. **Having presence, the mind is no-thing and truth is then something of itself, showing us what it is, revealed moment to**

moment in the now. Socratic querying, eliminates concepts one by one, so truth is then seen. Timeless actual omnipotent truth, is to see what is. Via peaceful love, truth is seen in a mind without conflict. Truth in this moment is no longer veiled by programming. Not lost to thought created memories, social rolls and or old mind patterns, truth is eternal presence in perpetuity-**now, just prior to thought entering and memory defining.** Thought will say truth is this or that; it creates its definition of truth via memory, its truth derived of past or projected memory. Observe each moment without judgment then, in unattached adaptation, there is truth, a mind quieten yet alert. **Truth in the here and now,** is something of itself posited moment to moment not biased images defining it.

Q: What is it to have presence, what do you mean by that?

A: To be completely alert to now, pure observation-peaceful calm —focusing the five senses upon now, acute awareness. This brings calm, contentment, far less-so living in the mind. A mind freed of time and fear. Presence: serious focus on each moment, complete attention. Noticing fear dissipate and with it worries in time. It's to feel subtle stillness in the body. Gain and or loss, are of far less concern. Time is a forerunner of concern. To have presence, in the moment, one steps out of time as the mind watches itself. Here and now, increments fade and one continuous present moment arises with nothing written upon it. We observe in peace, life, as it leads the way, everything's okay as we pass through the school of life, if we flow with it. Scripted programming tries pushing its way back in, filling the mind with disorder. Notice it. See and smile at the egoic mind, it's what keeps us alert. Having presence is to no longer overly draw upon indoctrinated, programmed memory, old mind patterns, expectation forged in thoughts projected memory,

defining present moments and reality. Simple though not easy. To be alert is key, unattached, seeing ego pulls us into past or future, where egoic mind games have controlled. If one sees all this as an ultimate cure to unconsciousness, would one stay present, do the arduous work to cultivate presence, in the here and now? Practice then, shift from time, egoic mind controlling, to passive presence. Having presence is to rise above thought, which makes it feasible to have faith in one's ability, that is, to be comfortable in the now, without overthinking. Courage, is the doorway to empowering the mind, needed to have presence. Problems, in past and or future projected memory, require time. What problems are there in this present moment precisely? To step out of memory or clock-time, then, seamlessly shift to inner-being, this is to have presence.

Q: What is it to have this peace you speak of at all times?

A: It is within. Life situations good or bad, come and go. Daily life will ebb and flow as do waves on the ocean. Inner-being peace brings us into presence. An immovable rock of peace, the greater whole disturbing life situations don't affect. Blocks are expressed through life situations. They are of fear. Life is what it is, so accept and adapt to challenges. Peace is of inner-being, cultivated in a mind stilled. Working to anchor peaceful stillness, then be assured no matter what happens peace is undisturbed and life will be okay if we can roll with the punches. Natural Self is of essence. Peace rooted is to move through life situations with peace undisturbed.

Q: My friends and family disrupt my efforts at awakening. Some people think I am actually crazy, how do I deal with that?

A: Notice and accept it. Many cling to the old scripted self and or

their programmed social rolls. The awakened then, challenge their belief system, what is familiar to them, simply by having presence. And if able to hold the energy frequency of peace with minimum intervention from ego and its fear energy, one feels inner-being, is less affected by negative life situations and peace has a subtle yet noticeable effect upon others. Advanced students live very little in the mind, that is to say time, therefore are far less influenced by a storehouse of indoctrinated learned behavioral patterns. Others unaccustomed to non-reaction may push buttons. They're still at unconscious dreaming yet feel a difference. The person they have known has changed; they may be out of their comfort zone. The energy is at **conscious awareness** but they remain at **unconscious dreaming**, creating different possibilities. One, the awakened are pulled by another's old scripted unconsciousness. Or two, they are pulled into conscious awareness. Hence those awakening bear a great responsibility. Living peace as a lifestyle, which vibrates at conscious awareness; students hold the frequency of peace, their raised consciousness dissolves negative fear energy resulting in a progression towards global awareness, the reclaiming of paradise lost but at a deeper wiser level. Minds freed of duality by virtue of a child like innocence combined with deeper wisdom. Observing egoic need to control, and reclaiming energy from it, ushers in the evolution of conscious presence, peaceful love. Nevertheless this challenges the status quo and abets resistance to peaceful love as the new paradigm upon the horizon. "Blessed are you when men shall revile you, persecute you and say all manner of evil against you." ¹ Unconsciousness is a catalyst for conscious awareness. The more unconscious people push buttons, the deeper it drives us into peace which absorbs fear energy. Notwithstanding a student may wish to avoid unconscious acquaintances till peace is strong enough to absorb all outer fear, coming into a student's proximity.

At points one chooses to speak little of awakening. Additionally, acquaintances might not be seen for extended periods. Still, they are affected even if at an unconscious level by one's rooted peace, which fosters love. Everyone needs love, which arises from within by virtue of living peace as a lifestyle. From a spiritually awakened perspective, those unconscious may want one awakened around, which is not to say the awakened are better than anyone else, or special. Others simply don't see it yet still want peace. Who would not? The unconscious will awaken, or not, but know peace affects them even if they're unaware. It's dependent on how valuable the negative goal is to them. What's the payoff? Why is clinging to the negative goal too valuable to give up? If they are really tired of conflicted unconsciousness they will benefit from one's awakened state. But remaining in a **pain management mode**, never allowing themselves to sink too low or high, in a **pain pleasure cycle**, which is to say, an endorphin high created from extreme opposites, they will inevitably not want the awakened around for too long. Those unconscious usually do not mix well with the awakened because it forces them to look at themselves. So talk of it if appropriate, but mostly just live peace. A peace lifestyle projects to others, just as negative scripted fear energy projects. Awakening is one's great gift to the world. And freed from the need for identification as old mind patterns and social rolls played, life now has real meaning. In oneness emerges a feeling of unity with everyone met, as well as the earth we all live on, and ultimately oneness with all that is.

Q: You talk a lot about the process of being able to see or seeing. That we should see in a new way. Can you clarify that?

A: In "A Course in Miracles" it suggests: More than anything see differently. It would seem, at least in part, this points to seeing

love, in a world controlled mostly by fear. Considering all people are born into a world of fear, indoctrination into that paradigm, has trained people to see division which has been so normalized. Seeing differently, seeing love would be a refreshing change right? Observe the scripted mind, inquire into blocks, which prevent us from seeing peaceful love inside. *The fear paradigm hinders self reliance..self determination..critical thinking..thinking outside the box.* One can for example see that anger does not make daily life better, only worse. See that light is all we see. We see nothing but the reflection of light on form. We see, only light. One could see anxiousness will not extend life even one day, nor transmute fear in one's daily life. It could be seen a majority of our body is empty space. All form, as in the atoms making up one's body, are just a fraction of what is seen. Most of our body is empty space in the form of a physical body. We could see guilt is tantamount to slow death brought on by self-loathing. We could see surrendering to what is, brings us into each present moment and liberates us from incessantly living in the past or future. We could see hate merely divides, and forgiveness unites. We could see fear is the old way. We could see awakening peace within, working to ground inner-source energy, then reborn..we live a lifestyle of peace. Conscious awareness, is peaceful love seen everywhere. One people--planet-macrocosm. We can always see things differently when objective.

Q: I like my life the way it is. I don't like the idea of not having control over my life. I feel that organization is of an importance in my life. I like setting and achieving my goals. I enjoy thinking. Why should I go through all this and loose who I am?

A: You, should not. If you like your life the way it is that's alright. Only please take an objective look at your life. Take stock of it.

Perhaps most of it is fine. Having said that, most people if they're totally honest with themselves, can find something that if it were changed, would enhance their life. Observation of the self and life is all we are saying. If for no other reason, in the interest of stress reduction, bringing peace to one's mind as well as into the world.

Q: Awakening from unconsciousness seems to be quite difficult. Do you know anyone who has fully awakened?

A: Not personally, albeit awakening helps all people in so doing. Spiritual awakening, is each persons own journey. The awakened live peace. To simply remain aware of inner-being affects everything and everyone coming into that energy field, including the one awakened. However in those unconscious the effects may not be consciously noticed, unless awareness is keen. For those who are spiritually inclined, there is an awareness of peace energy at a deeper level when the awakened are around them. They have presence, and if the unconscious are alert, peaceful love energy felt, will radiate love despite their unconscious-scripted-autocratic programming. There are similarities in awakenings, notwithstanding the fact that it is union with the teacher within, we, each of us, must have courage. Systems, and the awakened, help to a degree, symbolically a finger pointing although should not be attached to. Conceptual thinking must be ultimately transcended. The Zen ox-herding pictures first appeared as a teaching tool in 960 AD. ¹ Engaging in dialogue on the subject of enlightenment, most seem to understand what the ox-herding pictures are depicting. Levels of understanding conceptually, do have an affect on awakening. This varies from person to person. The awakened, in conversation can see concepts, i. e. people's egoic mind kick in, as if to say: "Oh no we're not having any of this." And at other points feel as if it all

coheres, as if understanding it. Grounding of this energy requires persistent alertness, not thought. Ego is 100% interested and aware always as it seeks opportunities for control. So too must we be 100% interested. Again if one is they will be 100% successful. This is awareness of inner-source, alert to being lost in social rolls, day dreaming and or **forgetfulness**. It's all too easy to be of the world. Pulled into an indoctrinated concept filled personality, limiting our Self, following what we're taught; this we are till ego is observed for an adequate duration, if done we're in the world not of it. It's having conscious presence in the now, actual reality. Observation, not attachment, awakens one to a mind and life seen differently. Much senselessness is seen then. Evermore challenging is virtually all people encountered are unconscious with rare exceptions. This is used by ego to make the student feel alone, and in the extreme brings on clinical depression. Albeit with work it's seen that everything has essence and expresses consciousness, all people to the simplest of forms. A table-wall-sky, consciousness is in everything. Fundamentally, consciousness knows itself through "The person." When awakened it's observable everywhere. Noticeable in light reflected off of form...in emptiness...in silence...in the mind quiet via alertness, and in each present moment. To feel it/be it, fosters peace emanating from one's inner-most Being. A still calm oneness, saying we are more than a body, we are part of all that is. This is done by turning attention into the body, noticing inner-source energy. With steadfast alertness, fear leaves and peaceful love pervades. The mind in stillness reveals this all to be true. A mind quiet, awakens to infinitely expanding new possibilities, not generations of old programming handed down, propagating only conflicted minds. Whatever words used, don't get carried away by concepts. Love is quite abstract. Fear in the mind is seemingly real if we buy into its deceptions, into Self disunion and confusion.

There is an incentive in this to awaken. So few are fully awake. We are at a critical point in the evolution of humanity as a whole. Much is at stake in this. Is it important that the awakened know others who are awakened? Is it not preferable the awakened are scattered across the globe, spreading peaceful love's energy? It is conceded to be an enormous challenge, one being surrounded by those unconscious. Surrendering to even that, and allowing it to drive us deeper into peace is part of one's new way of living. All in all, not to see that which causes resistance is merely a playing out of old mind games, we are surely then only destroying our own brotherhood. If more people were to make the effort to awaken from unconsciousness, not only would we all know others whom we have awakened, transcendence from a paradigm of fear to peaceful love would at long last expedite sanity, that is heaven on earth.

Q: Have you found that when inner-being is not strong you feel the world pulling on you, and why does it fade in and out?

A: When awareness of inner-source fades to a low hum and we must deal still with anxiousness our life script incites in ourselves and seemingly everyone, it is indeed quite the provocation. So to observe scripted responses in others and one's own programmed mind helps to remain alert. When overwhelmed by ego and life script, one might say: "I need help, this cannot be done alone." A humbling affirmation which attracts positive energy and cultivates peace, then aggression is seen. Energy emanating from the causal level sustains us if we pause throughout each day to reset and observe rolls with a renewed focus. Remaining alert---still---clam, focused on kindness and forgiveness, we then see endless mind games test us. Peace energy spoken of in dialogue, seems to want us to develop. The deeper peace awakens, the more other minds

are touched, hence the more it helps collective consciousness. So few fully awakened, those who are hold its frequency, then others see their own programmed selves. Never assume ego will cease in its efforts. It would forfeit its host's life rather than loose control. Strange how this parallels intellectual elitist ideology. Until a point is reached an effortless awareness is established, Natural Self seeing egoic self. This is not to say beyond this point there will not be additional challenges, there most assuredly will be. Even spiritual students acutely alert to ego's limitations, a life script we are all taught, tests us severely. In all minds slipping into disorder, peace is elusive. When one cannot endure dis-ease any longer, the mind inundated incessantly with fearfilled opposites, one's awakening to enlightenment is there in just that moment. Of course as in all biased conflicted minds fomenting a thought created I as who one is, this is the case untill awareness of grows more consistant. As one's new prespective comes into view, notice the energy vibrate at **conscious awareness**. Notice overthinking when it dominates the mind. Energy places and people change, so notice it, that is to say, if someone angry for instance, leaves, feel the energy shift to peace. As though negativity has subsided, and it literally has. So peace energy calms and fear energy promotes anxiousness. If one is still and present, energy can be felt. Observe negative thought created fear. Feel it, positive energy as well, and, see it in others. Feeling energy is part of awakening. The egoic script pulls us into useless, old redundant mind patterns. See these rolls and pattens stored in memory. Extreme situations in daily life are then seen as accumulated thought pulling us. Inner-being awakened to, fosters presence and we see conflict within. When in public, notice others anxiousness--nervous--needless anxiety--stress--dis-ease--restless leg syndrome--thought racing--obsession with their smart phone--busy--impatient--in a hurry--lost in past future or endless self-talk.

Observation of past and future projected memory reveals should I be somewhere else, am I lost in absentmindedness, experiencing uneasiness? Who is the I that is lost, an image in memory? With an acceptance of situations, in the here and now, what happens is then okay if we adapt. This brings peace of mind as we watch an aggressive busy world lost in rolls. Fear and unconscious dreaming makes an enemy out of the here and now, the only actual reality. Having presence then, brings us freedom and peace. When lost in rolls, repeatedly reset, the alternative is a **crisis to crisis mode of reactionary behavior**, at a loss of awareness of here and now; the higher vibration of conscious presence, peace of mind cultivated. Peace disseminates love, it negates negative energy. Unconscious dreaming prevents one from seeing and accepting they're trapped in a benumbed mind identified state. Do not the unconscious live their lives running on a normalized auto pilot program, following a life script? Is one held accountable is their acting out unconscious behavior they cannot or will not see? Their lives exists in a very real sense lost in a thought created prison for the mind and to not see it challenges awakening widely. We identify as the life script, until we awaken. A line from the movie: "The Matrix"...sums it up quite well. "You've, been living in a dream world Neo." ¹ Countless interactions with other people in life arise by way of programmed reactionary responses, images in memory. Ergo what degree does mind identified normalcy biased brainwashing and indoctrination run all people's lives? When unconscious, are we even able to see this, accept it? **Rolls and mind patterns are seen now.** Make the effort required, sharpen the mind then focus it upon itself. Not to awaken is to violate of one's Natrual Self. So we can say then, unconsciousness is life in a disordered state—continuous controlled opposition—coveting, conflict, it, is impermanence. Consequently one works at pure observation, fostering pervading peaceful love.

It is conceded to be quite difficult, seamless shifting from mind to presence. When a woman gives birth the pain is unbelievable, yet when the child is born she forgets the pain. Realization of having given life supersedes pain. To give birth to the Natural Self, one is reborn. Pain experienced is forgotten, replaced by a mind brought to order here and now, innocence and wisdom merged. Forgoing necessary arduous work for this is to live in pain pleasure cycles. Observing our indoctrinated programmed self is critical. So watch steadfast, develop an awareness of the egoic mind lulling us into forgetfulness. Peacefully, bring it into the fold. Do not be duped into being **of** the world, an egoic mind's thought created perpetual unconscious dream state forestalling one's awakening to abiding peace. Watching ego then, is something done from here forward. Don't expect ego will capitulate. Thank it for keeping us alert. See, awareness of psychological blocks comes by virtue of acceptance, it is to have presence, we're then able to act through inner-being.

Q: What is to be gained through surrendering? I don't like the idea because it seems to me to quit or give up.

A: If one completely surrenders to life's will, gain or loss are then simply viewed as what is. Life and death are equally acceptable. In acceptance of what is, the mind is not fragmented. Freedom from egoic mind's monotonous definition of now. An acceptance of life situations, is to peacefully flow with what is; the student rolls with the punches so to speak. To accept what is and learn from it helps to sharpen a mind until it's no longer controlled by programming. All ego's cling to a life script, and, we tend to lose ourselves in it. Observation is key to seeing this. If we are very alert, egoic mind is inclined to back off, so it might lull the mind in observation into complacency. Always watching....Ego is clever—patient—cunning

and steadfast. A programmed scripted mind often appears to rule here in this material world, in the hologram we seem destined to live in. An egoic mind's pernicious ways foment an incessant need to control. It believes it must fulfill its purpose, keeping us safe. Its overzealous need to control challenges one's sanity. Excessive thinking, combined with extreme emotion, feed each other. When extreme emotion, incessant thinking and or role play, overwhelm, just notice it without labeling and remain very peacefully present, this is to have presence. Ego loves problems, for every one solved more are created because ego and thought created them. So if resistance ensues, conflicting ideas result in a continuous clinging and the need to solve problems. An ego's M. O., is to keep people in obsessive compulsive behavioral patterns so the mind is never freed. It veils present moments and seeks to replace them with stored images in memory, defining the present with mere images. *All thought generated descriptions of now foment merely conflict. Again, followed by a different sets of thoughts designed to solve the problems it created. The serious student sees this and it helps to have awareness of ensuing conflict.* Peaceful observation, and a continuous acceptance of what is, one adapts to all needs met in "clock-time," that is to say, one develops practical use of memory, simultaneously maintaining awareness of inner-being. Now all this tends to be confusing and is one reason repetitiveness is used, to counteract programming. Ego is doing what it believes it must do. And we must have a strong need to do this for constant peace to come. To see ego's need to control, again because ego believes it must control us. Nevertheless, as insurmountable as it all seems, conscious awareness must rise above thought for sanity to return. One people--planet--macrocosm. Therefore, paramount to this is surrender to what's happening in life, definitely a major paradigm shift, an enormous adjustment. Remember, we are all a part of

human minds coming to order, it is humanities great spiritual rise.

Q: What is the idea of the observer and the observation as one?

A: Why does the egoic self define what is observed? Obviously due to memory, which is rooted in time. "Clock-time," is bound to images emanating from that sophisticated computer we call the brain. One observes something and thought knows the object of one's observation through memory. In this context it could be said we have a mental image **of** the observed. We see it, define it as this or that, via memory, yet this perspective is actually thought, one's stored information in the brain, defining it. If we identify it by memory, the observed appears to us as what memory **thinks** it is. But this is merely an image. We see what reality is through the lenses of thought patterns and memory images. We identify, and as such become mentally attached to conditioned patterns. One could say this is the snake eating its own tail in the sense it tastes good but why does it hurt so bad? Through attachment to the observed as an image, the mind veils Natural Self, strengthening egoic self. We attach to what is observed because we identify it through images in memory, what programming says it is: What stored information in the brain *thinks*, via indoctrination. Images, past or future projected memory renouncing the present moment because ego has little control in the now. *If we remain absolutely present, without engaging thought and memory to identify the observed, **the observer is then no more.*** We see what actually is. Unless of course memory images in time are allowed to reenter and identify through our memory bank of stored experiences, **i. e. an I who observes, via a scripted minds subjective definitions, or biased judgment and ego's strong need to be. This brings the following obvious questions: Can a mind use "clock-time" for only**

practical purposes, *can the mind accept it has no future?* Can one use their mind not the other way around? Can observation occur absent subjective, biased conditioned memory images stored in the brain? Of course in daily life one needs the ego, thought and memory to resolve life situations. *Yet is the smooth shifting from this, the level of effect, to the causal level when 'clock-time' is no longer needed, feasible?* In dialogue there has been discussion regarding surrendering to what is. Absent surrendering to what is, can the observer and observed blend to oneness? So we must set aside separation, then a mind can become absolutely still. A major prerequisite to the observer and observed blending. We must be absolutely alert in this. To simply put up with that which creates divisiveness is just another mind game. One needs to be genuinely okay with what happens and if not must go back, do the work of dealing with blocks, observe, bring the mind back to order, watch psychological problematic proclivities, baggage. A peaceful mind no longer in conflict it goes without saying, is the prerequisite to discussion of whether the observer and observation can be one. Pure observation of the mind in conflict with itself, as best as one is able to do, helps us to see thought creates problems then seeks to solve them with another set of thoughts, an exercise in futility, this is the fundamental mistake thought continues to make.

Q: What do you mean when you say switching back and forth from the timelessness of the present, to time bound daily life?

A: We need to deal with things in daily life obviously, such as an appointment we have to be at. This would be an example of the time bound realm daily life is. Attending to responsibilities in daily life as forgetfulness inevitably attempts to keep us in bondage to time's illusion. Daily life keeps us lost in mind patterns and rolls.

To peacefully observe, quiets self-talk, creates space in the mind. One closes the eyes as stillness comes over them, feeling energy move through the body. Perhaps in appreciation of beauty, as in a great painting, or just a ketchup bottle. Feeling inner-source each moment, listening intently one comes into now, an admiration for life, ultra present, aware of space created. Soothing calm, having presence, everything comes alive, sublime peace felt via noticing wondrous energy felt within the body, a feeling of stillness. Then something requires attention in daily life; peace recedes to a low hum in the background yet awareness is still felt. This comes as a result of work to ground the awakened state. At some point: “An effortless friendship is established with one's true nature, ego becoming a free companion, balancing movement;”¹ as the Zen ox-herding pictures posit. Observed movement in and out of, or in between the states of timeless causal level energy, peaceful silent stillness, the energy of peaceful love flowing within, and, material world egoic “you”..navigating daily life activities, or level of effect. This back and fourth will go on: **A functional you identity, then no you, ultimately peaceful co-existence with ego.** One uses process –Socratic elimination-a cultivated seeing with new eyes—an effort -less friendship with ego arising now. Presence, slowly awakened.

Q: How is it possible to see something you have seen many times before as if you have seen it for the first time? How is this done?

A: Jiddu Krishnamurti was asked how is this done, and answered: “Do it sir.”² The answer may not help yet as suggested: “Do it sir.” Clearly, each of us develops it on our own. All another can do is to point. Not to memory, by being present. Surrendering to what is here and now. As a child sees life-wonder-seeing love always new. Being each moment absent labels—intrigued by now. Foreverness

here, now. The simplest of things come alive. Calm, peaceful safe contentedness felt. It is to drop fear and be peaceful love. The art of watching reactionary patterns and or interaction in relationship and rolls. We discussed the doorways to this. As a recap: **Subdued thought..being present..noticing silence between sounds..empty space around form..surrendering to what is.** Additionally, notice movement in and out of 'clock-time'--a being: "In the world not of it."¹ Quietly focus on inner-source at all opportunities throughout each day, this is key. If daily life requires attention shift to thought based 'clock-time' yet only as needed. It's conceded this can seem quite difficult to do. Simply keep at it; "Do it sir." Perhaps a sort of positive stubbornness is required. Peace will seem to fade away at points. *As one awakens sustained alertness within, the duration of loss of awareness and frequency of episodes are shorter, and a consistent presence prevails.* This back and fourth swing, is a kind of spiritual energy, encouraging us on to an independently strong awareness so we are at conscious awareness, acting and speaking from Inner-Being, the point in training where persistent conscious presence is the student. Although, do not be credulous, for most this is quite difficult to do. **Perchance, are we the doorway,** the common denominator for conscious perfection to arise within –an innocence with deeper wisdom? Perhaps our source wants us to shine the light of love. Inquire often: **Who am I?** What level of work is done for peace? As said-"Do it sir." Ergo keep at it. Let go of fear, the idea our script is us yet peace can abide. Must we be utterly tired of dis-ease, boredom, bondage to constant fearfilled unconsciousness; attachment to thought images, lost energy to a mind conflicted, bound by subjective thinking which results only in impermanence. For many, a point one can no longer live with conflict, the You...the I...a Me...the Mine...of unconsciousness any longer. Making room for love, emptying the mind of fear so one

sees what has been collectively denied for eons? Question, find the path to the teacher within. Discipline the mind via observation and then direct it upon itself. Work at it. It is the only way out of clinging to a script, thought created anxiousness, human collective and personal unconscious dreaming. As K said: “Do it sir.”

Q: I am very uncomfortable with my life right now, I just cannot do this anymore, my life is shattered, the present is not good. What can I do, should I not make plans for my future?

A: In a few sentences, or questions, are many references to the problem plaguing the questioner. So be still and listen, surrender. Consider when the insanity of others unconscious mind games are hitting from all sides, surrender to it. When the life is shattered, surrender. When there is no money, surrender to it. When there is loneliness-homelessness-sleeping in a park-hunger-surrender to it. If broken down to nothing and about to go insane, this is at the same time a blessing. **This is a test. Be still, listen. There is a hum in the background. A stillness felt. A peaceful quiet hum coming from within, then felt everywhere, you quieten, presence felt.** A light loving and nurturing, it is our source. Energy felt. **Say this in quiet reflection: “This cannot be done alone.” Slowly, there is no I, there is only observation of an egoic mind clinging.** Surrender. **Ask for help.** Surrender. **The energy of peaceful love, a paradigm offering enlightenment's gift...love...eternal essence comforting, if we listen.** To experience resistance requires time. In this present moment there is no experience, just the perfect timeless now, this perfect moment. Work at it. Should you: “Do it sir?”¹ –Put aside your personality for essence?”² —“Subdue the enemy without fighting?”³—Observe and see: “Thoughts are things.”⁴ –See: “The conceptions of “God” and “sin” are of no more importance than

child's play.” 1 “Learn how to be you in time.” 2 –See that: “There is nothing to fear but fear itself.”³ These and other words from teachers who came before, can help. Then at a point, having gone into it...the Natural Self...let all teachings and words go, including ideas of Natural Self—***to see we are a light within.*** Don't attempt to understand it with concepts, which only promote egoic fear. Go inside, this comforts if surrendered to. Go inside to omniscient essence. It's conceded for many this seems to be quite impossible, ***so we begin with the impossible.*** Every step forward in humanities progression there are those holding a vision of peace. What is the questioners vision? When others are yelling, remain calm. When others are filled with aggression, anger and hate, remain peaceful. Notice programming has trapped them in the time based mode of fear, rolls and or mind patterns. **Awareness within, of love having never know fear.** Break out of the cocoon of fear to the peaceful butterfly. The personification of love, in surrendering to life. Even when our world pounds the drum of fear, hate and war, remain steadfast in peace energy, and awaken to live peaceful love, our inner-source. Consistently work at awakening. Be the example, be love. Feel Being, be steadfast; it's liberation from clinging, a seeing of everything is okay. Stay rooted in pure observation of the mind and turn it back upon itself. To live this pulls us out of fears chaos—awakening peaceful love within, light within. This is the highest endeavor of any human-being on the physical plane. Actual love is summed up in the selflessness of spreading actual love. In this one comes to see peaceful loves truth now—oneness..an omnipresent connection to absolutely everything—of all that is..the is-ness of a macrocosm of peace inside—the all-ness of love..joy..our source. A spiritual travelers inner-most Being—the light inside, or, Natural Human Being. This is freedom--beyond systems--beyond good and evil--beyond thoughts attempt to understand itself with thought.

CHAPTER EIGHTEEN

TEACHERS WHO POINTED THE WAY

This chapter will have few references to quotes because there are simply too many studied over years. The sources are lost to time. Teachers quotes will be paraphrased, a pointing finger to enlightenment. In this chapter we extend love and thanks to the teachers. In truth teachers are everywhere and in everything, in life as it unfolds: People--clouds--sky--trees--wind--in insignificant form, energy encompassing all of us. The teachers mentioned in the acknowledgments section of this work definitely helped in pointing the way. So let this chapter begin there. Let us focus then on the affect teachers had upon the author. Love for them is what's significant. There was once a kind teacher of deep wisdom. A seeker who devoted his entire life in search of enlightenment, yet it had eluded him, went to see this teacher. He found him and asked to meet with him. He suggested to him: "Your thought is trying to identify itself." A lengthy dialogue ensued, after which he closed his eyes. There were tears as he opened them, he asked the teacher: "How do I keep this?" They talked further, then he closed his eyes again for a time, opening them he proclaimed: "I will never come see you again." That teacher of wisdom was Jiddu Krishnamurti. K as some called him, would say to followers: You have been coming to see me for fifty years now. As if to say when will you get it. The man who came to see K, seemed to get it, therefore did not need to see him again. The author wonders if K was pleased with the outcome of that ardent meeting. That said Juddu Krishnamurti did seem somewhat frustrated at the fact so

many did not seem to understand what he was trying to convey to them. He was dedicated to: “The absolute freedom of the mind of mankind.” In his life he wrote volumes of profoundly significant words. The authors monologue now selects a few. K knew as any good teacher does, that: “The word is not the thing.” *****

Jiddu Krishnamurti once posited the following: “The quality of listening is attention. The act of listening with your whole being puts away anything which is not true. When you give your whole attention to what you listen to you have the totality of it.” *** Is this to be the present moment, to make the present a friend? Is not this present moment the only true reality? When attention is required in time, in daily life to do something, use memory as a tool then shift to observe the thinker until rolls are needed again for practical purposes. Be and have presence, where the thinker judges and defines far less so. Bring all senses to bear, calmly here and now. Listen..look..touch..taste..smell each present moment. Vigilance in reclaiming energy from scripted programming brings into being peaceful stillness, we can then observe the thinker. In silent stillness and listening, inner-source is felt. Peaceful waves of love radiate from within and cultivated wisdom asks—who am I. A great axiom describes it for the author: “Your whole body will be filled with light.”^{Jesus} This speaks to what's felt as far as words can describe it. Via a mind in pure observation and stilled, one begins feeling and seeing love in the faces of all people, in trees--plants--light--the sky--in all form, in addition to formlessness, this plainly negates fear. Sustained--alert--focused awareness--brings peace, love--forgiveness--non-judgment and compassion, a oneness felt and seen in all. *****

George Gurjeiff wrote: “There is a growth of personality at the cost of essence.” *** The personality, which is you in time, is the personification of a scripted egoic self into a world dominated by fear. It is to be trapped in insatiable craving.

The happiness one seeks is fleeting because once obtained there is contentment for a time, only till the next desire replaces it. We seek happiness in the material—opposition inevitably comes into play, all of it is impermanence. Peace energy arises within each present moment, so random potentials are now. Form arises out of immaterial, including the body. We are a collection of our total consciousness, which creates merely endless aggression, confuses a mind unable to rise above thought and befriend now. A timeless empty mind, arises in the now, before conflicted thought enters.

*******Sun Tzu** once posited: “To win one hundred victories in one hundred battles is not the highest skill. To subdue the enemy without fighting is the highest skill.” *** This should be foremost the goal of every martial artist, the art of fundamentally watching the self, defense of the body second. Sports involving the fighting arts have rules keeping participants safe. Actual war, is the human condition experienced at its lowest level. The highest skill for the martial artist, is to reclaim energy from the egoic self, to awaken. Focusing attention within, peace and wisdom arise. If one forgoes this they will forever chase the wind. To win without fighting is to develop the profoundly acute state of attention, seeing our world runs on fear and violence. **Above all else, a genuine martial artist values peace.** A martial artist can feel when violence is upon the horizon. They can see in the faces of people their modus operandi and an awareness of situations perhaps leading to violence, are seen and disengaged from. People cling to the life script all minds are programmed to follow. Cultivating peace enlightened warriors preemptively see and avoid negative energy situations. They see a world addicted to negativity and aggression, and by virtue of pure observation, disassociate themselves from all fear, aggression and violence. They observe all drama outside looking in. Sadly, too few are serious, yet those who are redirect habitual negative patterns

of aggression, and peace is foremost. All this said, make no mistake a genuine martial artist is quite capable. If attacked they do what is necessary but again prefer peace. The meek who will inherit the earth shun violence.*******Neapolitan Hill** wrote: "Thoughts are things and powerful things at that." *** The first line in the first chapter of: "Think and grow rich." Yes indeed thoughts are things, powerful tools. What are riches? To each person it's a perspective matter. Obviously riches are not measured in money alone. When one is able to use the thinker as a tool for practical purposes, and feel presence within, they then find treasure unequalled. So do the work required, give birth to that which is within, then joyful peace one could never have imagined arises, one then is in the world not of it. Use 'clock-time' for practical purposes, then shift to be the watcher of the self, it carries a blessing; to enjoy the world to whatever degree one wishes yet not be consumed by it. The source of peace contentment and joy now comes from within, but is no longer dependent upon things of the world. Again: "Be in the world not of it."—as Christ said to do. *******Fredrick Nietzsche** wrote: "The distance and as it were the space around man grows with the strength of his intellectual vision and insight. His world becomes profounder. New stars, new enigmas and notions ever coming into view. Perhaps everything on which the intellectual eye has exercised its acuteness and profundity has just been an occasion for its exercise, something of a game, something for children and childish minds. Perhaps most solemn conceptions that have caused the most fighting and suffering, the conceptions, "god" and "sin" will one day seem to us of no more importance than a child's play thing or a child's pain seems to an old man; and perhaps another play thing, and another pain will then be necessary for "the old man" always childish enough, an eternal child!" *** The intellectual I, or egoic self...is it our ego playing a

game? It seems to be a game our script plays upon us all. A mind unconscious, most people presently are oblivious of this fact. Well said, the **conceptions** of “god” and “sin” will one day become of no importance as unconsciousness too wanes, the point we move away from fear to love; shifting from concepts if not needed for practical purposes, to presence, so egoic mind disrupts peace far less. Coming to unification with everyone and life itself, we'll then live as one people...one planet...one together...all living in peace. Once we awaken to peaceful love within us all, which is never dependent upon anything **of** the world, then assuredly peace is realized. Peace is within us yet blocked, veiled if our ego rules us. *******John Lennon once sang:** “Nothing you can do but you can learn how to be you in time, it's easy, all you need is love, love is all you need.” *****A great line by a gifted writer.** Nothing you can do. The world does what it does. Go inside, awaken to the Natural Self, it will save you. It spreads if we do and that's how we change the world, not through force and divisiveness. *“Learn how to be you in time.”* Use programming and time for practical needs. Use the program in daily life situations, allowing memory to assist us, then shift to presence. Inner-Being, fostering peace/love. Awaken, remain alert, be conscious awareness—watch and listen. Notice mind games and catch them before they become a storm. Let life lead the way and adapt to it. Be you, self, in time, Natural Self in timelessness. **Ultimately they have always been only one eternal now.** *******Norman Vincent Peal wrote:** “There is nothing to fear but fear itself.” ******* It is said he wrote a speech for a politician with that line in it. Politically perfect: Make people fearful so they are easy to control. Fear is born in the life script and very much so blown out of proportion. Fear is of the lower levels of consciousness. If all of humanities problems could be collectively summed up in one word, clinging would be spot on. It's a reason we suffer.

Fear is utterly ingrained into humanities programmed minds and identification as it is the current dominant mind identified state. A sleep walking state we are in denial of. At this point in evolution intensified pain breaks through unconsciousness. The apple not falling far from the tree is seen via pain. Plainly we must be willing to work at conscious awareness, doing so for as long as it takes. Forgetfulness, being lulled into a kind of absent minded state, is denial by way of overwhelming pressures, it is to be **of** the world. The simple truth is, fear sooner or later goes badly. That said, fear can never stand up to the light of enlightenment's love. *****

Adyashanti once propagated: “The nature of consciousness is that it undulates like the waves on the ocean.” *** Indeed it does undulate. For this student at times it seems as if it comes of its own accord. As if it's not something done; a familiar energy we've forgotten is within, yet has never left us. Negating fear, beckoning us to cultivate it via living peacefully. It's a low hum in the background. Unconscious Dreaming lulls us into absentmindedness, or forgetfulness. We must cultivate focused awareness to transcend the back and forth. We need to be in time, to deal with daily life responsibilities and demands—“Learn how to be you in time”—then shift to the present moment, which comes to us as we calmly watch thought for as long as long as we can, while holding the frequency of peaceful love. Reclaim your birthright, abdicated to find oneself in a divisive overthinking fear filled nightmare. The point egoic scripted unconsciousness, long ago entered the soul. Opposites then came to be as a fear paradigm took over—therein was the creation of dualism. This, by its very nature gave birth to pernicious opposites, the conundrum of an egoic mind. *****

Bruce Lee said: “If you put water into a cup it becomes the cup. If you put water into a bottle it becomes the bottle. If you put water in a tea pot and it becomes the tea pot. Now water can crash or

flow. So be water my friend.” *** Our bodies composition is up to 95 percent water. The rest is stardust, ultimately connected to the vast immaterial. Water has three states, a solid, liquid, or gas. Water is quintessentially non-attachment. It peacefully accepts its environment. Water is unique, no other substance has the same molecular structure. It is everywhere and in everything. As is one awakened, unattached, simultaneously no-thing and everything. It is the personification of acceptance and love, as those who work to shine peace through inner-being and see oneness. Unattached, seeing one human race. The source of who we are, is as water is. So be water my friend. *******Baruch Spinoza posited the idea:** “Man is a thing to be feared if he has nothing to fear. It is not to be wondered at therefore that the prophets thinking of the masses rather than of the few should commend humility and repentance, which are necessary evils.” *** A great and yes, true axiom. Assuredly, this is why the great awakening must arise. To assure humanity continues, yet still, it sparks the memory of a line from an old song: “And you tell me you don't believe we're on the eve of destruction.”¹ Fear is human insanity, peace is the cure. *******Laozi once wrote of the Tao:** “There is something chaotic yet complete which existed before heaven and earth. Endeavoring to describe it I call it great. Endeavoring to name it I call it Tao.” *** Is this the source? Is it our essence? It's all that is, and with respect still a word. Intense words like Tao--God--and others, are so loaded they become hard to even know what they mean any longer. Enlightenment energy is chaotic and complete at the same time indeed. Just as Tao is no-thing and all, yet: “**The word is not the thing.**” *******A Course in Miracles says:** “I am not alone and I would not intrude the past upon my Guest. I have invited Him and He is here. I need do nothing except not interfere.” *** Throughout awakening we surrender to what is, have presence,

stay present. Affirm---we are never alone in this, energy from the source helps as long as peace within is paramount. This too is part of surrendering to life's will. Allowing life to guide all of humanity. Resistance to nothing and acceptance of what is. In other words, not our will but an assurance life, God if you like, will show us. Gain is fine and loss too is fine. Life or death ultimately are equally just fine. When one clings to nothing any longer their mind is still, free to see truth, the mind creates space, we are then collectively one, unified with our source. Unbelievable peace fills the heart. Whatever happens in daily life situations is accepted and adapted to. Nothing worldly offered--possessions--relationships--power or whatever, can replace what exists inside. Then outside has far less significance and one abides in peace. Being...is-ness...all-ness...the ground of existence, or love within, one awakens. *******Eckhart Tolle proclaimed in a book:** “When you are one step away from insanity you are equally one step away from enlightenment.”*** The greatest influence post awakening. “The Power of Now” has been read countless times. *******Don Miguel Ruiz put fourth the idea:** “Every human is an artist. The dream of your life is to make beautiful art.” *** Is this done by going deep inside to our source? Are the answers there? Here, we are absolutely free from the search for someone else to tell us what we should do. Do we then become our own light—shinning peaceful love, light inside? *******David Hawkins put fourth the idea:** “God is the absolute subjectivity that underlies existence, and the capacity for awareness. God is beyond time place or human characteristics.”***How is that to be better said? Perhaps: “The Alpha...Omega...Beginning and End.” The timelessness of eternal immaterial. *******Terry L. Neal once said:** “We are all hard wired to be happy.” ***Once a mentor, he was right at least in paradise lost it was so. The meek inheriting the earth is to have courage, yet choose peace. In one's

daily life there will be problems yet peace energy is undisturbed. 'The Advent of a Great Awakening'—as 'A Course In Miracles' puts it, is: “The beginning of our return to paradise with a deeper wisdom.” When all souls on earth awaken, there will indeed be: Heaven on earth. We will see then we were meant to be happy all along. *******Rudolph Steiner prognosticated:** “Visualize a rose plant growing in its natural environment. Remember to include the entire plant in your mind, the leaves, stem, root etc. Reflect on the fact that it's chained to the earth while we can move about. It does not oppose its environment, remaining at rest in its place in good or bad weather. Now think of a human being. Consider how much more potential the human has, yet the human nature may also engage in joy...compassion...kindness forgiveness...but also anger...jealousy...fear...lying...or violence. Now picture a rose who's flower can symbolize for us a blood in a purified state. Now focus on a black wood cross which symbolizes the vanquished lower nature. Now allow seven red roses in the mind to spring fourth in a circle where the cross intersects, representing the victory of the higher purified nature over the lower.” *** Paraphrased, written in approximately 1909. Symbols foretelling a future? Use the things of the world as tools, be they thought or symbolically focusing on a thing or whatever it may be if it helps. We then simply and plainly, must transcend symbolism to awaken. *******Allan Watts once said:** “Trying to define your self is like trying to bite your own teeth.” *** Is he asking: Is there nothing to define? See what is? Are we no-thing? Now is freedom from the known. In that state is a quality of peace unparalleled. To define is attachment. *******Bill W.** *** Only one thing to say about this man. The 12 step program was divinely inspired. Step 11 is what this work ultimately points to. *******Richard Bach wrote a beautiful work and is**—from the authors favorite book:

“Johnathan Livingston Seagull”---“But Johnathan could not forget the place from which he had come. He fell to wondering if there was just one gull back on earth who could see the glory of flight beyond a means to obtain food. He remembered it one day while on the beach with his instructor. “Where is everybody Sullivan? Why where I came from there were thousands and thousands of gulls.” “I know Johnathan.” Sullivan said, shaking his head. “All I can say Johnathan is that you are pretty well a one in a million bird. Most of us came along ever so slowly. Moving from one life to the next. Forgetting where we had come from. Not caring where we were going. How many lives Johnathan do you think it took before we realized that there is such a thing as perfection? A thousand lives Johnathan, ten thousand? And then another hundred still until we realized that our purpose is to find that perfection and to show it fourth. But you Johnathan, learned so much in one life that you did not have to go through a thousand lives to reach this one.” *** Do we relive this karmic illusion of repeated earth lives over and over again, until we finally get it right? Do we forget where we are going? Not care where we have been? Is there life after death? Or, will we find out when we get there? Could even this be just another mind game pulling us out of the present moment? Perhaps ideas of repeated earth lives are merely another dream. Another form of past and future, of time. Is it not now what really matters? Is each present moment where we learn and grow? Should we simply engage in observation of this moment, then allow it to be what it is and show us what is, reacting to it without expectation of what truth might be? Is the present moment allowed to be, and show us what is, showing us truth and genuine love inside? Defining it merely seems to cause divisiveness. For if we define it, its opposite comes into our mind. Saying it is good can only be done by comparing it to its opposite.

Generally true in any life, good or bad can only be seen through distinctions of good, next to its opposite bad, and so fourth, with everything, playing to endless mind games fomenting divisiveness. Peaceful love spoken of throughout this work, the source of who we are is awakened to via consistent pure observation of present moments, it is the observed undefined. This is stillness---listening intently---seeing in this timeless space---peace realized---comfort, eternal truth---genuine love---the essence of who we are. It is to be found within, now. *** The following quotes are from several admired Avatars-“The Kingdom of Heaven is within.”¹ “The reason you suffer is because you cling to the world.”² “The one became the ten thousand things.”³ ---creation of opposites. “Cross over to the other shore.”⁴--- J wishes to thank the teachers and works at never having to depend on them again. Therefore awakening, is a personification of peaceful love, awakening to inner-source and by extension to live and have abiding presence. The gift of the spiritual traveler and humanities future is to awaken. Awakening to personal enlightenment ultimately anyone can do. So follow no one, outside the source found within. Teachers only point the way to courage, the doorway to higher levels of consciousness. J hopes this work helps readers see and walk through the door. One thing is certain, authoring it has helped J. And finally, words of one of the favorite teachers: “All you need is love.---All we are saying is give peace a chance.---Imagine all the people living life in peace, you may say I'm a dreamer but I'm not the only one.---Love is the answer and you know that for sure. Love is the flower, you gotta let it grow.---And we all shine on.---I'm just sitting here watching the wheels go round and round. I really love to watch them roll. No longer riding on the merry-go-round, I just have to let it go.--- Love is old-love is new-love is all-love is you.”* John Lennon. A—A—All

of these ideas can have a positive affect upon humanity. Yet ultimately they will have the greatest affect only as the current dominant fear paradigm, which is divisive and foments a fragmented mind, is superseded by the new up and coming paradigm of peaceful love. Consciousness is rising and if we rise with it, oneness, one human race, will then be realized. We won't need to be forced into right action, by virtue of raised consciousness we'll be guided by higher reason. And: 'The lamb will lay down with the lion.'

CHAPTER NINETEEN

OBSERVATION

In the first chapter of this work we began with definitions of unconsciousness and enlightenment. We now look at what is key. Observation, is defined as: "The action or process of observing something or someone carefully in order to gain information." Observation defined by the thinker and stored memory images is thought making its age old error. If one seeks to gain information isn't it thought seeking to understand itself, a divisive mind game, the mind identified state? Observer and observed then cannot be one because thought promotes ceaseless opposites, only resulting in more conflict. Who, is the thinker? Our world runs on what is tantamount to a pandemic of fear handed down generation to generation. It is collective unconscious minds in disorder, lost to dis-ease. The mind must awaken to see and fundamentally negate old memory and its need to identify what is. Our world lives in a paradigm of psychological fear, which provokes anxiousness in the mind, making now an enemy or at best is a means to satisfy ego. Psychological fear is pernicious. Drama, aggressive behavior and divisiveness feeds this parasite. And need for control, fomenting fear, the feeling we must know every aspect of daily life, is over used memory creating dis-ease. Observation negates irrelevant memory and egos propensity to regularly analyze, while conscious

awareness is little known and practiced even less due to overthinking. Pure observation arises in a mind freed of its attachment to divisive dualistic thinking...fear. That said each person must see it for themselves. No other, nor system, can do this for them. We awaken to see egoic mind uses its host, or at least blocks peace. Cultivating silent, still peace in the observation of life, one negates systems, observes egoic mind and there's space. Memory images no longer consume the mind. *When thought enters to define the observed we're already in time.* Acceptance of what happens each present moment without analyzing, one then sees what they see, in real-time, not thought generated images of that observed. We are seeing always new, as love is always new. This takes us out of seeing via memory alone to here and now, seeing-hearing-feeling-smelling-tasting as if one had never done so before. The void of vast timeless space in a mind, Being, now projected into what one does, by virtue of observation of what is. With limited memory observer and observed are one. Once the observed is labeled, it's a memory of it, we've entered time, dualism and separation. We are pulled into the past and or future, fostering a psychologically conflicted mind. Observation through peaceful love, we passively notice what is happening here and now. We're there, in unbiased observation. Watching with a sort of impartial nihilism. Noticing, listening without attachment. Serious and laborious, dutiful work brings about a resolute oneness with what is observed. **Born of serious quality attention here and now, focusing wholly, an is-ness.** Let us turn to an example, interaction with another. When two individuals do this simultaneously, in the moment, observer

A-- One continuous present moment without egoic minds fragmentation. Without past or future projected memory projecting its images of what the observed is. To see what is.

and observed, there is no observer. The observer is the observed, not an image of another. Programming follows mind patterns and social rolls in interaction with others and life gererally. Yet are we so immersed in the roll we fail to see we are lost in it? If so lost we we are then a roll interacting with another persons roll; rolls take over...conscious awareness is lost. If not, actual oneness is then a realistic posibilidad, not codependendant relationships playing rolls, with a tendency to see relationship via memory, demanding what can each do for the others ego. Observation by peaceful love sees everything new, not images in memory. Giving total attention to each moment via observation all but nullifys rolls. Using script and rolls for practial purposes we then acts out of inner-being, there is harmony **with** the life script. Seeing the world by way of a script is to live in 'clock-time,' life by comparison, division and separtatism. A conflicted mind takes us out of the present.^A The now is a clean slate with nothing on it, presenting the actual here and now as it happens, not images, or old redundant mind patterns and social rolls, stale and unreal identifications **of** now. As the mind awakens to see it, conditioned behavior triggers fear--perhaps: anger-pride desire-guilt-grief-judgement-shame-separation, all transmuted to peace. As we observe rolls we play unattached, it fosters harmony with the egoic mind, and with work, watching it keeps us alert. Unconsciousness is attachment to observation defined, or, attachment to thoughts error, *a mind in conflict with itself*. To resist now prevents us from transending opposing positions. It is to cling to memory or blocks, psychological problematic proclivities, enabling egoic mind to use us. Lost awareness causes us to loose ourselves

A—A conflicted mind is thought trying to understand itself. The present moment--the moment before thought enters and defines with an image in memory making it unreal.

in rolls. *A psychologically disordered mind will resist observation without an identifying memory image of that being observed.*

Pure observation is to cultivate an adaptation perspective, yet is unfamiliar. So to normalize it one will stop seeing what memory says is real and simply see what is. This helps nurture Inner-Being awareness. Inneraction between two people participating in this, there is flow, here...without memory images. The two are one, in alert awareness of the others energy to the extent egocentric self-centeredness is transmuted to peace and oneness takes primacy. It is awakening to be **one with another**, rather than old images in the mind of who they are. Seeing love as always new. We are so conditioned by egoic individuality in the typical case there is great difficulty in transcending to this new paradigm. Mind patterns will trigger depression..anxiousness..anger and so on, all programmed blocks. These tend to be viewed at the personal or individual level as, “problems” rather than a total human condition. We must first accept what is in order to then move through it. As long as we are looking at life from an individual egoic prespective, we'll miss the bigger picture. Crossing over to the other shore as Buddah said, is observation by a mind laser focused upon itself. Ultimately both shores are the same. Consequently unattachment, is not to focus on the image of what is observed, but to focus upon the feeling it generates without an image, judgement or comparison. Focusing on the memory of another, an experience, or defined relationship with another, is to remain attached to memories. The observer is the observed. Fundamentally, at the subatomic level tiny strings, everything's conneted. At the quantum level, random potentials.

When students realize they are the observed, when there is no need to forever define the observed, when there is no longer attachment to an image, fear then leaves the student. Fear is the energy of an egoic mind, and the lower levels of consciousness, a clinging to programmed memory, defining the present. All mental formations, cognition, attachment to thought or emotion; a mind trapped in this manifests psychological and emotional disorder. A endless arrays of different perplexing possibilities as in ethnically, nationalistically--racially--professionally and so on, all varieties of the same egocentric mind game. Peaceful love, is within us all, beyond thinking and or emotionally corresponding feelings, which again are all derivatives of memory or projected memory, of past and future. Once again of thought which is defining the observed. Beyond this, peace energy takes premacy...a void of emptiness... presence which is forever one's true Natural Self...all that is—the oneness spoken of throughout this work. Ergo awaken stillness by way of observing learned behavior, slowly, peacefully watch it. A lifestyle of peace, freed from incessant thinking through passive observation of what each moment brings about, is key to non-resistance and abstinence from mental attachment who's fuel is fear. Fear just gives negative mind patterns energy. **Watch, listen,** with no-mind and acknowledge of the ripple effects oneness. To be mind identified, is mind created fear, it's a dream..an illusion blocking peaceful love. Travelers must awaken pure observation and peace so that a new human being emerges. A mind new, love new, reborn to here and now, a slate wiped clean each moment, bringing peace in a mind liberated from the known, forever now.

A--Images in memory can only define what was, yet this is not what is. It foments conflict because now is something of itself, not what the mind identified state says now is.

So this the last page of this chapter, will try to put it all into a nutshell. The mind must be brought to order, which implies disorder. Order meaning, a marked reduction in conflicted thinking, brought about by one's own mind being overly emotionally and or intellectually invested in whatever it observes. All of it a creation of thought decimating peace. *Let us say again the degree of peace is the measure of an ordered mind.* An ordered minds purpose is observation. To know then, is still to be in the thoughts of thought trying to understand itself with thought, endless vicious cycles of a mind programmed to time. Thought, by way of opposites, creates problems and with another set of thoughts tries to solve them i. e. it tries to understand itself yet cannot, **it**, created the problems. It can't **know** love, which has never been in conflict. The mind which negates conflict, a mind that sees the above and brings into being a peaceful state by virtue of silencing itself, negating that which brings divisiveness, can then drop at once like a hot piece of coal, all notion of observer and observed as being separate. *The mind SEES and accepts it has no future; all there ever really is, is clearly here and now.* In that instantaneous moment it makes the leap into the unknown and comes into now, a totally unfamiliar energy which never knew of fears conflicted vicious circle, only peace and clarity of mind. There is no process in this, no system, no other telling one what they should do...no religion...philosophy...belief...system or whatever, because all of these thought has created, and thought can never **know** love, which is beyond the limitations of thought. To be **of** the world is to be of fear, and to truly be **in** the world is to use the script for practical purposes then drop it at once --abiding in peaceful love: **A Natural Being.** Fear is seen as created by thought, and so realized, observer and observed blend because a mind surrenders to: **it has no future.** Then perhaps love and the: **"The total freedom of the mind of mankind,"¹ can be. Imagine.**

CHAPTER TWENTY

BLOCKS TO AN ORDERED MIND

This, the last chapter, will address some blocks to a mind brought to order. Beyond blocks real freedom awaits. Blocks are fomented psychologically in vociferous conflicted minds. Minds in conflict attempt to control via fear. All blocks herein, are seen as derivatives of the state of fear. Unconscious fear will manifest in endless forms. For this traveler there were nine which proved to be quite challenging...most noticeably difficult to transcend. This chapter will also act as a segue into the next work: "The Subtle Approach to Enlightenment"-a process oriented format to awaken notwithstanding process must be let go of. As a navigational tool, thought, by way of self-delusion and forgetfulness, paves the way for people to follow a life script and ego. One must be ultra alert, present, with focused attention upon inner-being, so as to not succumb to the minds scripted *unconscious dreaming*. The aim of this work is to point the way for those ready to awaken. In this entire work the intent was to point to the ideas of awakening, **fostering one's own personal awakening, which is the only way.** The mind must be brought to order for an awakening to be seen and or felt as anything more than merely a passing experience, an intellectual experience. Awakening is different for us all, albeit all people are hard wired for peace. So what's required for a traveler

to awaken is to use process, then move beyond it so peace can be realized as a consistent presence now. **Quite possibly the hardest endeavor undertaken.** It's seen and felt as freedom from clinging to mind patterns, social roles..listening, watching intently one's life situations or patterns. Consistent peace is to be one with Being, a stream of presence felt. There it is—now bring the mind to order; liberate it from clinging and suffering so that joy, love, kindness, forgiveness, non-judgement, compassion--abide. Peace is oneness with the total energy field, all humanities realization of the ripple effect, what we're being, doing and having, does affect the whole.

.....**FORGETFULNESS**.....

Forgetfulness, as the term is used in this work, will be articulated here in order that students gain a deeper understanding of the condition. We can say firstly that the scripted self for most people at this point controls them so completely they're unconscious of it. It is straightforwardly, denial, most simply will not see it. As we awaken to enlightenment onerous work is done to simultaneously ground the awakening and meet daily life responsibilities as well. There will be much back and forth in this. In typical cases bringing order to the mind requires a foot in both worlds. Until the energy of peaceful love is grounded one is lulled into unconsciousness, lost in daily life situations, responsibilities necessary to operate and function in life. The script is observed via a mind still, alert to the egoic self. Natural Self's peaceful love is fundamentally source energy, arising in the now. An extraordinary mind is required to hold consistent conscious presence, so that one might transcend

this block. Forgetfulness is likened to day dreaming in a sense, and or being lulled into excessive day to day activities, at the loss of inner-being awareness. A comparison can be made to a state of busyness. We loose ourselves in social rolls and old mind patterns. So to really see whatever life brings is okay, is to reduce concerns allowing us to navigate life situations, simultaneously maintaining awareness of inner-being. A sign of forgetfulness approaching, is aggressive thought and emotion, resulting in Natural Self-disunion but not necessarily, it might be subtle. There are endless types of distractions in daily life. One holds a peace energy frequency, then forgetfulness descends, subtly pulled into a kind of fog; a lack of alertness, inadequate observation of egoic mind. A meting out of ego's pernicious objective, effectively trapping us in a divisive self. Awareness will need to be very keen, highly alert, absent mental labeling, otherwise our programming reclaims control, pulling us into busyness our world is. A kind of awareness quite different than the usual vareity is required. 'Clock-time' and or egoic mind, impose reactionary mind patterns which attempt to regain control vis-a-vis life situations. *What we are speaking of here, is one being absolutely present with a passive vigilant focused determaination, and in this an emptiness is paramount, the mind able to markedly negate thinking. Egoic mind is absolutely alert, and students must be as well.* To transcend psychological blocks requires awareness of inner-being and ardent patience. Initially there are short flashes of having presence, as one is aware of oneself caught up in social rolls and mind patterns. Then, out of nowhere forgetfulness pulls us again and again into *unconscious dreaming*. So stop, and reset.^A

A—One must ceace doing whatever they are doing and focus upon clearing the mind of whatever is pulling it into unconscious dreaming so to reclaim conscious awareness.

Steadfast focus upon duration, to hold awareness and extend it, observing mind patterns. Slowly the stream is longer, one is more-so in the here and now where actual reality is. Forgetfulness veils awareness of space in a mind. Martial artists know how to create space. Similar in that one creates space in the mind through pure observation of it. Thought, day dreaming and or busyness in life, injects memory and present awareness is lost, one again is mind identified. Nevertheless inner-being awareness rises if a student is persistent; cultivated attention of an unfamiliar type, i. e. remain consciously aware so the mind awakens to see thoughts mistake. Gradually rolls relinquish control over the student—**one sees ego challenges them to remain focused.** Slowly duration of awareness extends until now is awakened to and conscious presence abides, noticing mind patterns and rolls, now able to use them practically, one no longer loses themselves in them. Patterns and rolls are to be observed so one does not become overly invested, or lost in them. Furthermore, it cannot be known exactly how long before one reaches the point forgetfulness and or all blocks are seen and transcended. Students peacefully and patiently watch old scripted thought patterns for as long as it takes. In the back and forth, immersing from a period of forgetfulness, one acknowledges it. In the authors case slowly there was an awareness of: The mind was in a state of forgetfulness, trapped in it. Then intermediate states of: Awareness as the author went through it, although unable to transcend it, persistent until the waters calmed. Finally, awareness increasingly more-so consistent; **ultimately consistent conscious presence.** The author is not there, albeit very few are presently. A

A---As more awaken it will be believed to be a possibility and the numbers of those awakening will grow exponentially.

.....**ANGER**.....

This block is common obviously, and difficulty in transcending it is also common. In daily life there are no shortages of things to be angry about. Anger, as are all blocks to an ordered mind, can be opportunities, again tests in the school of life. Opportunities to go deeper into peaceful love. It has been asked countless times of people in dialogue on the subject of anger: "Do you notice that you're angry?" In many cases we are so completely caught up in normalized anger that we're in denial of how intensified the anger has really become. Obviously, learned problematic scripts running people's lives will demand the reaction of anger to most aggressive situations, all propagated by fear. Problem in this is, situations are seen by most as being the cause of anger. An objective look at the angry person will show it is all too easy to fall into this trap. Many caught up in anger become addicted to it, apparent to all but the afflicted. The back and fourth endorphin high; **wheel of insanity**, spoken of in this work, is very much in play. Once the anger gets intensified it rises to a storm. The afflicted caught up in it simply cannot see it until the waters calm. Indeed it appears as if some situation may well have caused one to be angry, which there are no shortages of in daily life, albeit this only creates an impossible or at least quite improbable solution to the problem. If let us say someone did something to cause anger, many see it as the other persons responsibility to change in order for the one affected to transcend their anger. In the far majority of cases this is unlikely because anger *is* the person, it's inside them. This must be seen.

Focusing on situations thought to have caused anger and not the anger itself is problematic. The emotion of anger is the block is it not? It would be wise to focus on the emotion and not a situation which is felt to have caused it, **so as to not label or project.** In this a students attention is focused on the emotion of anger without resistance to it, which is more probable to transcending it than having an affect on a situation, be it another person or otherwise. Anger is seen to originate from within, **which it does.** Awareness of what is felt daily is vital. Alert to anger welling up inside and remaining ultra calm is key.^A Getting caught up in the memory of someone or some situation, pulls us out of peace and awareness of here and now. If students focus upon anger from within, it then becomes their responsibility to deal with it. With practice, anger episodes, intensity and duration are less and it fades. Holding the frequency of peace helps to not get swept up by anger any longer. When peace pervades, one's energy moves peacefully and flows, the mind then sees the futility of anger and it ceases. Anger is a global condition and needs to be seen from that perspective so as to vanquish it from the world. It, as in all blocks, are derivatives of fear. When anger begins to well up inside, notice it. Watch it and the habit of responding to situations furthering anger transmutes to a response to situations by way of catching them before getting caught up in them. The mind watches without attachment. Anger is the energy of programmed fear and transcendence of it is the energy of peaceful love. Cultivate awareness, drop negative fear energy. Practice consistent calm watching of anger within and it will dissipate. Any extreme emotion or aggressive thought warns us

A--Even the slightest uneasiness felt within is a sign of mind patterns and triggers to them arising from within. Be rooted in peace and they're seen before they take control.

resistance may be building up. Extreme emotion combined with aggressive scripted thinking, takes over, triggering mind patterns. It compels us to follow old learned programmed responses to life. Unconsciousness, lost in denial unseen, is life lived in anxiousness.

.....PRIDE.....

Pride is generally thought of as good in society. This then is one of the main problems with pride. In a word, **denial** is the down fall of pride. One does not see they are about to fall, gets full of themselves, no longer seeing value in humility and risks falling into the state of perpetual *unconscious dreaming*. In spiritual awakening, awareness is ultra critical, so remain steadfast, listen and watch. *Conscious awareness*, comes by seeing we are closest to success when resistance peaks. Busyness pulls us in and all distracting life situations are the focus. We become the I, lulled into divisiveness. Pride is the highest of the lower levels of consciousness, as said it precedes a fall. Pulled into scripted indoctrination, pride as in all blocks is typically a mixture with other blocks, and makes egos job effortless. Pride tells us we've arrived, that awareness is no longer needed. It often dominates egocentric intellectuals who have an impulse to embrace it. It says spirituality speaking, intellect without the spiritual can find peace and contentment. Resulting in loss of awareness of inner-being vis-a-vis overthinking, i. e. intellectual egoic reason. Resistance ensues and failure to see pride, comes because we're cocky. Humility is key. Pride says look at what I did, see who I am, see how awake I am, see how clever I am. Who, is the I? Perhaps an egoic prideful mind seeking to dominate us all.

Ego loves fomenting separation because it feeds into its nefarious and pernicious narratives. So then ask multiple times daily, who is the I enamored in pride. Who am I? Egoic I is the recipient of pride.

.....**GUILT**.....

When one projects guilt they feel guilty at a deeper level. Guilt, as in all blocks, is taught. One form of it is feeling bad for having too much. Again fomented in childhood, conditioning throughout life programs people's life scripts. Guilt is a peculiar block in that it is stealth. Enconced deep inside akin to a parasite, as in all blocks it feeds on its host, hiding them. The guilty have a propensity for unconsciousness, are accident prone, and may feel undeserving of peaceful love or not worthy. Self-talk repeatedly asks: Who do you think you are? Get down off of your high horse. Guilt says one needs repentance and is a repercussion of pride or the result of a "Fall from Grace." All blocks merely create an underlying tension--anxiousness--stress--resistance: A general lack of peace and joy in people's lives acting out individual scripted programming the ego compels all of us to do, be and have. All blocks are problematic indoctrinated self-centeredness, or baggage we all adhere to. This creates uneasiness and or dis-ease which results in a dread for life generally. This negative energy bred in conflicted minds, tends to drastically weaken one's immune system due to stress, caused by drama, emanating from blocks. It can be a cause of disease slowly setting in. Accumulated stress in the mind results in psychological disorders, spawned in accumulated memory used to define one's life generally. It's necessary go within to root out causes of guilt.

.....**DESIRE**.....

Desire is the proverbial carrot on a stick tied to the head of a donkey. It traps us in time, past or future expectation of what will be. As soon as satisfaction of one desire comes, there's pleasure for a while but is quickly replaced with another desire. Desire says the highest high is always just around the corner. It pulls us out of present moment awareness into craving and disappointment, into time. Students will begin to see everything in the material as that which denies, or gives temporary happiness. Therefore question the fear paradigms viability. When one begins to see craving never ends, see desire as futile, value is realized in the idea of: "Crossing over to the other shore."¹ Presently this comes by way of pain. Desire is a "Chasing of the wind"², or merely a "Clinging to the world"³---the major cause of suffering. Stay here and now, in each present moment where truth, peace, and love come by way of awareness of inner-source. An innocence and wisdom merged.

.....**APATHY**.....

In apathy the student is paralyzed. A lack of knowing what to do. Sometimes the student feels bad because they had been treated badly or they were unfairly or stereotyped. It's as if they had been hit along side the head with a board. As with many people to one degree or another they want someone to tell them what to do. Even then there is a lack of motivation to do so. The world seems hopelessly sad and they tend to wallow in clinical depression. Life makes no sense. There is not even the energy to complain (anger).

An underlying anxiety eats away at them like a cancer. The idea of peaceful love seems as if it was just not in the cards for them. Intensified pain seems to be the only way to crack thick walls of mind resistance for students blocked at the level of apathy. Life force is very low. Fortunately, again as in all blocks, they're almost always manifested as a mix with other blocks. There are a few of the authors fellow students who have a large degree of apathy plaguing them. The awakened shine and it's simply good therapy to be around those who are far enough along in their journey to help them. **That said, it is the same light,** yet the apathetic don't see it. One awakened helps point the way but no one, or system can do this for another. At this point in spiritual eveloution, pain and intensified blocks often catapult a student into awakening. A more suttle way is needed. Perhaps the student looking at it as a long game, or foreverness. Ergo, keep going and do not ask why.

.....**SHAME**.....

Very difficult and usually fomented in childhood. To shame a child is one of the most egregious things done. What a child needs and wants, is to be loved. As we all know a majority of children are not planned. In extreme cases where the pregnancy is hidden, not wanted or there's abuse, shame festers. As said this was a block there was great difficulty in transending, along with guilt. This is typically due to shame being very deeply suppressed. A real catch 22 to deal with. What one was shamed by is often repeated again and again, and again is repressed deep within one's psyche. The student via courage, logically can look at shame, concluding it was

not their fault, yet generally it is deeply embedded in the student's life script, psychologically, and is quite difficult to deal with. The person simply cannot look at it because it's too painful to do so. Death seems to be a welcome alternative to looking at and then dealing with shame. Severe abuse is often associated with shame. Suicide—a result of deep depression—is common due to their energy level being so very low. One's life force is just not strong enough, similar to the physical immune system not being able to fight off a virus. The catch 22 is the feeling of not being loved, which every human-being wants, needs and longs for deep inside, is denied by the shame they feel. One feels he or she does not deserve love, nevertheless needs love. This is the direct result of deep blocks and corresponding drama in the life of a spiritual traveler dealing with shame overall. Drama many are attached to is very difficult to let go. And identification as this drama is resisted by the ego, yet who they identify as until egoic mind and blocks are observed. It's potentially truly a horror movie life. By chance and or painful surrendering moments, in which the student totally breaks down, awakening to see inner-peace, asking one's source he or she is of, the all powerful love inside, to help, can shame be transcended.

.....**ROLL PLAYING**.....

It's obvious we all play rolls in life. This work points to roll play as far deeper than what it's thought to be. This work will say not only do we all play rolls in life: Doctor, wait person, attorney, janitor, politician, teacher, sales person, mother, wife, father, husband, happy, sad, good, bad, and so on, we become the rolls exclusively.

Everything, virtually all interaction we have at the level of effect tends to be rolls we play. Let us now ask the following questions, serious inquires: "Who are we? Who am I? Who is the me?" Can the entire roll/You, be completely dropped so one's mind is totally stilled? In the state of unconscious dreaming rolls are perpetually not seen. Albeit we should acknowledge rolls to be who we are partially. Yet can we, as best as we are able, observe and not become so deeply attached we loose ourselves in rolls? Is this even possible? Can we drop the roll instantaneously, a life script-books-systems-religions-methods-philosophy and our belief in them to excess? These do trap us in dualism. If one sees good and evil, can they be rooted in humility, smile at ego and gravitate toward the former and not the latter? Should we have compassion for those unconscious? Is enlightenment at all possible individually, at the level of effect or must all humanity do it collectively for fear to be vanquished from the globe? Can all suffering individuals be totally unattached to a propensity for aggressive behavior, or victimhood mentality? Can ideas of good and evil be transcended? Judgment: Who is qualified to judge and can we move beyond it? *The author ponders these questions deeply, and hopefully the reader as well. The author is saying there is something limitless in every human-being, emanating from the causal level and considers the work of enlightenment to be quite serious, going beyond it all, putting one foot in front of the other projecting love, the bi-product of peace.* Once more ego and rolls are needed to be functional in daily life. That said can people have an awareness of this, simultaneously having awareness of themselves playing rolls. Perhaps the level of attachment to rolls may well be reduced, lessening the tendency to become the rolls so we don't loose ourselves in them. Can pure observation of rolls we all play be the very impetus for remaining in the present moment, awakening to our essence..peaceful loves

seed, existing is inside of us all? One can raise awareness by alert listening..watching. Have we stepped out of timelessness and into the roll? Again rolls are necessitated in order to function. Yet can we move concurrently back and fourth from the I to inner-being, can we notice: The "I" is playing rolls? In awareness of inner-being we could ask is there awareness of rolls while we're playing them, also peaceful love energy flowing through the body and into life? Or do conflicted minds, their rolls and thought patterns take over? When negative fear energy becomes overwhelming we are saying here to not resist. Go with it wholly and then look at it honestly, transmute it into peace by virtue of acceptance and don't carry on in the roll beyond practical use of it. Alert to egoic self engaged in rolls, is to have presence, is eternal...spiritual. Even the slightest degree of unawareness brings resistance i. e. negative fear energy pushing in as we tend to get lost in the roll. We need to see the I playing the roll. In this work we speak to the awakening had, each must foster individual alertness. Awareness the author feels when focusing on obtaining a goal, i. e. thinking in the form of concepts, is not the kind of awareness we are referencing. It is to simply be in the here and now, present, alert, not anxious. For the spiritual traveler writing this, it is seen as the mind engaged in observation of what happens without memory images labeling. When thought defines the observed it's then a memory trace, it's of time not the actual present. Awareness of inner-source may well be at a low hum when preoccupied with needs in daily life tasks yet inner-sorce is always there. It is an energy felt in the background, one is aware of it, yet cannot ***know*** it. This is to hold a peace energy frequency. **Inner-being** felt here and now, not rolls in memory. A student may ask: "Well if interaction of any kind is to roll play and only pure observation moment to moment is reality, why give any energy to rolls at all?" We can see rolls as necessary although spur

attachment to the dream of form, or, acting out, caught up in it so that consciousness becomes aware of itself. We may say then, roll playing is useful as long as the student is aware of it and does not completely cling to a mental identification as it, or sink repeatedly into *unconscious dreaming*. One must consider to the degree they cling to rolls *and patterns, or are lost in forgetfulness, they've lost themselves in mere images of now*. We're asking can one observe in a high state of alertness, at *conscious awareness*, unattached to rolls, and have present awareness of inner-being? **Can the mind observe roll play and peacefully watch from afar, simultaneously feeling Being?** Pondering this begs the question: Can awareness of roll play be done while engaged in it? If there is no interest in seeing rolls we'll loose ourselves in them. Let life lead, and in pure observation any and all life situations are opportunities for us to adapt to what arises now, helping us all move deeper into inner-source. In awakening, ego helps in a peculiar way, not helps us in ways thought tells us help is bestowed. *One's perspective changes then challenges we saw ego putting in the way prior are now seen as opportunities to go deeper into peace. One's mind awakens to see ego is testing us. Thank the egoic mind and rolls for enhancing alertness, having presence;* eternal omnipotent wisdom, a deeper state of *conscious awareness*. This is to see problems as the very thing facilitating an awakening to *conscious awareness*. We're not saying students at this stage will always be happy. There surely are life situations bringing grief, pain, sad feelings and so on, such as when loved ones pass away, the turbulence in every persons life. Life situations fomenting dis-ease, or at least attachment, no longer disrupt peace—now seen by way of causal level awareness, the greater whole of one's life. Then, peaceful love is seen everywhere, although plainly not seen by unconscious dreaming souls, those living a mind identified state. A continuous chipping away at

the rock of a student's psychological blocks reveals peaceful love, manifested in deep observation and stillness. **A beautiful statue is revealed, ego gradually, unwittingly allows to be seen, it is one's Natural Self: A profound ineffable state of Conscious Perfection, a vastly deeper state of simple innocence, merged with wisdom.** Consciousness becomes aware of itself, yet not bound to ego. The mind in pure observation is focused upon itself, a powerful tool in bringing us into the present—a continuous stream of the present moment. Spiritual lessons are seen in doing what life leads us to do. They're opportunities to observe rolls in life: “In the world not of the world.”¹ Play rolls as needed but always see them for what they are. And remain consciously aware while so doing. Then in awareness of Being, life situations flow. When there is no longer need to play the rolls to satisfy daily life demands, move deeper into peace, i. e. silent stillness. Be patient in the back and fourth, resist nothing, adapt. Increasingly it is then discovered the playing of rolls often exceeds practical use, inciting the **you** lost again and again to rolls. Emotionally charged thinking warns us we are being pulled into drama rolls foment. Listen to the “I” and to the “I” in others. Natural Self can hear it, *can read the air*; when the tone of yours or their voices begins to rise, this energy is of a conflicted egoic mind which triggers the “I” within, and “I” in others as well. Watch and listen. Notice, it is what it is. Monitor **you** as if standing outside of **you, the 'person' playing rolls**. A student can notice in themselves and in others, recognizing rolls as either **fear energy, elation, or passive aggression. Ego and rolls manifest as extreme highs and or lows. The best or the worst of life situations.** Be the watcher of You in peaceful alert attention, notice what is, calmly be just there in passive observation, see what is. Spiritually, adapt to situations through or by way of the energy of peaceful love, not be pulled into old triggered mind patterns, i. e. a mind lost in rolls.

Develop alert, astute conscious awareness of this. Watching egoic mind therefore, is obviously vital to awakening. To see "I" as nothing. Through total honesty, see the You in all rolls, overthinking and or extreme emotions felt, in conceptions pondered, in mind patterns, a life script taught...consciousness being aware of itself. Then, in a greater sense the traveler is freed of all that and truly is freed from the known.¹ Transcending to peace is to feel oneness with all, it's having presence, one is then at liberty to enjoy rolls to whatever extent they wish. Allowing the unconsciousness of our world to awaken us. Be present, observe and feel peace energy, adapt and **flow**, be alert to triggers. Calmly watch and rise above mind patterns and social rolls. Through pure observation a deeper wisdom arises and there is freedom from attachment to rolls, one is then as perfect as an unwritten number. *Life situations actually seen, not memories of them, can move us deeper into peace as a lifestyle.* Notice mental attachment to concepts, intellectual labeling, feel resistance arising within. Awareness of this transmutes it into peace. "Learn to how to be you in time."² Engage in serious ongoing work and enlightenment comes. Why should that be so hard to do? Is not peaceful love derived, beyond any description, worth it? Can we be free from bondage to mind games, from our memory's nightmare of dualism? Awaken to enlightenment: "A final spiritual state marked by the absence of desire or suffering." We have come full circle now, to the simplistic innocence needed to awaken, ineffable glorious peaceful love. An innocence merged with wisdom. Keep it simple. Ask a 3 year old child: Do you want love or fear? In innocence they choose love. Love then, is the light of our world, that which psychological fear can never stand up to. Peace, and out peace love arises to the degree conflict is seen and dropped. You..I..Me.. all constructs, of thought, merely fomenting disorder. Love emerges as peace is practiced and fear is observed.

-----MOVING BEYOND IT ALL-----

We have traveled together in a journey to awaken. This work was written to facilitate the authors awakening, expectantly others as well. Can we now move beyond it all? Beyond endless analysis? If this work helps others to find the teacher within, to be their own light inside, it is what it is. Over the last four years plus, since the hit bottom experience 2-16-14, this work has been the vehicle for seeing, then letting go of it all. If this work helps the reader, they will awaken to see they can do the same; can let go of attachment to all previous chapters, to a mind truly free, liberated from the known. A mind listening, no attachment to ideas of becoming, or an arrival at a state, or of understanding enlightenment, a word. All humanity can learn this art, the art of moving beyond it all. We have followed a life script and aggression forever...lived in fear...striven for arrival...understanding—a moving from here to there. Is this merely a game ego plays? We're born into a divisive world, educated...trained...programmed...propagandized, preventing us from seeing our source; fleeting flashes of the new paradigm of peaceful love arising. With practice we can shift to this paradigm of unlimited peace. A mind able to empty itself of fear so love is seen within each moment, is to die to all knowing and images that define now, then perhaps time itself. Conscious Awareness, in the now, is freedom from bondage to incessant thinking. Bondage to what Buddah often reference in his teachings as **impermanence**. As technology grows exponentially, humanity fast approaches the point of no return, a cross road. With solicitude we see humanity being manipulated by the puppet masters of technology and fear. Awakening to what Gurdjieff spoke to in his teachings, as “Natural human beings” we can cultivate. Obviously technology and fear,

a road we are presently on, is a path of least resistance filled with irony. If humanity continues to fill their minds with fear, follow its paradigm and technology inundating us, additionally being trained for generation's to fear, is trans-humanism then inevitable? A. I. moves to the singularity, this is happening. Do the masses need to be feared or can a reformation of peaceful love, a new paradigm arising, grow faster, similar to the metaphorical snow ball rolling down the hill overtaking fear. Once more, we're at a cross road, wondering which way will be taken. If all this could be put into a simplistic question and then asked of children we imagine as they approached the fork in the road they would gravitate toward the source, remembering their essence, because as yet they're not far removed from it. Each day that goes by the child is pulled into a paradigm of fear, sadly our world runs on. Does the reader feel this oneness with our source is only for the few, those awakened through great pain or can it be for all human-beings? The dream of form can be a catalyst to see profound and ubiquitous oneness. The source of all life, of all that is, our timeless essence. Is peace and oneness beyond human capability, and desire to know mere games we play, games an egoic mind plays, a clever mind game of dualism, the great illusion veiling the source of all that is? Feeling essence is not process, is it done instantaneously vis-a-vis a mind quiet, without bondage to process, a mind unattached to process. It's conceded awakening is totally and utterly an unfamiliar way of seeing and living life. Absolutely foreign and completely contrary. Additionally, quite different than what all humanity is presently conditioned---trained---educated---indoctrinated---programmed... propagandized to do be and have. Serious inquiry into oneness with the energy frequency of peace, not to mention living peace as a lifestyle, requires spiritual awakening be taken extraordinarily serious indeed, to even reach the initial rudimentary first steps.

We've merely scratched the surface using the old paradigm, who's energy source is mind created fear. Fear will lead down the road of technology which likely will not end well. Because those who perpetually project fear have good intentions for the most part, but are trapped in the state of unconscious dreaming. Perhaps the road of technology, as well as those who seek power and wealth, may well prevail, there are no guarantees. As said in this work if we destroy ourselves consciousness will go on without us. There is a different direction, one of peace. What do readers see, love or fear? The world indoctrinates us into fear, so to live peaceful love requires work. Fear energy is what our world runs on and sadly what martial art generally promotes. All instruction in the authors martial art training was fear motivated. Students became good at martial art via fear, fear manifesting as anger and desire to harm another human-being. Is not the insanity in this all too clear? This, the actual reason countries go to war with one another, they are afraid. Us, against them. The author has great respect for the two martial arts instructors mentioned early in the acknowledgments section. Firstly Master Terrill was like a father. Secondly Sifu Trent, a dedicated and lethal martial artist. Recalling Sifu Trent at lunch some years ago, in conversation the question came up: "What is the future of traditional martial art?" The author suggested a return to Taoist and Zen monks original intent, awakening peace and love for all humanity, an innocence merged with wisdom. The Xin-Tao style of martial art is a personification of this ideal, using martial art as a vehicle to do so. Humanity must endure spiritual rebirth, the great shift in consciousness to a paradigm of peaceful love. We concede this is so far outside the current box it voids the box all together. So with continuous focused determination, we need to as K said: "Do it sir,"¹ –motivated by love. Will the reader be a participant, stand up for peace and love or merely stand by?

EPILOGUE

In this work there is much redundancy, as ego is. This is key to success in anything. In martial art repetitive practicing is key to success. This then is the same. After much questioning, seeing our conflicted mind with its endless conceptual madness, one finally says enough! Beginning a daily reduction until one awakens. The art of enlightenment is no different than any art really. The art of life as well. Being proficient is to let go of becoming. This requires much inquiry, loving honesty and the total willingness to move through pain that seems to be necessary for most to break down blocks of an egoic mind. Please ponder the following: If one could go back into childhood before age six years and have control over what they were taught, or programmed to be; if able to plant the ideas contained in this work, making them a part of the life script, psychologically speaking, plant the seed of love before egoic mind based fear took control, how would our world be different today? How much easier would ideas of peace have been absorbed into a mind? Think of it, is not the future of enlightenment's success not just in the hands of adults, but also in the hands of children as well? Does this not inspire recollection of the axiom: "Let the little children come to me for the Kingdom of Heaven belongs to such as these."¹ Does it bring a smile to think perhaps in a generation if one were to start with their own child, giving them a **real** chance at freedom, at the true ushering in of peaceful of non-aggression, that one's child, their most precious gift to our world and future generation's, along with the rest of the children, would be those who saved our world? It makes the author imagine this beauty and laugh out loud with feelings of hope. Does it not bring a smile

to the face, perhaps even a tear down the cheek? Because it does for the one who writes this. An enlightened state is fundamentally choice-less awareness, a mind freed from division, bondage to the known and attachment to concepts, including this work. It is here in this moment. It can happen for all people, especially children if they are taught early, and worth whatever effort we would make. We close with a quote from George Gurdjieff: "There is a growth of personality at the cost of essence. That is, a growth of the artificial to what is foreign. We see everywhere the rising of the foreign at the cost of the natural, what is real and what is one's own. We see the preponderance of vulgarity and the systemic, and in life, we see only new divisions. This is the terror situation. To avoid a complete disaster it is necessary to achieve world harmony as soon as possible. It could not be achieved by politics, philosophy, or any organized movement that treated man in the mass. It could only be accomplished through the individual development of man. If enough individuals could develop themselves even partially, into genuine natural beings, each such individual could convince and win over as many as one hundred others, who would each in his turn be able to influence another hundred and so on."***The author truly believes this can be done through the teaching of children before their life script solidifies, planting the seed of love rather than fear, holding a frequency of peace. Children after all are the future and from this perspective they literally are. A final thought: **Our world is going to do what it will do.** The best way to change our world is to see the **you. Go inside.** In this people see peaceful love offers real freedom. Be the example to others---live it---be of love---be kindness---be one with humanity---be forgiveness---be non-judgmental---be peaceful---be unattached. It is the state of Being **here.** Then, watch the affect that has upon our world: "The Advent of a Great Awakening."1

WHAT DO YOU KNOW ABOUT ENLIGHTENMENT

A vehicle to awaken for J was martial art

Martial art can help one to awaken

Share your own personal awakening with others

Check out our website: [@Yesenlightenment.com](https://www.yesenlightenment.com)---(copyright 2019)

J is a grateful student of enlightenment who works with fellow students in work shops, counsels one on one and supports the spread of enlightenment ideas with fellow students, teaching meditation, cultivating presence.

*Being in the world not of the world,
as a Great Teacher once said suggested we do*

The peaceful love paradigm is needed now

The seed of which is inside every soul

*All human-beings yearn for peace and love,
so cultivate the light inside us all by going within*

J is the founder of the Xin-Tao martial arts style. Instructor and author of works on enlightenment, as well as a very grateful spiritual student. And relishes dialogue on the subject of enlightenment, also its related philosophy, and humbled to be on this path. A path leading to freedom from mind identification.

Please watch for more works in years to come. Next up...“The Sublte Approach To Enlightenment”-a work focusing on the day to day development of the wisdom part—examples to help students. Followed by “Oby and Zoby”-A story of awakening for the child in us all. Then a series of children's books, children are the future after all. The series will aim to reach the child before they suucumb to the life script and fear indoctrination all of us are programmed into. As their life script developes, before they suffer loss of innocence, innocence being the foundation of all enlightened souls, and merged with deeper wisdom ushers in the—“Meek who shall inheret the earth.” A totally new kind of human-being who chooses to be peaceful and is rooted in wisdom, sees and subverts the current dominant paradigm of fear. Then, rising with consciousness as it evolves, we will indeed be one world with little or no government even needed, because the minds of the awakened and their offspring will choose love, which has no opposite. With innocence and wisdom combined, we will no longer need someone to tell us what to do. Then reclaiming paradise lost at long last.--And the following work:

“The Traveler” An Enlightened Souls Journey.

Beyond The Traveler, who knows. The following are quotes, ideas, thoughts from other sources used to put emphasis upon the ideas contained in this work, or to explain the authors meaning and or viewpoint.

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works, paraphrased: “There are only a handful of people on the planet who are continuously consciously present, but I believe there will be many more soon.” To illustrate just one aspect of the necessary arduous work the author has done to awaken and remain so, he has read “The Power of Now” forty to fifty times and then stopped counting. / **Page 104**--1--The Bible / **Page 105**--- “Allegory of the Cave”--From the work “Republic” --Plato / **Page 108**---1--- From the movie--“Forest Gump” 1994 Paramount Studios—2—The Bible / **Page 109**---1 & 2---The Bible--The eye of “A” needle was a narrow passage into Jerusalem. Camels had to be unloaded in order to pass. / **Page 110**--1--The Bible / ----**Page 118**---A quote from Gautama The Buddah / **Page 119**---1---The Bible--Jesus / **Page 122** ---1---From the song- “Strawberry Fields Forever” John Lennon-Paul McCartney-Capitol Records 1967---2---The Bible..Jesus /--- **Page 123** ---1--The Bible..Jesus / **Page 124**—1---F. Nietzsche / **Page 131**----- Martin Luther Kings I Have a Dream Speach / **Page 134**--1--The Bible / **Page 142** --1---The Bible---Jesus / **Page 144** ---1---From the movie “Brave-Heart”---- 1995 Icon Productions Copyright Paramount Pictures / **Page 166**--The Bible--Jesus / **Page 169**—1--Wikipedia / **Page 173**---1---From the movie--- “The Matrix” 1999, Written & Directed by The Wachowski Bros.--Village Roadshow Pictures Production Company--- Distributed by Warner Bros. (USA) / **Page 178**--1--“The Elements of Zen” Scott & Doubleday--Barns and Noble 1997--2--J. Krishnamurti-The Real Revolution-You-Tube / **Page 179**--1--The Bible--Jesus/**Page 180**---1--J. Krishnamurti--2--George Gurdjieff- “Meetings with Remarkable Men” 1963 --3--The work: “The Art of War” Author Sun Tzu—4--The book: “Think and Grow Rich” Neapolitan Hill – / **Page 181**--1--“Beyond Good and Evil”-- Author Friedrich Nietzsche 1886--2--The song: “All you need is love” Composed by Lennon/McCartney --1966—Capitol Records—3--The book: ---“Power of Positive Thinking”--Norman Vincent Peale--Simon and Schuster, Publisher—1952 / **Page 188**--1--The song:--“The eve of desruction” Barry McGuire--1965--Written by P. F. Sloan / **Page 192**--1--The Bible---Jesus---2---Gautama..The Buddha--3--The Tao Te Ching--By Lazoi--4--Gautama--The Buddah / **Page 198**--1---from J. Krishnamurti's Dissolution Speach 8-3-1929 / **Page 207**--1--Gautama--The Buddah--2--The Bible--Ecclesiastes—3—Gautama the Buddah / **Page 213**--1--The Bible--Jesus / **214**---1-- J. Krishnamurti--2-- The song: “All you need is love” Lennon/McCartney / **Page 218** The Bible--Jesus / **Page 217**--1--J. Krishnamurti / **Page 219**---1-- A Course in Miracles---Foundation for Inner Peace, Publisher.

Please be a part of humanties rise to peaceful love as a new paradigm. Awakened to by going within, then spread these ideas to others. Spreading them is no

different than spreading the ideas of a fear paradigm which are dominant in our world today and sadly growing exponentially. Let us see if peaceful love energy would do better than fear energy, which has never seemed to work. Fear is created in the mind through excessive thinking and extreme emotionally charged feelings, all through programming, pushing people to further engage in unconscious acts of aggression and violence. So let us usher a paradigm of peaceful love into our world K. Simply through seeing the path of fear for what it is and moving away from it. It's really that simple, the innocence part of awakening. The wisdom part does require arduous day to day work, notwithstanding it's where we're going anyway so why not get on with it. Make a difference by living a life style of peace. Much love to—A. B. C. J. J. K. M. and Z. And a special thanks to Nathan for being there in the very beginning—healing-talks-walks-workouts-books-friendship. And Kate, (“K”) for her loving and unwaivering support year after year. A quite enlightened soul—dear friend and so far away, yet not so far that energy does not connect us, always in foreverness.



