

ENLIGHTENMENT
A MARTIAL ARTIST'S
VIEWPOINT

ONE POINTING OF THE
WAY—AWAKENING TO
ENLIGHTNEMENT

JEROLD KEELER
REVISED 2025 EDITION

ENLIGHTENMENT A MARTIAL ARTIST'S VIEWPOINT

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FOUNDER OF THE
XIN-TAO
MARTIAL ARTS STYLE

For J's dear friend Kate
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The first printing of this work was in October 2018. Revised edition and second printing 2025, an exclusive copyrighted property of Jerold Keeler @YESENLIGHTENMENT.COM established 2019. Facebook-Jerold Keeler and Yes Enlightenment Support Group established 2014. Spiritual enlightenment has been an ingrained part of Xin-Tao as a style and Martial Arts curriculum. The training fosters an alertness which leads to spiritual awareness as the Taoist priests and Zen Buddhist monks practiced. The aim is to foster a totally new kind of human-being through a paradigm shift from the dominant fear paradigm to peaceful love, a mind free. **SCIO TE IPSUM. Awareness of Natural Self by observing the self.**

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GLOSSARY OF TERMS USED

as seen from the author's perspective

Spiritual Enlightenment--A final spiritual state marked by the absence of desire and suffering. Awakened to by turning attention inward into the body, fostering peaceful reconciliation with one's egoic shadow self.

Enlightened--One able to rise above thought to be in the here and now.

Inner-Source---One's total accumulated experiences stored in memory. Used ideally to maintain an alertness to awareness and observation of one's mind and ego so to see efforts to control the Self via the pseudo self.

Meditation---Pure observation of the mind and rolls we play and tend to get lost in, often to the point of lost awareness of Inner-Being. To feel as if one is a part of everything, the oceanic feeling. To have present awareness, a mind stilled. Awareness of psychological time to an extent it no longer controls.

Daily Life---Life situations, duties, responsibilities and so on. Interaction in relationship with others and life generally.

Material World---All material reality, the world as we see and know it to be. Projected consciousness manifesting in daily life situations.

Inner-Being---The Divine Ground of Existence. Our spiritual core—the true Self, distinct from the physical body, encompassing the spirit-heart and mind, transformation through self awareness where truth and renewal happens.

Lower case--the self--Referencing the Egoic mind, a programmed You or I.
Upper case--the Self---The eternal Self seen by observing ego and the mind.

Unconscious---One unable to see programming controls their mind. It is the quintessential apple that doesn't fall far from the tree. Roll play, mind patterns running one's life, a mind relatively unaware of this, the mind in a sort of fog.

Conscious---Awareness of Inner-source, the Self in observation of the mind.

The Void---A state of emptiness beyond physical and mental constructs.

Awakening---To see one's life script programming, to consistently notice it.

Ego---The separate thinker, our protector assisting in the Daily Life. In most human-beings the person's self-esteem or self-importance. A tool yet should it take over completely commandeers a mind, it then is to one degree or another unconscious for the purpose of keeping one at unconscious dreaming.

Egoic mind---A scripted mind controlling the person who identifies as the I.

Presence---Energy felt in the here and now, awakened to via an alertness to Inner-Source and Inner-Being through focusing attention inward and feeling eoneness, essence—having present awareness subsequently being here/now.

Satori---A flash of enlightenment. Glimpsing present moment awareness or inner-being and feeling peaceful loves energy within the body here and now.

Inner-light---One's inner-being, light within personified into the world. Life force energy felt within the body.

Present Moment---The timeless here and now beyond thought and memory, outside past future and time itself. This nameless-continuous eternal present moment seen not as memory images but experienced now in perpetuity.

Blocks---Emotional pain from childhood. Programming into adulthood along with thought used by Ego to control the mind and one's life. Drama/baggage.

Dream of Form---The material world as we see and know it via personal and collective consciousness. Thought created memory images held together by a strong collective belief in these. Life playing out, the school of life, daily life situations and rolls played. Manifestations arising out of randomness.

IV

Collective Consciousness---The collective consciousness of all mankind and our collective belief in the dream of form or net shared beliefs and attitudes.

Personal Consciousness---Each persons own personal consciousness/belief system, one's total consciousness, a personal belief in the dream via thought.

Consciousness---Sentience thought form awareness. All life and or material form manifesting as the totality of who one is arising so consciousness may become aware of itself.

Mind Identified---To live mostly in the mind or it using us while thinking we use the mind, which is described herein as: Unconscious Dreaming.

Clock-Time---A term used by Eckhart Tolle, below too. The term denotes to the author being of the world not in it. To use memory time and thought for practical purposes, meeting the demands of daily life. Responsibilities we all need to meet in order to function and or be functional in daily life—that is the egoic mind assisting its host, protecting its host, the you. That said in far too many *psychological time (below)* has completely taken control to a point the mind has become the egoic mind exclusively, as in the example of one mind identified. Resulting in partial or total loss of awareness of inner-being.

Psychological time---The continuous mental projection away from the now.

Foreverness---A feeling or seeing of life as one continuous present moment. The quality or state of elemental or factual existence, a feeling of is-ness. The state of things as they are. The quality or state of being universal, the state of feeling all-ness, or I-am. A feeling of the now in perpetuity, not fragmented.

Oneness---The state of feeling one with the entire energy field or all that is.

Forgetfulness--Lost awareness of inner-being, sort of an absentmindedness.

Pax Per Renovatio---Latin meaning *peace for renewal* or rebirth.

V.....AUTHORS FORWARD.....FEBRUARY 2018

Transformation was the focus of this work not editing or precise writing. The author is a martial artist-intrigued by philosophy—ultimately becoming a student of enlightenment. Martial art the exception the author has no formal training in psychology, philosophy nor any of the sciences spoken of herein. Blocks, a word used often in this work was chosen to describe psychological problematic proclivities plaguing people, baggage, pain suffered in childhood and through life. Intellectual reason, merely one of many blocks referenced in the work challenges reconciliation with other blocks. An unconscious persons programmed memory works hand in hand with the ego strengthening its hold, which adheres to the awesome power of the life script unconscious minds are controlled by—lost in concepts about concepts about concepts at the loss of seeing the overall bigger picture. Zen's idiom...'You cannot see the forest for the trees'-is similar in that the quintessential apple which doesn't fall far from the tree we are all subjected to, is our life script taught to us by others-spoken of herein as programmers. Beginning with the parents then moving to peers, academia and so on—it's the totality of one's consciousness, all programming narrating what one is to be, do and have in life, its power is formidable.

The unconscious conundrum is baffling then, and painted herein as an inability to see the forest or bigger picture..ideas or more-so a feeling we're one with the macrocosm. An inability to see what one does to another they do to themselves. At the level of effect we affect the whole i. e. cause and effect. To not see this is spiritual denial—one adhering to the fear paradigm, presently a majority. The unconscious see themselves as separate, individuals, not at all a part of the whole. Clearly the fear paradigm foments this divisive separation, or a mind relegated to being an egoic mind, positing thought solves problems when initially it created them. It is intellectual reason, an overthinking mind. Obviously thinking is useful nevertheless massive numbers are controlled by obsessive compulsive thinking. And living mostly in the mind every problem solved only creates additional problems because again thought created them. The conundrum? Thought creates problems then seeks to solve them with a different set of thoughts. It tries to understand itself but foments a mind filled with opposing ideas. We think we use the mind. All too often the opposite is true until it's observed. *It's the mind identified state, one's mind is using them.*

There is great admiration for two who were among the founders of the authors country. Franklin and Jefferson, deists at one point. -*A* With respect to religious systems-inevitably they're divisive. Enlightenment is extraordinarily controversial and misunderstood. If one tries via thought to understand what is beyond its ability to know, it is an exercise in futility. Prior to the spiritual event this student was *of the world not in it -1*; clinging to the world created great difficulty in rising out of unconscious dreaming. With respect frankly most people live in the mind identified state. Unconscious, conflicted, that is the mind has been programmed to follow a life script, social rolls, systems and mind patterns which plainly are not noticed. Accordingly: "The Will to Power" Schopenhauer and Nietzsche wrote of wholly epitomizes humanity. Mind identified one clings to the life script with a herd mentality most every human-beings does at this point in the evolution of personal consciousness.-*B* Life scripts and egoic minds psychologically speaking control to an excess, doing so by way of fear built up in minds to a point peace is just an after thought. Once again the average person thinks they use their mind when actually it is using them, often this is not even seen, they, are unconscious.

As a martial artist the author is no stranger to hard work. This helped in seeing the peaceful love paradigm this work speaks to. Should readers grow uncomfortable with the fact this work is not well edited or the format is seen to be unacceptable then perhaps the ideas are not of greater importance. If so please pass the work on. The current dominant paradigm of fear running the majority of people's lives at this point in humanities evolution is an enormous block to seeing peaceful love, an up and coming paradigm upon the horizon exposing fear, facilitating a great shift in consciousness. We must bring then, more to peaceful love. We're so utterly brainwashed into fear peaceful love is difficult to even see much less hold its energy frequency for long. For many it all tends to go over the head or it is seen as feckless. The author has worked individually and with groups. Excerpts were given to spiritual students who work daily at living peaceful love as their life style. They've embraced these ideas as they've help to awaken conscious awareness within. *A*--Religions are often in conflict with each other which is to say our God and theology is right, yours is wrong. *B*- To be mind identified is to identify as and live in the mind—unable to quiet itself it engages in overthinking and keeps one for the most part in the past and or future. We think we use the mind when actually it uses us.

In conversation any serious student sees straight away who is open to the subject and who is not. The serious notice and feel energy. So attempting to convey enlightenment through random spontaneity, i. e. energy flowing in the interaction with other people, helps one have presence so ideas are easier to convey. In random spontaneous conversation one's Natural Self behind egoic self projects Inner-Being into doing. The programmed mind inevitably resists as it follows patterns and rolls, these create conflict. The above takes one out of the here and now to live in past and future/projected memory. Such minds see egoic needs as foremost important. And the shadow self plagues us via a conflicted egoic mind, which sees all this as a fight for its hosts life, at least until harmony via merging wisdom and innocence is awakened to. Clearly it's just too confusing for many. Via a process of back and fourth or moving from concepts to simplistic innocence, enables one to see and have greater success at conveying ideas of spirituality. Thought and or intellectual reason in and of themselves are major blocks to the higher levels of consciousness offered to readers albeit transfiguration is a monumental challenge. Reason sees through concepts albeit is unable to shift from concepts to simplistic innocence, or *the oceanic feeling*. -A—It results in lost awareness of Inner-Being. So again thought is limited and used excessively causes dis-ease. Thought propagates overthinking, ergo to rise above it fosters peace. The moment prior to thought entering here and now defining it with memory, is where clarity is. Ego loves thinking—it is a means of control preventing its host from collaborating with consciousness to rise above thought. So then Enlightenment a Martial Artist's Viewpoint attempts to bi-pass programming we succumb to and speak to the Natural Self behind the programmed egoic self so information is absorbed. Conscious awareness brings a mind into here and now, taking one's mind out of programmed..indoctrinated..brainwashed..over-educated propaganda, i. e. all minds duped by ego—transcending egos view that should it loose control of its host they would be in grave danger. So ego is relentless in its efforts to control its host, you. We must be relentless-determined to spiritually awaken. A---A term used in a 1927 letter to Sigmund Freud from Roman Rolland describing the sensation of eternity, a feeling of being one with the external world as a whole, an idea Rolland acquired from Ramakrishna. In this work the author will equate this “Oceanic Feeling” with the innocence part of enlightenment. The feeling of innocence, initially seeming to come of its own accord. For the author, an awareness brought about by the hit bottom life shattering experience revealing a peace never remotely believed to be possible, although absent wisdom the feeling will fade, then ego rises to control again.

With all due respect we're trained to be unconscious mooncalf's. So much so it is similar to a virtual dream world, one reason metaphor is used here-in, including a favorite movie line from: "The Matrix"... "You've been living in a dream world Neo."—equating spiritual transfiguration to an epiphany: First thing we notice is virtually everyone is unconscious, unaware of *Inner-Being*, manipulated by systems..life scripts..social rolls..old mind patterns..not really there, merely programming. Mind patterns and social rolls running life to the point one is lost in these without even questioning it. So how do we by-pass the shadow self to Natural Self, how is one freed of programming? Initially to have awareness of the teacher within us. A real catch-22. So how is thought which is the creator of problems via opposites, ever to know love which has no opposite? Notwithstanding concepts being mere images stored in memory, experiences, are obviously useful. We aspire to use concepts merely to point. Consider the magnitude of this. One's programming they're attempting to by-pass to the Natural Self is their own mind, it knows them all too well and ego complicates it. Initial conceptual pointing of the way is to be let go of as the student awakens **Conscious Awareness**. That being said, simultaneously one must navigate their daily life responsibilities. Life situations requiring the use of thinking and or memory images only seek to completely define here and now through memory images of life situations stored in the brains memory bank. Ego entered the picture and it complicated it all. Long ago something went wrong, slowly ego came to control minds. Yet awareness comes with persistence. *If extraordinarily persistent*, in a way ego slowly begins to work unwittingly with its host. And in this ego assists us by keeping the mind alert. Typically the back and fourth ensues as ego struggles for control. Disguising itself in most people, it promotes scripted rolls its host buys into, so one's ego potentially keeps their mind in check. If it were to loose control of its host it believes they would die, it protects the you thought has created. So: 'How long will it require for conscious awareness to rise?' would be a logical question. We're all unique so thought and extreme emotion are problematic; *just as long as it takes*. The mind freed commits to forever. One never arrives, which is another of endless mind games. These ideas are often too confusing or are misunderstood. Often seen as feckless, perhaps a condescending and or tongue in cheek view of the material one can justify remaining unconscious.

A normalcy biased mind often views it all as absurd, unorthodox aimless or scattered. Prior to the spiritual event the subject was studied on and off. Often information became skewed due to thought and a pseudo self seeking this end—ego and a life scripts attempts at preserving its identification as its host. An obsession drove the author to hold Inner-Being awareness and continues still, *the spiritual ego* has nearly won many times. Ego fights vehemently with its mind games and programming. Breaking through mind games to Natural Self has driven many into despair because of fear and normalized indoctrinated behavior. There has been work with others in a mutual-ism capacity where there is no teacher nor student, just two or more helping each other maintain awareness, alertness to a *oneness* repeatedly referenced here-in. Additionally this keeps the ego in check by way of humility. Ego doesn't like humility, it means its lack of importance and loss of identification as its host. Teachers go into detailed explanations of the subject-matter often in a specific step by step fashion. As said throughout this work enlightenment at best is challenging for anyone's mind to see. Precisely because we are so lost in the busyness of life, social rolls we all play, lost to systems and mind patterns. Blindly we cling to the mind identified state so strongly awareness of inner-being is lost. One is afraid of loosing who they are or who they have been programmed to be. If they simply let it all go it's felt they'd loose who they are. Lost to mendacious identities stepping into the unknown is very shocking. Hitting bottom brought the partial collapse of egoic mind reveling a deep peace never even remotely dreamed possible. All thinking, concepts and corresponding emotion take one only so far, then must be transcended. Working with a select few often they became confused when the material became too complicated. Therefore this format was chosen, an attempt to speak to Natural Self behind programming virtually everyone is taught to be, all in the hopes of sparking inspiration with an awareness of the Natural Self—in the final analysis steadfast alertness is paramount to solidify meaningful spiritual transfiguration. *Persistence is key.*

Footnote: The authors intent in this work was to focus upon deeper aspects of the nature of enlightenment. These first chapters are a prerequisite to this end. We therefore will address several key psychological disorders all born in the conflicted overthinking mind. Having said that the reader should go through the entire work thoroughly, remembering that most seekers go back to sleep.

INTRODUCTION

This work speaks to enlightenment as a state of awareness, it is to have presence. To live in the here and now more-so than in past or future. If one is unable to reconcile psychological disorders, a prerequisite to deeper spiritual work, they must then work through blocks. Throughout this work are certain words and phrases used to describe transcendence to inner-source, a reference to wisdom or inner-being energy. Parts of the work in italics capital letters or underlined, serve to drive certain points. In some cases entire sentences are in italics or bold print help put an emphasis on specific ideas. Additionally there are references to everyone having two inside so to say, designated here as the Self, timeless causal level energy, and lowercase self, people's programmed life script and its praetorian guard, one's ego. Random or at times seemingly redundant ideas were used in an unorthodox attempt at conveying concepts pointing to enlightenment yet are ultimately to be transcend. When thought is quieten information is easier to absorb. *Random concepts it is felt, effectively speak to the Natural Self behind one's programming which defines the here and now in perpetuity via a conflicted mind, herein referenced as being-Mind Identified.-A* Currently it's estimated 10% of us are inclined to pursue spiritual enlightenment—even fewer are serious. One called to usher in this new kind of human-being and the profoundly significant peaceful love paradigm all too often are unaware they bear an enormous responsibility. Those who are called will find there is great need for spiritual progress as currently the far majority are unconscious. Collective and personal consciousness will change currently the dominant fear paradigm controlling a majority of minds presently to the peaceful love paradigm. Fear creates divisiveness then, and bringing minds to opposing ideologies propagates conflicted thinking at the level of effect in daily life. Spiritually speaking thought trying to understand itself brought fear to the forefront, a distraction from Natural Self. Yet don't assume an impact at the level of effect cannot be made. *A*—The state in which people live almost entirely in their minds, identifying life through memory images, i. e. the mind is using the person—one could ask then: “Is the person actually there or merely a roll being played out on the stage of life, which is to say one is programmed, brainwashed and following their life script are simply rolls we all play, interacting with other people playing their rolls?” This begs the question: Is who we are merely an image in memory?

Some are called to make vigorous and prolific contributions of unimaginable proportions but all coming together as one is key to success. Still, merely one single kind word or act has imminent and important consequences.

In this work the aim was to reach all seekers in a more random way than contemporaries, particularly authors of the past on the enlightenment subject. Often work in the enlightenment field is complicated-or taken too lightly. It is felt children should be taught to see patterns, social rolls forming **as the Life Script develops**. Children may be key to successfully ushering in peaceful love as the dominant paradigm globally, now controlled by the dominant fear paradigm and egoic mind. Especially children prior to five or six years, after which their life script indoctrination has been primarily formed, it then takes hold. Planting the seed of enlightenment in a way they understand at a young age fosters far deeper wisdom needed to enable them to hold peaceful loves energy frequency, not succumb to indoctrination. Practical use of a life script and egoic mind is fine, yet the majority are controlled beyond practical use. Adults are seeing this in spite of the fact they're stigmatized by a seemingly insurmountable task: Peacefully interacting with one's overzealous life script, reticular activating system and an over controlling mind. Forgoing this results in lost awareness of Inner-Being, that is to say-*The Ground of Existence*. One holding awareness of Being may find it's the most important and meaningful accomplishment in life and if persistent awareness comes. Its energy must be grounded or likely will be just a passing experience. As in any goal where we direct attention there results will be. A peaceful alert humanity is challenging due to our life script and egoic minds prolific power. Therefore we aspire to help those who've felt peace to one degree or another see adversity opposites create. Fear literally controls people's minds to the point they are unaware of it. A direct result of being overwhelmingly indoctrinated into an 'I' identity along with an enormously powerful ego who's purpose is to adhere to the life script compels vast numbers to blindly follow in perpetuity social rolls and or old mind patterns; lost in a conflict filled dream of form humanity struggles with in their lives. We need to watch the mind and focus till we can shift from being a 'you in time' to 'having presence.' The practical use of one's life script, then put the tool away. This is to see the mind identified states influence.

ABOUT THE AUTHOR

Imagine if we could all go back armed with the information herein and rewrite our program-one's life script—use the mind not the other way around. Quite possibly it would be a different reality. No longer controlled by the ego, self and a fear paradigm—it is love emerging through the doorway of peace. Peaceful love is a child's core albeit subjected to a life of aggression merely instigates division and fear indoctrination. From early on the senselessness of aggressive behavioral patterns was seen as detrimental. Yet fear subsequently ingrained from childhood through programming made life quite disturbing by today's standards and even then. The father was a drinker and the mother very spiritual. Prior to the spiritual event life was capricious. Suicidal tendencies interspersed with spiritual highs, yet then not understood as such. The authors upbringing programmed overwhelming fear, severe guilt and shame. Blocks all suppressed at an unconscious level, masked with false pride and anger. In retrospect deep pain manifested in childhood which fomented anger and pride which masked guilt and shame; still pride and anger manifested in adulthood too, becoming the vent for pain pushed deep down inside. References herein speaking in the third person, were used because the author feels there was a death and spiritual rebirth, viewed as serendipitous. The feeling of: *Pax Per Renovatio* Latin—a metaphorical death and rebirth. Often the passage: “Perhaps you were born for a time such as this.” (Esther 14:14) would come to mind. Surrender to spirituality came to be ineradicable, a great personal cost viewed from the former life. All material gain was lost, there was a surrendering, the result of hitting bottom. Fundamentally this is to have had so much pain in life due to unconsciousness a point comes it can no longer be endured. This broke egoic minds resistance—the apex of hitting bottom, an extreme moment of despair caused egoic mind to crumble.—A king of abstruse surrender, the result of an uncontrollable situation bringing the aforementioned collapse of egoic mind. A profound peace never dreamed possible was revealed. There was no going back. Peace revealed it now was all that mattered. This followed by a period of spiritual study in an effort to understand the event, or what happened, what the event exactly was. A—Ego protects us psychologically and or physically. The hitting bottom experience brought a collapse of the authors egoic mind revealing a peace never believed possible.

An interest in martial art as well as the philosophy associated with the art developed early. Study was at the level of fanatical compulsiveness albeit on and off, most likely a result of the mothers influence. Then the other side, the self-destructive compulsive side, a result of the fathers influence. Martial art was used to vent anger, resulting in aggression, inciting a rage, the cause of pain in life at least until the spiritual event. Looking back, most of the former life brought regret. All the same it was an impetus to practice the art, which quailed intense suffering—prior to the spiritual event extreme highs and lows ensued at the level of bipolar disorder. The authors unconscious life drew to an end, there was a spiraling down or resistance to life in general. It was quite common to wake up in the early hours feeling enormous anguish and clinical depression. A feeling of being pulled away into a semblance of intense fear, away from any peace whatsoever analogous to an ominous force attacking.

The feeling of being a stranger in this world was strong with the desire to go home. And in retrospect to one degree or another this had been felt sense childhood. Prior to hitting bottom it intensified exponentially. Please take me home was a common request. It became progressively worse as a feeling life no longer wanted the author dominated. There was no reason to go on—this came to a head, the absolute bottom was hit. During this period death came close several times. For most of the former life there had been on and off study of enlightenment as a subject albeit only on an intellectual level. After hitting bottom a profound spiritual awareness fostering inner-peace, stillness felt albeit it ebbed and flowed drastically. The lingering back and fourth from peace to disorder, a testimonial to the ego's awesome power. An awareness of Natural Self an energy felt within the body, faded in and out. When it faded a lonely pensive feeling came, then peace returned usually of its own accord. The innocence part returned again and again in the mists of struggling to keep the old strong feelings of depression at bay, overwhelming forgetfulness pulled the mind back to unconsciousness repeatedly. Intense resistance was a major block now seen, the quintessential mind identified state all egoic minds foment, formed in the authors youth through programming and indoctrination resulting in a painful and chaotic life script. The extremes were ironically the very thing bringing to fruition deeper peace felt within the body.

It requires tremendous ongoing focus to remain alert. Ego wields prolific power, psychologically, brought on by one's blocks creating thick walls in the mind as ego projects a life script. The spiritual event brought into view, peace never dreamed at all possible. And definitely is, to Cross the Rubicon. Then a commitment to peaceful love never thought to exist, the mind had blocked it. Peace took primacy. For a period after the initial event nothing was owned. A complete lack of interest in anything the material world had to offer-countless whole days were spent sitting in nature settings libraries, book stores engaged in talks..reading..writing..meditating. Retrospectively, a honeymoon period of peaceful wonder..feeling Presence. The deep peace felt within was awareness of Inner-Being. The innocence part, a stillness interspersed with old feelings of the shadow self attempting to reclaim control. For all intents and purposes the egoic self was gradually dying as the new Self emerged. An onerous road remained to hold peaceful love as an energy, *years later total surrender*. Outside martial arts lessons taught for income, a total lack of interest in anything other than observation of programmed social rolls and or old mind patterns controlling the authors life without realizing it, until persistent daily alertness. There were days without basic needs. It didn't matter. Albeit through kindness extended and surrendering to what is, needs were provided. 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 a material world and corresponding pain gave blocks power, especially desire, these built thick walls protecting the life script and the egoic mind, it's praetorian guard. Then relinquishment of judgment came, little by little awakening to realize along with a subsequent belief judgment was something no person really had an ability to do accurately. One engaging in judgment must have all knowledge, absent any error of the past and future in regards to that being judged, freed of any personal bias. And what person can do that? Bias reared in the fear filled programmed life script, blinds us all to notions of accurate judgment. So then unconsciousness is being compelled by one's life script to do what they do while in a fog with little to no understanding of why they do what they do. Attachment sows the seeds of craving, clinging to the known be it painful or pleasure seeking and loss therein or the other side of pain. So attachment to pleasure rears conflict as well.

Perhaps there's a less dangerous path or less painful way than the journey spoken to in this work. A commitment to discovering it is strong. Ultimately we must keep going steadfast to conscious presence. Methods and or systems although useful at first, take one only so far because frankly they divide. This cannot be grasped exclusively with intellectual pursuits. Intellectual knowing, moves one to pure observation—a mind freed of fragmented thinking. In pure observation there is conscious awareness. It's feeling energy via Natural Self, combined with persistence wisdom comes, i. e. grounded awareness by way of living peace as a lifestyle. This is to have presence. Otherwise it's merely a passing experience. Consistent focus is critical. In passive observation one's egoic self as well as roll play, is seen as a life script and old controlling mind patterns, all creations of thought. Each of us must go within to commune with the teacher within, our own personal journey through observation of life and for the author, *fortuity*. This brings to fruition personal enlightenment by way of vigorous Socratic inquiry, and following no authority fosters alertness so a mind sees its mechanical dependence upon memories stored in one's brain. Transcending to emptiness, then emerging back into the dream of form...one's light shining forgiveness...peace...love...Bodhisattva. The journey yielded at points, quite strong feelings of inner-being as well as many subtle states. The nature of consciousness and life is movement—be alert so images in memory do not excessively control by way of thought, pulling the spiritual traveler into forgetfulness to the point they become lost in old mind patterns and social rolls we all clearly entertain simply to be functional in daily life. All of it continuously rising into collective consciousness, the sum total of a travelers programmed experiences, so 'I' or personal and collective consciousness may know itself. We must be watching often, and simultaneously always engaging observation of thought and feelings, one with inner-source, to be the watcher of self. An indoctrinated I and life script promotes ideas of arrival, lulling one away from observation of thinking and feeling. Ego backs away in response to persistent alertness, feelings of peaceful innocence, and wisdom combined, yet ego will resurface. Peacefully stoic, watch your egoic mind, patterns and social rolls, one sees who an I is, egocentric leanings toward intellectualism then do not lull the mind again and again into the dream of form by way of Forgetfulness, into unconscious dreaming, the mind lost in dualism.

CHAPTER ONE

THE DISEASE OF UNCONSCIOUSNESS

THE CURE OF ENLIGHTENMENT

What is unconsciousness? It is defined as: “A state of being not aware of something, not intended or planned, not consciously done.” Enlightenment is: “A final spiritual state marked by the absence of desire and suffering.”-1 For those who seek spiritual enlightenment, the answers may seem vague or just raise more questions. Newcomers do tend to find the subject obscure and or opaque. Nevertheless let us inquire together into this with a deep seriousness, delve into a mysterious subject, enlightenment. Herein unconsciousness is the state of being unaware, we are our programming which more often than not controls us. Far too many simply cannot or will not see they are affected. Vast numbers cling to this, it's familiar even though it foments a pandemic of fear brewing divisiveness. As a prerequisite to spiritual work fear must be negated and peaceful love, an all together different paradigm felt by turning attention into the body will require surrender to an ideal: Actually we never really had control. But it's conceded: 'Faith without works is dead.' Be that as it may one surrendering to life leading the way fosters peaceful love—basically allowing life to guide. Enlightenment in a nutshell is innocence blended with a deeper wisdom. Concepts **about** enlightenment will not foster the state nor can it be understood by the thinking minds processes. Although one can be aware of it as an energy felt yet not known. The seed of enlightenment exists in every soul, slumbering as one's birth-right for those who are serious and at least to some degree perspicacious. Peaceful love then, comes sporadically to people and when it does the vast majority for the most part don't see or know it to be what it is. Stop reading close your eyes, clear your mind. Can you feel energy in the body? Often difficult or random feelings are dismissed passing as a

experience because we cling to the world, which pulls us back into the dream of form repeatedly. Conscious awareness comes to those who live peace as a lifestyle. Although its energy is elusive, demanding absolute alert consistent devoted focus to hold the frequency. Vast numbers live in mind created fear defined herein as: **Unconscious Dreaming**. *Unaware and in bondage to only continuous cycles of a crisis to crisis mode of molded-programmed-fear filled unconscious behavior.* Mostly following the Pied Piper into the abyss of fear and completely unaware they do. Or to put it differently one gets life running smoothly merely to repeatedly sabotage their own successes. A vicious circle referenced herein as: The Pain Pleasure Cycle. A revolving door delivering back and fourth endorphin highs where the pain is accepted because pleasure is the pay off—with varying degrees and examples of fear being the culprit. So unconsciousness is the conundrum most people live in bondage to, a life script followed blindly, all of it programming fomenting fear filled behavioral patterns, one's life script and egoic mind. Redundant mind patterns acted out, rolls interacting with other people's rolls—all accumulated in memory. As such are they not an actor on a stage. Slavishly clinging, compelled to follow a life scripts narrative. Can we not see indoctrination being played out in collective humanities lives? Is it seen that virtually everyone to one degree or another is running on an auto pilot program and oblivious? Again currently the majority of people living at Unconscious Dreaming, running on an auto pilot program literally controlling what they are being doing and having in their lives.

Our world runs on fear, the motivating factor in what people think do and say. Inquiry into this is to observe our own life script and rolls played.-A So before we get into the solution a far deeper understanding of the underlying cause is necessary. In most cases people either won't or can't see it...adamant enlightenment is not for them--they won't see a life script controls their mind to a point of projecting the script without really questioning or ever knowing who they are. Actually are they even there? Even if it's painful we cling to familiarity. Pain runs in cycles, often long cycles so fear the world has fallen into via unconsciousness takes center stage. Sooner or later it goes badly. A- We all play rolls in life. Necessary for practical purposes yet far too many fail to actually see social rolls played and old mind patterns run their lives to a point they're lost in Unconscious Dreaming, i. e. their mind is using them. The life script runs people's lives and for the most part this goes unnoticed.

Consider the forever wars, us against them fomenting malice and lust for power-sold disguised as nationalism. Senseless but profitable. Brimming with aggression and violence human-beings are involved in all manner of conflict on personal as well as global levels fomented in thought and the egoic mind, rather frivolous actually. Concluding that human-beings as a species, harming each other is quite insane. Wars in perpetuity: In the last millennia millions slaughtered in blazing fires of fear-filled hate and malice created by ego and a paradigm of fear, globalists seeking money and power. Deplorable, a lust for power. Once more generally speaking we are a cruel species. We justify it all by proclaiming: 'It's not my problem-what can I do?' No other species treats their own the way human-beings do. Clearly most ignore it until it's on their doorstep. We perpetrate *the will to power* and conflicted fear-filled scripted egoic minds propagating suffering. Copious numbers won't see it. They deny minimize or pretend nothing can be done yet do we all not play our parts either directly or passively. At the personal level most relationships are dysfunctional, in the break up make up cycle. Is this actual love? Most all interaction is either expressions of contentious dramas or else are pretentious comedies. One's life script formed even while still in the womb. If the parent programmers fought it's imparted unto even the unborn child. We aim herein to help all ill-inclined unconscious souls awaken to peace with their life script and egoic mind. At global or individual levels it's literally a majority who are perpetually used by their own mind, unaware of it. It seems impossible to see much less deal with, so begin with the impossible. If we are to live peace as a life style it demands resolute attention, an alertness, the natural human-being within. Herein sustained observation of the mind programmed and controlled by thought and emotion, alert to incessant thought seeking to identify itself.-A Necessary preliminary work: Ennoble conduct bringing the mind to order so it sees it it fragmented. Initially notice baggage or Psychological Problematic Proclivities conjured up in a life script. Old mind patterns and or social rolls control every aspect of one's life, accumulated psychological fear in memory and projected memory denies the here and now. Unable to rise above thought we have been relegated to divisive programming projecting the here and now into the future blocking the mind from seeing the above as the conundrum.

A-If thought tries to understand itself one cannot feel The Ground of Existence or Inner-Being. They can however be aware of it—it is beyond the thinking minds ability to know because thought is limited.

We all have flashes of enlightenment yet too often they're fleeting. Zen Buddhism references Satori, they are flashes of enlightenment. For instance the feeling had in an appreciation of beauty, a sunset or gazing at a mountains majestic beauty, actually captivated by it. Perhaps walking in nature or sitting alone in stillness—engaged in physical activity in our sport of choice: “Being in the zone.” Additionally it's felt in relationships on the sexual level between two seeking love yet often merely a flash of Satori. Unconscious egocentric codependent on and off superfluous relationships typically will fail. Satori is fleeting at least until adequate work is done, otherwise anxiousness via egoic self returns to reclaim its control and repeatedly denies any consistent peace. Described as stillness occurring in the moment, satori is the result of thought quieten, comes by remaining very present. Here and now or present moment without mentally labeling. A taste of enlightenment or brief moment of peace absent thinking. Time seems to slow as we notice an acute alertness firmly in the here and now. Everything comes alive, radiates and we see, hear, smell, feel, taste in each moment without thinking about it. It is a mind rising out of unconscious dreaming, above thought which seeks to define virtually every aspect of reality. Spoken of in the work: “A Course in Miracles”...described therein as: “To see in a totally new way.”

Regrettably those who are unconscious, which is to say mind identified, kowtow to the egoic mind. Allow it to run roughshod over them utterly due to the fact they are indoctrinated, programmed and it's all they've known. So we aspire to take readers into the unknown. The majority live in their mind..think they use it when actually it uses them.-*A* This works aim then is to help the spiritually inclined see through flashes of satori, a state of alertness, a kind of energy frequency, awareness bringing soothing serene calm emanating from inner-being, fostering a mind clearer, free of fear. -*B* Focusing attention upon breathing, just doing this we feel peace. Living peace the mind transcends old mind patterns. One is freed from the compulsion to follow scripted autocratic programming, the life script, stored memory images in the brain influencing life-and normalized to a point we are unaware of how much it controls, now subsides along with the I, a projected scripted identity, *A*—On-going self-talk, mind patterns and or old habits of behavior, social rolls controlling life.--*B*--This comes to fruition when the mind is quiet, then the stream of peace is longer. It is to have conscious presence in the here and now.

a life parents and society taught us to be. As the axiom reminds us: 'The apple doesn't fall far from the tree.' We're asking should we be held accountable for following our life script? The consequences for people's actions do happen so students should focus on themselves, letting life take care of the rest. It is the transformation to one's higher Self, not changing others. Blaming others for unconsciousness they project is to proclaim they need to change.....unlikely. Remember programmers were themselves indoctrinated into fear which again is passed from generation to generation. A martial arts instructor would often characterized it as: *Unconscious Incompetence*.-A This work references it as: **Unconscious Dreaming**. Therefore just how much of the programmed mind fomenting a shadow self would “you” say “you” are? To what degree is the I identity is who “you” are and can there be reconciliation with the egoic self?

Thought forever seeks to understand enlightenment through intellectual concepts, futile due to thought being limited. Recall that moment watching a beautiful sunset. Actually being in the moment-peacefully observing it in the now. Observation took primacy and thought quieten brought stillness felt in the body. Feeling peace is one measure of being in the here and now where thought is less-so intrusive as time is negated. Now arises and thoughts shut off switch found, this is having: **Conscious Awareness**. One's mind still, very alert-comfortable here and now. Present, obsessive compulsive ongoing mind patterns absent thinking not the I playing rolls pulling us out of the now; e. g. “I ought to be elsewhere or doing something else.” The mind observed and listened to fosters awareness of the now. A mind alert is present, alert to the now, feeling part of just one energy field. Zen asks: “What is missing in this moment?” Or Taoist teachings: “Freed from desire you realize the mystery.” Remain here and now, use past or future practically, flow with life situations. This is rolling with the punches so to say. Noticing life situations in real-time. Watching thought and or emotion here and now equates to being less anxious, a calm essential so to not succumb to unconscious reactions, life situations—part of who one is although unobserved one is controlled by patterns, social rolls, life script and egoic mind to the point one ***identifies*** exclusively as them and looses themselves in the dream of form. A-The term *unconscious incompetence* references a lack of conscious awareness of a task one is incapable of doing. Followed by *conscious incompetence*, one is aware of the inability yet still cannot do it. Next, *conscious competence*, now one can do it yet must focus upon the task to accomplish it. Followed by ***supper conscious competence*** in which one can finally preform the task as if it preforms itself, that is to say without thinking about it.

Life situations are important albeit focusing on them via memory images prevents us from reclaiming energy. Consumed by images at or near 100% by scripted habitual responses to life. In the unconscious dream state one's life is preordained, they follow memory images stored in a brain they're compelled to follow. So why does the shadow self/me/I/you, control our mind? Are we just a program and is ignorance bliss? Go within to observe, watch thought so to rise above it. We've asked the question of others what do you know about enlightenment, little to nothing is their answer. Clarity and peace of mind just garners misunderstanding or is typically unknown. It begs the question: Why isn't this being taught to children in school? A likely reason is the dominate fear paradigm an unconscious humanity. Being controlled by shadow self or a life through fear typically morphs into progressive monsters bringing about resistance forged in the egoic mind via overthinking—all filled with the best of intentions although people fail to see thoughts attempt to understand itself merely blocks deeper wisdom in life. A collective shift in consciousness from the current dominant fear paradigm to the peaceful love paradigm is critical. So with a high degree of seriousness we are to notice fear, which is ingrained collectively into people's minds. Martial art trumps fear *if* practiced as it was originally intended. Still countries continue to war because they are afraid of each other, it's the fear paradigm personified all brewed in egoic minds. We're fostering a different directive, peaceful love. Natural human-beings relative to martial art haven't the need to prove anything to anyone. A genuine martial artist traditionally is quite capable and confident in their ability. Difficult to provoke they'll choose peace over conflict. Yet if attacked they'll react in the moment and do what needs to be done absent anticipation, ever-ready, aware, albeit prefer peace in all things. Such as these are the: 'Meek who shall inherit the earth'..they are redirecting opposing energy. Similarly we aim here is the transmutation of fear to a conscious humanity rooted pure observation, non-judgment and forgiveness or peaceful love, a new lifestyle. Overthinking and emotions collaborate to promote deeper unconscious dreaming states. We are to watch programming here and now—the life script seeks control of people's lives. A—Metaphorically to live in a holographic reality, a dream world. The mind controls so completely it's all one has ever known and believes it to be the only reality. As in: “The Matrix”—a film filled with metaphor —'The mind makes it real.' Herein referenced as a mind in disorder. The self and one's life script will block one from seeing unconscious dreaming and denies the freedom to be the Natural Self. Therefore this works aim is to help those who are unconscious to see this through reclaiming energy to a mind freed, one using programming.

CHAPTER TWO

A MARTIAL ATTITUDE

A martial attitude is the state of mind warriors carry into battle. Imagine charging into battle. Can you? Death may come at any moment. One must be absolutely each moment. Here and now there is no time, only alertness. Ever so alert because death is so close. Nothing matters except the moment. If one is distracted from the moment at any point they risk being killed. The lives of the team are at risk as well. There is an interdependence, all involved are one unit. Time negated, distraction via past and or future is gone, here and now is reality. If not the team as a whole will perish. Be prepared to have such focus in observation of programming. One can hope it doesn't require this level of determination although life scripts propagate disorder. Ego is the guardian of the life script and fights for the 'you' identity...an identity thought has created, veiling Natural Self and peace. Harmony with scripted reactions and or rolls to a degree if one fails to transcend past or future they exist in a false sense of reality, i. e. unconscious dreaming. Lost to mind patterns and social rolls-if so lost the 'you' isn't to blame. It is all too easy clinging to the known rather than leaping into the unknown. Go ahead kick the can down the road. It's not your problem. What can the 'you' do? So 'blue pill' or 'red pill.'-A Difficult choices illustrated by a story speaking to the level of commitment necessary to really see this. In the authors case its been an enormous challenge. It need not be although letting go of the old paradigm and its mind patterns can be like war. Bringing the egoic mind into harmony with its host as was intended may very well be the hardest thing anyone ever does. But then the more who do rise above thinking exception being of course for practical purposes, the easier it is for others to do. We aspire to complete honesty with readers as to exactly what level of seriousness is required to bring the mind to order and rise above thought. For many this is simply too difficult to do so they take the 'blue pill.'

A—From the film: “The Matrix.” A metaphor we use herein to describe Unconscious Dreaming and Conscious Awareness.

Together we'll look to a story depicting the level of commitment needed to awaken.....A wise man of ancient aristocracy was approached on the shore early one morning as the new sun rose, he asked him to impart his profound wisdom unto him, to in fact take him on as a student. He agrees—the lessons begin: "Very well, follow me out into the water." Puzzled, apprehensive and perplexed by the proposal, his apprentice follows. Abruptly grabbing him he pushes him under water and the young man nearly succumbs although with one last effort frees himself. Upon regaining his breath he asks: "What were you trying to do drown me? I came here to learn from you and this is how you treat me." A smile etched across the teachers face: "That's how badly you have to want to learn to begin with me." Prepare, for this is a serious level of commitment. It's unwise to underestimate the ego. Much success comes after intense pain and prolonged practice. Often, due to over-whelming normalcy bias, pain is the prerequisite. Fearing the unknown we all fall into old habits, opposition, resistance used by ego to maintain adherence to the life script and rolls which is to say opposing thoughts and ideas creating dis-ease within the mind. So ego seeks to control its host, or the thought created 'person' stored in memory, one's I identity, '*you,*' it must relinquish its hold for ego to serve its host. Ego foments a crises to crises mode from one extreme to another by preoccupying one's mind via past and or future projected memory. Denying now and veiling the Natural Human Being, the **Self**. What we're eluding to is, those mind identified live almost entirely in a mind that uses them. Following mind patterns and social rolls, i. e. one's indoctrinated programmed behavior. This is one's life script formed by age five or six years with little control over what that programming was. Ingrained into a mind so deep that on average one identifies as the life script and or egoic mind, the **self**. Ironically this is at least partially who one is, one's stored experiences or personal consciousness. Most are completely unconscious of this or at least in denial. It is to dwell in **Unconscious Dreaming** a mind living in a fear paradigm and to one degree or another oblivious to being trapped in this state. Too often hopelessly 'blue pill'-they cannot or won't let go because clinging to the known is preferred to fear of the unknown. Natural Self reveals unconscious dreaming is a mind which has become the egoic mind. For awakening to come about this must be seen. Resistance then, is one following their programming, this is one's life

script. The mind, becomes the egoic mind, a shadow self veiling Natural Self.

We surmise here that one aspect of spiritual awareness is observation of consciousness. In this a mind undergoes drastic and or subtle changes. Others cling to a fear paradigm which obviously poses enormous challenges because programming still has a hold on them. The spiritually inclined often gravitate toward discovering new ways of living or seeing the world. The unconscious fail to see see hear or understand, this presents additional challenges to one's new paradigm unfolding within. Those unconscious follow the shadow self's programming exclusively and must be forgiven. They either don't know why they do what they do, cannot help themselves or project blame to others and situations. Indoctrinated and on an auto pilot program, unaware and in denial. Programming runs their life then. As awareness comes one's life script kicks in, additionally our world dominated by fear, foments ongoing resistance. We are taught to be fearful, as a matter of fact fear has been programmed. Passed generation to generation-completely normalized psychologically accumulated in a mind to the point it challenges sanity itself. Especially children, however in adults too, work to transmute fear to peaceful love is to redirect fear rather than resist it. Fear creates trains of aggressive thinking—worse case scenario fear abets violence. Fundamentally then, the dominant fear paradigm adhered to becomes an unconscious choice over peaceful loves paradigm, and clearly not seen as being the only choice one has for peace in life. All this is a direct result of a lifetime of indoctrination into fear over love.

Martial art helps one to focus and remain present, it grounds conscious awareness. Peaceful practitioners of the art awaken awareness of inner-being, projecting its energy frequency into life. So we are being, doing and having, peace—out of peace love comes into the world. Being in the zone, a truism in sports, is synonymous with being very present absent distraction overthinking minds foment. It brings us to feel peace—*being there* as a state mind. Intense activity brings glimpses of what it is to rise above thought, which is to say situations fostering presence. In the zone can be likened to profoundly joyous feelings one wishes would never end. Satori experiences do bring flashes of an enlightened state that is to say spiritually, deeper peace available to us all.

Although one's egoic mind will persist in attempts to seize dominance again. Egoic minds goal, indeed its purpose, is to totally control its host. And to this end its commitment is absolute. Achieved via keeping the mind preoccupied, focusing upon past or future projected memory. Old mind patterns and social rolls constantly defining present moments while veiling Natural Self through one's programming. *This is then, perpetuated by on going self-talk, thoughts and feelings forever pulling us into busyness daily life is.* Programming traps us in the time based pseudo reality when all there really is or has been is one continuous present moment i. e. the here and now. A timeless state where the actual Natural Self is awakened to—again the measure of which is the degree of peace felt day to day. Peace awakened to via awareness of inner-being, the source of all that is or where we all come from. Time past and or future is that which ego and life script uses to control its host. It fills present moments with old mind patterns, redundant self-talk or images in memory defining the now. Alertness is key to conscious awareness or a peace bringing love into all life situations, is to hold peaceful love as a frequency—yet if alertness is lost ego will reclaim control. Potentially then, one must reset again and again for an undetermined duration simply to counteract years of indoctrination. Slowly, just as fear took hold, via ongoing persistence peace as a lifestyle takes hold.

Eternal source energy from within and by extension universal energy or inner-being, is an energy born in the moment taking a mind above thought by way of pure observation. Totally listening and in observing, one shifts to the present moment. A mind no longer cluttered is vast, open to the new, now, it often comes into the mind out of as some teachings profess, *the ether level.* There is no direct intermediary level between ether and mind if one is able to still the mind through observation of it. Along with totally listening it sees the now is all there ever really is, was or will be. This doorway to insight simply arises in a serious mind and seems to come out of nowhere. Scripted minds override the seeing of this, proclaiming what the now is via memory images. Consequently awareness of the now lost, again it is obscured due to memory having already defined it. If we seriously focus and are persistent we begin to via acute alertness, see the mind has indeed been using us, not us using our mind. Watch and listen, the mind in stillness simply listens, watches, then it is

quiet. We speak of a totally new kind of human-being, a mind infinitely clear.

One in the state of unconscious dreaming sees the world as one serious did formerly, **of** the world. This makes it more challenging because again ego still has its hold on them. Unconscious dreamers tug on the awakened and the students scripted shadow self pulls them into psychological time. -1 Similar to an instinctive unconscious reaction, normalcy bias in an unconscious dreamer pulls one at conscious awareness back into unconsciousness or tries to. It is the all powerful ego and life script it follows. The unconscious distract one at conscious awareness. Let us say here one alert and observing, or at conscious awareness are no better than those at unconscious dreaming—clearly those who *are* serious simply keep going which anyone can do if persistent. We're programmed to one degree or another. Fear, along with endless mind games blinds us all from seeing the egoic self. Unconscious fear passed generation to generation unknowingly, is again the quintessential apple that doesn't fall far from the tree. Fear seeks to control via egoic mind, to which vast numbers capitulate and are most often unaware that they even do.

Children should be taught to see their life script as it forms, also the sheer destruction opposites create in life. Us against them feeds accumulated fear in a mind conflicted, progressively inciting further aggression. Oblivious, we're acting out the life script and social rolls...an indoctrinated 'blue-pilled' life. -2 And in the extreme a major cause of fear—aggressive behavior the result of programming, carries us away. Martial art practiced for alertness to the Self is relatively rare. The majority of instruction does not honor martial art for its greater purpose. Aggression degrades the art into nothing more than brutality, an egocentric unconscious projection of outright bullying. It's the mind set of fear, division conflict and war. Ego hijacked the art, emphasizing aggression and power over others. Ironically the art teaches us to know ourselves. The Natural Self aware, then reclaims energy from egoic self via non-aggression. Honoring martial art is negating all fear via non-violent awakening to peace. One prepares as a deterrent to war, they're alert so to see the Self. Satori, that is flashes of enlightenment-on multiple levels in people's lives proclaims with persistence satori can be extended. *So how much persistence is too much for*

peace, teaching children peaceful love breaks the chain of fear? So what if we had to work harder than ever before, examine your life. Can it be seen all material accomplishments have garnered mere short term satisfaction. As an I thought has created, to spend life chasing the wind-does it bring happiness? It is impermanence, it will not last. Break the chain so the apple not falling far from the tree is seen as mere cycles, programmed behavior to be scrutinized. Anything outside that is to live in a state of unconscious dreaming. Be honest and objective, is not seeking happiness exclusively via material world gain an exercise in futility? Let this, be the case for supporting the spiritual factor.

Problems originate in the past and future. In this moment: *Are there any problems just here and now?* Without past or future projected memory which makes now an enemy unless it benefits ego, what problems are there exactly? Problems are fomented in memory, past and projected. Peace, timeless energy felt within, extending to universal energy. So then, memory is the prerequisite to the problematic. Use memory for practical purposes and delete it via daily astute observation, it brings us into here and now. Martial artist's instinctively can feel danger through remaining in the present moment. Scripted minds see now exclusively through memory images, and is to identify as I or self, as it relates to psychological time. Reclaiming energy from the shadow self often propagates resistance and anxiousness. Time and ego, a life scripts praetorian guard, enforce narratives and programming keeps one focused on past future, and incessant thinking. Intended to help people, for a majority the script and its egoic guardian control. To reclaim energy we must **accept what happens**—so one flows with energy not resists it. Consider too there is a trump card... the power of choice, choosing peace in life and focusing on inner-being until movement in “clock-time” has been so normalized awareness supersedes the need to control everything in life. One then lives in the here and now-not in past and or future. Flow with life situations-feel energy flow in the body. It is to live primarily here and now where truth is. Stop reading, seriously ponder the following question again: Is there any problem right now? Again consider the prerequisite to all problems *is* past and future. Here and now Natural Self sees everything anew as love is new. Actual true reality is the moment *before* thought enters to identify it then. Life is one continuous present moment not separate. Reiterating the above counters the effects of others programming.

Stored memory (past) and or projected memory (future), fills one's mind with images, denying the mind infinite space. Create space via listening-watch and empty the mind of unnecessary memory, use memory for practical purposes only. In sparing martial artist's clear the mind so all techniques then preform themselves. Extreme drama such as war is very ironic in that intense conflict brings us into the now. Steadfast persistence fosters presence, one rises above thought, reacts, doesn't think about the outcome or what is-was-or should be.

Throughout history examples of conflict bringing warriors into now are documented, it speaks to one having presence. The energy can potentially be destructive or creative as well. Peaceful love is an energy felt yet fleeting and scattered, so it must be rooted in wisdom or awareness of it fades to a passing experience. A disordered mind foments resistance, so at times it can seem like spiritual war with ego. Observation brings wisdom, necessary for ego to keep its host safe yet not take over. It protects us physically and psychologically but its need to control is insatiable. Autocratic in nature ego believes its host would be in danger if it lost control and would literally forfeit its hosts life rather than loose control. Yet perceived as an adversary it's counterproductive so just listen and watch it. Let it help but make no mistake it will take over if given the slightest chance. The goal then, is not to defeat ego, just to calmly watch and listen to it without resistance to its thinking processes or emotions it uses to control the mind. What is it up to? Catch it before it takes over. For all intents and purposes it entertains the idea we are inept, unable to manage our own lives, so it manages life for us. And if the metaphorical unconscious dreaming shoe fits, it is safer to remain unconscious. Our ego keeps us safe, nevertheless we've become enslaved, gradually it is driving humanity insane. Rising to the state of conscious awareness is freedom. Currently the majority are unconscious so it's an enormous challenge transcending the crisis to crisis lifestyle so many live in. Most minds completely lost in a unconscious dream state and to a staggering degree are unaware of it. So much they'll fight anyone who tried to free their mind. The I is familiar to them so they cling to the life script and egoic mind which is to say programming. Now we can laugh at ourselves for having been so utterly duped. Not to see this is one remaining at unconscious dreaming, old patterns, a preordained life script and egoic mind.

Initially with fortitude and persistent focus upon conscious awareness a feeling of peace manifests commensurate to remaining present, along with wisdom integrated into a mind originally programmed into fear. There are far less worries or concerns plaguing us when the mind's chalkboard of memories is wiped clean moment to moment. Time and the I ends, then the The Ground of Existence is left.....'Split a piece of wood I am there. Lift up a stone and you will find Me there.' -*A* In a mind completely still awareness comes to the forefront. Don't resist then, observe life and flow with what happens. See all patterns unattached, watch the movie of your scripted self and others as well. Be observant, listen to ego, life script and its pernicious agenda. Inquire then, bring the mind on auto pilot to order, be still and listen. Metaphorically sit in the audience and notice the I playing its rolls with other peoples rolls—See that: 'All the world is a stage and all men and women merely players.' -*B*

Those contemplating commitment to spirituality are the minority. They've been around throughout the ages. One alert can see them. They are those who personify peace. Not anxious, calm-relaxed-content-peacefully flowing with what happens in the moment or true reality. Engaging the whole of Being into life overall. The focused mind has consistent flow. Mental labeling negated, brings observation of the here and now. A martial focus then is one remaining absolutely present. A mind conflict free or no-mind...alert..awake...observant, yet it requires one hold this energy frequency. A mind alert, submerged in the now, peaceful-still-quiet-the mind negating useless thinking. Creating space, seeing what is or truth in the here and now. In this space created everything is new. Allow the present moment to present what it is, not continuously define it through images in memory. Still it is one's own personal journey. An up hill battle and indeed is very repetitive and frustrating. Nevertheless in rare cases awareness is sudden and complete. Potentially it demands great persistence, often for a long duration interspersed with feelings of inadequacy, *A*--From The Gospel of Thomas. The author interprets this to be from the dominant western system that is, Christ-Consciousness. An energy felt with-in then is seen everywhere. Fundamentally enlightenment is simple innocence, merged with deeper wisdom. If persistent and alert an energy felt within as an awareness, a mind vast. One absolutely listening is alert, peacefully with their whole being they can feel energy. This is to live peace as a lifestyle, out of which love comes into the world. And as said, is a completely new kind of human-being fostering the peaceful love paradigm, which is the letting go of a fear paradigm, followed by emptiness or no-mind. *B*- From William Shakespeare's pastoral comedy: “As you like it.”

this is the awesome force of egoic mind as it pulls in the back and forth. ***One must press on and do not ask why, this is paramount.*** In present awareness time is negated. A preoccupation with psychological time is lost awareness of now. Remember we need clock-time only for practical purposes. Lost awareness of Being, we're lost at the level of effect, this is problematic—we're slaves attached to the world. Attending to daily life needs doesn't require all of one's energy. We address responsibilities using 'clock-time'-simultaneously we feel inner-being. Now is all there is—seems as if it's an oxymoron, mere platitude prior to one's perspective undergoing necessary changes. Practicing peace, a mind is clearer and gradually leads one to inner-being awareness. The state of unconscious dreaming or being *of* the world rather than *in* it, controls us and the modius operandi of any egoic mind. Gradually we reclaim energy from it with consistent alertness. Should the mind slip into forgetfulness, the instant this is realized, acknowledge lost conscious awareness and immediately reset again to conscious presence. Stay focused and forgive yourself if you falter.

A retrospective point of view—success has much to do with the number and severity of blocks the student has. Blocks, pain suffered due to programming, basically attachment to the world, can be the catalyst for change. Adults are awakening to feel inner-being yet once again let us consider children have no blocks. They have the sensation of eternity or an oceanic feeling, which fades around six years. They feel part of everything till the life script fully engages their life to the extent it does in adults, therein is a window unspoiled by fear. We're destined to learn through painful life experiences. Albeit undeterred by times control or a mind identified state, we can reclaim energy. Tenacious and alert, listening to life script and rolls is essential then. Natural Self sees egoic mind through inner-being awareness notwithstanding we are all inundated by existentialism. Seeing our unconscious dysfunction within requires courage. Those who are willing, see we are all one humanity through living peace as a lifestyle, ushering love into daily life. One can see in all serious students, the mirror image of themselves, ergo it's non-exclusive, it is the same light within every soul. Forgiveness merged with wisdom along with one's basic primeval innocence, is a mind rising into peace, again the doorway for love to enter the world. It's to see love has no opposite. Regrettably fear only begets more fear,

aggression and separation. Those who control continue to divide using fear to do so. Peace as a lifestyle exposes hidden fear. It's not as though love turned its back on fear which is created in thought. Love is our core and arises from within and couldn't imagine fear. Loves light vanquishes psychological fear. The mind accumulates fear then seeks to identify now. Dreams up-swelling in personal and collective consciousness, fomented in thought. Once fear takes a hold it's self-perpetuating. If one is attacked in daily life or find themselves in some sort of danger the present is simply an awareness...adaptation...reaction keeping us safe, yet this isn't psychologically created fear. Martial art teaches one to see psychologically accumulated fear—reaching the point they have nothing to prove, peace takes primacy. The world is violent albeit true non-violent martial artist's see it and choosing peace work to see unconsciousness violates their inner-most nature. Consider too all desire-excessive gain-power over others-material possessions and fear of loss of these go hand in hand. If spiritual students go deep within they'll expose hidden despair usually caused by the continuous searching for happiness in material possessions, vain, pride filled egocentric relationships and of course elitist desire for more power, all ending in impermanence, all of it vanity. Is not the course then all too clear? Consider spirituality brings a lasting peace-combined with a mind's consistent alertness manifests peace with-in as well as the world: The Great Awakening of Humanity—it's rising to dissipate fears darkness through the glory of love's light. Ponder a favorite axiom: Imagine all the people living life in peace, you may say I'm a dreamer but I'm not the only one. -1---then live it. Additionally one could ask, basically will egoic mind A. I. and A. G. I. along with trans-humanism as Albert Einstein posited: “Exceed humanity?” Will our humanity lose freedom it has, or woefully perhaps burn it all down? Not if collective consciousness sees, and then transcends to a new paradigm of peaceful love. Essentially then we are all, love in perpetuity which has no opposite and is a personification of actual truth. One level of falsehood in consciousness is fear and has only the power we give to it. Ego needs us to be fearful so it might control humanity, fear then, is the modus operandi of all the lower levels of consciousness. Little children see love through a child-like innocence simply by living here and now where peaceful love is. Plainly it is something they do naturally without thinking about it much. Fear has not taken them over yet.

CHAPTER THREE

IN THE BEGINNING

In the beginning one decides to take the first steps or is called to. It is an awareness similar in nature to love. No one can tell us of love, we just feel it within. There is conscious present awareness of Inner-Being, love felt within. Having awareness of energy felt within the body, yet it's fleeting and difficult to hold its frequency, at least until wisdom necessitated to ground the energy comes. This is the innocence part of a two fold combination...wisdom merged with innocence felt. Students work to ennoble the conduct of their character, helping to bring one's mind to order by fostering the feeling of **oneness**. Fear filled psychologically driven problems, one's baggage in life, is pain we're all plagued by. It's to suffer as a result of conflicting opposites manifesting either dramatic highs or lows, one's programmed life script instigating conflict. It is unconsciousness, the mind in perpetual conflict with itself. Observation then, ultimately brings all minds to order. Having said that failure to see disorder jeopardizes peace and subverts clarity. The fragmented mind resists stillness necessary to see all egos seek total control through emotion and overthinking. In martial art observation is noticing, listening to the mind engage in self-talk ...key to seeing ego. Consistent observation is key to conflict seen before it rises to a storm and getting lost in overthinking, inciting a conflicted mind all fomented in opposites. Thought propagates thought or memory in the form of stored images defining the now. To actually see this the mind must be alert. Although extreme life situations can and do reveal peace vis-a-vis the egoic mind collapsing, followed by an illuminating peace never thought possible. Vast numbers live exclusively in their mind, merely experience varying levels of unconsciousness. Jeune and arid they're of the world not in it, incapable of rising above thinking. -A Living in the mind, self-talk never ceases. Past memories or projected memory, all accumulated thought controlling minds that using the person instead of them using it and what's worse is they're certain *they* use their mind, here-in Unconscious Dreaming. Rising to Conscious Awareness is to rise above thought, practical purposes the exception. Overthinking is the problem then.

The devil we know is living in perpetual thinking, or sink below it via drugs, thrill seeking and such. To rise above thinking is key.-*A* Blocks must be dealt with. Now a summary: Adjust perspective, feel peaceful innocence, reconcile all blocks necessary to foster wisdom, finally, merge wisdom with innocence.

This can be done, to rise above thought when not needed for practical purposes. There's no secret it comes to those with serious vigilant persistence—focus on spiritual study, attend work shops if possible, notice your blocks. We'll begin with the conceptual part initially taking note of resistance, a sort of back and fourth. The mind has been indoctrinated ergo it resists change. To complete all goals, turning attention into the body helps one develop a strong foundation. Observe your mind trapped in its self-made purgatory and 'you' in it.-*B* Only then can energy be reclaimed from a mind in disorder which seeks to keep us in bondage. Live in peace, that is to say reduce energy given to the *shadow self*. Allocate only enough to navigate your daily life situations while simultaneously having inner-being awareness. Observation is paramount to this. Looking at it differently, or from times perspective, time being the major problem. There are 24 hours in a day. One is to focus on wisdom, additionally awareness of a timeless Self to the best of their ability as shadow self vies for complete control of the same 24 hours. One cannot afford to loose awareness. And should forgetfulness take over the mind there is lost awareness of Self to mind patterns and social rolls. Reset, keep going, put one foot in front of the other, press onward yet don't ask why or an overthinking mind finds endless reasons why you are the *self* and not the *timeless eternal Self* which is to say inner-being. All while meeting daily life needs—family, job, duties and so on, requiring a life script, ego, rolls and inner-source alertness, which if lost ego moves in seizing any available opportunity to reclaim control. We're focusing on alertness necessary to allow sufficient amounts of energy to be functional, to be in the world not of it. Basically it is peaceful observation of a life script and shadow self, to reclaim energy from learned overzealous programming or to reclaim freedom from the egoic mind controlling one's life. *A*—A feeling of dis-ease or dissatisfaction with life due to living in the past or future, fomenting anxiousness often satiated by drug use, thrill seeking etc., an overall lack of alertness to inner-being. All taking one below thinking yet only temporarily. *B*—The self following the life script and ego, indoctrinated minds caught up in social rolls, old mind patterns and habits controlling life, until one observes their mind for an undetermined period, which is to say as long as it takes. Mind identified one then projects an indoctrinated life script or self—*thinking they use the mind when actually it uses them*. it is one's mind on auto pilot.

Conscious awareness is key and one form of meditation. We are bringing our mind in disorder back to sanity via observation of it. Impossible? Be assured unwavering persistence brings it to fruition. Yet we must seriously focus from moment to moment. Adaptation to what happens brings us to having presence provided we are steadfast in the here and now. Non-resistance helps to foster presence. An inauspicious mind merely foments resistance. We speak here to acceptance of what is via adaptation to daily life situations—a kind of neutral observation. Practical use of memory images, adaptation at the level of effect i. e. chronological time, in addition to simultaneous alertness to causal level energy which is to say essence, the source of all that is which fosters peace.

Again thought creates problems then attempts to solve them with different sets of thoughts, it seeks to understand itself although cannot—it is the mind using the person, succumbing to the you, me, an I identity when one ought to use their mind, being taken over by thought. Use thought, shift to presence. A catch-22 prior to a perspective change. Acceptance of what is happening and adaptation to life helps one to flow with what is—we speak of freedom from incessant thinking and corresponding emotion. It is a mind no longer clinging to unconscious dreaming. Ego and the life script it follows, seek only control. Watching ego brings freedom if one is resolute in their commitment to listen and observe for the required duration. I don't care what it takes now becomes one's mantra. Long ago ego took control and still we struggle with the will to power although ironically this may just be key to spiritual awareness, also remaining alert to what's needed to maintain awareness. As ego entered the scene it all went awry. *Thought watched and listened to, and for everyone the duration of time definitely varies, ironically in the act of doing this it helps to hold conscious awareness, key to absolute freedom for all minds, collectively holding the stream of conscious awareness, then extend it so it's normalized.*

We are bringing minds to order via steadfast resolve, it's that simple. So peaceful in manner and speech, always guarded in use of subjective thinking. Ego knows its host, is extremely cunning patient and clever. It's your ego and knows precisely how to control your mind. And additionally knows any and all desires, every crack or crevice into the mind, what buttons to push to then

maintain control of the mind. Ego promotes the I identity by resorting to any and all means. For the author taunting him: “Now you didn't think this would be easy did you?” His retort-nice try. It can't choose for us yet can deceive us.

Temper complaining and judgment. All too often we judge only to find out later we were wrong. Avoid extremes whenever possible, remain calm. If ego suspects its host is awakening Self awareness or energy of peace, it will use feelings and or thought in very clever ways akin to water, it finds the way in via distraction or demoralization. One serious is extremely humble or selfless as opposed to an elitist perspective which is pride based. Nurture the peaceful natural human-being within and by example others warm to spirituality. Talk about it if appropriate although living peace as a lifestyle resonates more-so and helps others to see it. As wisdom develops it gets easier to express ideas of enlightenment. *Ideas flow in a mind brought to order. There is clarity due to dis-ease having been dealt with via working through blocks.* Peace is again an energy spreading to others, one feels it.-A It's not awakened to exclusively by way of a thinking mind. Transcend all concepts then peace takes primacy, gradually unification with inner-being comes and words flow, so peace is the key. Turn attention into the body, feel energy radiating from the causal level into the level of effect. Inner-being permeates all situations so anticipation of what should be which encourages only more fear due to opposites, frustrates a mind and conflict via thought trying to understand itself, is no longer seen.

Interesting to note how unbelievably clever the egoic mind is. A teacher antecedent to the spiritual event spent ten years plus studying enlightenment. A recent instructor devoted years of his life the study. Nevertheless both left their respective institutions claiming they'd realized it was only a mind game. One affirmed it to be due to his belief it was while the other had a somewhat condescending or nihilistic point of view: “The faithful are sheep.” Religion's without intending to are divisive notwithstanding most systems aim at truth. They'll point to truth. That said they pit their truth against others, even within the same religion, A—The state of unconscious dreaming is a mind perturbed or anxious and divisive. It must be stilled for innocence to arise within it so then wisdom and inner-being awareness flows into doing. Peace and wisdom merging, takes primacy and spreads akin to a positive sort of virus. Life runs more smoothly, gradually the mind creates space and there's infinitely more-so clarity.

proclaiming genuine truth is theirs alone. Conflict ensues, this merely blocks conscious awareness. The authors retrospective view of these men, that it was questionable whether they ever did attain an enlightened state. It appeared at least in their minds they were enlightened. Indeed they have personified this as far as one can intellectually. Now we're not judging all the intellectuals, it's simply a fact. The purpose of discussing this is to avoid potential traps and to learn from other people's mistakes. *The source is a abstract nothingness.* Our intellect understands thought-thought forms and the like-not nothingness. The mind alert and still, is just there and having presence it doesn't proclaim to be enlightened via all memory images attempts at describing conscious presence conceptually. They may have missed the point-We are the world, **oneness, an interconnected flow with all that is.** Condemnation merely abets separation. Misunderstanding the mistake thought continues to make or maybe they just complicated it. In the final analysis perhaps ego won, persistence in knowing via thought maybe they settled for memory images. The line from a song says it best: "You can't always get what you want but sometimes you get what you need."-1 Both of these men are very intellectual wise individuals. Good and kind, loving, unselfish yet egoic reason can be a major block because of its endless conceptualization. Ergo, a child like innocence is half the equation of simplistic innocence and wisdom merged, key to an extraordinary mind needed to maintain conscious presence consistently. Remember thought is limited yet ego refutes it. Less ego, more Being. A cornerstone of wisdom refuting egoic arrogance, it's the surrender to something that greater than yourself.

Do children complicate things or loose themselves in concepts, or do they, through innocence simply see what is? Thought *knows* exclusively what is of thought.-A So many cases of spiritual awareness coming via seekers broken down and stripped by life of all material world gain bringing about a total surrender. Nothing to cling to is conducive to maintaining awareness of inner-being. People can bring alertness of inner-source to a level where conscious awareness is more consistent. Like a fan in the background, there's awareness of it through the mind stilled, an energy felt within. To be less A-Thought can write dissertations on The Ground of Existence albeit The Ground of Existence once again, cannot be known. There can only be awareness of it and ultimately awareness is all there ever is. Thought then obviously is necessary to be in the world although thought cannot know all that is because thought is limited.

judgmental is challenging too yet can foster awareness. Unbiased judgment is obviously impossible so we're only giving up what could not be done. Except when unavoidable, negate judgment, it simply pulls us into drama, away from unity and peaceful love. In the present situation what we can do we will do. Persistent students foster alertness—that is daily focused attention as life reveals spiritual awareness coming to the ones at levels of Courage and Neutrality, the first levels of truth and higher consciousness.—A A prerequisite to courage is persistence yet is difficult for everyone once life reaches a certain stage—it may well be detrimental to the mind after a lifetime of clinging to familiar patterns in one's life script. Descriptive axioms: “A leopard cannot change its spots.” or this: “An old dog can't learn new tricks.”---finally---“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 Especially in cases of all inordinate elitist mind-sets. We are fostering a daily decrease, not a daily increase which merely fills the mind with fear. Awareness of peace brings peaceful love into the world. So use thought to raise alertness and feel peaceful love, focus upon wisdom, finally merging the two ascend to a new kind of human-being spoken of here-in. There is no arrival in this, it is ongoing awareness via acute alertness.

Delve into intellectual study then let it go. Additionally transcend your blocks—for the author by way of fortuitous loving honesty. Ennoble conduct although don't try to be better than you can be. A calm demeanor brings order to the mind by and through sustained onerous alertness and questioning, i. e. inquiry via pure observation of the nature of all mind patterns then innocence and wisdom gradually merge into one. See all life by way of examination and elimination; see the value of peaceful love as a lifestyle. A--The higher levels of consciousness: Courage, neutrality, willingness, acceptance, reason, love, joy, peace and enlightenment, transcend the lower levels: i. e. Pride, anger, desire, fear, grief, apathy, guilt and shame. Ideas from Dr. David Hawkins books. The author equates lower levels here-in to be the blocks and the higher levels as freedom from blocks. Blocks, as refereed here-in are one's Psychological Problematic Proclivities all of us need to work through. It is the prerequisite to an extraordinarily ordered mind, fostered by alertness. The author feels if there's even the slightest degree of dis-ease within it will disrupt peace and a student is then subjected to being pulled into rolls and old mind patterns which veil awareness of the feeling of inner-being, i. e. The Ground of Existence—energy is felt in the body which cannot be known, one can again, be aware of it. If the mind lacks a high degree of order awareness will fade to merely a passing experience. One then succumbs to the life script again, or as said, goes back to sleep again, sinking into unconscious dreaming to be of the world no longer in it. If this happens one must reset and keep going.

A story of one who implored a master of martial art to give up the secret to proficiency is telling. Told to come closer, he whispered in his ear. "The more you practice the better you will be." Simple, not easy. Calm speech and movement, focus attention inward-into the body. Feel energy in the hands-arms-legs-abdomen-chest. Vigorously and consistently focus attention in the here and now. **Be** each moment. If not needed negate memory images of the present moment allowing each moment to impart what is, not define. Always be respectful...kind...reserved...forgiving...far less judgmental and most of all humble. Although remember the truly humble do not know they are humble. Proclaiming humility is still ego. Ego merely incites opposites. And pride, it seems to prevent us from seeing the subsequent fall; denial fed by self-talk is ego's relentless efforts at controlling minds in perpetuity. Looking good at the expense of another not doing as well, is one of endless ways pride manifests. Pride is generally seen as good in society. That being said watch and listen or ego subtly promotes its pernicious narrative, what it is up to, then is not seen. Of course ego shuns humility, it diminishes its importance. Therefore pure observation of the mind and non-resistance to what's happening in daily life situations is essential, additionally cease complaining, have an acceptance of what is. Never give up, these are absolute cornerstones of spiritual awareness.

With peace the mind is clearer then stillness within connects us to others. Those unconscious are unaware, they can't see fear energy and programming has unbelievable power over us all. The unconscious are no better or worse, it is what it is, so 'Forgive them for they know not what they do.' We see they're where they need to be weather accepted or not. Nevertheless they do learn in this school of life, all the lessons they need to learn in day to day daily life situations. It's as if they're spiritually sick even morose, notwithstanding they as we all can be, aware of this. Always having the power to choose where and when they see what they seek they were already. Therefore let the focus be an alertness to Being, not by fear of failure which is the old way, through seeing life situations as opportunities for growth as a positive. This totally new way of seeing spoken to herein is a mind brought to order. Not the by-gone way of forcing ourselves to be better versions of the old or worse perhaps, through fostering the current bazaar reverence for science, the coming A. I. of the

trans-human—we have done this forever, it has only yielded slow and often short term gain which is to say two steps forward three steps back. It's more-so bringing to fruition a paradigm shift from fear to peaceful love. Ergo let go of fear through observation of it not by turning away from what is. See fear is psychologically speaking, merely the creation of thought and it is. A cabal of accumulated fear in memory. Learn to instinctively drop it—be here and now.

Again love has no opposite and could never even imagine anything like fear, again which is created in thought and traps us in a mind identified state. Fear is born of attachment to psychological time. Love comes by and through living a peace lifestyle albeit this is relatively unfamiliar to most people. One seriously committed is alert yet this requires an extraordinarily focused mind, potentially for years. Consequently one is to focus for as long as it requires. Once committed to spiritual transformation however, there is no going back so take care in what you wish for. This is quintessentially: One Crossing the Rubicon...an idiom of Julius Caesar's no going back, yet even he would have found this difficult to do. A strong need to push onward is absolutely critical. When speaking of spirituality one ought to choose their words carefully. The unconscious tend to see it as feckless-even absurd. Awareness of what is said, and to whom is very important. Simply living peace is strongly suggested and especially in the beginning. In the beginning one is to focus on what is done so they remain in the here and now, i. e. be present. Focusing on energy in the body fosters peaceful flow, analogous to a light shining from within into the material world. Peaceful love accepts whatever happens then flows with it-no negative energy. Resist nothing and energy is no longer blocked. Flow with life situations-adapt to what comes so to feel energy flowing throughout the body and then project energy into doing. It is having presence, an energy felt within. This comes to fruition by remaining steadfast in the here and now.

Practicing martial art can be a vetting process for those ready to rise their conscious presence. It builds character, fostering peace when practiced for its higher purpose. The “Being in the zone”.....a feeling experienced in sports, is helpful. The art will ultimately bring practitioners to see futility in aggression and violence. It fosters alertness to indoctrination and aggression, or the

fear paradigm so many seem strangely drawn to, controlling yet little by little steadfast innocence merged with deeper wisdom emerges. One may however, become discouraged as equitable gain upon the horizon comes in a specific undertaking. One sees success is closest when resistance peaks. Press onward steadfast and foreverness as a state of mind comes without arrival, nor should we want arrival. Much is learned in endeavors which at some point one didn't wish to follow through. No one can know what gifts wisdom has just around the corner. Yet in all we do really focus and deeply be in the act of doing even for simple tasks as walking or brushing the teeth. These last several sentences exemplify one being present-in the here and now. Focus on the teacher within and follow no outside authority, avoid attachment to methods or systems, go inward for answers where ultimate truth is, without boundaries. Accept what is and adapt to it. Develop fortitude without it little can be gained in regard to bringing the mind to order. It leads minds to a stillness, rising above thought via freedom from attachment to opposites, seeing life always new as love is always new. Once again one is closest to success when they resist the most. Warning signs resistance is on the horizon are extreme emotions along with thoughts be they good or bad, these tend to carry one away into the situation, ego seeking to reclaim control. Ego uses past future and time to control. Use time for practical purposes only. In the now everything comes alive as though one sees it for the first time yet only in a mind ultra present and calm. One's shadow self foments anxiousness or ongoing obsessive compulsive behavior, endless self-talk. Feel energy throughout the body which calms the mind. Yet a mind quieten brings notions of it is accomplished, then awareness may well fade, one stops doing what brought them to where were and negative thinking takes control again, as the mind succumbs it capitulates, ceases to be aware. Notice it and reset, refocus attention to clear the mind so to reclaim presence when you've noticed that your slipping into forgetfulness.-A Often there is a feeling that: I should be ramping up the focus and inevitably this leads just to overthinking. We must all at every step allow mind games to promote within ongoing alertness of egoic efforts to control. So, keep going. A—Loss of awareness of inner-source results in lost awareness of Inner-Being, we're then carried away into old habits and or preordained social rolls and patterns. Completely caught up in life situations we're repeatedly lost in the dream of form. When this happens, again reset to alertness. Be prepared for what may require as said an undetermined focus so to deal with the script and excessive baggage. Press on and alertness comes.

Ego protects us yet guard against being subtly lulled by the egoic mind to a point the script overly controls. Calmly notice the mind seeking use you. In this there is a back and forth in the form of extreme highs and lows. The ebb of tense anxiousness and then flow of sublime peace. Unconsciousness, then alertness. A calm focused mind is critical. Persistence, key to shorter intervals between unconsciousness and alertness, is vital then. Yet do not complicate or overthink this. An early instructor would drive home the point: "When things get complicated always go back to basics." Therefore monitor the egoic mind -remember spiritual awareness is measured by the degree of peace felt within. Persistence fosters acceptance of what happens in real time by and or through adaptation. Even a slight degree of tension within, or any resistance indicates anxiousness pulls the mind into the scripted 'I' identity. Being present takes us out of time to an innocence felt. Focus upon wisdom so situations then reveal truth to be something of itself showing us truth rather than us defining it with old stale images of what memory says truth is. Ergo, seeing the here and now is to see everything anew as love is always new. No longer allowing memory to define everything making it stale, cold, old redundant autocratic reactions.

Expectation exists in time and foments memory created frustration. Just to be in time we must have two points of reference-opposing opposites. Time attempts to measure now, to compartmentalize it, categorize it, wrap it up in a neat tidy box with ribbons and bows which all too often are nicer than what's inside. One continuous moment cannot be measured in time. Negate time and rise above thought, exception being again for practical purposes only, needed to navigate one's life situations. Then shift into the timeless realm of as some teachings posit, no-mind where all truth reveals to us what is. Truth is in the now and is one continuous stream of here and now; conflicting life situations arise, notice with no negative energy and they'll pass. Conflict is programmed into us and has been so normalized it causes many to see in past and future at the loss of awareness of the here and now.

In martial art ultimately techniques perform themselves when the student is present. Repetitive practice to a point we react, frees us of concepts. This is the same albeit it's a totally new and unfamiliar way of living life. No longer

attached to programming one is unbound to their indoctrination and reclaims energy from memory which had formally defined here and now. Allot enough energy for programming to navigate day to day needs in life. Psychologically, reclaim energy from ego. Innocence merged with wisdom is life in harmony, synonymous with Yin and Yang. Reclaim energy via the Natural Self through awareness of patterns habits and social rolls, so to not loose yourself in these. It is to learn how to be you in time, unbound to a thought created I. It requires alertness, focusing at the level of effect and watching thought, the self lost in a duplicitous egoic mind. Thought as it manifests an egoic self trapped in the wheel of karma fomented through ongoing pain pleasure cycles or fear driven endorphin highs in the pain cycle, then, endorphin highs of elation derived in the pleasure cycle. This back and forth is common and many derive a bizarre satisfaction from it, admitting it reluctantly. Be calm, we can't see what to do when we are caught in disconcerted extremes. It's the prerequisite to a mind brought to order. These first chapters were intended to answer basic questions so one can determine if this speaks to them or not, and if not it's fine. Should this be the case pass the work on to another. In attempts at understanding this via thought alone *any real actual meaningful progress in spirituality cannot be accomplished*. The quality of the mind will require a high degree of order, after which progression as a serious seeker of enlightenment then accelerates. Alert and aware, the mind becomes forged in calm stillness in any and all life situations-having ongoing persistence, this then is absolutely essential. Here-in described as peaceful acceptance of the here and now through alertness to inner-source, feeling Being generated in a mind formally programmed via the paradigm of fear.-A The egoic mind it goes without saying is characteristically thought memory images or anxiousness ginning up aggressive negativity, it is fear energy. What one *feels* here and now should be asked often: '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 caused by compulsive overthinking and it foments opposites instigating psychologically disordered minds. All of it due to overly focusing on accumulated memory stored in the brain which seeks to describe the now. To live in the here and now is simply to react, adaptation to what happens moment to moment, spending little time in the past and or future which is to be used for practical purposes. Peace energy then can shine its light upon fear. It requires persistent awareness in a mind focused upon itself and with ongoing persistence one turns it back on itself, eventually bringing it to order which is to imply one's mind in the state of conscious presence or present awareness, acceptance of now. Observation of the mind then, fosters wisdom. When merged with innocence fundamentally enlightenment is to let it all go. It is to see ego basically as the shadow self within us all, seen by way of the Natural Self via pure observation.

CHAPTER FOUR

IS THE YOU SURE

Are we ready to spiritually ascend? A mind ultra alert fosters awareness, shifting from judgment in life to observation of life, Natural Self then arises. What was seen as valid from comfort zones to the life script itself needs to be examined...scrutinized...observed..transcended and quite possibly completely abandoned to make room in the mind for peaceful love. We are ushering in a completely new kind of human-being, one who chooses peace and leaves fear behind. Coming by way of peaceful love, which it can't be over stated we all need more of. It's disconcerting so many are subservient to their ego, the life script and fear, those mind identified or duped by their egoic mind—clinging to a thought created life script they follow. Unconscious dreamers identify as this egoic shadow self almost exclusively, at least until adequate observation of the mind is practiced. The Natural Self sees the controlling shadow self on auto pilot, moving away from fear conflict and division a different person emerges, one choosing peace. Although many prefer the old one. Seeing the shadow self as the separate thinker we are taught to be is difficult. It requires having consistent inner-source awareness via alertness, observation, listening to the 'I' identity bound to a lifetime of old habits. Typically the mind notices day to day, ego and the life script manipulating it. Far less-so reliant upon the script rolls and or old patterns, the traveler now sees it as impermanence to which the shadow self capitulates. This feels secure till listening and or pure observation of the mind and life script are practiced. A shadow self is brought into being via psychological fear people cling to, because they are afraid of loosing who they are, or believe they are. Who one thinks they are, is merely programming, useful for practical purposes. Albeit the 'I' identity is a bizarre normalcy bias we cling to but brings only temporary satisfaction. We fear the unknown, and cling to the known because it's familiar. So if ignorance *is* bliss people are clinging to the known, they then become merely the product of a

collection of scripted belief systems running their lives based on what they've been programmed to be do and have, seen from the I's subjective viewpoint.

Countries..groups...our ethnicity...religions and so on, all have self-images yet unfortunately promote hopefully unintentionally, divisiveness. 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 simply remain at unconscious dreaming. Vast numbers are “blue-pilled”...and adhering to programming live in the mind, following what the ego dictates. A way of transcending this yet can only be a finger pointing, are the four levels of consciousness discussed at length in chapter ten. Collectively not only do we adhere to programmed fear-we blindly follow it. We cling to it because it's failure. Pain is the upshot and again preferred over the unknown. It is human collective consciousness, mind patterns and social rolls we all play. Or rather unreal generational manifestations handed down through our life script. And buying into its become so normalized that peace as an alternative all too often is not considered. A minority have chosen to awaken and reclaim energy from an egoic mind using them. The dream controls imminence numbers by way of programming and this by its very nature is pernicious. As such these then, are thought created egoic minds or, the egoic self. If alert one awakens to see most are in the state of unconscious dreaming. With presence there's a feeling of profound peace bringing contentedness into life. Side bar..the minority are no better than the majority. The unconscious mistake enthusiasm a spiritual travelers has for thinking they're better than the unconscious. We digress.

Plato's ancient Greek story illustrates unconscious dreaming all too well. “Allegory of the Cave”-1: Tells of several unfortunate men chained in a cave. They see shadows and hear voices outside, believing these are the real world. Offered freedom they decline and clinging to the known become afraid of the unknown. Collective fear kept them in bondage. It's difficult to transcend fear and shift to the freedom of conscious presence yet we must or consciousness itself will evolve without us. In this works opinion there is no other option.

Native Americans saw the world differently than foreigners who came

here. They exemplified an interesting yet contrasting point of view, that is the normalcy bias was stronger, notwithstanding in a dissimilar way. So all of our programming quintessentially is the life script each are compelled to follow. Native Americans for instance, had no concept of land ownership. In the late nineteenth century Chief Seattle when asked if he would sell his land wrote the U.S. government proclaiming (paraphrased); How is it possible to buy or sell land? It is an idea strange to us. How can anyone own the earth, the sky, rivers..trees..land..nature? Obviously their contrarian point of view was likely such they found inner-being easier to feel or see than we can today. The River of Life for them was a paradigm of oneness with mother earth. Cultures tend to think their view is the right one, think of themselves as special, better than other trained animals. Although we're not really all that different. So, are we programmed? Do we even question indoctrination? Wouldn't it be detrimental to adhere to the program? Inquiring into it we must listen and observe the life script at a far deeper level than ever before. This, is the great challenge.

A new perspective: One turning attention inward sees peaceful cohesion-a stream of clarity extended. The mind as well as one's over-all life, undergoes changes in too many ways to describe here. Generally speaking, peace takes primacy as fear is dropped. This requires a commitment many cannot bear or lack the persistence to bring it to fruition. It cannot be said how long it would require as it varies from person to person. Ponder deeply...is the 'you' sure? We are dealing with the unbelievable power of an egoic mind. For beginners it's best to not ponder specifics too closely, just simply characterize what your doing by using the term...*foreverness, it is what it is. There is no beginning nor end in this, it's to have presence so thought then is quieten.* An absolute stillness any person can achieve, arising in the here and now. When in close proximity to another further along in their journey one often ponders 'What is it about this person?' 'Somethings different, they're so peaceful.' In truth one is seeing their own light shining so it's the same light. They're seeing a mirror reflection of their inner-being in one at conscious awareness. We're inundated with self-talk, over-dependent upon habits mind patterns and social rolls, also incessant overthinking. Such that conscious presence seems to approach the event horizon of the insurmountable. Minds in disorder will not readily see it.

Resistance only abets additional mind games enabling ego to maintain a hold. Albeit rare this could be seen instantaneously. That said most of us have to work at it. Be assured present moment awareness of peace comes when one is ready, provided they are persistent. Currently the spiritually inclined often are drug into it kicking and screaming, the result of ego creating within its host resistance to a paradigm of peaceful love rising. Ego takes this very seriously and unless egoic self is seen by one's Natural Self it's virtually a case of pain so unbearable one in a mind identified state temporally surrenders. Disorder is transmuted to peace through surrender. However we need to be in it for the long run or slip again into unconsciousness. "I don't care what it takes" is our mantra then. Ego aspires to control the minds of all people literally by duping them into following their fear motivated life script. The mind sharpened via watching itself sees it then frees itself from its own dysfunction. The Natural Self observes the scripted self, little by little one then reclaims energy from it.

As awareness rises the life script is viewed as an overzealous program. In Zen Buddhism it is the fifth ox herding picture, the point an effortless friendship with ego is established with one's own true nature.-1... Life fosters peace when patience is firmly rooted. And pure observation brings one to see the life script seeks to control all minds, freedom from it is being alert to clinging -anxiousness and dis-ease, the mind quieten is no longer in conflict. The fear paradigms nightmare is emotion thought and or memory in a disordered mind -transcended by way of love coming via peace. And love without opposite, all conflict leaves the mind, still never underestimate ego's resolve to control its host to a point the mind capitulates repeatedly to become the egoic mind.

What level of seriousness is required for actual freedom? Search childhood memories, remember an innocence? It was as if time itself stood still. And the feeling within was present awareness, **the child felt an interconnection, that is the Oceanic Feeling or surrender to oneness.** Watching the mind changes one's perspective to ego observed is reclaiming energy. In this one can feel energy. Initially our world seems to make no sense, *a sign of alertness rising within one's mind.* And if awareness were to come in an abrupt way one may well feel alienated at least at first. New students tend to isolate or maybe even

withdraw because the world looks ominous. It appears as if we've descended into global insanity. What's all this for? Everyone is fighting for more control, power, position, money, all of it vanity. This is chasing the wind and it seems pointless to the serious spiritual student, yet it is...*a sign of awareness rising*. In grounding energy there will be many surrender moments, nurtured through courage..acceptance..willingness..compassion..forgiveness..patience...also the realization of: "The Natural Self is absolutely part of everything:"-*A A sign of spiritual awareness*. The student notices energy felt in the body, they see one energy field. One sees life always fresh and new. If awareness came abruptly or subtlety, to ground it is essential or it fades to merely a passing experience, *one's mind may promote ideas it was unreal*. At points energy seems to have left all together then abruptly returns. Its gift is peace-out of peace love enters the world. We must be alert, having the resolve to solidify this new paradigm of peaceful love to see it as an energy vibration projected. Or the shadow self reclaims control of the mind and slips into an unconscious slumber yet again.

With the energy frequency grounded it is felt everywhere. This requires dogged persistence, and achieved is one's gift to the world. So then, without speaking a word peace energy simply spreads akin to a positive sort of virus. Enlightenment's seed exists within all—in grounding it students feel the mind and body changing, life challenges, bring clarity then order out of chaos. It is the quintessential: Phoenix Rising From the Ashes. Observation of the mind, listening intently to it results in the mind being transformed. Born by way of knowledge wisdom and innocence combined, often through a difficult life or challenging life situations. Resistance is ego's tool so one must be persistent, watch the mind, have forgiveness..kindness..acceptance, watch daily life and then ask: Were there kind acts today? Was there consideration of others first and foremost? Is there something which could have been done differently or perhaps even better? Should there have been amends to someone today? How can there be service to others?-1 Is the mind at ease? Remain present so then the mind sees truth awakened to in the moment. Akin to dropping a pebble in a pool, the ripple effect. What we do affects the whole. Shift from time to conscious awareness, be here and now. *A*--Basically 'Be still and know I am God.' Psalm 46:10 The Ground of Existence is the source of all that is and cannot be known via concepts although one can have an awareness of it. It is felt as energy flowing within the body then into all of one's life situations.

It is a we are the world viewpoint, not separation. A totally new human-being then emerges and as said no longer simply better versions of the old ones.

In a mind alert to each present moment life is as it is and now is where peace comes. Nurture these ideas. When abiding in time there's only fear and conflict. Is the reader beginning to see the present is peace personified? When thought enters, the now is lost to memory. Stop reading and look around so to see what you see-hear-feel-smell and taste, not think *about* it. What duration can the reader disallow thought entering the mind? e. g.—Just prior to writing this the author is sitting in a nature park. He stops and looks out at the trees, a soft wind blows the leaves as he sees birds the sky and so on. Thought doesn't enter and define. **And looking at the scene there are no thoughts entering to proclaim what it is.** He, is present or has presence. Try this. Clear the mind to let what happens impart unto you what is not memories. Do not think: Well that's a lovely oak tree—wind on the leaves is soothing or what memory says. Being lost to images is to live in the past or future, it is to be mind identified which most people are the majority of each and every day year in year out all through life. And future projected memory is outside here and now too, again thought entering to define. Images identifying what is do not allow what is, to show us reality. Ego sees reality in time, in so doing sees only past or future unless it benefits the ego. Past and future are merely memories of here and now. The present then is actual reality. Beginning to see it? Or does the mind still block it via an 'I'? Not to see is to live in the mind identified state, it is to search for reality in time, past, future, what the mind identified do. The actual here and now are random potentials observed moment to moment. Observe the mind and notice the next thought as it arises when it comes and what it is.

(Eckhart Tolle) Again thought seeks to identify here and now, it seeks to identify itself with merely more thought. Takes over the seeing of actual present moments. We're lost in perpetuity to social rolls old mind patterns and our life script running life, we succumb and it creates divisiveness, that is to say one's mind controlling them not the other way around. The actual present moment never is thought, ***it is not known by and or through thoughts memory images.*** It's an awareness of truth in the now which reveals itself, is something of itself, presenting itself to us. So the mind determined is aware and alert to the

Natural Self which sees in the here and now. Seeing a shadow self is part and parcel to an egoic mind. Natural Self never defines now. That which comes now is accepted and is instantaneously allowed to fade into a memory hole—memory used for practical purposes when it's appropriate. Shifting to now is analogous to a chalkboard wiped clean each moment through a mind still and ordered, calmly, intently listening it creates room for all the new moments to reveal what is not old memory images defining. The eternal now then, is one continuous stream not fragmented. Difficult to see this due to past and future having been completely normalized. We normalize the now via alertness or a mind watching itself. The mind seeking to identify the now is no more than memory images stored in one's brain, a conundrum of opposites, merely what memory claims is real. Consequently inauspicious to a mind used to watching itself. One alert sees not images in and or of memory, they see only what they see or what is. If the scripted mind blocks it still, well just keep going.

There's definitely a normalcy bias factor in all this. So we'll look then at the power of normalcy bias. The twin towers were destroyed on 9-11-2001 in New York City; as buildings were being evacuated some people went back to get their purse or shut off lights, computers, or other such insignificant tasks who paid the ultimate price. So normalcy bias is to be so controlled by one's programmed life script and egoic mind, life itself is abdicated. We ask readers to consider on a scale from one to ten how important is the indoctrinated life script and egoic mind or identification as mere rolls? People are lost to rolls, have become numbed by the dream of form. So many are of the world, live in a mind state and can't or won't see programming. Why do we stay in a dream, exacerbated by resistance, habits and indoctrination? Because it's what we've gotten used to. Yet if peace is foremost then ponder this: Why is the negative goal so valuable? What's the payoff? Why is it too valuable to give up? Many conclude fear based egoic minds and a dream to be fine, settling for this. For those not ready, it's okay. Conscious awareness is a major paradigm shift, this is work, it is to die before one dies, die to time so to be metaphorically born again. It's not as though egoic mind using its host was ever going to end well anyway. So to be trapped in constant clinging or drama, for each such person who remains trapped, upon their entrance into death, should they embrace the dream of form and its paradigm of fear, refusing to see their egoic mind as it

clings to the world and programming their entire lives, resisting the change, they'll see then what could have been. It brings into the soul great despair and often disappointment. It's the 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 I get it right, a sort of loop in the space-time continuum. The negative goal is a sort of unwillingness or clinging to the world and the reason we suffer. It's of fear, still, it's one's goal and limiting, negative yet familiar. One ought to again ask, what is the payoff? Humanity has a tendency to cling to familiarity, the devil we know is preferred to the unknown. So do a little soul searching. As the 'I' life may be considered to be okay-if so again it's fine. This reformation is part of humanity evolving. Truth is if people blindly follow the program we're all not far removed from domesticated animals. We herein ask the reader to open their eyes to truth via pure observation. Think it over albeit know there is no going back. *Inquire, is the you sure?* There are risks. That said there are risks walking out the front door too. Often spiritual travelers initial awareness will come via painful life experiences, a difficult route. As we rise in numbers to usher in awareness of an innocence combined with wisdom such as these will put an end to separation, division, and craving of elitist power. Once we see actions do indeed affect the whole which the unconscious don't see due to the current dominant fear paradigm, judgment is negated, peace takes primacy. We concede getting your head around this is not easy. One just keeps going to transcend living exclusively in the mind. Historically spiritual teachers used metaphor to teach and often they taught orally. Perhaps because it forced the followers to go deep within to find the teacher within. The true meaning was lost as teachings were written down by mind identified followers, unintended of course and in some cases perhaps not. Blinded by unconscious dreaming passed down generation to generation, a gargantuan commitment is required for the daily decrease of obsessive compulsive thinking, therefore question belief systems. See that extreme emotions propagate attachment. To have an alert awareness absent forgetfulness is to listen to the mind so it is absolutely still in quiet observation of what is. Freely, smoothly shifting from a timeless state to Daily Life tasks—use 'Clock-Time' and shift to here and now while maintaining awareness of inner-being. This then is the chief aim of this work. And in doing this one presses onward refraining from overthinking the why.

CHAPTER FIVE

ENLIGHTENMENT ITS ATTRACTION

AND CHALLENGES

Interest grows in enlightenment as a subject. It gains popularity because well, the world needs more love which is food for the soul. Humanity is fear motivated. If you don't believe that just watch the news for proof. Egoic mind deceives us by way of our programming. People are blinded, caught in mind patterns and pre-established social rolls nevertheless we feel as a thorn in the side, something lacking spiritually. Should we not focus on our spiritual side then? And what will bring this to fruition? We are suggesting peaceful love as an alternative to the old fear paradigm. Psychologically fear veils the natural Self through egoic disguises/accumulated fear in the mind to a point peaceful love is rarely seen. Ego exceeds what is considered reasonable control of its host, i. e. the reader. That is to say ego overly controls people, beyond what is at least herein considered necessary to keep us safe, which is the fundamental purpose of ego, it protects us all from harm psychologically and physically. Developing the spiritual side is to listen and observing the mind, notice old patterns in life compelling us to follow ego and our life script program. Ego and the life script are useful tools, helping us is what they're supposed to do yet they seek absolute control to a point one's mind capitulates. If we monitor our life scripts nefarious tendencies, allowing ego to keep us safe and see to it it does not gain too much control, we'll see how difficult it is to actually do.

As church attendance continues to fall enlightenment's attraction rises. Interest grows as the search for lasting peace is seen to be the alternative to a world seemingly smaller...controlled...complex and violent. One's inner-voice

whispers, there is more and more love is needed. Conscious Awareness, a big step into-'A final spiritual state marked by an absence of desire and suffering.' We have spoken of being in the zone, in this one is not really thinking. *The reduction of incessantly thinking..remaining present..acceptance of whatever happens..silence between sounds and or empty space around all form.* All of these help to shift out of living exclusively in a mind that uses-to us using our mind which comes via observation of the mind—measured by the degree of peace felt throughout each day. Ergo satori flashes spoken of in this work can be extended to longer duration's when one's mind is alert and persistent. The four doorways to awareness of inner-being in italics above, helps in feeling innocence and observation of a mind sharpens its wisdom. And turned upon itself one uses the mind not the other way around, done via persistent focus upon wisdom and innocence combined, then we hold its energy frequency. As gaps between ebb and flow lessen a steady stream is seen and peace prevails. Uneasy tension caused by excessive focus on past and or future melts away, there is room in one's mind for the fresh and new. The four doorways help us bring into focus peace energy which permeates the body and brings one into the here and now. There is far less reliance on programming-travelers awaken peaceful love which touches everyone, empowering collective consciousness. Unwavering commitment to peace brings ebb and flow more-so to consistent awareness of inner-being. Ebb and flow fades into awareness. Let us compare awareness to busyness, living in a mind bound to time and fear. In awareness of peace fear dissipates, a bi-product of peace is love which has no opposite. Fear and its derivatives are of the levels of falsehood, mere dreams, memory or thoughts aberrations in the minds of those trapped in states of unconscious dreaming. Lost in rolls, ego's job is easy. It is like being in a fog, students fail to notice programming is controlling them. Inundated with fear and unaware, consumed by daily life distractions bringing on dis-ease. In unconsciousness the mind is bound to psychological time and perpetual anxiousness. The mind consumed in thought then, is distracted or lost in the dream of form which merely strengthens ego. A huge hurdle to awareness of peace enlightenment offers readers. We are saying here this is a major paradigm shift requiring one see how essential it is to notice the life script...self-talk...social rolls...and old mind patterns...old habits we've all have gotten used to, seeing that these are

triggers to the above-controlling us. So focused alertness is necessary for any meaningful and or significant progress. This is aimed at the serious student.

Never underestimate the difficulty this poses. *One's level of interest will match their level of success. One hundred percent interest, guarantees one hundred percent success.* Read it again. Absolutely any serious student of enlightenment ought to absorb the above four sentences because the very powerful egoic mind and life script epitomizes this, it's not hyperbole. Again if one isn't ready, it's okay. That being said it's where we are all going anyway so lets just get on with it. We're being honest in saying to have an equal level of serious focus as does ego is preponderant to conscious awareness. Ego is one hundred percent interested make no mistake about that. Reflecting on all this at a deeper level drives this point: Pure observation is the only way to see the egoic 'I'...therefore remaining in the here and now is certainly better than capitulation to a life script. Although it's a total change in perspective, a fresh and new way of seeing. Side bar: We're repeatedly focusing on certain points, once again necessary to counteract indoctrinated thinking. We digress.....The Natural Self is felt more than known, it is of quiet stillness. Assuming it will happen absent a very deep commitment is erroneous. Ego and the life script are relentless in seeking control through thought created psychological fear. Ego's intent here is to divert one's attention which is its clever slight of hand, saying look here as it dupes its host. Ego fights vigorously for the life script it protects compelling us to forever follow its narrative. Again the majority are quite unaware of any of this. Egoic mind strives continuously to identify its host as the student works to rise above its control—that is, not to capitulate to past or projected memory which foments further separation propagating on-going conflict-enabling ego's nefarious agenda. Its host, i. e. your mind, frees itself done via pure observation, for whatever duration is required to bring the mind to order, little by little *it frees itself*. The author's been it for years and accepts it may go on without end. In acceptance ego keeps us alert so thank it rather than condemn it. All paths lead to us seeing ego actually keeps us alert, it motivates us to focus on the idea of: ***foreverness***, so we'll come to the point of seeing there is ***only awareness and observation***. Every traveler treads their own path and typically all paths are different to a greater or lessor degree.

Natural Self is timeless and one's vehicle to transcend veils to awareness. Even though present awareness in most cases comes gradually it needs to be expedited. Consciousness is evolving, again we must evolve with it or be left behind, we must foster due diligence. We tend to often think of ourselves as superior beings, of course ego propagates this egocentricity. We're not really all that important in the scheme of things. We're so very prideful as to elevate ourselves. Still, proclaiming we must rise to a state of alertness so as to quite incessant thinking already implies its opposite, creating resistance. Ego needs and uses divisive opposites through memory and concepts which are used for practical purposes then let go. Overused memory images forever defining the now only empowers ego to a point once again one is mind identified. To be exclusively the you in clock-time foments more fear accumulated in the mind and effectively pulls one out of now, i. e. actual reality. Enlightenment is the slumbering seed in the soul waiting for us to listen and observe with alertness so it comes to fruition. Varying levels of unconsciousness enable ego to hide its pernicious agenda, precisely why we must continue to listen and observe it consistently. Ego promotes its narrative with a relentless fervor and is good at deception. It may have already propagated in the readers mind that: "This is nonsense." Albeit a thorn in the mind for those courageous enough calls them still to the coming peaceful-love paradigm, negating the fear paradigm. Fear then, is a direct result of extreme emotion, overthinking rearing its head when least expected, pulling us. Overwhelmed one can't see what to do when upset. Remaining calm is vital to seeing clearly. Once a mind is brought to order the egoic shadow self no longer uses its host, you, this is real freedom. Persistent pure observation along with due diligence frees us of accumulated controlling memory which forever identities the here and now via old stored memory.

The powers that be desire to control the masses. Egoic pride creates this elitist ideology, making its job easy. Elitists feel humanity must be protected, ah but who will protect us from them. It plays into their illusions of godhood, preventing all global elitist intellectuals from seeing peaceful love as the new paradigm arising. "The Advent of a Great Awakening"-1...is lost to their lust for power. They really are no better than anyone else, still ego is proficient at disguising itself within the prideful who seek only more power, all in vain.

At a personal and world level the parallel is fascinating. Consider this quite disconcerting fact: Most leaders themselves are controlled by fear, trapped in quintessentially, unconscious dreaming states and as such have a narcissistic lust for power. The unconscious leading the unconscious usually never ends well. Inundated by fear, preoccupied with ego and worldly things at the loss of awareness of inner-being, they live in their mind, it then uses them. With their illusions of grandeur they cannot see they are no better than anyone else. Spiritual travelers regardless of the level of interest one may or may not have, the proposition of conscious awareness, an innocence and wisdom combined, is an infinitely better alternative than continuing to clinging to power. 'A Will to Power'-A ending in one being duped by the egoic mind, in turn this merely enables propaganda and indoctrinated programming to have a stronger hold on the mind. The challenge is then: To observe the egoic self all while alert to essential inner-being. The natural human-being works at forging a mind with no boundaries, born out of a stillness, alert, quiet, listening, carved out of an indoctrinated self. Empty the mind of excessive memory, then there is infinite space for the new. Clear the mind makes room for the present moment absent feckless thought created images identifying everything. This, allowing life to lead the way, not egoic self describing via memories defining life with stored images in the brain, forges a mind able to negate images allowing one to see what they see, i. e. reality. Side bar: If the work seems repetitive, superfluous or even diffused, remember one must be tenacious and endure, or allow egoic mind to use you. We digress. Being *of* the world foments division, aggression and anxiousness. Being *in* the world via pure observation will foster creative imagination, self-determination and critical thinking bringing deeper wisdom. Persistence gradually brings this to fruition. Having knowledge along with an innocence, absent wisdom will not bring conscious awareness and or order to the mind. The Self enamored with wisdom is a mind ready to reclaim energy.

Technology and the fear paradigm will go awry absent the spiritual factor. The egoic I foments denial and seeks absolute control of its host. Observation fosters awareness. With the spiritual factor productivity surge's and *A*—An idea addressed in Schopenhauer's writings as the: "Will to Life"—Nietzsche took the concept further in his writings to a: "Will to Power"—positing the idea that power was the driving force in all human behavior. It has little to do with conscious awareness, one's conscious connection to Being then, accepts what is.

all economies would exponentially benefit. We *should* focus on the spiritual. If enough individuals were to live peaceful love as their lifestyle, all fearful psychological disorders would be vanquished from the minds of mankind and a shadow self then no longer drive us into despair. Imagine it, can you see it, envision it? Albert Einstein's axiom: 'It is appallingly obvious our technology has surpassed our humanity.'-says it all too well. As technology advances it is commandeered by all minds enamored in overthinking, egoic mind and or its 'Will to Power,' all too often-an absolute love of money as well, are more than enough reason for enlightenment to arise. This ushering in of positive energy brings love without opposite, clearly more love plainly makes sense.

This is slumbering real power not force, a light inside beckoning us all to reclaim our birthright. So peaceful love as a lifestyle grows stronger through observation of ego and the rolls we all play in interaction with other people's rolls, fine for practical purposes, not controlling us to a point we're lost in the state of perceptual unconscious dreaming. So water the seed of love, be alert, see Natural Self...foster wisdom...see ego is of fear...think for yourself...think critically...exercise self-determination, focus, rise above thought via quieting the mind. Capitulation to fear brings only division which negates peace. Few would ever say they do not want peace. Why then is peace shunned—to rise above thought is difficult. Most people live life in a crisis to crisis mode. The cycle of fixing one's life merely to self-destruct again and again. Working at a personal and collective level is to bring about creative spiritual forces, to rise out of fear as a paradigm to the level of courage-fundamentally an initial step to higher levels of consciousness. History proves courage to be contagious, it brings inner-beings light into daily life. So, if love were to flower, should we begin to see love always new, an explosion of minds coming to order would bring fourth calm through living peace as a lifestyle, we would then rise with consciousness. Shifting from the fear paradigm to peaceful love fosters the aforementioned new kind of human-being. And yes it's difficult, nevertheless should those spiritually called rise to the occasion all this would be seen as essential, even inevitable. Non-dualistic thinking fosters a new way of living, one rises above thought. Fear has blocked this yet peace via pure observation and listening, slowly aggression leaves, in such a mind there is room for love.

Releasing untapped spiritual energy then, propels all humanity to heights unimaginable. Slumbering spiritual forces lay in wait for those who do create space in the mind. Forgoing over-dependence on memory one has tapped into something infinite. The fear paradigm is finite-it's the mind identified state which is divisive. Such minds cannot evolve with consciousness-only cling in most cases with good intentions, to familiarity and allow the mind to rule. Yet we've merely begun to scratch the surface of this, endless possibilities await mankind should we have willingness and remain alert, even to the level we're now at, living in the current paradigm of fear. Approaching the chapters end, yet another side-bar: If the reader sees this as scattered that's fine, if so please pass this work on. If you live in your mind, it uses you. The shadow self will obviously portray it as feckless. We have chosen as said in this work, to use the format because conventional methods often promote overthinking when enlightenment, abstract as it might be is the only way out of division. Ergo, a question: Do readers have peace in life or stress, anxiousness and drama? The readers time is valuable, the authors too. The intent was not to waist readers time so we hope that this is reciprocated. We digress. Once again observation sharpens one's mind and turned upon itself becomes a quite effective tool for awareness, ultimately helping one rein in the self—no longer capitulating to a egoic mind. Post spiritual event it was apparent to the author that most people were unconscious. Ego means to rule via pushing buttons, it controls by way of an 'I' identity, literally a wheel of insanity crises to crises lifestyles are. To hold steadfast the frequency of peace, calms one's mind and spreads love, not only to others but dare we say the very cells within one's body. Anxiousness fades, one listens, observes their mind and free of a life scripts incessant need to control, is the mind reclaimed from ego. Awareness initially is wonder then onerous alertness to ground the energy. It's forever, or just passing experience in which the student is eventually lulled yet again into unconscious dreaming. Bringing the conflicted mind to order is difficult because we're so completely lost in busyness. Practice peace, forgiveness, and limiting judgment fosters a new life view, acceptance; it is as it is, a non-clinging to what happens. Want therefore, that which happens and roll with the punches. Then 'good' or 'bad' perspectives are seen from the very peaceful, we shall see perspective. Life is movement, so the here and now needs to be watched, accepted, and should be

flowed with absent divisive resistance. Unwarranted psychological fear when observed, dissipates. Pain pleasure cycles are then seen. The clever yet petty little ego, wants us to merely succumb to it, so watch it and listen. Life force flows if blocks were dealt with. Resistance melts, social rolls we played, now seen in real-time is a student determined to observe then rise above thought. *A*—Aggression then fades and replaced by love it literally changes the mind by transcending programming from forever revolving doors of images-to far less judgmental feelings of peace energy felt within-helping others as well by way of example. Having being and doing life in the here and now, fosters peaceful love. Normalized fear only blocks peace. Adjusting to accept what happens is initially unfamiliar as fear energy clings to the world, and born in disordered minds presently dominates the masses challenging one's awakening. Freedom requires attention, a mind sees its own anxiousness. Progressively we realize then that this worthy ideal is accomplished by intermediate goals-to ascend to higher reason helps one to use and discard all concepts. There is no right way or wrong way in absolute terms, just pure observation of what happens now. Adapting to endless possibilities eliminates all that drives divisiveness till the entire dream..social rolls played...an I...a you identity...are let go of to see and use merely for practical purposes. Inner-being...the greater whole of one's life then takes primacy, collective consciousness rises to merge with all humanity to peaceful loves paradigm. And if oneness is felt by all humanity, we finally see we're absolutely one at the quantum level, all connected by tiny vibrating strings. Literally one energy field adapting to mere possibilities, randomness, and with the changing power of observation one world, not a globalist world order, with love and wisdom we then choose peace. A will to power negated, subverts all further psychological fear and or separation. Who then would be left to hate? This is humanity via higher reason, choosing the peace lifestyle. Living a paradigm of peace, will end all aggression and violence.-*B* In closing if the 'you'/'I' has read this far, challenge met, attraction continues. *A*—To rise above thought is to see what actually is, always new, and without one's memory intervening. No longer images of what memory proclaims to be real. To see life anew, as love is always new. Use of memory for practical purposes, then stepping into the here and now at will. *B*—Suggesting the rise to higher reason, sort of a deeper alertness to wisdom, a point where wisdom elevates one into higher realms of consciousness, that is intuitive reason or the upper echelons of truth rooted in abstraction, quite difficult because the egoic minds blocks it. Higher Reason, a doorway to the highest levels of truth which is to say: Love-Joy-Peace and finally Enlightenment, these then are the apex of higher consciousness.

CHAPTER SIX

AFTER THE AWAKENING

This quite possibly could be the greatest most rewarding and important accomplishment achievable in life, additionally onerous in dealing with a life script and one's egoic mind. A retrospective view of awakening. Pain is often involved nevertheless this need not be the case. There are rare cases of those who've awakened suddenly and completely. Having said that most of us have to work at it, i. e. a high level of alertness to an awareness, more-so than what brought on the initial spiritual event. For the author, daunting. Imagine being trapped in an ominous nightmare difficult to awaken from. A spiritual event brings an awakening, freedom from the mind identified state. Everyone else still lives in the mind as you did prior, an inauspicious state of *Unconscious Dreaming*. It's all too obvious a pseudo identity created by thought, has them acting out their programming, the life script they follow. Something we're all subjected to, initially taught by parents runs the lives of countless people who for the most part cannot see they are unconscious. One sees everyone simply follows a script or status quo, analogous to a hologram. Natural Self sitting in the audience observing. Watching the self and others under pressure to follow a life script program taught to them. Playing rolls they're attached, controlled by programming to one degree or another. One awake tries telling others to forewarn them: 'Your mind blocks you, keeps you in a bubble the shadow self is or the 'you' in time.' Yet they cannot see it or will not believe it: 'Though they see they do not see...hear...nor understand.'^{Jesus} To one awake it's all too obvious, it's frustrating-they don't see their own unconsciousness. Now aware one must ground the energy otherwise the false thought created self or You identity, reemerges once again to imprison one's mind in a paradigm of fear created by thought. Programmed-indoctrinated-propagandized-the nightmare unconscious dreaming inevitably is. In some martial arts styles they practice

something called tempering—where the student takes a stance (or horse stance) and allows their partner to kick and punch the body which toughens it up. Of course this is for adults only, training for full contact matches in competition. Focusing on wisdom after a spiritual event can feel like being tempered. Post awakening students experience their own unique challenges. All anyone can do ultimately is follow their own path to the teacher within. And holding the frequency of peaceful innocence work on wisdom, then merge the two.

This very grateful spiritual traveler will now articulate the path taken. The journey began long ago as a seeker lost in the state of unconscious dreaming. There was always the feeling of something infinitely deeper and mysterious, elusive, beyond thoughts ability to understand. At age fifteen a rebellious and cocky young man sat in Bible class at a private school he attended, brazenly thinking to himself: 'They're missing something.' 'There is a far deeper aspect to all this.' Unable to put his finger on it he was seeking that which he already had although could not know because thought seeks to understand that which is beyond thought—concepts merely point to spiritual enlightenment. All his efforts consisted of on and off obsessive compulsive study albeit only on an intellectual level. Later came a family and a business to run. Responsibilities, busy busy busy, perfect, just what ego leverages this to distract a mind. There was intermittent study for most of this period—clinging to material gain he was caught in the script and *it* was running his life. Additionally a struggle to enoble conduct. Being *of* the world to a far greater degree rather than *in* the world. Even post awakening it proved quite difficult to transcend being of the world to being in the world.—A A fortuitous spiritual event occurred now over four years ago akin to a spiritual rebirth. There has been consistent work to ground conscious awareness, this continues. The great difficulty in grounding work has turned out to be an ongoing interaction with the majority of people known and newly met who for the most part quite unconscious. Surprisingly, now as the journey continues it is noticed how so very little people know of enlightenment as a subject. 'What do you know of enlightenment?' has been asked often—A The hit bottom experience or spiritual event here-in brought a peace never thought possible and is the innocence part or half of the equation. Then continuous focus upon wisdom merged with innocence fosters an ordered mind. A calm and peaceful state. Albeit this fades absent persistent alertness to the wisdom part. It's all too easy to succumb to unconsciousness, we slip into dream states.

and generates responses of everything imaginable. The majority know little to nothing, don't care or it just goes right over their head. The best and worse of reactions concluding misunderstanding generally is commonplace. Oh they're receptive, typically kind and or curious about the spiritual event yet mostly confusion is the norm. Challenging because after rebirth nothing is at all the same. Virtually everyone is unconscious-completely oblivious to peaceful joy conscious awareness can bring to the life of those clinging to familiarity even though following the status quo foments dis-ease. It seems there is a price for awakening—those who do not adhere to the status quo. One simply does not fit in similar perhaps to a born again Christian, ostracized by friends, family and acquaintances. So it's wise to be guarded against who this is shared with.

Our world seems as if its gone quite insane: M.A.D. or M.A.E.D...elitists seeking power...money...exacerbated by mind identified sycophants and mind identified academia. Fearing loss of status one hides the Natural Self via ego and life script it follows, compelling one to tow the line. The mind identified veil the Natural Self at a loss of Inner-Being awareness. The world in a larger sense is of little importance, in the respect that it is no longer all consuming. One sees it as a chasing of the wind. For serious students peace replaces the programmed self as Natural Self emerges, one is in the world not of the world as clinging subsides.-A It's different for all students—there are days when ego aggressively attacks, then to the opposite extreme. Pulled repeatedly into the back and fourth by ego's voracious need for control, one of many games ego plays. Peace rises slowly due to fear having been so normalized, the back and fourth while grounding is quite the challenge. Spiritual alertness is one thing, permanently grounding awareness as ego plays its mind games keeps us in a mindset of becoming. Observation or listening as best as one can is essential. Ego often partially fades yet returns, one is then repeatedly lulled into a mind identified state or unconsciousness. Loving honesty in regard to the self, that is to say examination of the egoic self brings a mind to order helping ennobled conduct, a prerequisite. A—Gradually the mind sees the fear paradigm by having awareness of peaceful love, i. e. in the world not of it. Fundamentally it's to live peace as a lifestyle, the mind is clear -more concise due to the student no longer being completely caught in social rolls, old mind patterns unable to see their blocks, i. e. the dream of form, is an egoic shadow self pretending it's you-fomenting die-ease by projecting the now into the future. All of it created in thought, overthinking to the degree it gradually challenges the sanity of one who succumbs to it estimated to be approximately 97%-difficult.

To purify one's motives and physical body is strongly recommended, so as to not be pulled into disunion from inner-source, that is seeing life through eyes of fear filled obsessive-compulsive thinking bringing only divisiveness. Again unconscious dreamers are virtually everybody known post awakening. Fear is the modus operandi of most people and likely part of the very DNA of homo-sapiens, fear indoctrination controls us. Akin to a mind fear-filled leaving no room for love. Fear pushes its way in albeit being alert to peaceful presence gradually elevates one to a state of having presence. Initially peace will come in waves, it's an energy felt. It is to create space in the mind by deleting old memory. The mind must be ultra alert to observe itself. We are all reared to follow a life scripts narrative, the nefarious shadow self seeking to control us. Persistence, brings an instinctive no the negative energy of mind patterns will no longer be tolerated. Surrendering to what is there's acceptance as we move through it. Fear transmutes to peace, consistent inner-source alertness brings awareness of Being. The life shattering event, a 'Hitting bottom experience' mentioned earlier temporally removed egoic veils. Prepare, for ongoing egoic games persist. Minimize memory use so peaceful presence pierces the veil then now is pretty well seen as problem free. Although it is so outside the box for many the ideas are scoffed at or go right over the head. Yet if space is created in a mind one negates time. A tendency to follow programming, such a mind stimulates peaceful-love. Grounding spiritual energy equates to peace undisturbed. One feels inner-being, presence, or present moment awareness. Nirvana, a limitless macrocosm of bliss which is again to have an awareness of: The Ground of Existence.-A

Nirvana literally means blown out, as if to blow out a candle. In Buddhist thought it is a mind stilled after desire and delusion are finally extinguished. In Hinduism it is union with Brahman. *Out of the divine Ground of Existence Natural Self emerges.* Having presence Self negates the ego. It is to reclaim from ego. Ego needs past and or future to control the mind. Peaceful love exists in the present moment. Love, having never know fear, it's a mind freed of division. In Jainism and Sikhism it is the state of profound peace A—The Divine Ground of Existence is a spiritual absolute, and is ineffable in terms of discursive thought yet is susceptible to all human-beings awareness. We can be aware of it yet can't **know** it. Felt in the body it is a kind of child like innocence and merged with deep wisdom brings consistent conscious awareness.

felt here and now outside of time. Moksha, i. e. release from suffering after a lengthy period of Bhavana.-1—one's spiritual awareness of their Natural Self. Development of loving kindness and oneness with creation.-A We are saying here awareness of Natural Self is predicated upon ennobling conduct, to bring order to the mind through loving honesty in regard to one's story or problems psychologically. Observing and or listening gradually fosters a peace merged with wisdom. Referenced in the system Christian Mysticism and in Gnostic writings: i- “When you make the two one you will become sons of man.” ii- “The Kingdom of Heaven is within you.” iii- “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.” i. e. one's mind in unconscious dreaming. iv- “Recognize that which is before your face and that which is hidden from you will be revealed to you.” v- “Many are standing at the door but it is the solitary who will enter the bridal chamber.” i. e. maintaining awareness of inner-being... These following quotes too are additional descriptions which point to the paradigm of peaceful-love. vi- “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 and we are eternal.” vii- “God Consciousness is ten million times more blissful than sexual experience.” viii- “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.” ix- “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.” x- “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 are synonymous with what has been awakened to. In fostering wisdom within it grows stronger. So how can these people having never known each other, all describing the same experience, be wrong? Well they are not. A--When one sees they're one with the observed then peaceful love prevails. To see love has no opposite is to awaken to oneness, in this who and what is there to hate? We are the world, the oneness felt within all people, what one does to another they do to themselves then.

With persistent awareness wisdom slowly comes, we see in the above these descriptions are surprisingly similar going back thousands of years.

We need to see many people are enslaved by programming, completely unconscious, they'll fight to defend their oh so cherished script if challenged. Normalcy bias has them and most don't care if they're completely caught in pain pleasure cycles, a crisis to crisis lifestyle, extremes, karma, or all of the above. They do not want to see a merry go-round of insanity the minority has committed to move beyond. Until more awaken to exit this merry-go-round the suffering will continue. Once more why is the negative goal so valuable, why is it too valuable to give up, what's the pay off? We have said the egoic mind challenges the very survival of humanity. Especially considering most world leaders, egocentric elitists propagating merely propaganda designed to dumb people down so they're incapable of thinking for themselves—thinking critically, while they project fear to the masses so to control them. And these the ones with their fingers on the button of global thermonuclear war!? Oh they'll often say they have our best interest at heart, always thinking of their constituents. Perhaps they shouldn't be thinking so much—particularly of those they claim they're protecting. Who protects us from them? Side-bar—Please understand this is spoken of this in the hopes of fostering in the readers mind the importance of freedom. Absent freedom one's spirituality is stifled. Power corrupts believe that, and merely wants more power. One firmly connected to their source or teacher within them, whatever sort of spiritual leaning one has should be the only thing they capitulate to—as opposed to looking for others to tell them what they should do which many do. We digress.

As said repeatedly herein those remaining unconscious ignore spiritual awareness, they succumb to the fear paradigm and life script—the proverbial apple that doesn't fall far from the tree. For such as these time and their belief in the self always comes to an end. The egocentricity ceases at the moment of death and time for honoring the egoic self ends. Only then is it seen what had forsaken. Unable to see the will to power had controlled their entire life while simultaneously failing to see in life they chased the wind, nothing more than impermanence as Siddhartha Gautama-The Buddah, repeatedly mentioned in

teachings and imparted unto His followers. Its not over at that point, one then is confronted by the fact they'd squandered yet another opportunity. Despair weighs heavy upon the soul as it accepts this and 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 prefer. Despair experienced at death is due to the fact one must do it all over again, and again until the soul gets it right. *In truth there is no experience, there is only the eternal now, one continuous present moment.* Ponder this: If it took two years for someone to see results would the effort be worth it, having freedom from the burden self is, the egoic nightmare of anxiousness living in a dream foments? Would it be worth five years to feel the peace described above? And many not mentioned, who had similar awakenings spanning thousands of years. Most people spend ten, twenty, thirty years or more in pursuit of material gain bringing merely temporary happiness. Or would 'you' rather, endure the hang-over for the sole at death? Herein we tell it from a martial viewpoint. All people can see if they want to see. As the French poet said: "See what you see." The reward then is sweeter, more-so than the effort required. Besides like a river to the sea it is where everybody is going anyway, get on with it. And it is....., again thought using thought cannot describe it yet it can be seen if one rises above thought. Ego and incessant thinking is the problem then. We are hard-wired for peace so we all must see mind games block us from seeing: 'A final spiritual state marked by the absence of desire and suffering' indeed awaits. Watch the life script and egoic mind, it helps to remain alert. Use your mind not the other way around, it is to listen in peace, observe the mind as best as your able to do, the life script as well, the 'you' in time diverting attention and enabling social rolls and old mind patterns to take control of your mind. It's a mind reclaimed via pure observation and an awareness of all life.

Coming full circle now, enlightenment requires innocence and wisdom, to hold the energy frequency of peace. Merging these is challenging. Should it be less difficult all the better, particularly for humanity overall. In any quest the more who are willing to undertake what seems difficult, even impossible, the more who will believe it possible to tackle whatever specific aspects of spirituality that may challenge them. Some spiritual teachers paint pictures of

alertness and remaining so as being simplistic i. e. easier than actually it is. Then the teachers so laborious or complex, so difficult to understand seekers just give up. That said the subject is to be taken seriously. We've said herein repeatedly and especially in martial art, a student should never underestimate the task in front of them. In spiritual enlightenment one is not looking at the egoic mind life script and old mind patterns as opponents, one observing and listening. Victory then, is to observe the mind. Essentially the goal written above the entrance at the temple of Apollo in Ancient Greece where Pythia, the Oracle of Delphi would make all of her predictions, is the quintessential wisdom of the ages, which is of course: *'Know your self.'*

In early martial arts instruction by some in the United States all students had to prove themselves worthy of instruction. Corresponding philosophy be it Zen, Taoism or another discipline, was to know the Self, this was ingrained into training. Awakening to inner-source through rigorous persistent training, egoic self observed and listened to is paramount. Make no mistake these were committed practitioners. Serious, albeit most of them were quite unconscious unfortunately. Even for serious practitioner's ego finds its way in. So all good martial arts instruction focuses upon essence. Training should be intertwined with philosophy. This was gradually lost, replaced by money and the need for power over others, all due to the awesome power of the egoic mind. All mind identified practitioners gave in to aggression and or desire for status. Spiritual travelers must understand the commitment necessary to hold awareness is at a greater level than most people are willing to endure. We leave this chapter, moving to latter chapters where a seriousness will definitely be necessary to see this. Remember resistance is a sign of fear arising to trap the student yet again in an auto pilot program every life script is. If this happens one may be slipping again into forgetfulness/unconscious dreaming. The Self or Natural Human-Being is then hardly there, replaced by the egoic mind and a script. -A One's ego and life script seek to remain in control forever, therefore we must be alert to endlessly clever ways it distracts its host. Focusing attention into the body fosters an awareness of Being via Inner-Source, where adaptation to the now brings lasting peace. A —Much of humanity lives almost entirely in the mind, think they use the mind when actually it uses them, following the life script and its Praetorian Guard the egoic mind. We are to sharpen the mind, listen to it, then turn it into a weapon and turning it upon itself, reclaim energy from it, it then helps us not controls us.

CHAPTER SEVEN

WORDS

An interest in Taoism developed early on in martial arts training. Taoism a system with no deity posits '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---From an alternate perspective, maybe: Ormazd...Brahman..Allah..Jehovah..Olorun...Ahura Mazda...Vishnu.. Shiva...The Great Spirit...The Divine Ground of existence..or, God..Heavenly Father..Atman..Yahweh..or once again Tao. All words describing something beyond words. Words can only be a finger pointing to the above and or inner-being. Words are concepts, tools, not the thing itself. Ergo words or concepts, are to be let go of. Very alert one feels energy in their body, it is inner-being, essence, nothingness out of which all form arises. Yet we cannot *understand* nothingness, *we can only be aware of it*. Words stored in memory can never know no-thing. In a metaphorical sense use of words, for instance the words here and now, with insight minds brought to order see the here and now is all there ever is. To wipe the slate clean so to speak, similar to a hard drive with nothing downloaded or here and now prior to thought defining now. The now *thought* proclaims to be real will attempt to understand *ideas* of nothingness exclusively with concepts yet cannot because all thought has is more thought which is limited to knowing. A mind ordered rises above thought. Thought and words are of time not nothingness, seen as random potentials moment to moment, these are simply and plainly too abstract for thought to ever know.

Pragmatism who's most notable disciple may well be William James, has proclaimed thought to be an instrument one uses. Still life script, thought and emotion seeks to control the mind. Thought formed into words makes a mind subservient to fear filled overthinking. As an instrument words, concepts and thoughts can only point to or at more of the same, so process of elimination

for travelers merely points at conscious awareness. So why does a life script and ego seek to control us? -A Our life script, programmed up to 5 or 6 years along with ego its guardian, protects us psychologically and physically. In the current situation it clearly has gained too much power. Therefore we aspire to reclaim energy from the life script and controlling egoic mind. Observing the scripted indoctrinated egoic self fosters Self awareness. A mind is freed from bondage to programmed memory, an 'I' identity controlling a mind disordered and confused. So the mind silences itself by watching itself, listening to ego's mendacious rhetoric, the voice fades and a mind is quite. Stop reading, notice and listen to your mind or self-talk it will then gradually fade. No longer identifying through memory images, alert to life script and ego it adheres to extends alertness. Being doing and having exclusively that which ego and life script projects makes life dull, stale and feckless. Words stored in memory are useful yet we're inundated. In listening the point comes when words and rolls being tasked to control us via fear, are seen as tools. Observed, they no longer control to an excess, acting and speaking more-so from stillness one engages life via inner-being. So: 'Be still and know that I am God'...conveys this idea perfectly. So essence is beyond concepts and experience, it's a mind quieten, but we need to have a foot in both worlds. Practical interaction at the level of effect in daily life and simultaneously feeling causal level energy/**Being**. The mind ceases defining present moments through its perpetual memory images stored in the brain. Redundancy helps to bi-pass the egoic veil. Seeing a mind identified state we focus on the here and now. Yet one must be consistent.

Laozi left the city out of disappointment no one understood the Tao he was attempting to convey. A guard at the city gates insisted he write it down before leaving. Pious women and men of all faiths, with the best of intentions aspire to God Consciousness through prayer and meditation by surrendering to something greater than themselves. Although to **know** by way of concepts merely creates more division or tends to if relied upon to excess. So what is transmutation from self to higher Self, it's awareness of inner-source i. e. the Natural Self. Obviously one must and should use thought albeit the mind that follows programming sees life via memory images. Unable to still itself it -A- Vast numbers live exclusively in the mind, it using the person defines an egoic mind which in turn identifies the persons life via memory creating unreal images of what here and now is. Ego seeks to protect its host yet is overzealous in so doing.

empowers ego and its duplicitous nature. Ego follows a life script rather than ideally working with its host. Scripted rolls we play, pull us into unconscious dreaming repeatedly and must be seen. Seeing clearly one forthright alert will awaken Natural Self to reclaim energy from egoic self, *the mind then comes into now and sees what is, not memory, the duplicitous nature of ego brings on alertness.* Peace with ego is a sort of friendship, continuously reminding us to maintain the stream of conscious awareness or remain present. We see it and subvert its attempts to control our mind. With this new perspective one shifts to non-resistance and in surrendering to what happens here and now via observation see our propensity to live in the mind. Watching brings us into the present moment so rolls self-talk and patterns are noticed, watching them -listening they'll readily pass precisely due to non-attachment to them. So this noticing egoic self helps us adapt to life via non-resistance. We see life scripts dupes us all to the point we're lost in endless conceptualization, comparison, judgment, separation and or social rolls. Seeing this hereinafter we determine precisely how much energy ego requires to navigate daily needs, i. e. to be *in* the world. Dealing with life situations subsequently allotting enough energy for ego to do so. This points to the realization of conscious awareness as far as words are able to convey. Again concepts can't know love notwithstanding concepts, needed to be functional in daily life, are indeed vital. Appropriately to successfully reclaim energy through observation, by way of innocence and wisdom merged, love comes into doing, fear then negated is power not force. As said with alertness we turn attention to the body fostering an awareness, present awareness. We speak here of serious observation and listening for an adequate duration, which is different for each of us. Described as foreverness.

Being completely in the moment alertness carries more weight over mind patterns, self-talk and rolls. For instance songs on the brain are unpredictable trains of ongoing thought. A mind rises to highly receptive levels, it holds the energy frequency of peaceful love. In the here and now it sees the present as the only reality, this ignites the light of love. And love having no opposite, we see the life script egoic mind and programming as merely attachment to auto pilot. Capitulation to unconscious manipulation one's ego seeks control of its host. Ergo let life lead and flow, adapt to life. This is surrendering to the now,

surrendering to its need to control we then redirect the energy: e. g. walking along, someone approaches. Perhaps they look ominous bringing to bear an err of caution, nonchalantly one crosses the street, it is wise to avoid potential problems, without anticipation we flow with life. As potential danger passes reset to the now, i. e. reduce thinking if it's no longer needed and come more-so into now. Scripted minds live incessantly in past or future, in time denying the present other than a means for ego to pull us back into past and or future. Freedom is wisdom merged with an awareness of: The Ground of Existence. Now serious alertness fosters this, not an image in memory vis-a-vis thought, i. e. a melee of concepts, or thought extended to the spoken word propagating anxiousness as one's life script imprisons them in the mind, merely lost in roll play. Words in rolls played, identify now but is not. To let Being flow through us is. The mind identified pander to the life script..thought..images triggering mind patterns and it tends to pull one repeatedly into projecting the now into the future. Reclaiming energy via watching the mind so it no longer uses us is key. Watching the above steadfast we begin to use the mind as was intended.

Spiritual teachers of old conveyed scripted minds to be problematic i. e. it using us. Religious metaphor handed down by Avatars spoke effectively from inner-being through present awareness. They spoke truth in each moment yet reworded by followers over time, in multiple languages, actual profound truth was lost in words. Some never even wrote teachings down, they symbolically pointed by parable often to what it was not. All written words are then limited because reality changes even as we speak. The meaning is lost in translation i. e. words and concepts. Moreover the teachings moving beyond the present moment were subsequently watered down, merely words in one's memory.-A We're inquiring into what real actual truth is, which is in the here and now via a mind quieten, stilled, so use all concepts and or words practically. It was the Avatars disciples who wrote teachings down? Disciples being mind identified may well have missed the deeper meaning and over time truth was lost in narrative, stories, or too many words. Enlightenment is beyond concepts. The written word diluted original teachings as the A--We're saying here memory is akin to a computer hard drive, it defines the present moment which is to say here and now. We've reiterated this, and it's necessary to counter programming due to copious amounts of programming over one's lifetime, it must be done to counter the programming of the self's mendacious narrative-brainwashing if you like

teachings moved beyond now. Deeper understanding faded because reality, is moment to moment. Connected by alertness to the teacher within, is the path to awareness. Each of themselves connects to inner-being, our own individual path to ultimately reclaiming energy from their mind using them. And seeing times illusion we hold conscious presence which is to say the mind remains in the present moment enabling its communion with truth via inner-being. To really see memory as illusory truth frees a mind of fear energy's indoctrinated concepts or words and thoughts, language-*we're able to rise above thought*. Communion is oneness with inner-being, far less-so dependent upon divisive scripted egoic minds controlled by fear. Words create opposites in the mind and incite conflict within itself i. e. one mind identified. See and accept ego's job is to protect us yet controls excessively. Adhering to the script as needed to keep us safe is all well and fine. Regardless the egoic mind uses fear to do so while veiling love in the process, ego cannot know love. That said to live peaceful love as a lifestyle, which is forged by the merger of innocence and wisdom, is a unification our with teacher within. Steadfast daily alertness of Being fosters peaceful love, a new lifestyle negating fear. Conscious presence emerges within and projects peaceful love, deep alertness fostering awareness of the new world and humanity. No longer pushing the old human-being to be better versions of itself. We've done this in perpetuity with marginal gains-the time has come for something new and abandon the former.

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 then commend so greatly humility and repentance.' Spot on in a world controlled by fear. Mind identified elitists fear the masses. The powers that be worry: Well we really can't have people going around thinking they're equal to us can we? Exemplifying precisely just how out of control the egoic mind has become. All illusions of godhood propagate is unconsciousness. A fear paradigm chosen, all intellectual elitists embraced a falsehood: Fear is good, it controls the masses. Believed in because they too are fearful, mind identified with a lust for more power motivated by fear and its insidious agenda, a nefarious alliance with ego. One's mind and life script all complicated by the over-use of words, are merely concepts stored in one's

memory. If collective consciousness were to rise above fear-loves light would blanket the earth. Avatars spoke words of peaceful love: 'The meek who shall inherit the earth' -1...live in peace and focus upon wisdom. Elitist egoic mind identified intellectuals insist they'll protect us albeit as with ego adhering to the status quo, who will protect us from them? Words are often distorted in an indoctrinated mind especially when interpreted by unconscious dreamers. If it fits the narrative well, ego is fine with it. All religious systems fundamentally foster love then. Holy Scriptures reveal truth yet gravitate to the systems truth watered down through mental attachment to opposites and fear, truth then is deluded. Consistent observation takes us beyond words to a mind astute and awake. A Great Avatar was once asked long ago: Are You a profit?"-"No."-"Enlightened?"--"No."--"Are You a God?"---"No."---"Then what are You?"--- "I, am awake."-2 Ergo remain awake, alert and observe truth as something of itself emerging forever here and now, which is truth showing us reality.

As the life script forms the very powerful ego adheres to it. Walls of the egoic mind thicken. Around the time one acquires their second set of teeth the innocence childhood is prior to five or six years starts to fade away. Oceanic feelings fade as separation replaces oneness a child felt. Becoming more-so old mind patterns and social rolls taught to them by their programmers. Lost awareness of inner-being sets in, peaceful love they'd felt for the most part is veiled, they succumb to being commandeered by fears aggression. Alertness awakens awareness so peace then extends to longer duration's should there be consistent focus on wisdom. Unconscious dreamers then, are proselytized, in bondage to a mind programmed and disrupting peace a mind in conflict with itself must then be brought to order or else thought wreaks havoc. Words are fine as tools albeit must be let go for the vastness of an eternal mind. A clear mind creates space to observe memory images, divisiveness, the us and them. Words and mere concepts then, arise out of egoic minds need to compulsively overthink. Words are derivatives of thought following a train of comparisons because opposites lead to the believe a life script and egoic mind bring peace when plainly they bring disorder...a psychologically thought created vicious circle resulting in distraction from the Natural Self. Native American folklore tells us we're all born with a specific number of words. When used up we die. An intriguing idea suggesting one use words sparingly, wisely as well.

So reclaiming energy from an egoic mind is to observe it. Ego-words-the life script..used practically is just fine if we simultaneously maintain inner-being awareness. A mind not in conflict with itself is able to shed all accumulated psychological fear typically fomented in past and future, it is real freedom.

Quiet stillness is a prerequisite to pure observation, it facilitates alertness to peace too many feel is impossible to attain. Listening, watching, the mind sharpens itself and clarity comes, blocks and anxiousness are then markedly reduced. Be present then, use words and methods as the builder of a building uses scaffolding, ultimately abandoning the tool to reveal the actual structure. Rely upon no other to tell you what to do. Truth reveals itself in the here and now—said in a song: 'Stay right here cuz these are the good old days.'

Carly Simon--

Anticipation C. 1971 Should the above legend be true, people are born with a preordained number of words so use them sparingly. Try this: go a day without speaking, abstain from words. You may well find a new form of communication rising. Being, Presence, Essence, Conscious Awareness-are words pointing therefore remember words are never the thing. Empty the mind, clear it of excessive memory so there is space. Listen and observe life situations. Thought images slip in the back door so be alert. Indoctrination through ego and rote subjects a mind to being taken over repeatedly due to egoic minds aggressive need to control. Vigorous sustained alertness is absolutely paramount so never ending mind chatter does not inject its narrative into the here and now. Notice 'clock-time'..inquire into it. Use words and move beyond them, it is the way to see: 'The kingdom of Heaven is within you.' -1 All thought extended to the spoken word, is bound to time or past and future—lost in rolls an egoic mind uses its host. Focus, quieten thought so whatever life presents reveals itself as opposed to endless analysis in the mind cluttered. See what you see or what is, without biased descriptions or concepts. Simply listen and analyzes far less—the Self arises, not the thought created personality or one's mind using them. A mind stilled...space between sounds and form...acceptance of what happens absent even the slightest resistance...and remaining in the present are all doorways to awareness, to feeling peace within the body. Another side bar—This chapter exemplifies a random concepts approach, used in the hopes of speaking to the actual Self behind the mind identified person we're taught to be. We digress.

Daily life creates a conflicting *dual nature* because busyness distracts us. But in the now over-thinking is lessened. It's a kind of alert reception, minimizing attachment to thought patterns—deleting memory if it's not needed. Everything is new via clearing the mind. Memory is relegated to practical uses.

In retrospect historically spirituality may be seen as a sort of reformation. All major religions vibrate at the level of love and having good intentions, do foster good overall. Nevertheless the us and them creates division, our truth is right yours is wrong. Systems foment unintended judgment, fear, separation, they're dependent on narratives, perpetuate opposites and a tendency to create division and judgment. Whenever possible set judgment aside. Forgive others by being rooted in peace judgment is nullified, a point one awakens to peace and then markedly decrease dependence on systems. Inevitably they'll judge, minds regurgitate a systems narrative preventing one from flowing with what is. Awakening can complement them. Rooted in peace one's mind is clearer-it adapts to the systems judgment through negating its narratives. Unconscious dreamers lack spiritual objectivity. A lack of listening or observation foments unconsciousness creating loss of conscious awareness. Unconscious dreamers lost in the systems dogma are not actually there so: "Forgive them for they know not what they do."-1 This then enables one to truly, lovingly forgive all unconscious behavior not put up with it, just one of a variety of mind games we play in an effort to go along to get along. Be on the stage yet know you are—an ability to say no to the mind identified state. Alert, one sees to accept the situation change it or leave it is then, the mark of an ordered mind. Still, a system via its followers push their way in. Passively noticing it may foment frustration. Hard to do yet it's the only way to peacefully observe and remain here and now, present, not capitulate to a systems past or future. For example if a systems dogma pushes its way in via adamant followers one reacts in the moment with a definitive no! Resulting in an abrupt paradigm shift from fear, coming by way of thought and memory images *about* the system...to the here and now where courage negates fear via acceptance, and enables one to have present awareness. When there is adaptation to all situations absent memory, expectation is nil and there's reaction now where truth is. Then who could say what truth is, it presents itself to us. Time and fear are dropped, there is flow.

This is the Natural Self referenced herein—alert, ever-ready for what life puts fourth via observing life and systems unattached. Mind patterns only bind us to opposites resulting in dichotomy—patterns and rolls we loose ourselves in. Natural Self lives in the now where time and memory have less influence.

A mind must see the advantage of watching itself engage in self-talk to be certain ego does not gain excessive control. Once again this is to sharpen the mind then turn it upon itself. Go slowly to see this. Listen and focus attention on what happens, all without memory defining it. This requires *Willingness*, who's process is *Intention*, corresponding emotion *Optimism*—only then can it come to fruition, only then can one truly be in the here and now. A teacher of martial art asked for lessons, illustrates perfectly the attention needed for this. He agrees and the student repeatedly interrupts, saying: 'I already know that.' So the teacher retorts: 'Let's try something else then.' Only to have a similar response: 'Oh, I know that.' The teacher smiles. 'Let's stop to have some tea.' He hands his student a cup, begins to pour the tea. When the cup is filled the teacher continues pouring till it spills over burning the student. He wails as he abruptly drops the cup: 'You burned me!' 'Oh, of course I already know that.' The metaphor is the usefulness of a cup is emptiness. Empty your cup—a mind limitlessness it then born. This is to empty the mind of psychological fear and then the life script controls less-so. Peace negates the shadow self, and free of fear and its derivatives peaceful love enters the mind through the window of peace—one sees love is without opposite. Fear is of thought, of personal and collective consciousness. Like a hologram it is the dream of form we are lost in, the actual here and now is rarely seen—it's veiled by memories of now. So a mysterious eternal something beyond words, merged with is also found in the billions of cells we are comprised of, it is felt. With persistence we step into a timeless space any time we choose, a continuous energy field encompassing all. Awareness and observation transforms old human-beings into a new kind of human-being. Can one who lives peace as a lifestyle transmute the will to power to finally have this awareness of: The Ground of Existence? This mysterious something, an energy felt within the body, should we choose to engage persistent observation and alertness to the point it is felt not known, is fundamentally to awaken should one flow with it. Described as an awareness,

God, or the void. So beyond an indoctrinated script all human-beings are hard wired for peaceful love. Peace hidden from us by the egoic mind-and we may say the majority of minds hijacked, this is ego controlling. Beyond words is a different form of communication. It's conscious awareness of inner-being, the personification of peace, love projected through inner-being. The fragmented mind blocks it albeit if seen one sees what is done to another is done oneself. Words and concepts are used then, not use us. Hold steadfast to the stream of peaceful love, a strong alertness to inner-source, to the point it is normalized. Focus until being *in* the world feels familiar and *of* it unfamiliar. Words and fear, again being normalized they consume a majority of minds. Less words, feel Being more-so, act and speak from essence so as to flow with life. Stop trying to control everything, allow life to lead. Adapting to life is rolling with the punches. Peace if it were to be measured would show a marked increase in endorphins along with a greater use of the brain, fostering alertness so then awareness brings a mind to order. Ego and the script no longer block peace, it ceases efforts to control every aspect of life. Yet narcissistic drudgery, minds in disorder defining life often are preferred by many over the unknown. Over-use of words is a script propagating endless falsehoods. Simplistic innocence fosters truth via awareness, one actually free from being inundated by endless self-talk and or social rolls played in the interaction with other people's rolls. Feel communion with one humanity beyond good and evil-we then ultimately ignite the light of peace within. And out of peace love comes into the world—peace now as an alternative lifestyle. To simply be forgiveness and to live kindness. It is love seen and felt within through the new eyes of peace, a new paradigm born of observation and listening—a mind beyond words—a mind one with all. An idea perhaps long overdue. Peaceful love is to view oneself as an omniscient energy field, the realization of something greater oneself. Oneness coming by way of inner-source and awareness. Words pointing yet not to the actual thing itself. We speak here of a personification of Natural Self, a mind absolutely free from the known and unafraid of leaping into the unknown. As opposed to redundant versions of the capricious fear-filled paradigm so many continue to live in, seeking to make themselves merely better versions of old feckless homo-sapiens. This then, is something completely new and different, always fresh, rising above thought when not needed for practical purposes.

CHAPTER EIGHT

THE QUALITIES OF THOUGHT

WILLPOWER AND EMOTION

Thought, the mind chatters away provoking anxiousness. A script, one's programming, the mind identified state normalized. If we live in the mind, it uses us. The mind observing itself reveals thought to be a powerful tool albeit unchecked morphs into a progressive monster. One's mind then becomes the egoic mind. Thought observed, listened to for the necessary duration of time required is freed from past future and the fear paradigm. Everyone yearns for peace, who would not-yet its always been beneath the surface. The mind veils it using blocks formed early on in one's life script. This is one's psychological baggage in their scripted mind, unobserved it controls the mind. Unchecked one succumbs to a shadow self. So observation of the mind, noticing it brings the mind to order—watching and listening to the thought created 'I' identity, we begin to see it foments dis-ease. Who and what is the 'I' or self, what is its modus operandi, in addition to mind patterns people blindly follow? We are taught to identify as the above. An I identity seeking control, yet most people are completely unaware of it. This shadow self dominates one's mind, they're in a very real sense not actually there, merely programming running their life. Controlled by the Pied Piper they are in the state of unconscious dreaming. Self-talk, thinking, and strong overwhelming emotions compel vast numbers to do what they do, similar to being in a fog. I don't know why I do what I do is often only investigated successfully when emotion and thought are quieten. Consider too the life script in all people is protected by the ego and clinging to blocks, herein referenced as psychological problematic proclivities, one's baggage in life controls them exponentially via a life script, the quintessential apple that doesn't fall far from the tree passed generation to generation from

youth primarily up to four five or six years. Thereafter a very powerful egoic mind follows a life script running continuously. Obviously we continue learning after this albeit we'll never learn as fast as we do from birth to six years. The foundation of an egoic mind is then firmly in place and instigates mind games. One's life script and the fear paradigm so normalized to an extent one perpetually follows it, woefully adhering to indoctrination. The program then, is the sum total of one's personal consciousness, the metaphorical hard drive. And ego the scripts guardian, seeks across the board control psychologically and physically. Yet civilization has evolved to the degree much of what ego protects us from is no longer valid. The ego operates as a kind of overzealous programmed mechanism seeking as it does to dominate-compelling its host to capitulate to its demands. A mind sharpened and alert is consciously aware, it then keeps one attuned to egoic minds pernicious ways-the very thing helping awareness come to fruition. To summarize then: Life script forms, there is a shift or loss of innocence, succumbing to psychological time the shadow self created by thought, controls the mind. However via observation, listening and simultaneously remaining on the path of non-resistance, one reclaims energy from social rolls-patterns-old habits and triggers ego uses to control the mind.

At some point in human evolution the proverbial wrench was thrown into the works and it went askew. Ego took control, believing if it lost control its host would be in danger, it's what it does. The mind at some point capitulated to unconscious dreaming-subsequently ego took over. And most are oblivious to any of this. Side-bar: Reiteration will appear excessive. We are attempting to by-pass the shadow egoic self or 'I'-to the actual person or Self behind programming. It stands to reason even though it is redundant one must see to counteract a life time of programming which has controlled so many people is vital. We digress. Also awareness of one's reticular activating system helps, obviously this too is problematic. It files incoming input via the five senses into two categories, sensory input seen as a value to us and input viewed as a threat. A paradigm shift is seen by ego as a threat. Clinging to egocentricity, the familiarity of the life script, one loses inner-being awareness. Peace then undermined by overthinking, will begin instigating more problems, problems thought itself created and with a different set of thoughts attempts to solve

the problems it created. Once again prior to age five or six we learn at a faster rate than at any time thereafter. Yet because of indoctrination we had little to no control over what went into our life script. Oh if we only had. Obviously developing an awareness of what we're thinking is critical, noticing the sheer power of emotion and thought. The fear paradigm controls so completely that frankly, people are brainwashed. Akin to living life in a haze notwithstanding one can break free of its control. It pulls us into a benumbed dream like state. And likely will require the student reset an untold number of times in order to remain alert so as to distinguish its fear energy from peace energy. This is to reclaim energy from an egoic mind, a formidable power seeking total control. Otherwise the unobserved mind fills the days with ego's pernicious agenda. Thought is a powerful tool nonetheless ever tried clearing the mind and or subdue thinking. Extremely difficult to do consistently. Therefore awareness of ego's immense power as well as the life script it follows, is critical.

We'll be discussing willpower and emotion however at this junketeer another side bar is vital: Thought, willpower and emotion are ideally developed simultaneously. Advancing equally enables the mind to see correctly so there is no imbalance. If let us say emotion is developed beyond willpower and or thought it disrupts balance, resulting in misunderstanding and disunion from Being. If one wants or believes one thing and another wants something else there is a lack of peaceful calm cohesiveness creating resistance. On the other hand should they move as one it then forges a strong commitment within the students core to press onward no matter what resistance encountered. Balance is needed to deal with blocks necessitated to bring one's mind back to order. This fundamentally is, psychologically speaking, to be well adjusted, a major prerequisite to alertness. Ego is extremely clever, it pulls students into mind games using pride..anger..anguish and so on. One must ask themselves often, what is felt in this moment? Is it causing tension or even the slightest degree of dis-ease in the mind and body? Is here and now accepted, adapted to and flowed with? All people are programmed albeit one can see it when steadfast alert. Even though Being is not a thing we can know one can be aware of it by watching and listening. Egoic I knows via thought alone, which is limited. *This is a completely new kind of human-being, not a better version of the old.*

*It is the mind rising above thought, completely unfamiliar to one living **in** the mind. One no longer capitulates to egoic whims or a mind free to see what is. Basically the mind checking itself. This is to look in the mirror frequently and ask how can the I a creation of thought, the sum total of one's consciousness, transcend to be more wholly commensurate with the peaceful love paradigm. An alternative to what has only marginally worked—the current dominant fear paradigm currently controlling the majority. A tall order indeed, requiring an extraordinarily focused mind. Nevertheless this can and is being done.*

One can with an unwavering determination, drawing upon inner-being see and feel this. It is awareness of: The Ground of Existence. One sees their ego and life scripts obsessive-compulsive need to completely control their mind. Awakening to see shadow self or I, is to flow with what life brings, adapt to it by drawing upon inner-source, fostering consistent awareness. One is alert to a vast deeper intelligence, an energy we can draw upon which trumps mind games—thoughts images controlling, a mind using its hosts. Egos last line of defense to the highest levels of consciousness are its mind games. Beyond intellectual reason one transcends to loves revelation, *reverence*, surrendering to a mysterious undefined something. In the religion with no deity it is: The Tao—“Something chaotic yet complete which existed before Heaven and Earth.” (Laozi) Ego relies on intellectual reason and with a mix of other self-deprecating lower levels of consciousness, incites the egoic minds nefarious idea that **it** takes primacy. People are enamored with egocentricity at a loss of awareness of inner-being, they become *of* the world and no longer *in* it. The problem with intellectual reason is it posits disorder via opposites. The void is far too abstract for intellectual reason to know. Quite often well intentioned intellectuals have limited success at alertness although thought fills the mind with conceptualizations. Intellectually, ego pretends the 'I' is enlightened. The problem is one gets lost in thought which can never know no-thing, i. e. the void. Lost in concepts the 'I' cannot see the proverbial forest for the trees. So pure observation fostered in a mind stilled, is vital to transcending intellectual reason and is essentially to transcend scripted thinking at will when it is no longer needed for practical purposes, yet ego resists vis-a-vis mind games. A mind sees to silence itself concepts are negated along with time, programmed memory patterns and habits, or projected memory. A mind sees and embraces

The Bondage of the Will.-1 Observed we gradually rise above thoughts egoic mind patterns defining the here and now with memory. **Intuitive reason...**the doorway to higher levels of consciousness, flowers in a mind. Higher wisdom fosters a mind free, clear. Higher reason elevates one to the level of intuition; a fascinating mix of existentialism and observation, or an alertness to thought propagating mind patterns and or preordained social rolls as authentic reality. They're not, only here and now is. Ironically ego fosters alertness as does the unconsciousness of others. Intellect has a propensity for analysis of virtually everything. Similar to self-destructive behavior it's denial unseen, i. e. a mix of intellectual reason and pride. Innocence and wisdom merged transmutes this to a mind freed of fear. Ego moves into the background letting us run the show or think we do, it suggests that divisive thought is fine. So awareness of causal level energy not the level of effect, transcends opposites overthinking promotes. The mind sharpened then turned upon itself sees egoic mind seeks to dominate. There now is limitless space created in a mind fostering deeper awareness and observation, it sees what it sees, now is the only true reality.

*******Willpower:** Is surrendering to what is, allowing life to lead the way. Acceptance of life on life's terms and cessation of the need to control everything is the foundation of this. A deeper wisdom—one actually sees we never had control. A mentor long ago used a wonderful metaphor to describe this: “Good luck in finding the river, the one that goes by.” Similar to a river, one can navigate and adapt yet ultimately it takes us to the ocean. It's to not resist life but adapt and move with it. The author obsessed with control because he was determined to never be a victim. As a result of the hit bottom experience and corresponding egoic minds collapse there was surrender to what is. Then a peace never dreamed remotely possible, revealed itself to him. Willpower is non-resistance to life—surrender to what happens is absolutely paramount to alertness fostering an awareness-one feeling inner-being. Life leads us via life situations, we adapt to the here and now. A substantial reduction in resistance is vital for willingness. Curtailing judgment and allowing whatever comes to show us its truth minimizes a life scripts attempts to define life, or attachment to experience and over-dependence on thought. Now supersedes a life scripts need to depend on programming. Stillness and observation enables us to see

we're pulled in multiple directions. Listening intently we have the totality of it. Watch and adapt to what is without over-dependence on memory defining and judging, which merely incites conflict in one's mind by way of opposites.

A martial viewpoint, to gain a foot hold. Use of force in battle often will result in countless lives lost to gain just a few hundred yards. Incessant mind activity tends to force—we are to create space in the mind by way of a mind silent..which is to say having conscious presence, negating needless memory. Non-resistant interaction with energy life is, then fosters peace in fragmented minds, negating memory combined with emotion, seeking to impose control results in a mind being unaware it's limitless should it empty itself. Student's listen with their entire being. Alertness is one giving complete attention to the present so peaceful clarity arises, one enters the only place actually real, ***now***. Holding an energy frequency of peace extends its duration. Willpower is to observe life so as to not get lost in it. Courage brings this to fruition, a mind no longer succumbs to psychologically built up fear, enabling the egoic mind. Willpower allows life to lead as one adapts to situations and flows with what happens in the here and now. So why resist what happens when it is what's happening? Should one flow with and adapt, it allows lessons in life to teach us wisdom. Practice shifting from mind to presence. Essential to this, a mind ultra still. Peaceful inner-being flows into doing, fostering deeper peace. The idea everything must be controlled blocks energy and pulls a mind deep into duality. This creates opposition and merely propagates a mind conflicted and confused. Enlightenment requires peaceful assured laser focus, watching life and its patterns or triggers, so actions then are without conflicted anticipation pulling one out of the now vis-a-vis past and future. In the now what is done is merely a reaction. Rarely done while nervous anticipation is so completely normalized it is driving humanity insane. Akin to proficiency in battle, the warrior is ready or just there, and in the moment all techniques then preform themselves. This moving beyond it all is to let life lead or to adapt to life.

*******Emotion:** In the scope of this work is the realization that if we allow feelings to flow they are no longer bogged down by resistance or inadequate willpower. So resist nothing. Life situations trigger old mind patterns and or social rolls. Attachment to emotions forged in thought, attracts fear situations

and merely promotes attachment to events and people involved. Clinging to the dream of form ensues, situations carry us away to an uncontrollable storm at which point we ride out the storm till the waters calm again. Only then can one see what to do—look at actions retrospectively. If we're carried away by life situations, conceptualization distorts to a degree one cannot see what is or what to do—conscious presence fades because one is lost in rolls. Opposites come into play resulting in lost ability to maintain presence i. e. attachment to thought-emotion-memory and or projected memory all identifying the present moment. Lack of space in a mind prevents feelings from flowing and brings on fear energy associated with blocks. Life script takes over and pulls a mind into unconsciousness again. Akin to undertows in rivers...if the swimmer is pulled under and resists they'll panic and drown. If they'd kept their head and relaxed, the undertow would shoot them out down river. Acceptance of what life sends our way is to flow with life. Adapting to situations is key. Thought Willpower and Emotion-when in harmony are as one and move with steadfast purpose resulting in freedom from resistance to life. So practicing peace takes primacy. Emerging from lower level blocks requires courage, one's gateway to consciousness being aware of itself. Truth now, absent labels and or biased subjective concepts, is to see in each moment. Furthermore concepts as tools do help albeit can easily be stumbling blocks to a state of awareness if one is taken over by them. Therefore die to the moment, die to time, see everything anew as love is always new. Being freed of anxious tension, there is peaceful love. Life seen through the eyes of now, not memory defining in perpetuity, allows emotions to arise and fade. Surrender to what is then move through it. Be present and emotions pass much more readily, all with minimal resistance. *Beyond anticipated experience is adaptation to mere potentials. As we will see viewpoint, we move with energy.* This too shall pass reactions to life situations moment to moment, that is to say one transmutes control to flow. There will be problems albeit absent anticipation energy is no longer blocked. The life scripts influence is then markedly subdued. Perplexing, all due to a life script and fear having been so very normalized. Embracing this new way of seeing brings clarity to one's mind as it rises to an ordered state and unifies the three qualities. Working together there is actual freedom—allocating just enough energy for an egoic script mind patterns and social rolls, to deal with practical needs, energy then is reclaimed. Can collective humanity do this? Absolutely.

Difficult, although it can be done. It's seen to live in unconscious dreaming is similar to the mind on auto pilot, life in a crisis to crisis mode. Vast numbers of people live out their lives not actually there and oblivious. Non-cognizant endless programming has them under its control. Should we hold them at all responsible then if they're indoctrinated or blinded by a mind identified state? Unseen, the mind uses them and a far majority of humanity presently. Lost in rolls it 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 that indoctrination controls vast numbers of minds, which have been so completely brainwashed in such as these the mind dwells in perpetual states of conflict which is as said, unconscious dreaming. People cannot or will not see this. Yet thought willpower and emotion when unified will strengthen our resolve. When three move as one peace ensues-ushering in a new freedom for the minds of mankind. Should one work to cultivate the three equally it is a powerful tool for enlightenment, which then shines the light of love on fear. Inner-being then fosters peace and brings loves energy to the world. Imagine no separation malice or wars. Fearful scripted egoic minds, all thought trying to understand itself with merely more thought and or a life script, all memory images stored in one's brain is no more than *metacritical* opposites. Imagine harmoniously joy filled non-judgmental *peaceful love without opposite, now realized*. Natural Self projecting Beings profound peace and truth expressing itself in the now, is actual reality. So to see love is our true nature and all fear thought created narratives in a mind too full of information, which is a mind with no room for anything new, is key. Reality is forever the here and now. Unconscious dreamers see memories of the here and now. They identify what is seen through old memory images in the brain, again *metacritical* opposites. Images tied to mental formations, the life script unseen due to either *a lack of alertness, projected blame or one simply can't control themselves due to their programming*.-A The life script running their life *definitely will stifle spiritual insight*. Drop any notion of intellect is contemporaneously the now. Thought Willpower and Emotion combined with soul force, ushers in a new kind of human-being, not technologically developed trans-humans upon the horizon. Finally what are the consequences then-of stubbornly remaining in an endless inauspicious unconscious dream state? The mind "blue-pilled."

A —One so totally brainwashed or indoctrinated they actually believe what they're doing is okay. The quintessential example would be the Nazi SS soldiers totally believing that to kill Jews was just fine. Projected blame as an example would be to do harm to another and then blame them for it, "It's your fault, you made me do that." Can't help themselves is obvious. Finally, knowing they're doing wrong yet they have no self control.

CHAPTER NINE

MEDITATION

In prior chapters we covered conceptualization extensively. Discussed how an unconscious mind by way of opposites foments division—went over the need for one to quiet their mind, remain alert and present, observing old mind patterns along with daily life in general. We examined relationship in daily life situations touting this as one form of meditation. The importance of the present moment awakened to by silencing the mind, meditation being the turning of attention inward to feel inner-being. One alert, aware of self-talk. Again to observe actions and or thought in the movement through daily life, watching ego and overthinking. Remaining to the utmost degree, consistently alert to programmed responses in daily life situations, noticing egoic mind its patterns and life situations which may trigger these. Now we look to a deeper explanation of this works view of meditation. We are suggesting actually that observation is meditation, a form of it. The form advocated by this work.

The universe is integrated which is to say one energy field. Meditation raises awareness of one energy field. We're a part of absolutely everything, all that is. Empty space i. e. potentials projected into form so consciousness becomes aware of itself. Being in and observation of one continuous moment, where peace abides. Meditation then, is a steadfast alertness to now, the only true reality. To quieten thought...a mind stilled...a mind creating space for the new. Here and now meditation is passive listening, adaptation, one flowing effortlessly without fear nor boundaries, the mind then sees its own infinite possibilities.-A Conventional meditation is contemplation, mere thought, seen as inauspicious herein—traditional meditation helps, nevertheless alertness is the key to maintaining the state of conscious awareness. We are rising above thought exception being of course practical needs used in “Clock time”...then we shift to the timeless state of no-mind where peaceful love is. A—A mind in the act of listening and watching sharpens itself, then turned upon itself realizes that it has unlimited capabilities.-----“If you have faith as a mustard seed you can say mountain move and it will obey.”^{Jesus} Theorized in quantum mechanics, this is the changing power of observation or wave-partial duality.

Once more in this work meditation is approached differently from what is thought to be traditionally defined meditation. We're not sitting for hours in the lotus position. It is done while engaging daily life, watching patterns and rolls as frequently as one is able to. With alertness we can extend the duration of awareness. Ego can help us sustain focused alertness on patterns precisely due to its attempts at continuously pulling us out of awareness—being alert... awake...watching. Astute observation dispels fears darkness, which has been so normalized and complicated by normalcy bias we tend to get lost in it. As perspective changes formally dominant unconscious fear is gradually seen. If watched with due diligence the script itself fosters alertness. Inner-being is an energy felt within the body albeit must be grounded or initial awareness of it, the innocent part of innocence and wisdom merged, fades. Typically wisdom comes gradually and is more-so intellectual in nature than the innocence part. Wisdom is intellect guided while Being is abstract innocence, or the *oceanic feeling we felt in childhood, merged with deep wisdom*. Its energy is fleeting so it must be grounded, otherwise busyness in daily life pulls one into social rolls and peace felt as euphoric innocence is lost. It's a feeling-not an interval in time, space or at all a process, it is one energy field; to hold its frequency requires alertness. In the grounding there are extreme back and fourth swings, wisdom gradually comes in to ground energy. The mind sees its disorder and aims at stilling itself, noticing the mind lost in rolls which are stored images in the brain or mind patterns. Observed-a mind awakens to present moments rather than attachment to memory. It is participation *with* life or choice-less awareness—fostering profound peace felt within, out of this love comes into doing. A spiritual traveler passively observes the here and now, that is each moment prior to thought entering to define here and now. Without thought identifying-the now is accepted, flowed with, one sees patterns, social rolls and catches them prior to becoming possessed by them which is to be lost in a dream.-A All minds stilled see the dream so accumulated memory stored in the brain has only the energy and control we allow it to have. In acceptance of what is inner-beings peace and love flows into what we do in the daily life.

In the third of the Zen Ox-herding pictures Natural Self, symbolically the Ox: “Is seen although further discipline is required for deeper stabilization, -A Life is akin to a game we play, we play rolls in life yet now we see it and don't loose ourselves in them.

enlightenment has been glimpsed.”-1 We need alertness to hold then extend, presence. Meditation then, is to see life through eyes of timeless attention, to see feel and be in the now. In the fourth Zen Ox-herding picture the energy of enlightenment is seen as either 'creative' or is potentially 'destructive.' Once again it must be grounded with wisdom. 'If thought is not watched it then becomes a flood.' 'Through consistent alert meditation all run away thought is contained.' -2 A scripted mind oppresses us with fear through the egoic self's deception blocks and or forgetfulness. Grounding this peaceful innocence is done vis-a-vis alertness to the I thought has created, or self as it plays social rolls.-4 When needs are met one shifts to timelessness. Being very alert one is tolerant with egoic self when in unconscious dreaming. Other ego's will seek to distract alertness too. When we realize we have been unconscious, reset to hold the peace energy frequency for as long as possible. In so doing duration slowly extends. People do not know what to do, can't help themselves or they blame unconscious behavior on others and or life situations. One aware is a conduit for spiritual energy to flow into the world then ultimately holding the frequency so all are touched by its peace, even if others are unaware of this. Acceptance releases us from the need to control life and facilitates alertness.

Meditation is to feel peace here and now. Bound to time it's hard to do. Fear has far less control here and now due to it being of the past and future, it thrives on thought. An unobserved mind is the veil to peace so we must rise above thinking. To do so it's vital to focus on what is done here and now. For instance in walking...feel and hear your feet walking...feel the air flow in and out...feel the body moving...the wind upon the face, all bringing one to have present awareness. Ponder objectively the nature of the mindless plant world, ego-less—all nature follows the pure passionless laws of growth in peaceful stillness because it's below thought. Nature projects peace because it is non-conflicted or no ego to contend with. Animals have an ego yet it's limited—in human-beings ego is the divisive force challenging sanity itself. We speak of timelessness felt as one rises above thinking, practical purposes in daily life once again being the exception. Time is of thought and is the prerequisite to a conflicted mind. Alert and aware-brings about feelings of peaceful awareness -4 *Be mindful of the higher egoic self, it's ego playing the game of being a spiritual ego. Egoic self knows its limitations, higher ego plays the enlightened game-ultimately let go to see neither was real.*

intertwined movement with life...unopposed to life. Ego blocks this yet it is noticeable in oneself and others when we see mind patterns emanating from the life script pulling us into unconsciousness. We often do, beyond the need for practical purposes, lose ourselves in social roles and old mind patterns. In interaction with unconscious dreamers be mindful they don't see it. Bound to fear and programming of a psychological nature they must be forgiven. If we could describe peaceful love's energy in words: perhaps a wave sensation, one feels energy within. We feel flashes of it watching the sunset, or any sort of "experience" bringing us into the moment; we realize we're in one sense not really there, that it is the thought created I playing roles. Feeling child like or energy felt as thought is subdued. Effortless in watching a sunset. For the moment we step outside the bubble of past and future. Letting time go it is exponential contentedness, ubiquitous in nature and felt arising from within, a loving calm feeling of stillness kindness and compassion for those afflicted with unconsciousness. As if the feeling were love itself. One's quiet voice suggesting the more peace projected the stronger love is. Oneness felt, not an I identity creating separation. So no negative energy. Slow movement, subtle speech in most interaction with others fosters peace similar to an energy felt seeming to beckon peaceful love into one's life. This is a form of meditation. Observation-ultimately moving beyond back and forth. Daily life interaction...simultaneously alert to Inner-Being, one feels Being just in the background. Intervals of sporadically flowing peace, this frequency if extended soothes us. Interaction in 'clock-time'...then one shifts to feeling inner-being. Take a few moments out of each day to focus on the doorways mentioned repeatedly in this work. Be attuned to Presence. The memory driven egoic mind and script are of fear. Peaceful love emerges from the doorways spoken of and is felt in the body. Being alert to this profound stillness creating sensations of we are absolutely part of everything. Seemingly two within, a Self and shadow self, both are to be let go. Love has no opposite and as such knows no fear. Love could not even imagine anything like fear—love never knowing conflict due to it being without an opposite. A conflicted mind is lost and for the most part lives in a mind identified state. In far too many cases living a majority of life in fear at the loss of inner-being awareness. We become lost in roles we play, in addition to mind patterns, believed in we cling to an I-its patterns and roles, they're seen as reality. Let us in the here and now then, reference a descriptive

axiom in this work pointing to the state of unconsciousness, hence a need for meditation: “All the world is a stage and all men and women merely players. They have their exits and their entrances. And one man in his time plays many parts.”...Shakespeare. It epitomizes most people going about their daily lives interacting with one-another. We cross each others paths, see each other at different times yet never truly understand one-another. Even though we all go through the same phases of life we experience them differently due to seeing not one energy field but all life fragmented. Stress, anxiousness, incessant self-talk or overwhelming feelings, extreme emotions, all overthinking minds using the person, all fear energy trapping us in a dream fomenting fear. Peace energy felt within, is inclusive and brings fourth love into doing. An ineffable peace if we let old images go. Be forgiveness then, be rooted in tolerance and humility. Ego would see us in fear and division, separation and or aggression, all created in or perpetuated by programming. The mind identified do not see what is accessible by way of alertness, a consequence of the thought created I identity. Meditation then, is one living peace as a lifestyle. Holding conscious presence one sees the I uses us. Alert to inner-being, tenaciously watching we move *with* the scripts prolific power and redirect energy, the highest outcome of meditation. Meditation is to flow with energy. Ultimately all programmed minds then yield to a mind vast, fresh, laser focused upon itself. Traditional meditation is fine too and it definitely helps ground energy albeit we need to maintain focused daily alertness, to reset again and again multiple times daily if need be-till it's natural for us to do so. Prior to conscious awareness taking primacy it may feel like a sort of obscure fading in and out while in the back and fourth—redundant disguises ego projects as the You/I/Me identity. ***One presses on at this point in their journey or are sure to go back to sleep.*** The innocence begets deeper wisdom yet fades absent alertness. Mind games seen now due diligence so as to see ego maintains alertness. Transcending all mind games brings many tests. Resistance, indispensable for an egoic mind, is to control. Peace is felt in waives and again is an ebb and flow of sorts. Hold a peace energy frequency when it comes. see ego and spiritual ego merely dupe us. Acute alertness with no boundaries to inner-source is awareness of a mind freed by way of Polar Thinking, which is to say: Zazen. -A

A--Zazen is the meditative discipline that's typically the primary practice of the Zen-Buddhist tradition. It uses Polar thinking, which is Zen's observation that each of the polar terms is non-dualistically related to each of the other polar terms, such that they are connected. Its foundation rests on an either-or logic, a thing must be either active or passive: they cannot both occur at the same time. Zen claims this is what happens in the meditative experience of emptiness, that is, opposites are the same. Here-in the idea of oneness, a feeling of the Oceanic Feeling felt in childhood. The feeling that one is a part of everything, which is to say one energy field. Felt via quieting the mind, then it empties itself.

CHAPTER TEN

WHO AM I REALLY

To the reader: Seriously ponder the title of this chapter. 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, Inner-Being, love at our core. Does the reader have peace in life, an energy projecting love into the world? With presence this is possible then, and if accomplished is the personification of love in perpetuity in the here and now. The mind absolutely unlimited—a state beyond the known-or an unwritten number abiding within each instant, that is this present moment. -A Seeing the futility of fear, are we ready to ask these questions? Are we then freed of time? If so is now where peace with one's ego is realized? If anything else accepted or not one is on a journey of becoming. Herein a journey distinguished in this work, with the use of words which are limited and process the you uses in time as: The Four Levels of Consciousness. Together we'll look into the nature of a thorn in the mind so to speak, compelling all to ask who am I. Perhaps at first an oceanic feeling or satori, an innocence felt which became the fragmented egoic mind.

*****BENIGN PERFECTION: A child like innocent state, pure love, also unattached, not judged, sinless. The human body is comprised of microscopic cells in the billions, each encoded with unbelievable amounts of information. One can easily see this as a miracle. Also if the P. H. level on earth were one percent either way there would be no life. The human body and planet we call home are extraordinarily complex organisms. Merely realization of such facts does bring to mind the idea of benign perfection. One's programmed scripted mind distracts one's alertness to this. A—All there ever really is, is the here and now. Similar to a slate wiped clean each moment so the present moment can then write something upon it as one observes. And we are spiritual beings having a physical experience, moving through this space-time continuum the dream of form is of. Depending on how persistent and alert one is, determines to what degree they're able to see this. The mind must have the quality of being perspicacious, as well as a deep commitment to a seriousness unparalleled.

Looking at the biblical story of Adam and Eve. Many religions speak to expulsion from paradise, a time immemorial when everything was perfection. A mind peaceful, prior to the fear filled egoic mind entering to control. And: “They ate fruit of the tree of knowledge of good and evil.”—which of course didn't go well. Ego then pulled us into confusion separation and dichotomy. It fomented perpetual duality...us and them..right..wrong..good..evil..pride-also shame..beauty..ugliness..judgment. A point the egoic mind entered to control human-beings, suggesting this is how we got into the mess we're in. The 10% of those who are observing are the forerunners of a shift from fear to peaceful love. At 100% then humanity awakens to the state of: Conscious Perfection. The return of paradise lost but at a deeper and wiser level. Without separation humanity comes to see non-conflicted unity not institutionalized separation, a dream posited within thought created identities—the egocentricity of Me, it's all about the I, when in fact I am no-thing. Watching our shadow self enables us to see its influence over the mind and to what degree it controls humanity.

*****UNCONSCIOUS DREAMING: A mind identified indoctrinated self we're taught to be. In this egoic mind uses its host, living in a perpetual crisis to crisis state. A dream where overthinking sways the mind into believing the programmed script is the only reality, living in a mind identified state. Again: “The apple doesn't fall far from the tree” the dream of form or reality seen via memory, viewing life as nothing more than images in memory, controlled by thought..emotion..mind patterns and a life script. Clinging to the material. So, being of the world typically creates division, opposites, dichotomous insanity garnering only short term satisfaction resulting in what Buddha warned us of: **Impermanence**, fomenting ongoing fear filled suffering, one lost to endless clinging, perpetual coveting. A state projecting the mind identified 'you' as all there is. Fear traps us in this prison of time—bound to programming we're all taught, fearing change we cling to familiarity. Imprisoned in time one is used by their own egoic mind and this is preferred to the unknown. -A Read Plato's: Allegory of the cave.—it points to the effects of education and the lack of an awareness. One observes their indoctrinated mind at this stage, then having inklings of the Natural Self inner-being beckons them. A—Most people think they use their mind when actually it uses them, in the majority of cases they are completely unaware of this. Normalcy bias pushes people to cling to the known because it's familiar while the unknown they fear.

Flashes of peace periodically come. Persistence and patience brings wisdom via inner-source. Furthermore we all have moments of peace yet don't see it for what it is due to the fact its duration is so very short. Again Satori: Short glimpses of enlightenment's peaceful love, in a mind quieten one sees there is no you. Playing our favorite sport being in the zone for example. Still, far too many identify as what they're programmed to be, do and have. Distracted by what Taoism references as the ten thousand things it seems our fate is to live out a life script others taught us. It is the you in time, a life mind identified. Engaged in endless mind chatter we get lost in concepts, separation, division, fear, pain, endless conundrums born out of thinking, bound to past and future when elementally actual reality has always been in perpetuity here and now. Randomness happening now not memory images **of** the now. Not images in the life script creating boundaries and or conflict—frequently overblown into paranoid delusion this is all fear and anxiousness creating endless anxiety. Alertness is noticing social rolls mind patterns and triggers which pull us into past and future projected memories of a pseudo present. So as the watcher of shadow self, alert as one can be, there is awareness of the causal level, Being, energy felt in the body. Use clock-time then at the level of effect, for practical purposes which is to say in real-time, be functional in dealing with necessary daily life responsibilities then shift to peaceful loves energy. It is one being *in* the world not *of* it. The unconscious do not see or believe they're trapped in unconscious dreaming. Normalcy bias, psychologically speaking has them. It is ego's tool, all programming by way of 'fear conditioning.'-A Unconscious Dreaming then can be said to be the drinking of the Kool-Aid level.-B

*****CONSCIOUS AWARENESS: Finally one sees the scripted mind has them 'blue-pilled'-slavishly clinging to the dream. Now alert-the traveler sees their mind can free itself although there is vacillation between their scripted mind lost in roll play, overthinking or old triggered habits, all inordinate mind patterns and, a mind unlimited. Additionally strong emotions pulling Natural Self away from a mind vast, limitless-peace beyond definition, which thought cannot know nor describe. There is buyers remorse concerning egoic self, one sees Natural Self and egoic self are A- From basic psychologically101. B—On 18-11-1978 a religious leader-Jim Jones, had his followers so under his control that he along with the rest, (roughly one thousand people including children) committed suicide at his behest by drinking poison Kool-Aid.

both our teachers and to a greater or lesser extent who we are depending on how far along alertness is relative to personal consciousness, the sum total of one's programmed mind. Ergo we are to observe programming/the life script, watch the mind so we're not carried away to a point egoic self is worn like a loose garment, not clinging to it. Alert to the why how and what the scripted mind thinks. Inquiry into social rolls observing all triggered responses which can carry the mind away to old habitual patterns. Initially the alertness seems to ebb and flow from being controlled in a mind identified state, to being here and now. A kind of metamorphosis, the caterpillar struggling to break out of its cocoon, confused, pulled by ego. We need to play rolls yet we shouldn't loose ourselves in them, we struggle to see this. Pure observation reveals roll play is to act out the life script program, a preordained scripted identity. Post life script formation it and ego seek control, it then is difficult to see not to mention the fact we had little to say about what our programming was.

*****CONSCIOUS PERFECTION: Persistent conscious presence few are able to hold is an energy frequency—in the world not of it, being loving-calm harmonious peace. The mind sees ego affects it, ergo one continuous present moment brings a mind back to the first level with deeper wisdom, ironically fostered via egoic limitations or a mind alert. Still, can freedom from dualism happen individually or must it be done collectively? In the ebb and flow one's useful purpose is the personification of peace. The Self emerges if one holds the frequency of peace, it then spreads. If this seems vague it's because words merely point to the door. Each of themselves need to walk the walk. Concepts only point so we use and let them go. The mind freed is alert and determined, at times almost to a fault. Doing this fosters belief in others that they too can be freed. Due to the light of peaceful presence being here and now others see it in you. -A One is an advocate for love, is on a journey of Self discovery where their transfiguration to an awareness of Being is harmony with the ego. Transitioning to peace they continuously die to time, here and now, or actual true reality, then takes primacy. Each turns to the teacher with-in via living a lifestyle of peace and love is the fringe benefit of peace. Ego challenges us continuously although with an alertness one sees its A-”Your whole body will be filled with light.”^{Jesus} As one holds peace it will be noticed by others. It is to have presence and comes to one who is present to the extent they're able to remain here and now/no longer lives in their mind to excess.

attempts to control and daily alertness reclaims energy from it. A mind freed.

*****At every step there is vacillation in and out of previous steps, it's the ebb and flow. One maintains a focus upon courage, deals with blocks rolls or old mind patterns and or self-talk. Letting go of seeking allows life to lead the way. *This moves us deeper into awareness of the now.* As alertness rises normalcy bias kicks in, forgetfulness, obsession with worldly success, money, power, all take a back seat as desire for control has less sway or significance. Little by little life changes. A compulsive need to follow the script as funny as it sounds, keeps a mind in check for those who are steadfast alert. Yet the proverbial apple not falling far from the tree is familiar so the ride will be staggering and runs the gamut. Students may experience wondrous feelings distinguished as energy felt in the body, one doesn't want it to end—therefore persistence gradually brings into being peaceful presence. Initially there are feelings of whatever this peace energy is it's genuine so now does one keep it. Hitherto there's nothing to keep, it is an awareness, or essence being aware of itself. We are all caste to be of the material world. In the ebb there is a feeling of great dis-ease, anxiousness, struggling to rise above thought to have peace. Then out of nowhere peace arises of its own accord until via grounding, one is able to feel this consistently—awareness being aware of itself. The script exerts awesome power pulling one back under its control, egoic mind pushes back in its attempts to control one's mind. The self triggering old patterns or social rolls played, yet if loss of alertness ensues we'll loose sight of this and become lost again in rolls. If one has had enough of being controlled they'll remain alert to it. Diligence softens emotionally charged thinking should one not capitulate—vigilance along with patience is vital. Although conditioning pulls us back into worldly attachment merely creating disorder if we succumb to a life script and unconsciousness from others. Pulled into forgetfulness one student grows weary and should reset.-A The life script is forged in thinking, and triggers an endless train of clever egoic mind games. It is merely a more sophisticated ego which builds upon the more obvious egoic mind, taught by programmers who of course were themselves programmed. What was hidden is seen. -A Throughout each day we notice if we're lost in unconsciousness i. e. rolls mind patterns and overthinking, we must pause to reset alertness whenever even a slight loss is noticed, bringing one into the here and now. When we give in to the I identity we then continue to live in the mind 24/7.

So just when we're going through this, breaking out of our cocoon so to say, we're surrounded by unconscious dreamers. Ergo patience and tolerance is required. Remain calm, don't be swayed by others rolls or mind patterns. The tendency to follow the status quo is very strong then. Those known prior, or unconscious acquaintances will sense a change in one further along. Peace radiates to others if they're open minded. Some proclaim it is nonsense. Yet who doesn't want peace? The nonsense is egoic minds insanity projecting its divisiveness, old patterns and aggression. Be guarded initially as to who this is shared with. Alertness to unconsciousness and egoic self is difficult enough particularity in the beginning, so to feel isolated is common. Therefore not sharing, especially in the early awakening stages is wise. Energy comes and it goes like a thief in the night resulting in unconscious dreamers looking at one in spiritual transition as if they've lost their mind. In one sense they literally have, their egoic mind, not a bad thing really. Yet who would not want to talk of such a wonderful revelation? Others may pressure one on the path to be as they used to be. Deliberately or not there are some who because of fear or normalcy bias, attempt to pull one back into the dream, it's familiar to them. The unconscious adhere to the status quo and one's own ego comes at its host from every angle as well, for years if need be. Absolutely foremost important then, ***never ever give up***. If one does they'll sink into an unconscious slumber again. Remember everyone has the power of choice and choice can't be taken from anyone, it must be given so choose to press onward steadfast.

As Natural Self emerges be vigilant, simultaneously patient and tolerant of unconscious people. Others and one's self are peacefully watched. It's the game egoic self plays when disguising itself within the scripted programmed identity at a loss of inner-being awareness. Life scripts encourage thinking to a point one capitulates to egoic disguises. Ego wants no partnership except on its terms, nothing less than perpetual unconsciousness with occasional satori experiences. Just enough to keep its host mind identified/comfortably numb. The programmed self then is 'you' in time, yet harmony with ego arises and wisdom develops. Acutely aware observation of each moment then gradually eliminates egoic disguises so truth can reveal itself, not a programmed script running in people's heads 24/7. Fascinating to realize and additionally quite

intriguing—we are spiritual beings having a physical experience and are part of everything. That said transcendence of even this is part of the journey.

Once a skeptical seeker inferred: “If I am a part of everything I could walk into the street get hit by a truck and nothing would happen to me right?” We must have patience. The retort was: “Well in that scenario you'd abruptly transcend this consciousness to a different level of learning. We're all here to learn. We're on a spiritual journey and life is a school. Much can be learned in this reality.” Until a majority do transcend the dream and its paradigm of fear, it continues to control the masses and those who ask such frivolous questions. We digress. Vacillation is inevitable typically over long duration's of the back and fourth, alert then to a state of forgetfulness. Waves of joyous peace, then out of nowhere ego reemerges. Prior to one's realization awareness is all there is, uncontrollable feelings emanate from the shadow self and lower levels of consciousness i. e. **pride-anger-desire-fear-grief-apathy-guilt-shame**. This is certain until grounding work runs its course. One can't say nor should one ask how long this requires. The answer stated throughout the work is ***As long it takes***. Remember this is forever, as said herein it's ***foreverness***. Reaching a point one can easily use the mind then have presence cannot be determined. Each develops alertness, slowly wisdom comes little by little at our own pace till doing emanates from causal level awareness, wisdom and innocence then merge. We must say definitively here this means highly serious attention. ***No mind altering substances in a students advanced training, this only clouds the mind***. Such behavior takes us below thinking ***temporally***. Besides nothing could even come close to conscious presence so why would anyone settle for sinking below thought temporally? Because due diligence is required to rise above it. Indubitably the violent insanity unconsciousness humanity is, would be far worse without drugs, be they legal or otherwise, or any form of mind alteration. So let it be said here and now it is the opinion of this work that to alter awareness vis-a-vis drugs, thrill seeking, etc., has no place in vital, alert, focused awareness critical to free the mind from unconscious dreaming. Alert and well adjusted the students mind is brought to a higher degree of order. Such distractions would be inauspicious, then any meaningful progress would likely be stifled. We already have to deal with our own ego as well as all the

cunning and clever scripted egoic minds. Moving through the back and fourth between unconscious dreaming and conscious awareness the student is easily duped by their own ego. Rolls and a life script distract the mind. Until steadfast awareness comes ego uses mind altering behavior against the student and even beyond that. So why would serious students of enlightenment alter their awareness? Peace ultimately realized is unmatched when alertness is fostered to the necessary degree. Albeit it requires adhering to the idea of foreverness, which is to say this is forever, quitting is not an option. Unless this is firmly embedded one's core they'll go back to sleep again, often for the duration.

Continued observation and or listening awakens one to mind games and they're noticed. Unconscious dreamers all react differently. Some proclaim it to be crazy while others view the spiritually inclined as confused, they don't follow the status quo. And in the extreme an irrational animus. They are in an unconscious dream state, nevertheless they notice those who are serious have found something wondrous. Perhaps they are envious or so caught up in their own life script programming they simply can't let go. Or the required focus as well as the vital grounding of energy is just too hard. Obviously we challenge the status quo. Albeit it's ill-advised as difficult as this often is, to speak of it, especially in the beginning. There is less conflict simply living peace as one's lifestyle. That being said it's unwise to think of oneself as special. This would be counterproductive to dissolving ego. A back-lash may come from others—'Well you just think you're better than we are.' Even if they're unconscious the seed is within everyone. And it's no different except one observing is serious. Still, this tends to create divisiveness. If one has cancer we don't blame them. The unconscious are spirituality sick, it is just what it is, they live mostly in their mind. In alertness we see mind games or methods, are copious amounts of patterns, all rolls we loose ourselves in to the degree ego controls the mind and life generally. Methods can be stepping stones yet must be transcended or they'll take over. The committed student helps all humanity see what they've begun to see. Indirectly-because we're all energy connected, those who do see are steadfast and help others see they're own dysfunction by awakening to an innocence and wisdom merged, so that awareness can become aware of itself. Seeing dysfunction fosters peace, wisdom and forgiveness of those who are

unconscious. -A Suspension of judgment and cessation of complaining is key here. As eluded to repeatedly, what level of commitment is put fourth to free the mind? One sees beyond any doubt that to do what is necessary will bring everlasting peace ultimately leaving all fear behind. One would think that no sacrifice is too great for this. How hard does one work to transcend not to a better version of the old human-being but a totally new kind of human-being, ushering in...“The meek who shall inherit the earth.” Matthew 5:5 Or perhaps, quite possibly: “The total freedom of the mind of mankind.” Juddu Krishnamurti

Spiritually speaking there are seven bodies: physical body..etheric body ..astral..mental body..spiritual..cosmic and nurvanic as are referenced in some teachings. And forces are at work on the aforementioned bodies. This we will save for another work. In conclusion we're the seven bodies above, but in this work suffice it to say all of us are on a journey. An adventure of discovery—a school of learning. Bringing observer and observed to oneness so peace takes primacy. Watching the mind, its endless mind games, it then creates space, no longer does it usurp the Self through triggers, rolls and mind patterns. When social rolls pull us all into an indoctrinated mind identified self-notice it, then rooted in peace always remember that aggression is thought created. See one humanity emanating from the causal level. Relinquish fear, have the courage to listen to the teacher within us. And then gradually reclaim energy from the programmed mind. Resist nothing so the mind is lucid—observe resistance and this too shall pass. With new eyes see what is through observation of it. To reclaim energy is a mind holding peaceful loves frequency. Any resistance just empowers old mind patterns. Rooted peace absorbs any and all fear. This comes again via awareness and observation. Project conscious awareness to unconscious mind identified people, they don't see so forgive, they are lost to social rolls and old mind patterns, they live in their mind. Be the example then, be steadfast via acceptance of what life brings, drop all negative energy. Have presence, Natural Self then trumps an 'I' personality which views reality through the lens of memory. One acts and speaks from Being—consciousness becomes aware of itself and projects love to the world. Love then, is Natural Self in a mind brought to order. Food for those unable to rise above thought, feeding humanity by living a peace lifestyle expressed in the here and now.-A Rolls and so on, are the very thing keeping us alert, so we develop conscious alertness and it spreads peace to all.

CHAPTER ELEVEN

JUST THE TWO OF US

From here on the material here-in is more-so esoteric with perhaps some difficulty grasping the ideas intellectually. So if there are two inside each of us...“Perhaps only one is real.”-A Via thought alone the spiritual traveler will not rise to the state of conscious awareness. The authors hope is, this does not dissuade the reader. Various material has been misunderstood yet this student keep reading information was absorbed into memory and when ready is then seen. Intellect merely points to an innocence merged with wisdom or again to conscious awareness. For the author innocence came through his hit bottom experience. With respect those who have never gone through this, without an extreme situation one surrenders to, it's like explaining martial art to one who has never fought. They study books on the subject yet having never been in a real self-defense situation it will remain conceptual. Some will claim this is just hyperbole but as a famous heavyweight boxer once said: “Everyone has a plan until they get hit in the face.” Initial awakening is simply to feel a deeper spiritual awareness, a peaceful wonder, an innocence felt within then merged with an abrupt awakening frees the mind temporally. A more subtle approach is needed. Only persistence grounds peace and fosters consistent awareness.

If there are two would this logically speaking create conflict between the two? If there is actually only one then it is reasonable to conclude seeing this helps to bring transformation to fruition. If so concluded it is inferred, people would prefer peace over fear. Who would not want peace rather than fear and its derivatives? To name just a few hate, malice, aggression and violence. A---
From the book: “The Power of Now” by Eckhart Tolle, copyright 1997 Namaste Publishing Inc. In this chapter, but in the work generally, we focus on random scattered concepts as a teaching tool along with the authors intended repetition. It speaks to the Natural Self behind an indoctrinated life script or egoic self veiling the peaceful love paradigm-propagating a mind identified state—the reason this unorthodox method was used is, intention being to take readers deep into concepts along with an air of abstraction.

Can peace exist in opposites? Can a programmed mind transcend fear? Most fear is built up in the mind, often unwarranted it causes pain so in the current situation pain management is what people do. They can't be persistent enough in their alertness to notice the mind is in conflict with itself. Awareness is too difficult to hold. Lesser levels of pain are accepted rather than work through baggage via holding conscious awareness. Extremes are an impetus for alertness. *A life shattering event breaks down walls the egoic mind guards. In this abrupt approach one's egoic mind collapses revealing ineffable peace.* Ego's collapse and subsequent veil lowered is precisely what reveals peace. If one works at it or sees conscious awareness as a way out of conflict, they rise to a mind freed, limitless. In this work it is what the mind as the Natural Self does—the self using thought to understand that which is beyond thought foments conflict. The student sees the extraordinary harm caused by opposites, overthinking conflict and division, all of it inciting only more of the same—see it strengthens egoic resolve and perpetuates resistance. Egoic minds concern-its own material world survival though controlling one's mind, at least it seeks to control. Observe and listen to the self, its rolls and old mind patterns. Notice extremes, egoic subtleties and how it gradually takes the mind over by way of unconscious dreaming. The mind can be alert to this if with focused alertness one is persistent-unconcerned with the time it requires. Opposites then, are a continuous vicious circle keeping a mind in a self made purgatory. Perpetual conceptual thinking, is to be in bondage to past memory images and or future projected memory. Ego blocks the seeing of this. It takes students out of the present veiling here and now, pulling spiritual travelers back into a conflicted scripted mind preventing them from holding present moment awareness without mentally labeling. Natural Self focuses upon both the material world and spiritual, or causal level and the level of effect, which are fundamentally one energy field. The genuine natural human-being comes to be via awareness of inner-being then, fostering wisdom blends these to project Being into what is done all in the here and now. Alertness fosters observation of one's scripted self seeking absolute control their mind. From a different perspective one's life script. Akin to a computer hard drive in the beginning its a blank slate, programmers feed in information which we had little to no control, what the programming was and who programmers were. It's quintessentially the apple that doesn't fall far from the tree. If one is willing, has courage and is alert to

all of this they're *in* the world and no longer *of* it. Of it, life is then a state of perpetual unconscious dreaming, merely various levels of unconsciousness. Typically one plagued by this is not only in bondage but addicted, or at least unable to see they've lived perpetually in a mind identified state. The previous paragraph speaks partly to extreme life situations in which programming and the egoic mind collapse. "When you are one step away from insanity you are at the same time one step away from enlightenment." Eckhart Tolle

Computer programmers use an acronym: 'G.I.G.O.' 'Garbage in garbage out.' Similar in that memory past and or future projected memory, once again images programmed into one's mind are similar to computer hard drives full of information yet obviously more complex. One's egoic mind has formidable power and tasked with keeping its host alive, seeks total control. Yet its need to control is too often outdated. Comparable to a computer program requiring upgrades, should it suspect its host is becoming Self aware it sees it as a virus -resists using thought and feelings to regain dominance. If that doesn't work it tends to back off fostering a belief the mind is not controlled. An interesting and fascinating yet perplexing mind game. Sooner or later ego's need for its host to adhere to the life script rears its head in its on-slot to regain control of again. For this reason we would do well to draw on the teacher within, a deep and profound wisdom listened to in stillness as one watches their alter ego or shadow self. In a peculiar way when persistently watched ego does help all spiritual travelers in that it challenges them to see rolls or mind patterns as actually opportunities to go deeper into alertness. Life it seems uses everything including the egoic mind itself to help us remain alert.

Every goal begins at 100% failure, moving to 100% success. Please see these for what they are, concepts helping to point the way. At some point one experiences 50% doubt. Utmost important is to focus attention so alertness is acute. One finds themselves thinking: "I'm doing it, reaching my goal." Then tend to get complacent-ceases doing that which created initial success. Lulled into unconsciousness usually preceded by extreme emotion or obsessive over thinking, one gets rattled or distracted, slips into forgetfulness and succumbs to unconsciousness again. Analogous to the metaphorical "copper top" from "The Matrix"...A film depicting people so caught up in illusion the matrix is real they loose themselves. Comparable too: "Allegory of the Cave"...spoken of in this work and either of these are among the best of examples to help us

understand unconsciousness as a condition, always a good reminder to be one step ahead of ego. Noticing this requires passive focused alertness. A method like any other, to be used albeit not attached to. The Self watching egoic self obviously takes primacy so observe the I's patterns, used to control all minds through emotion and thought. A higher degree of alertness is critical, this is to have presence. In awareness of inner-being an extraordinarily focused mind is needed. Sharpened alertness focusing on the I, we allocate enough energy for past and or future projected memory to navigate the self, the I in daily life responsibilities for practical purposes exclusively. One must be present, alert and steadfast, watching the back and fourth between daily life demands and the timeless mind, that is to hold an awareness of inner-being. In the ebb and flow which may well go on for years, notice shifting from mind to peaceful presence. Alert to feelings of what it felt like to shift from memory used for random tasks, to thought negated. The very clever ego and script it follows are always ready to block awareness of this in the hopes it can then reclaim control and given even the slightest opportunity will do so. The proverbial idle hands are the devils work then, dominate those lost in absentmindedness, a state of forgetfulness controlling one's mind—consequences of not holding present awareness leaves one at the mercy of ego and script it follows, adrift, lost to incessant thinking and forgetfulness. Distractions will come and quite unexpectedly. Accept the fact when consciously aware that resistance is at its peak and seeks to foment absentmindedness pulling the spiritual traveler back into unconscious dreaming again and again. Accept this, accept what is with non-resistance so it readily passes. Use thought ego and a script for practical purposes although do not cling to them. See this as partnership with ego and script rather than competition. If blocks were dealt with, if we see the process we're going through correctly, always ever-ready to let process go, awareness eventually comes. Let what happens drive the Self deeper into inner-source, a deeper awareness of Being. Peace and wisdom combined fosters this totally new kind of lifestyle spoken of. The by gone human-being living in past and future at a loss of here and now used force to bring about a better version of itself yet this has only ever yielded marginal gains. By flowing with life and adapting to what's happening moment to moment it helps one remain present. And having presence slowly the spiritual travelers mind is infinitely clearer.

The old way pulls one into times illusion and they're lost in social rolls and or emotion used to distract. Reset to observe again-if overwhelmed know that to realize this is having presence. Forgetfulness will come albeit passes readily when aware of it. As waters calm retrospectively evaluate what caused the storm so as to be prepared for the next time it comes, and indeed it will come.

Thought created fear merely foments duality. Fear is of the levels of falsehood and love the levels of truth, seen by observing one's life situations. It's seeing conflict before it rises to a storm by watching and listening. Feel, don't think, mind resistance then is seen. Ego does what it needs to protect its host the only way it knows, through fear. Egoic self-a mind in disorder-its method of control is fear not love. Ego's view is: If it lost control of its host they'd be dead, and expendable should control be lost. The Matrix is filled with a lot of metaphor. The machines discover the main character Neo has awakened, he is disconnected, controlled or is expendable. So we monitor the ego then see its negative energy is thought created problems. At every opportunity we reclaim energy. We remain calm to see resistance merely gives ego power. It protects us yet can if observed help by redirecting energy, its need to totally control. Awareness is our best defense to unconsciousness along with acceptance and willingness, two of the levels of truth, so rise out of the levels of falsehood to higher reason. And the process of reason is abstraction, a point wisdom flows into a mind free to see then be: "In the world not of the world"—freeing the mind of its own resistance. A deep peace then heals the mind which begins to notice patterns. Stilling itself it then curtails judgment, ennobles conduct and notices thought seeks to understand itself with thought. Space then is created for the fresh and new to enter one's mind as memory images no longer totally control. It sees useless information much of it unnecessary-running our lives continuously wasting energy and space. It willingly empties itself then higher reason is tuned into, we reason it out and see value in rising above thought.

The mind reclaimed is limitless. The mind focused brings on feelings of omnipresence..humility..enormity and oneness. Sense this, feel it then let it all go. One then develops alert-devoted-unwavering determination...steadfast patience...harmony and persistence, all vital to awaken a different variety of

persistence than ego employs yet equally aware. Focus, see mind games so as to not succumb to resistance fomenting a fragmented mind. Expectation ego will capitulate is counterproductive then. One must notice and calmly redirect egoic intentions. Unconscious dreamers live in a mind identified state, it's the mind inundated, lost to scripted rolls, subsequently a life script is exclusively who one is prior to transformation, after which we then wear the script as one would a loose garment, unattached. The 'I' is a creation of thought and denies the now. A mind attuned to the causal level then projects peaceful love into what is done at the level of effect. This needs to awaken in any students mind so notions of we are exclusively a script is seen then inner-source/collective consciousness are seen as tools so awareness and observation take president.

Again we benefit looking at it from the left brain right brain perspective. Right brain being abstract sees the bigger picture, outside the box. Left brain thinks in linear ways, thinks in specifics. The two halves are mostly separate although connected. Left brain is concerned with self...ego...details, concepts helping in daily life. It focuses on I..Me..the ego, forever preventing the mind from seeing oneness. Right brain is more-so akin to Natural Self, alert, in the present moment albeit again abstract, not of language, again *in* the world not of it. Uncluttered-patient..outside concepts..perfect emptiness...nirvana. The quintessential ripple effect, and is wholly inclusive or oneness with nowhere to move. Vastness and one energy field-peaceful love undefined...no-mind via silencing thought. Pure observation not concepts, nor accumulated memories seeking to personify peaceful love as the paradigm thought projects, forever opposed to one's mind rising above thought. Yet right brain without left, well it would be impossible to live in this space-time continuum i. e. Minkowski space. Left brain is vital yet sees we are *of* the world and not *in* it, completely controlled. Be the you in time, left, and when not needed step into timeless peace as a lifestyle which is Natural Self in harmony with egoic self. Having presence is one's right brain yet it is challenging to hold this elusive energy—and misunderstood by unconscious dreamers currently the majority, who are utterly dependent upon memory, the left brain controls them which has been so normalized to the degree people know little to nothing of having presence. Foreign to the unconscious dreamer, who lives almost exclusively mind

identified, a state of unconscious dreaming. Left is part of who we are yet if it totally controls one is then unaware of the greater whole to a point of losing themselves in the I identity. Long ago ego gained dominion over minds albeit ironically, this fosters alertness, innocence and wisdom combined requires an alertness. *It's a matter of persistence, alert, patiently and peacefully watching the I and the life script attempting to control us. **Passively watching the I the a mind gradually sees then redirects ego's agenda lessening the I's control.***

Again should ego lose its sway it believes its host would die. It will not nor can it see it foments a mind using the person rather than the person using their mind. Sufficient wisdom through alert observation, solidifies union with essence then conscious awareness gradually arises. Ego does not change, it is one's perspective that changes to see then redirect energy. Such as these are: 'The meek who shall inherit the earth.' Fostering a mind quieten, which acts out of Being not accumulated memory or overthinking. Side bar: If this is felt to be superfluous or tongue in cheek, just know the mind in conflict paints it so. Layman respond to simplistic repetitiveness and it's accepted by a serious student. Endured because their mind sees its own indoctrination. We digress. We speak to a completely new way of seeing and living, unfamiliar when mind identified. That formerly seen as either negative and or unpleasant is no longer seen as such. Good and or bad are now simply seen as well, life. In adaptation one modifies perspective, the mind clear is renewed, reborn, fresh, alert to here and now, beyond thoughts limitations. Observing what happens without attachment to it, one rolls with the punches. So non-resistance to fear redirects energy to peace. All domineering life situations are then viewed as opportunities for further growth helping us develop wisdom. A paradigm shift to peace is challenging in a world fear-filled. Albeit as the paradigm of fear fades one gradually sees in thoughts attempts at understanding itself there is an alertness resulting in the marked increase of awareness of Inner-Being, a paradigm of peace these new men and women spoken of herein personify. The light of love projected is to see fear and redirect its energy to peace.

Without empty space between form, additionally silence between sound, there would be no form to see or sound to hear. As posited in Zen they're one.

Seeing both not as separate but extolling each other is awareness of essential space needed for spiritual transformation so the mind is brought to order. For instance the space between letters of words are necessary. They complement each other. In addition one can see in endless examples the nature of one's changing perspective: The physical eyes see lights reflection off of form. We see light exclusively, reflected off of form. Essence in all form is sub-atomic practicals, tiny interwoven strings. Essence cannot be known yet one can be aware of it. Matter, which is to say all material reality is roughly 10% of the universe. Seemingly much empty space. Although looking at form with an alertness to space surrounding observed form, this is to see in a new way, the great significance of space created in one's mind. It then brings one to a fresh perspective, peacefully, gradually fostering this different view, space as the greater whole form rises out of. Not two but one, seen via pure observation. Separation seen, is Self's alertness to oneness felt as our essence. Perspectives change from the current programmed I or egoic self, to a transcendent view of life seen very different. Albeit being intransigent is counterproductive. The universe expands exponentially. The old hypothesis was the big bang, that is it should be slowing down, what is exponentially pushing it apart? We might say dark energy or dark matter. Seeing thought is limited opens us to limitless possibilities. Plant these seeds in the mind. Empty space is still energy, it has significance. Formlessness rises into form. Peaceful stillness brings presence. To quiet the mind is to have presence. Beauty elevates feelings of presence. All that is arises out of one energy source. In all things there exists a deeper essence than what appears superficially, it is love without opposite. Essence felt within-extended to the body is atoms, i. e. scaffold supporting your body, merely a form you see as your body—a single atom if the proton and neutron were blown up to the size of basketballs would go to the moon and back. We are then mostly empty space in the form seen as our body. One energy field flowing within and throughout, the connection to energy logical minds must admit touches omnipresence. There is simply one omnipresent interconnected energy field. The religious system with no deity posits: It is The Tao. One can see separation merely points to the ten thousand things Taoism speaks of, in fact it's all there is was or will be, one single energy field again referenced plainly and simply, perfectly done with the use of words, as The Eternal Tao.

There are flashes while transcending scripted thought and separation, felt as peace in the moment. Alert to inner-being one may feel shocks of joy. The light within. These flashes for those alert become longer, closer together, then a stream of presence. And holding its frequency is to taste what it is to be this new kind of human-being. Clearing the mind then of memory process is one intensely listening along with an awareness through pure observation, a mind-fulness of the ripple effect. After feeling this deeper peace, upon returning to busyness our material world is, one may be apprehensive or even resist. As if being home for a moment then had to come back to be of the world. This can bring on despair. Be cautiously alert and no negative energy. It cannot be said enough a mind that is the egoic mind would rather its host die than relinquish control. In the back and fourth swing one's egoic mind may condone suicide rather than loose control of its host which is to say 'you.' It's important then to work problems out, adapt to life knowing love is spiritual awareness yet also action. We learn to flow with life, again roll with the punches so to say. Remaining peaceful in doing i. e. at the level of effect in one's daily life, Being brings harmony into doing. Conflicted thinking subsides, one's mind then sees there may appear to be two, only one is real. At night we are to release all troubles in daily life to the source. Upon arising, focus on inner-being felt in the body. We're not alone nor in charge, nor do we need to be. We're helped by universal life force energy we feel one with. It could be said to be our higher power, alert to causal level awareness essential to bring order to the mind through acceptance. Letting go of becoming, alert to a mind vast-free of obsession with the known through observation we see in the moment. Be vigilant. All methods take one only so far. Follow no one then, no system person or book including this one. Be your own light. Inner-being is already within, now. Focus on emptying the mind and shun conflict, including subtle aggression. Natural Self, relinquished long ago is now being reclaimed from the egoic mind. Ineffable peace is transition to an oceanic feeling, working forever as it was meant to do, freeing all minds of fear. We are speaking here to the: *Learn to adapt psychology—used in child-rearing, now being applied to bring the Self to fruition.*-A We see mind games via surrendering to what is, which in turn creates space in the mind so there's awareness of renovaito or spiritual renewal. The seemingly two blend to oneness. A--From the book Emotional Intelligence.

CHAPTER TWELVE

PAST---FUTURE---PRESENT

We're inundated in daily life from every side with endless programming. Television, smart phones, internet, advertising, academia, at work, ethnically, nationalistically, religious institutions in perpetuity to a point of ad nauseam —unconscious dreamers in bondage to thought and psychological time-1, i. e. past and future projected memory to a degree we identify as the programmed life script exclusively. Vast numbers live only to personify a life script. Think they use their mind when the opposite is true. Repetition, inordinate amounts of concepts used to counter the indoctrinated life script we must reconcile in order to reclaim energy from programming. We are attempting to awaken the reader to having presence then living far less in the scripted mind considered normal by the majority. A process/method designed to point one to the door. One at conscious awareness follows no authority nor system, focusing inward they rise above thought. Abstract timelessness reclaimed, innocence merged with deeper wisdom.-A Again freedom from habitual mind patterns and social rolls we all must play. The 'I' relinquished starting with counter indoctrination to the degree repetitious inquiry is to be endured. Focused attention upon the timelessness of each present moment, and along with Socratic inquiry brings freedom from the conflicted mind identified state, unbound to fears divisive memory images. Process helps this along yet can complicate it so once again pure observation is critical to this. Outside of the present, a storehouse of old information in one's memory bank defines here and now for us, it rises then disappears into a memory hole just as fast, while new present moments rise to bring up old memories ever-ready to say what the now is. Memory then, is of time, both bi-products of thought and pseudo self takes over to describe now. A—Timelessness equates to empty space the majority of all form is at its essence. It is nothingness as is the state of one's mind just prior to thought entering. Conceptual thinking cannot know this yet we can however be aware of it. It is The Ground of Existence. Alert to innocence merged with deeper wisdom, two blending together successfully forges a new kind of human-being spoken of, love then negates fear.

It foments division one clings to. Ego veils alertness the Self fosters and auto pilot takes over-blocking observation of the mind. So the present is perceived as a narrow space thought insists is the now yet is vast and eternal. The actual present happens in the moment prior to thought entering, which are concepts defining it with memory. Now is all there ever is. Ego veils this truth-a mind alert with persistent observation sees the Ground of Existence is neither form, cognition, mental formations or consciousness itself. It's the void of no-mind.

We're not suggesting not to use past or future as tools or for entertainment though time needs to be kept in perspective. So relinquish past and future, the exception being for practical purposes, alert primarily to awareness of inner-source, one's mind then creates space, peace flows into doing as the egoic I is exponentially extinguished. Again all reality is each moment, not **of** memory. Surrender 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 in regards to much of what is done. If the 'I' controls it projects memory images of now, which are used for practical purposes only. *In the mind images have taken control to the point ideas of a "person" which thought has created, completely take over. Unconsciousness takes control, and there is loss of awareness of inner-being as well as loss of conscious presence.* Paramount to developing presence is to be aware of this. So remain present notwithstanding people see primarily through the eyes of past or future. What mind games does the readers ego play in order to keep them under its control, that is, the mind identified state? Alertness to the mind having been controlled is part of present awareness, a mind brought to order. Intuition comes via an awareness, there is a gradual development of alertness, of the I's pernicious ways albeit there's the fringe benefit, it serves to keep us alert i. e. egoic self evaluated through pure observation as one is able to do absent resistance, is vital to having presence. Watching a mind, it stills itself, peacefully noticing that which ego and the life script it follows are up to, this so Natural Self does not capitulate to egoic self, unattached to past or future, again 'clock time' we use for practical purposes. One's mind now is at peace, there is adaption to here and now as it unfolds. Holding an energy frequency of peace then, projects love to everyone interacted with by and through daily

alertness of copious amounts, exemplified by: A consistent state of stillness, the mind laser focus on itself and acceptance of what happens from moment to moment. Maintaining the state often requires one leave for a time, any life situations disrupting peace, anything distracting or preventing observation of the mind. Observation fosters this peace energy and helps to reconcile blocks, aggrandizes love finally emptiness. A mind pulled by concepts in addition to overwhelming feelings simultaneously tests our resolve. The present here and now is life...alive...fresh...moving from moment to moment with no intervals—Self emerges from memory images of the scripted self, *one then sees there is no where to move*, there's emptiness, that is the Self beyond consciousness. An intriguing and fascinating journey awaiting any and all serious students.

Can anything outside of the here and now which exists only in memory, be real? Outside of the present does it have significance? This then begs the following question's: If the present is the only true reality why does thought define it using merely memory? This method of thought defining the now by way of memories-is it anything more than images in a programmed computer we call the brain? Merely images defining now? In unconscious dreaming the mind is duped. So where does reality exist? To what degree do people believe it to be either the past, present or future? The mind negating thinking as each moment arises brings one into reality. Born continuously moment to moment the now arises anew, again undisturbed, projecting peace into doing all while maintaining awareness of inner-being. The egoic mind accumulates memory and it's used to define the present moment making it cold and dull, redundant programming defining the now. Having heightened alertness or presence we use past and future for practical purposes then shift to timelessness-not live in the mind 24/7. Having presence is to live peace as a lifestyle and in so doing love comes into the world through the doorway of peace. It is **Being**, alive-joyful-timelessness-now, all because past or future now intervene far less-so. Absent time based concerns energy is far less consumed by endless thought created problems, one sees the now in perpetuity. *Being present, the moment before thought enters, this is peaceful inner-being projecting love which has no opposing thought created opposites, no problems fomented in time, i. e. no past and or future—due to love having no opposite, actual love couldn't even possibly imagine anything akin to fear.* And if one is alert to this state of mind

awareness frees them of the mind identified state. Free to speak and act out of Inner-Being, good and bad are seen as attachment to time, judgment then is increasingly subdued. Everything comes alive here and now, it's peace within and fear, which is of past and future, is dropped. *In this timeless space there's nothing to judge, nothing measured nor compared. Now, is a blank slate we react to.* Each moment appears-fades, yet is actually one continuous moment with no beginning nor end. Seen as such it then is not of memory images defining what is seen. Acceptance moment to moment brings one into serene flow. Anxiousness a life scripts foments, is akin to computer constructs with a lot of information defining, making the now unreal. The mind has lived not in the here and now, in accumulated memory images, in the dream of form. A hologram...lackluster...devoid of peaceful love or actual reality. Merely more thought-accumulated in memory creating on going conflict-mind patterns and social rolls far too many loose themselves in. Not actually there the now then relegated to us being actors playing rolls interacting with other people's rolls.

Once again let us use a different perspective, the left brain. For most people left brain ego and time, have domesticated them. The unconscious see themselves/life subjectively, singular, separated from the whole. Unconscious dreamers live life in a sort of fog. They, are being used by their mind. Most of us are reared by methods of punishment for wrongs and rewards for rights, controlled by psychologically accumulated fear in one's mind that is our mind uses us. Is this not similar to how animals are trained? Ironic, nature's natural state is to be in the here and now. That being said we have lived in a bubble of fragmented thinking, peace is lost due to an inability to see the present as one continuous stream. And except for occasional flashes memory defines for us. Memory practically used is just fine. All the same does it not control us to an excess? Is who we are exclusively? Can we distinguish programming from actual reality? Even though we don't see ourselves as being used by our mind filled with accumulated thought or at best we're in denial of this, is it not so? How often do we live free of programming? Do we instinctively live through images in our memory bank—a storehouse of old images in the brain? Or do we adapt to random possibilities in the here and now to see what actually is? Would it not be better to see what we see as new, as love is always new?

One's consciousness accumulates information which at first is taught to us via our programmers. We are trained, programmed, indoctrinated. So past and or future projected memory binds us to thought accumulated in our life script. A prerequisite to problems always seems to be concern stemming from the past and or future, dove-tailed into memory which infects the now. And problems fomented in all disordered minds, followed by thought designed to solve the very problems thought itself created, how then could we not see it does create problems? Programmed blocks are of memory, some examples: anger..pride..apathy..guilt..blame..judgment..hate..stress..enmity..shame—all derivatives of thought created fear psychologically accumulated, nurtured in lower levels of consciousness. What precisely is missing in this moment and why does one's ego resist the now? We are lost in thought, all continuous rolls we play, and unseen one plainly becomes these. What does it take to see the now is where energy is reclaimed from past, future and ego? The here and now is where the mind sees it's been duped. Until one admits they're at unconscious dreaming, which is basically a sophisticated programmed computer controlling the mind 24/7, they'll continue to be controlled or duped. Natural Self needs then to rise and reclaim energy from an egoic self. To see the life script runs people's lives it requires steadfast persistence, a duration required for times illusion to be seen and transcended. Nothing happens or will happen outside the present moment. Saying this repeatedly is necessary to see it. Now the intention here is not to criticize or bore readers with repetitiveness, simply to awaken them from their slumber so peaceful love an energy felt, brings their mind to order so peace can then be projected more-so into daily life situations overall.

Satori or short flashes of the peaceful present, ironically keeps too many people trapped in the aforementioned nightmare. Short flashes happen yet are not enough of an incentive to hold awareness, necessary to observe the mind. Rather they keep us in the dream to which many ironically cling. For such as these occasional albeit fleeting satori experiences, keep them in unconscious dreaming until alertness rises to foster deeper wisdom. Yet ego would forfeit its hosts life rather than loose its control. Fleeting satori experiences do give the unconscious hope. That being said absent sufficient courage, which is the first step into the levels of truth which is to say the higher levels of conscious

awareness, all satori experiences simply pacify. Unfortunately for ego like a thorn in the side enlightenment pulls us still. And because most people in the present situation cannot muster adequate persistence to come into conscious awareness egoic minds drive humanity to live in past and or future at a loss of the now. The prerequisite to problems always has some element of either past or future concerns embedded within the problem. *Again*, spend little time in past or future exception being of course for practical purposes. The script foments fear and again fear is seen here and now in each present moment. Awareness comes sporadically but in short duration's. The Satori experience then, is just enough to not inquire too deeply. For one to see this, isn't all that easy, still it's simplistic and happens in a instantaneous shift as we rise above thought to truth. Awareness comes gradually, with ambivalence in regards to process and all too often is preceded by unnecessary pain. *Again*, observing the mind there's alertness to the mind identified state. As alertness comes ego works to foment fear within. So going within to Natural Self fosters a mind no longer fragmented resulting in space created so the new and fresh enters--memory again is for practical purposes only. Martial artist's know and see the toughest opponent is their scripted mind and who one is exclusively until it is observed. Watching tests us and fosters a wisdom. *Side bar: repetitiveness is necessary here, kindly be patience with the format.* Skeptical? Imagine peace undisturbed-few accomplish. And presently most haven't seen the conundrum of conflicted thinking—minds in dualism think intellectual pursuits primarily solve problems including and especially seeing this-it's egocentric intellectual pride which is akin to spiritual denial. Watching then, sharpens the mind and insight brings ego to serve its host not control its host. We digress. Of course technology is useful albeit the intellect is not our source, nor spiritual insight. Arrogance, fomented in programmed narcissism deceives vast numbers so we must: “Forgive them for they know not what they do.” -1 Thought instigates us and them...the past...and future...the will to power. We turn our backs upon spirituality and our spiritual core awareness resulting in desire and suffering. Many scoff at the idea of spiritual essence, often labeling it as mumbo jumbo or even frivolous, nonsense, see it as feckless. Immersed in pride, enamored with egoic mind A. I. and the egoic self's intellectual accomplishments, it is a sort of spiritual Self betrayal of inner-being. Focusing on the egoic mind all

while having presence one's mind sees the true nature of here and now. Alert, one sees unconscious dreamers saddled with responsibilities, lost to busyness rolls and patterns. Therefore holding a frequency of peace helps others to see their own shadow self. Remaining alert others often can and do feel energy, in so doing one is raising conscious awareness in the minds of all humanity.

We have spoken of left brain and right brain repeatedly in this work and realize it tends to get somewhat redundant but it's necessary believe that. We site a case: Due to medical circumstances this persons left brain shut off so to say. In a way she was blessed with the unique opportunity for self reflection. The linear left brain shut down and abstract right brain took over. Lucky to have lived to recount the story, it's a fascinating account: '*A stroke of insight*' *Ted. Com.* Emotion and concepts block awareness. Transfiguration is a mind freed from the known, which are conventionalizations creating division. An egocentric belief the intellect alone defines truth, elevating science to blatant outright arrogance, conjuring up illusions of godhood craving and perpetual egocentricity, additionally the desire for power over others. Absent awareness of inner-being, peaceful loves oneness spoken of herein, when combined with knowledge and images in memory, mind identified elitists intellectuals with a stubborn arrogance tend to see themselves as superior. Such as these do more harm than good and repeatedly self-destruct, brought about via fear, fueled by divisiveness and endless craving for more power for the sake of power alone.

In intermediate training students adjust to the back and forth or ebb and flow, tending to needs in daily life while maintaining inner-being alertness—it is consciousness being aware of itself. Quite difficult yet alertness of Being is there in the background while preoccupied with responsibilities if we hold consistent conscious awareness. Literately this happens instantaneously, one's mind blocks it so typically it's a slow back and fourth. Feeling peace strongly or subtly at intellectual levels will not bring lasting presence. Inner-being is veiled by layers of programming, the frustrating ebb and flow swing, at least until the energy is grounded. We cling to the known even though it's painful. Fearing the unknown we languish at varying levels of unconsciousness and it prevents us from rising above thinking. Pain management is the alternative to

alertness. *A sort of spiritual denial. All conflicted minds block awareness because one sees through the eyes of concepts.* Again: “Allegory of the cave.”-1 The story of men chained inside a cave. They could see shadows of figures walking outside—thinking the shadows were real. One freed himself-fled and upon returning tells them of the real world, not shadows they had known for so long—none of them would listen, they would not believe it and killed him! Offered freedom from the illusion they all declined. Having been there for so long an illusion became their pseudo reality. Overwhelming normalcy bias so strong they killed the one who attempted to free them from their bondage. Programming propagated this negative outcome. Past future and scripted fear controlled them to a point they rather preferred the known over the unknown. They embraced the familiar and the unknown, they all shunned. The known, painful as it might be was what they'd experienced for so long. A bizarre form of Stockholm Syndrome resulting in the negative life situation being far more valuable, too valuable to give up. What has humanity collectively gotten used to? Now this way of seeing is something completely new, it is human-beings transcending limited memory images be they past or future, the unbelievable insignificance of it. Ego forever tells us 'You need me.' And we all do, the ego used practically assists us in 'clock-time.' It vies for control using past, future and fear to accomplish its ends. A mind in disorder is forever concerned and worried, it fills us with fearful apprehension. Is there a problem in the present moment? Close your eyes-clear the mind, feel energy, you'll find this moment absent thought is predominantly peaceful. Worry in past or future is time, it is programming inciting negative energy. Thought identifies, the script rolls and old patterns intervene...*memory* then defines now. To see what you see, is an acceptance of what arises in life, and peacefully observed wisdom comes into a mind. Acceptance of what is fosters a peaceful warm relaxed sense of here is okay; the joy of presence flows as a peace energy felt throughout the body. In the zone is the mind adapting to each moment, in this one's mind is far less fragmented. Energy felt within merges to a oneness or conscious awareness, inner-being felt within the body. Inner-Source flows, awareness comes, we're listening and just there. Ego, a practical useful tool, helps us all in life should peace be made with its limitations. In steadfast persistence this then begins to resonate and moves the mind of a student that is to say you the spiritual

traveler, away from the quite frustrating state of unconscious dreaming to the peaceful state of conscious awareness. Shift to conscious presence if 'clock-time' isn't needed. Imagine rising above thought at will, to no-mind, bringing peace on earth which is to say conscious perfection. So then, one's effortless friendship with ego is the Self's alertness to a shadow self. Expect vacillation, levels of consciousness tend to overlap. Levels are concepts, ideas and along with conceptualization wholly if peaceful love comes into the mind, help us. Life then flows into the personification of one continuous present moment, Being flows into what one does. Water the seed within you, long ago lost to forgetfulness, time immemorial when ego entered the mind of human-beings. So love could never actually leave us—we are love yet an unexamined mind blocks the Self from rising. How could something that is our essence which is to say who one is ever leave? The mind conflicted cannot see itself trapped in unconsciousness so logically thought pitted against itself foments conflict. To see unconscious indoctrinated thinking creates conflict equates to a mind no longer blocking itself, in the sense that programmed scripted minds no longer project now into the future. Unconscious dreamers are unable, or will not see this. Still should unawareness return those at conscious awareness are pulled repeatedly into the dream. Being alert all anxious negativity affects us less. Functionally operating and holding a frequency of peaceful love there arises tremendous feelings of freedom at this point in training. A mind sees thoughts mistake...old mind patterns and habits, social rolls and emotional turbulence. Consistent alertness needed so to limit the energy given to ego. So alertness, helps us to reclaim energy from the egoic mind. Difficult. Countless times the author has repeated: 'This can not be done alone, please help,' is an appeal to the Source, (God if that word works better), this carries us through. In martial art the student combines simplistic innocence with deeper wisdom ...humility ...additionally fostering Socratic inquiry, with patience...practice...negation of process, present awareness of Self fosters the refusal to give in, bringing oneness. Feelings of great joy come. A mind sees it in short flashes, extending to longer streams...break troughs. Time or past and or future projected memory, foment egotistical intellectual pride, such minds tend to scoff at this. Believe! Don't allow others, overthinking, or veiled egocentric ideology to block it. Be aware of 'Natural Self' behind the programmed 'I'. So, 'Do it sir.' Jiddu Krishnamurti.

CHAPTER THIRTEEN

STAYING IN THE MOMENT

'I'm tellin you what shrimpin is tough.' From the film 'Forest Gump.' -1 Staying in the moment is also tough, at least until the energy is grounded. If spiritually called do not disparage ego and the powerful life script it follows. It does what it needs to control and is relentless in its efforts. Ego and the life script bends one to its will prior to sufficient observation of their mind. Yet if humanity were to awaken-collective peace would abound and: 'The lamb will lay down with the lion.'-2 Observation, listening and awareness of egoic self, if normalized would bring peaceful love to fruition. When enough awaken to spiritual awareness i. e. rise above thought, global spirituality would abound. Significant to this as it is with all things, it happens in the here and now. Now continuously dies so the mind is always fresh. Past and future intervene less, peace is then sustainable. Yet overrun by incessant thinking and or emotion in the form of subtle and aggressive forgetfulness, one lives in a mind identified state. Social rolls and patterns go unnoticed, vacillation ensues, one is aware, unaware or neither. Ego commandeers the mind, fomenting extreme or subtle disunion from the Self, one's life script then able to control they're swayed by fear, normalized to a point the mind is lost in a dream. When 'blue-pilled' or 'black pill' we are the I or egoic self. Higher Self is veiled by past or future, i. e. lost in psychological time.-A Through observation mind noise fades away. Having presence others may feel it yet relying on one at conscious awareness is to seek others to tell us what we should do. We can all tap into wisdom by going within.-B Additionally one claiming to know is still ego. To know is of thought, this then is the problem. Who's the I that knows, a shadow self? -A..A continuous mental projection of the now into the future. **B**—The voice within us all, it guides if we're alert. Through clearing the mind, being still and listening intently a mind sees clearer. Yet we cannot see what to do when we're upset. Extreme emotion and overthinking foments psychological time. From a biblical perspective it's to: 'Be still and know that I am God.' Psalms 46 One pauses daily to reconnect to the source, this is awareness of: The Ground of Existence. When lost one clears the mind and resets.

Egoic mind is the quintessential fragmented mind. When alert we rise above thoughts fragmentation by quieting the mind. Fragmentation is mitigated and in the present moment clarity comes. A mind divided and or concept ridden is psychologically disordered to the point psychological fear is so normalized it goes unnoticed. The mind emptying itself makes room for the fresh and new, yet only happens in the present moment, not in memory images *of* the present moment. Reclaiming energy from psychological time is to observe rolls used for practical purposes, ergo one eyes 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 difficulties in being attached to a mind controlled by the life script. Watching the shadow self is key, still one by way of ideas or stored memory exclusively, is of the world, attached to time. Life distracts the mind from timelessness-resulting in the further loss of awareness of inner-being or having presence. The vicious circle of craving pulls one into time and mental noise where ego controls its host, which is to say one's mind.

Again time pulls us out of the now and is efficient in so doing. Thought and extreme emotion combined pulls the mind into a train of concepts. Overthinking, time past or future oppress us not because of subjectivity but due to deception egoic self promotes via an I identity. Overly drawing upon memory images to identify the moment i. e. here and now, is rooted in self-deception. In observation of the present moment one's mind is silent so truth-peace-love and clarity then take precedent over unconscious dreaming. Having steadfast alertness memory no longer supersedes one's seeing of the now. Ego comes at us through subtle intellectual pride which comes before a fall. So we must be alert or life script lulls a mind into forgetfulness and denial of Self. Scripted overthinking creeps in often preceded by pride. Observer and their practical use of memory must work in unison then. The ego and life script it follows, are to be watched through a mind sharpened and turned upon itself. Drop any idea of thought and systems there-in being able do this for you. Unattached observation along with passive listening, brings clarity to the mind. Dropping negative energy one can then: “Be **in** the world not **of** the world.” -2—We're all here to learn, that is to say we epitomize spiritual beings having a physical experience. Focus on remaining present, just there, and with the mind in calm

alertness see depression..dis-ease..pride..anger and so on can help foster with-in a deeper awareness helping to gain wisdom. Yet subdued by the above one is then lulled to sleep...present awareness is lost, mind patterns control again. Situations foment thought and memory defines, so passively observe. Be alert to each present moment. This lessens energy given to the self so Natural Self emerges to take primacy, albeit a deep commitment to alertness is essential. A great football coach would tell his players: 'Quitters never win and winners never quit'-additionally-'Winning isn't everything it's the only thing.' Do not begin this journey unless it's understood that crossing The Rubicon is to see definitively that there is no going back. Otherwise the spiritual traveler likely is susceptible to slipping into unconscious dreaming. Living peaceful love negates memory. Gradually a mind refrains from dependence on memory, the now takes primacy, memory serves as a stepping stone, used and abandoned. Alert to frivolous thinking via serious attention, keeps us in the here and now yet its energy is fleeting, unstable. One must maintain alert daily observation of the mind so it does not capitulate to the life script, self-talk rolls and or old mind patterns. Persistent and unwavering observation forges a mind more-so laser focused upon itself. Attention turned within reveals truth to be something of itself, following no system nor another which is to say, not clinging to rolls thought or following the status quo. Awaken to see and live one continuous moment, it comes via watching egoic self and the life script it follows. 'The kingdom of God is within.'¹ We are to rise above thought and its endless fragmentation. Inner-being cannot be known albeit we can be aware of it. It is conceded the ideas for many are hyperbole or at least abstract. Yet should one have a seriousness, pressing onward no matter what happens along with their commitment to never over analyze why they should, awakening does come.

Listen, watch daily, hourly if need be sharpens a mind to again turn it upon itself. *Quite unfamiliar at first, due to the fact we are so used to being controlled, conditioned to go along to get along with the status quo rolls and the life scripts mind patterns. To follow patterns, is one actually there or just programming scripted minds project?* Observe in stillness and let life lead the Self to where you're supposed to be by giving egoic self just enough energy to do its job. Watch and redirect energy. Ego is of the world, enamored with

the material it gets lost in a dream. So life ought to be seen as a school we are to learn from. This being the case ego can never tell us who we are unless we we capitulate, ergo no limitations. Again the power of choice cannot be taken away. Nevertheless it's all too easy to lose oneself in the dream of form. Yet elementally we're no-thing in form or perhaps dark matter-perhaps again dark energy rising into material form. Who really is to say what essence is?

In martial art when techniques got overly complex we would go always back to basics. Our refuge then, is simplistic innocence, bringing us back to basics or presence reclaimed. Children can feel this naturally as oneness and know it to be love: *The Oceanic Feeling*. Prior to the child's life script taking over there exists a short window of opportunity to teach them, holding loves frequency they feel energy in the body and hold awareness of it. Children do still remember. In conversation with a four year old child he recounted going to his two year old brother his play-pin. He asked him to remind him of what heaven was like, that he was forgetting. He spoke of another boy in preschool who said he was dumb. Asked if that same boy told him it was okay to run into the street when cars drove by, would he believe it? Of course replying no he answered without thinking about it, in the now where truth is. In about two years around the time he acquires his second set of teeth, his life script will have formed and was forming as we were having this conversation, it then most assuredly will seek to control him. That is of course unless he is taught to recognize peaceful loves energy and learns to ground it. That said no one nor the self can sell us a narrative unless we buy into it. The self by way of a 'persons' unconscious programmed narratives, casts them to be an 'I' identity. Programmed by their programmers due to once more the apple not falling far from the tree. Their truth is taught to them and subjugated by fear, is not real truth, they're programmed through no fault of their own. It is an unconscious discontinuance with one's teacher within. So the apple not falling far from the tree absent awareness is to follow the Pied Piper. Observe patterns, rolls and rolls of others, it fosters alertness paving the way for energy to be reclaimed. If the child or an adult has narrative pounded into their head it is difficult to see it controls them and especially if surrounded by unconscious dreamers. Once a child's life script is formed usually by five or six years, it's extremely

difficult to see and life gets more-so complicated. Our script governs and the ego its praetorian guard, uses linear thinking. Collective and personal belief systems veil the Natural Self which acts out of Inner-Being and is guided by random potentials happening moment to moment. Collective consciousness, personal consciousness as well, reinforce familiar mind patterns unconscious dreamers cling to. Time is where problems abound when scripted definitions of now are bought into. Reality is the present moment, not images in memory thought projects. Ergo, one is to adapt then to each new moment, i. e. random potentials. Functional, one fundamentally at the level of effect simultaneously has one foot in both worlds i. e. timelessness and 'clock-time.' There will be vacillation or ebb and flow from Self to self, ultimately merging to oneness. Fear energy through a paradigm of fear seeks to identify here and now from memory, a 'you' prior to wisdom merged with a child like innocence. Yet each has their moment of realization, a personal epiphany, stepping stones to Self seeing egoic self as programming and reclaiming energy. Inner-Being comes to us all by going within yet similarities in subsequent wisdom are common.

Those who do awaken abruptly tend to see a world of aggression. Peace descends like a whirlwind to obliterate mind patterns-then seems to leave-this is the ebb and flow. One feels waves of peace but all too easily are lulled into unconscious dreaming again. A busy world pulls us all then backs off only to repeatedly reemerge, brought about via complacency and forgetfulness. One must press onward in spite of all this. -A Transformation is to partake of life and relationship while simultaneously maintaining awareness of inner-being. And the mind determined frees itself of perpetual control. Pure observation, for example in conversation is to be aware of increasing tension within: Is the voice elevated? Is there alertness to rolls as we play them? For instance while shopping, move slowly, alert to all interaction. Notice the script tugging. Pay attention to detail and bring all the senses to bear. Monitor ego, listen-look-touch-taste and smell each moment, focus, bring the mind to absolute present awareness. In walking actually be each step, or opening the car door, starting the car, moving...driving...parking...waiting-opportunities to feel Inner-Being. A—A feeling of innocence. In the beginning it fades in and out so wisdom needs to come in order to hold its energy frequency which is to watch the mind. And sharpening it we turn it on itself. Or we live in the mind exclusively, the mind then uses the person. Absolute persistence almost to a fault, is a must.

Lights..pushing the cart...seeing colors...hearing sounds..unattached listening. Be the watcher of social rolls pulling your mind into programming, even forgetfulness. Notice it, remain alert to it. Be aware of the 'you' playing the roll. Feel-see-hear, interaction with others rolls from the outside looking in, seeing the rolls as they're played. Keen pure observation induces a quiet alert mind, very peaceful yet vigilant. Having conscious presence situations then drive us deep into peace. Still and free of attachment to normalcy bias, this creates space in one's mind—unaffected by memories of here and now one's mind is able to observe itself without resistance. Side bar-If it seems confusing likely ego paints it so. If 'you' think ego does not seek to control then stop reading and please give the work to someone else. Ego needs the thinker to follow its narrative. Remember ego will forfeit the life of its host rather than relinquish control so don't be surprised if it propagates this as feckless. Nevertheless for thousands of years and many having realized a peace never thought possible, obviously such as these will have the last laugh. So if 'you' are 'blue-pilled' ignorance is bliss and if black pillers know that all 'you' need do is to keep going steadfast. A mendacious self capitulates to endless programmed mind patterns and should this not be seen it's okay, it is the mind using the person. Each individual chooses to stay in the vicious circle of thought memory holed then drawn back up to manipulate. If that's okay well, if the status quo works and one is not ready by all means continue to follow the Pied Piper. Know the puppet master is the readers egoic mind controlling and will foment on-going suffering. We digress. Psychological time projects the now into the future so be mindful of roll play, it's a necessity in daily life yet if unaware we are all pulled out of present awareness to merely be the roll. The author has watched rolls more times than he cares to remember-been caught up in them-requiring he reset again and again-all due to a lifetime of programmed habits, rolls and the triggers to these. Again all well and fine provided one sees it for what it is and doesn't lose themselves in them. And getting lost all rolls by definition, are a you in unconscious dreaming, so doggedly reset and continue forward. Let the now lovingly guide life through observation and listening, it sharpens the mind. Always vigilant so the mind is not lulled to sleep. Remain awake to be one step ahead of the egoic mind. The following articulates it all too well: 'You men, you could not stay awake with Me for even one hour?' Matthew 26:40

When overwhelming emotion or thought exert ominous demands it can overpower the Self and bring on feelings of inadequacy. ***It is dukkah.*** Calmly watch, notice in the here and now with no negative energy. Anxious dis-ease foments conflict while pure observation brings one clarity. Ego is the path of divisiveness, distraction is everywhere not to mention unconscious dreamers a majority, cling to the status quo and feel others should do the same. Accept that too. Forgiveness of those in a state of unconscious dreaming is essential; critical in fostering non-aggression and an acceptance of what happens. This is not to suggest one should capitulate, rather see conflict and with the power of choice choose to redirect energy, notice negative energy can foster peace if one is very alert. A choice requiring extraordinary determination beyond what most realize is even possible. So begin with the impossible. Remember however, impossible as all this seems it simply must be done for collective sanity to return. Additionally a commitment to remaining in the moment profoundly affects a majority of those who are still in the state of unconscious dreaming, those in bondage to learned, thought created scripted programming. One may see or may not-yet if spiritually called don't underestimate how important this all is. If one is at the level of what the author has referenced as a kind of core positive stubbornness, they are called to be a forerunner of this great spiritual transfiguration. Moreover collective human consciousness is affected by one having presence weather they're aware of it or not, its pure observation brings peace akin to a positive virus touching everyone. Can the reader now see how enormously important success is then for those called to spiritually awaken? Observation fosters peaceful love and permeates other minds. The egoic mind is slowly driving humanity insane due to the fear paradigm, fomented in the lower levels of consciousness. We race to the singularity yet spirituality lags, it must be developed or technology will become a pseudo replacement. So all negative limiting self-esteem degrading input, is to be set aside and countered with positive-constructive-contributive information facilitating in perpetuity a shift to peaceful love. Humanities spiritual side must rise, an enormous under-taking. The alternative is to follow a life script, capitulation to one becoming the egoic mind. Those who possess a positive stubbornness are perspicacious, and inclined to rise to the occasion because it has to be done. For the author it is an energy beyond intellectual understanding-which drives him onward.

Alert minds in observation of scripted rolls and or mind patterns help to develop the spiritual, one's alternative to trans-humanism...i. e. Neuralink. So there now is purpose—a higher reason for rising to conscious awareness to rise above thought. Courage merged with purpose spreads peace. Accomplished it is the light of love and the dissolution of fear. Seriously this may well be the most courageous significant and or meaningful accomplishment achievable in life. Compare this to narcissistic drudgery, fighting for power-money-prestige and adulation from fear filled-prideful-elitist-egocentric sycophants. Craving pseudo power...mere temporary satisfaction. *This then is impermanence.* Rise above thought—again the now where peace and the joy of Being are. Be alert to each present present moment. Beyond thoughts concepts, outside time the problematic is nil. Ego's game then is distraction, and driving disunion from Natural Self so unconsciousness takes over it's quite relentless in this pursuit. There's much distracting us all and it's too easy to loose ourselves in dreams. Lost awareness of inner-being leads only to endless coveting. Alertness then, is one's defense. Unconscious dreamers a majority, are unaware and can't see the reason they suffer. Yet if change were easy everyone would be doing it. In the next chapter we'll go down the rabbit hole to wonderland. And 'you' may wonder about this work or perhaps question why a scripted dream manifested while programmers who indoctrinated us with fear, didn't see it controlled to an extent it has. Prepare for a ride that completely debunks the fear paradigm. Our aim is simply to point the way, to foster resilience needed to go within. All systems merely point nevertheless this is clearly not enough...one must go within, only one's teacher within by way of wisdom and peace can truth then show itself to us as something of itself. A disordered mind hides much from us. Should we not inquire? In the end for all we know this school and or the life script, a mind identified self propagating mendacious materialism, are all opportunities so learning takes primacy. Bringing the need retrospectively, to share some of what the awakened have worked for with those unable to rise above thought so to help facilitate their spiritual rise to conscious awareness to whatever degree they're ready for. Helping usher in the Great Awakening of Mankind. A totally new kind of human-being, again not better versions of the old Homo-Sapiens, one choosing peaceful love as their new paradigm, a new lifestyle, all minds freed through harmony with their own egoic self.

CHAPTER FOURTEEN

HOW DEEP DOES THE RABBIT HOLE GO

Lewis Carroll took us down the rabbit hole to wonderland, challenging minds. The pinnacle of consciousness as outlined in this work is: Conscious Perfection. So let's begin the chapter by saying: the joke is on you if you think you actually arrive, which is impermanence...again unconsciousness...simply another of endless mind games when observation and awareness is all there ever is. We are an expression of inner-being in perpetuity, a personification of love, yet disordered minds block the seeing of: What one seeks they already are. We're part of all that is which is in and of itself conceptualization, merely another mind game. An enlightened state is beyond thoughts ability to know. We're no-thing..nothingness..potentials..this moment prior to thought entering to identify all life via memory. We are all energy, plainly one energy field. A mind freed of psychological time lives here and now, in a state void of time. Imagine having had a spiritual revelation in which you see the dream of form or, a totally new perspective. Shocking to see we're actually love at our core, which our egoic mind blocks. We write-produce-act-direct and edit the dream—the apple that didn't fall far from the tree is programming our programmers taught us beginning with the parents. We bought into the dream, it is all we've ever known. We were brainwashed and living in a bubble had a ticket to ride, ego and a life script has controlled the mind. Yet unlimited potential realities exist in a mind freed. In rising above thought we mold the dream anyway we choose. Collective and personal consciousness projects this dream of form, or manifestations born in thought rising to be material form. The dream of form is held together by people's strong belief in times illusion, one's accumulated memory which foments psychological time. Form is at its essence, subatomic particles or, possibilities emerging via pure randomness. Observations effect on form. At the sub-atomic level things really get strange-notwithstanding the quantum level and spirituality actually have the potential to, if very focused

complement each other as to observations affect on material form/reality. An intriguing idea: Absent collective consciousness form would simply disperse. Atoms in form would scatter, and again they're subject to randomness. So all matter are manifestations of incorporeal nothingness, essentially omnipresent or one energy field. Essence. A rabbit hole beyond consciousness or random potentials. In physics it is the eleventh dimension, all that is are tiny vibrating strings connected. Oneness we've spoken of here-in, seen as divided yet one energy field. Appearing fragmented to unconscious dreaming minds—merely a series of potentials guided by randomness. Sounds unreal? Well what is real then? Can randomness be defined via thought or explained in language, can anyone write a thesis on or about nothingness? It's beyond the thinking mind.

Let's have a look at the double slit experiment. Physicists fired protons at a wall with two slits. Behind the wall with two slits the protons hit in a spread pattern. They thought, now that's strange and decided to record it, to watch it. Basically protons then behaved as they expected them to, or two vertical lines on the wall behind the one with two slits in it. Randomness then, is a series of possibilities that observation can effect.-A Simply put, to watch affects reality. We are positing there is only a single energy field, seen as a truism in minds transcending limitation, a fear paradigm promotes the exact opposite. Though it requires an extraordinarily alert mind absent even the slightest iota of doubt regarding its capabilities. A mind able to rise above thought is aware of some mysterious ineffable something we have referenced this work as: The Ground of Existence, a spiritual absolute it's a completely new kind of human-being not a better version, something totally new. The human mind can never know the mysterious something although can be aware of it. In the current situation fear controls most people's minds and manifests as collective thought in the stream of consciousness which is to imply space-time, and seems fragmented when actually it's one energy field we are all of. To see this requires profound alertness, a mind fresh and new. Such minds are limitless, because now ego is observed as one fostering alertness needed to rise above thought, exception being for practical purposes. A-This speaks to the observer effect in quantum physics.

Schrodinger's cat: Is a thought experiment in quantum mechanics which

illustrates a paradox of quantum super position. A cat is put into a sealed box with an atom of a nuclear isotope, with an equal chance that within one hour the cat will either be dead or alive. Although before you look the cat can be simultaneously alive and dead. This it would seem speaks again to the act of observation having an effect upon reality. And infers herein that matter up to and including the body, is absolutely affected by a collective conscious belief in consciousness having an effect upon form. The common denominator then for quantum and spirituality appears to be the changing power of observation. So watching makes a difference. Egoic mind sees its host as an I identity and clings to the material along with the fear paradigm we are all programmed to be. Spiritual beings having a physical experience through observation, having an effect on reality—observation in the here and now, which is actual reality. Material form is energy flowing from the non-manifest into manifested form. Awareness of inner-being is nurtured in pure observation. From this peaceful love touches all consciousness. Who, is observing? Our scripted egoic mind, life situations, the shadow self and its social rolls, or the timeless Self in the eternal now—another of endless mind games? ***So, there is nowhere to move.***

There was a colleague who studied incessantly, falling asleep then upon awakening resumed studying, enamored with the subject this work speaks to. Intense spiritual subject-matter. Quite determined and in retrospect the first realization of what words could only hope to describe as oneness. There was a sudden revelation. A brief profound peace came. Not satori really-akin to an elevator ride to peaceful clarity. A gimps of the void. Gazing out the window, birds flew by, a perfectly clear, beautiful day. In an instant egoic mind totally collapsed as peace abruptly rose. Then an epiphany: That's true none of this is real, all manifestations of randomness. What happened next was telling. Ego reentered to reclaim control again. Having none of it there came intense fear, a mind clinging to the material world of form life script and ego, its guardian, brought him back to familiarity, his normalcy bias pulled him back to be **of** the world as thought reminded him-'Didn't think it would be easy did you?'—Applicable axioms-'The reason you suffer is because you cling to the world.' or 'Cross over to the other shore.'-1 A gradual back and forth process ensued, ebb/resistance-to flow/observation. Once a majority of unconscious dreaming

minds see it the dream no longer controls. Preceding this, actually there is no us and them..ultimately we're energy..oneness, all useful ideas in fostering an alertness to peace as a lifestyle. Conscious perfection defies definition, i. e. the I cannot *know* Being. Freedom from the known is boundless liberation, freed of negative energy, rooted in the now. And seeing moment to moment actual truth reveals itself to be something of itself. The dream is and always will be the paradigm of fear thought has created. Transcendence is consistent peace, requiring persistence, worth any effort made. We are saying anyone with unwavering persistence can see. One's great responsibility in life really is to realize the highest most important thing human-beings can do is to foster the loving personification of inner-being so to have presence, then project its unlimited love into the world. And this great axiom may have been trying to communicate this idea-'Whoever believes in Me will do the works I am doing and he will do greater than these.'-1 this comes out of an established religious system—the idea of one specifically named consciousness only limited in the mind conflicted. Always remember that: '*The word is not the thing.*'-A We are to transcend division and don't limit the source. A new way of living provided one seriously inquires into it. So remain steadfast then, perseverance is key. Be careful what you wish for. It's not for the faint of heart nor those lacking persistence. Challenges come notwithstanding we're seeing from this totally different perspective. 'Problems' are opportunities for growth, gifts if we hold fast to love's frequency. In a mind silent and unshakable love emerges. Non-resistance and total acceptance brings peace into doing. The traveler emerges reborn and now flows *with* life. Peaceful calm emanating from Being in turn flows into doing, ***actions are motivated by peace, love comes into the world.*** One attracts people and circumstances essential to peace. Optimism rises and peace absorbs fear filled negativity coming into one's proximity. Awareness of inner-being promotes a strong inner-core, peace and deeper wisdom takes primacy—standing as these souls do as seers of truth moment to moment. In such a mind peace is seen via oneness, then transformation to nothingness, followed by rebirth out of nothingness into form, ultimately benediction, the realization of one's purpose is to project peace and love to all they come into contact with. It's to feel energy and shine the light of love into the world. It is having presence, to project the eternal now. A—An idea posited by Juddu Krishnamurti in his books and many monologues. All of which can be found on the internet in you-tube videos.

This is alertness-listening-peaceful random observation and love flowing into doing. Flowing **with** life and allowing **it** to guide us similar to the feeling had listening to an exquisite piano solo by Bach-in the moment. It demands alertness for an undermined period. In many cases more than most are willing to endure. It is to develop the art of letting it all go, the apex of this is rising to pure consciousness or spiritual transfiguration. Inner-Being projecting peace here and now despite what happens, observation of ego and life script so that problems are then seen as opportunities for growth. Absent past and or future what problems are there? Let Being flow into doing and peacefully observe, adapt while simultaneously holding awareness of Inner-Being felt within.

To the degree we allow the mind to be veiled by the script is the measure of clinging to fear, trapping us in a wheel of karma forgetfulness or repeated existence-perhaps it's a variety of Nietzsche's eternal recurrence. Additionally Nietzsche posits in his writings the idea of a superman and implies such a one is far superior to current men. The author feels this superman is similar to the new man spoken of here-in, fostered by an awareness via going inward to the teacher within us. All souls have the seed within yet the egoic mind blocks it. Also be mindful one must factor in the power of choice, and this can never be taken from us, we must choose to capitulate. Additionally question: 'Where is the spiritual traveler at in their journey?' If one is not ready or chooses not to work at it, or perhaps spiritual progression for whatever reason is stifled, then it's understandable why such are viewed as superior though are not. Some see the need for all humanity to rise with consciousness while others are afraid to deal with personal proclivities. And if not ready, they look for others to show them or they'll willingly follow systems telling them what to do. Therefore no method nor any individual can tell us or do this for another. Other than at best **point at** conscious awareness, a new kind of human-being often pointing to what it is not. The Self is omnipresent energy felt as the energy of love. It's a mind sharpened then turned upon itself. For such as these it's their weapon of choice in reclaiming energy from the programmed mind. And emerging from the ashes of conflicted scripted egocentric thinking they're freed through non-resistance by way of observation of their own programming. With persistence programmed minds gradually dissipate, or capitulate so to free their mind of

stored information in memory—a mind conflicted, now alert, then no longer blocks awareness of Inner-Being. There will be rapids or tumultuous times, yet peace remains metaphorically as the rock embedded in a rushing riverbed which can't be dislodged. Once peace is solidified by way of wisdom-nothing circumvents one's peace. Ego and the script are governed by nomenclature—a linear mind. Love flows from peaceful inner-being awareness. It comes via wisdom merged with an alertness to one continuous eternal present moment. What is lacking in the moment then? Again problems need past or future. The present moment untouched by time is not a number or a thing, even a place or judgment, for these exist in time, having a beginning and end. The now is all but problem free then. Having presence or being now, is the oceanic feeling. Observer and observed blending to one. In random possibilities life leads the way. Life then, is as it is, is-ness happening beyond conceptualization. If one attempts to label the here and now they're lost to past and or future projected memory, a dream world we cling to. Enlightenment is now ...forever...moving ...alive...playful bliss with no attachment to outcome-beginning nor end. It is one's essence in stillness, absent all resistance. It never opposes, it re-directs in perpetuity all negative fear energy via peaceful love. Everything is energy then, flowing out of a void with the answers to whatever life sends if one is listening. Time..mind..ego..are all mental constructs, plainly images created in thought. Essence is energy, incorporeal, within us, Being, and clouded by the life script or veiled by our egoic mind. The eternal mind is a mind without borders—beyond any and all limitation, infinitely less finite than the scripted mind. The void voided, merely what it needs to be. Love projected into form, Natural Self expressing the spiritual travelers essence in form fostering truth presented as something of itself, acute awareness forever in the here and now.

Humanity is at a critical crossroad, we evolve with consciousness or shun our spiritual side. If we destroy ourselves or perhaps civilization itself, well, consciousness will continue. Presently our technology exceeds humanity and should we negate spiritual awareness the unintended consequences await us with no guarantees. Millions killed in unthinkable violence, war and hatred merely for the sake of gain or hatred. The insanity the egoic mind drives us to violence-judgment-divisiveness-war, for again power and money! So many

unaware or simply do not care. A new paradigm on the horizon rises to show us what we do is done to the entire energy field, seen via etiology then let go of to rise above thinking. Noticing others don't see it often saddens a traveler. Consciousness evolves with or without us. So be a part of freeing the mind of mankind collectively, or do nothing. Yet know the latter is a choice as well.

Energy never dies, it simply changes form. We are energy so is death an illusion? A creation of thought in collective consciousness—all manifestations born of fear? Somewhere in the universe perhaps on a planet out there, are beings advanced enough to take all this for granted. And possibly watching us this very moment, wondering if humanity will destroy itself or survive this reformation or rising consciousness from unconscious dreaming to conscious awareness. *Or perhaps it's Lila, a game Brahman plays, us being the pawns.* Before the reformation many came along attempting to create change only to end in more death. As Martin Luther entered the scene perhaps it was an idea who's time had come. Ergo, is it enlightenment's moment? We have a chance here and now to usher in this new paradigm. Those who do have presence concede, it is what it is. A part of seeing is to see no us and them. The author often ponders: “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: “If you have faith as a mustard seed you will say to this mountain move from here to there and it will obey.”² Ultimately then, all spirituality is seeing truth. Can 'you' see Self rising to conscious presence? It requires going inside to the core of spiritual awareness. Or are 'you' a puppet of scripted egocentric intellectualism? The spirit of the age following the Pied Piper of A. S. I.. If so it definitely won't end well. So inquire then, who is the puppet master? And those who do seek money, power and science as their pseudo god often scoff at spiritual transformation—ponder this fundamental question: How will each of these possibilities turn out? The author together with objective readers can see the importance of all this. Surrendering to this perfect moment which is to say, now, removes pain and suffering, clinging to the world, chasing the wind, and need to finally see. Crazy, mumbo jumbo, or insightful with limitless soul force? My friend that's a perspective matter. Do 'You' want peace in your life or an egoic mind controlling via the you?

A footnote to this chapter: As said this work uses unorthodox or scattered ideas in an effort to convey enlightenment, which is beyond thoughts ability to understand. So this chapter was intended in the same vein to be the quintessential attempt at reaching the actual Self behind the programmed, indoctrinated, brainwashed person programmers trained us to be.

CHAPTER FIFTEEN

PAX PER RENOVATIO

Spiritual rebirth is sort of a renewal, realization of the Natural Self, an alertness fostering wisdom merged with an oceanic feeling. Freed from fear, subsequent inner-peace brings a feeling of having been reborn. Synonymous perhaps: 'No one can see the Kingdom of God unless they are born again'. -1 Initial steps to renovatio: Awakening to see that basically unconsciousness is the mind running on auto pilot, a program others taught us, obviously parents being the first. The spiritually inclined see they're in kind of sleep walking state. Their own life script has dictated what they are to do be and have, the purgatory unconsciousness is. With alertness one sees the mind indeed uses them when they should use it. One may sense at a deeper level they've bought into indoctrination all life scripts are, still psychological time allows for little spiritual cognition. Lost in daily life busyness social rolls and again old mind patterns, is the actual person even there or programming others taught them. Again in the majority of cases people are unaware, lost at varying degrees of unconscious dreaming. Yet for most people inner-source like a thorn in the side, calls them to free their mind from disunion with inner-being awareness. Requiring the student surrender to the fact that almost everyone is plagued by blocks, psychologically dysfunctional to some degree, maladjusted and need to focus on bringing their mind to order. We have been commandeered by our own egoic mind to the extent we struggle to see this, particularly concerning blocks to a mind freed of fear. Ego and the life script subvert transcendence of blocks. Clearly the mind needs order to rid itself of fear, then peace abides. Our indoctrination passed generation to generation is so palpable it clouds the mind. Renovatio is rebirth to a bygone state of mind, its peace is unfamiliar yet comes to one who observes their mind and listens—notices fear and rolls they are playing. Their mind patterns and life script itself are all mendacious fomenting division, and are potentially counterproductive, having a negative

affect. Succumbing to fear, one's mind becomes the egoic mind, *a mind using the person, who often believes the opposite*. Persistent inquiry and refusal to succumb is necessary to transcend the dominant fear paradigm—it's to see we are manipulated through psychological time. One sees the need to rise above thought. Even slight aggression is counterproductive and a mind succumbing to it propagates conflict which quintessentially is ego's veil to peaceful love.

Emerging from unconsciousness one feels renovatio as it fosters peace, directly due to passive observation, reclaiming energy from ego—an alert mind maintains inner-source awareness via watching ego, others ego's too. Peace and wisdom combined dissolves fear, one can see “The will to Power”-1 leads to further aggressive behavior, so prevalent that suffering has absolutely been normalized and accepted. Fear indoctrination runs the gamut and its power is prolific, such that peace with egoic mind is a formidable challenge especially in the current situation that is to say, this point in the evolution of humanities collective consciousness. Ergo transfiguration requires a mind still, alert so it extends the energy stream of peaceful love, it's then felt beyond mere flashes. Rolls and old mind patterns are pernicious, having an unbelievable ability to keep us at unconscious dreaming. Albeit via consistent alertness, control rolls slowly wane. For those who absolutely refuse to capitulate peace comes. The innocence part comes yet once again is fleeting. And often seems to come of its own accord so it must be grounded via merging wisdom and innocence. One feels energy within the body then is peace sustainable. This seeing of life situations or rolls and patterns emerging as we catch them before they rise to a storm, helps in not getting caught up in them. It's being free of all thought created fear stored in memory. Fear is gradually seen as the conundrum time yet it requires patient steadfast alertness. The stream of peace expands should one hold conscious presence, which is again measured by the degree of peace felt day to day. With vigilant observation comes listening to the shadow self, gradually fostering alertness, emerging peace then takes primacy. Negativity fades and we feel as if we're part of everything. Peace presides and as a point of fact one's mind is clearer as focus is more-so acute, anxiousness leaves and divisiveness is then put aside for peace. We now see egoic self had enabled problems in the life situations of all spiritual travelers lives creating a mind

fear-filled. With grounding solidified little disrupts peace—the point peace is no longer superseded and unconsciousness is seen. Challenges still continue, nonetheless the students perspective has changed in that they are now seen to be opportunities for one to see egoic self, energy then is reclaimed from ego.

A mind stilled sporadically feels satori if one is open to this. And perhaps it's seen as fate, perhaps fortuitous, luck or inspiration. To suspended thought yet the dream lulls us still and is persistent in efforts to control. Psychological time, which is to say the mental projection away from the now, also incessant thinking, evokes dependence on past or future pulling us out of spiritual core awareness. Caught up in daily life situations, patterns or rolls one is unaware the script subtly controls. Lost to ego's baneful disguises unconscious one is swept into the physical experience resulting in the loss of awareness of inner-being. Unconsciousness then, is a crisis to crisis life style, one's life running smoothly, then undermined by their own egoic mind and or life script, they'll sabotage their own successes—consumed by rolls mind patterns and habits-is confused...unaware...conflicted. Reclaiming energy will incite emotional and intellectual dependence in the back and fourth, still it's precisely what fosters peace or having consistent alertness. Alertness is vital-observation of thought and or corresponding emotion fosters clarity. Forgetfulness then, is perpetual unconsciousness fomented via life situations and or others lulling us into the I identity. Lost in endless distraction blocks are not dealt with. Consequently those unconscious are basically unaware, they're unable to see they sabotage themselves; failure to notice ego and a life script compelling them to do what they do. Oblivious to one's life script controlling. Mind identified or lost in mind games rolls and habitual patterns, we vehemently defend the status quo. Watching unconscious humanity a more advanced student sees it nevertheless the unconscious do not. At some point in the advanced students training they too couldn't see hear nor understand, ergo forgive unconscious indoctrination when others repeatedly slip into forgetfulness. One must persist despite these challenges, undeterred and without fail so renovatio then comes to fruition.

Post spiritual event J felt foreign in the world. Gradually as fear energy was noticed he adapted and egoic minds control lessened. Life situations are

opportunities for growth and development. Remaining humble and selfless, rooted in acceptance there is forgiveness of unconsciousness wholly-the mind is clearer. Inner-being the greater whole of life now less obscured, we choose to: **'accept-leave or change life situations.'**-1 Awareness of Being is more-so consistent. So to really see the ripple effect is to notice life situations ego then doesn't overly control. Reconciliation and adaptation now become one's new way of living life. In flow negative energy is shunned along with anxiousness and aggression. *It's to roll with the punches, a reactionary flowing **with** life.*

Peace then, is in the now. Fear deceives because it's familiar to the mind unconscious. How do you tell fish they are in water? How do we observe our mind when we can't see the forest for the trees? *No one can see what is nor what to do until the mind is calm. Only then can one's mind observe itself.* So renovatio is rebirth to one continuous present moment where peace comes via awareness and pure observation. Working at negating judgment helps it come to fruition. Detached from opposites we stop burning up energy and draw on an endless power supply capable of anything. It is to be stillness, i. e. to have conscious presence. Rolls, judgment, old mind patterns, over used are seen as detrimental. Acceptance of what happens via observation of what is, nurtures adaptation enabling one to see blocks and or divisiveness. Why resist what is happening when it is what happens? Accept what is adapt to now by actually being in the moment. In pure observation one sees the I and its blocks merely foment opposites which imprisons those unconscious in endless self-imposed mind patterns and social rolls, all of it programmed generation to generation. Peace in real-time is undisturbed and personifies actual love not what society, media ego and memory projects, rather actual love emerging from within. An omnipresent energy felt should thinking subside. It may require long intense focus to live a peace lifestyle, who's bi-product is love. Peaceful love requires alertness for it to enter the world. *For all serious steadfast students, peace is undisturbed. The mind is sharpened to a point ego no longer deceives its host i. e. the reader.* Such minds have observed ego to a sufficient degree. Yet no one can say what amount of time this requires. It is foreverness where time is not, and in this there's no going back so, accept what life sends and adapt to whatever comes. Unconscious undisciplined minds block this so we must

focus for an adequate duration of time required to reclaim energy. It is a mind laser focused upon itself till one is able to use memory for practical purposes as opposed to ego controlling. Not for lusk's. A mind must focus, potentially for long periods. A willingness is needed to have conscious presence. Life as it ebbs and flows is accepted, all good, or bad life situations, are vehicles for awareness. And should peace be disrupted reset awareness. No life is all good or all bad. If we learn to feel energy and move with it ego is seen, if stalwart persistent and steadfast with a resolve to observe ego so it then dissolves. -A

Alert to conscious awareness we live and personify peace albeit children do this naturally prior to a life script taking control. Children feel one with all prior to the script taking over, after which they succumb to ego. Children feel oneness, as a life script forms the feeling is lost. Learning still happens albeit comfort zones belief systems and rolls, rooted in normalcy bias egoic mind seems impervious. Excessive thinking and extreme emotion possess the mind—life script takes over veiling deeper omnipotent awareness as ego controls. Peaceful love is a paradigm fostering awareness felt with-in, slumbering in us all, ergo children ought to be taught of this early. We're part of a movement to rise above thought-practical purposes being the exception-ultimately negating mind created fear. The spiritually called must hold then, the level of alertness necessary. In the rudimentary stages of this paradigm shift spread the ideas. If one can make some sense of all this, the irrefutable fact an acknowledgment of indeed we're programmed from generation to generation then live peaceful love as a lifestyle and personify courage which is contagious. Even a slight or subtle interest in awareness is still peaceful loves energy frequency and helps accelerate the rise in consciousness hastening the belief factor for oneself and others. As has been repeatedly said throughout the work, some are called to make contributions on a gargantuan scale, having said that even a single kind word helps. Renovtio affects collective consciousness—a peace lifestyle has a significant impact upon the entire energy field. Those who are called then, need to immerse themselves in an all important single ideal, ***to never quit is key to successfully watch ego so awareness comes***, merely doing this raises conscious presence such that it impacts consciousness while simultaneously accepting the enormous challenge that it is being on the spiritual path, also -A *This is to letting go of one's egoic identity, requiring they go through: The Dark Night of the Soul.*

around unconscious dreaming people. Remaining present while pulled upon by unconscious dreamers, not to mention our own life script, is a monumental undertaking indeed. Ego is ever-ready to reclaim what it sees as its rightful place, *controlling the mind of its host*. Renovatio is to see the rolls we play in life derived from a life script and memory. Life is relationship then, it is one's spouse-where they live work and so on, yet seen exclusively via memory is to see life as redundant-monotonous thought images *of* life. Because love has no opposite life is seen always new, as if one sees everything for the first time. Alertness to the teacher within comes via awareness of ego, practical used of ego, not over dependence on it. Follow then no system, no method, go within. Awareness is key to awakening should one have a martial dedication. This is necessary to counteract one's old programming. Peace energy is elusive yet with work one sees and flows with what is. The back and fourth fosters peace yet we feel it slip away as fast as it came. The Self struggling to remain alert, feeling taken over or attacked by ego, because it doesn't want its host to take spiritual awareness to higher levels, it would mean ego's lack of importance. So this is not at all for the faint of heart. It requires an extraordinarily focused and disciplined mind few currently can muster. Quintessentially: To Cross the Rubicon. Until the mind in conflict sees ego consistently it resists-this creates confusion. Diligent observation is vital to no negative mind and or emotional energy. Acknowledge it to be negative, and of the life script and ego. Courage is the doorway to peaceful love, steadfast we ascend levels of consciousness. Nature elevates peace as it abides below thought bringing calm and alleviates all mental resistance. Unconscious dreamers unable to rise above thought, are to keep going or they abide in the mind identified state. Yet unable to endure unconsciousness any longer a mind will remain alert, still, it demands serious determination, this cannot be overemphasized. Life prior to renovatio pales in comparison to peaceful-love. Post grounding all frustrating circumstances in daily life still come yet peace supersedes them. Peaceful love repudiates the problematic through acceptance, the direct result of having presence, so press onward undeterred. However, it depends on the student, it can require weeks, months or even years. Persistence must be at one's core, resolve is to see it as foreverness. To be incredibly strong, otherwise ego projects a thought created 'I' identity, the shadow self rolls or patterns control a thought created person.

The ego can't tell us who we are unless we buy into its mendacious narrative. Within the preview of Self emerging, harmony with the life script comes via arduous alertness, as wisdom comes one's awareness of Being is consistent. Monitor the rolls played 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 great focus on ego it controls less by virtue of wisdom via a mind observed.

Egoic condemnation, directed at the heart beckons resistance within the mind and will continue as its powerful leverage. The metaphorical caterpillar is egoic self, so watching enables Self to use ego as an instrument assisting the butterflies awareness. Ego repeatedly tries to regain control yet cannot if we observe egoic mind. The Natural Human-Being emerges, a spiritual being having a physical experience is seen and an effortless friendship with ego is fostered—our true nature was veiled. Acceptance of egoic limitations realized ego is a free companion. Life prior to *renovatio* is reassessed, the dream is transcended to having presence. Though images of scripted life situations or thoughts and memory, used practically they'll no longer dictate the life scripts pernicious narrative. What dominated now fosters an alertness. Governed by thoughts belief in illusions thought itself created, one now shifts to present moment awareness or love forever new, fresh. Problems in time, all fear, are judgmental conceptual thought or mind identified dichotomies outside of the now. Without the I or us and them, separation is negated and we are more-so free of conflict. The present moment occurs as something of itself unless one clings to memory images in the brain which is to say, merely dreams of form seen via memory images. Even the slightest iota of doubt or dis-ease felt in the body or mind and the dream continues to be real because the mind makes it real. Time controls should we cling to fear and ego. Drop it as if it were too hot to hold akin to an instinctive reaction. Times truth is exclusively past.. ..future..beginning and end, all of it impermanence. Timeless love is rooted in forgiveness and felt as *initiation* arising from nothingness or no-mind always here and now with no beginning nor end. One continuous present moment *is* timelessness. Empty space, a majority of what we are comprised of, actually is one's essence, energy felt as one's eternal Being, the source of all that is in perpetuity...ineffable formlessness, this is: *The Divine Ground of Existence*.

The mind observing itself sees this by way of deeper stillness. Ergo: “Be still and know that I am God.” Psalms 46:10 Express peace then...project love...even though ego would rob us of it through grief sin and guilt-forever rising out of institutionalized systems existing in all minds adhering to a paradigm of fear. Stop and take a moment to feel energy in the body, it is love flowing within.

Fear is created in opposites-merely judgment projected. How can mankind judge? Judgment is time bound and of thought. So in the present judgment is lessened because one must have time memory and concepts to judge. In the present moment, how is one to judge? Accurate judgment...even in real-time, requires that we have an impossible amount of knowledge of facts past and future, as well as all the variables absent any bias for there to be fair and or correct judgment. Limiting judgment then, facilitates renovatio. Memories in one's brain proclaiming this or that event-which may or may not be viewed as bad, (thoughts obsessive biased control of us all) are real and are you...still, do not move away from them, just notice them, see them as stored memories acting out your life script, all thought trying to understand itself—self is mind identified—stored programmed files in our brain. Clearly all there ever is, is the now. See it? Ego resists seeing it because its power is in time. Therefore enjoy memories-use them to assist in navigating daily life—the instantaneous now passes then is memory holed. Ego wants its host to believe these images are real and it uses fear to accomplish this end. When ego exerts immense pressure to follow the life scripts narrative simply notice it. Watch it and hold the stream of peace energy, a warm loving sensation, stillness absent thought. We need to follow ego and the life script for practical purposes and it can foster alertness if not taken over. Curtail the focus on past or future concerns or worries. Focus, accept what is, adapt to it. Live this moment, use past and future to assist in daily life situations. Renvoatio then rises in a mind having infinite space. If there is room for the fresh and new, we are less so bound to aggression and conflict. To see renovatio is *Being reborn in each moment*, it is to die to all time. Can the reader see it or has the programmed egoic mind proclaimed you are exclusively thought? Of course it's bound to concepts and wants the same for its host. So how is one to see via intellect what intellect can never know? Let it all go to be in the here and now where peace abides.

CHAPTER SIXTEEN

LOVE AND FEAR

“How quickly humans move from the feeling of affection, then to anger... scorn...hate...and back again.” Anonymous. Should we ponder the title of this chapter from a very simplistic point of view does not the world and life itself come down to these two states? Fear is of past and future which makes the now an enemy. Accumulated psychological fear stored in memory is what we might characterize as the hard drive, our brain. Images in memory along with overthinking, combined with extreme emotion will tend to elevate fear to a psychological disorder, to one's mind controlling/using them. Fear of danger is healthy in an instantaneous reactionary response. It's a response to or rather reaction to for example eminent danger in a situation here and now. Confined to reactionary responses, without anticipation it's fine. For instance an action taken if confronted in real-time with a self-defense situation, without thought created anticipation of what might happen or should be. Concluding all worry over any life situation of what might be or should be is thought created fear. Love emerges through the door of of peace, it exists as all reality does in the present moment. Love has no opposite and is born of a mind stilled observing the self. Love is nonexclusive and in its truest form is a mind creating space, focusing, it rises above thought, i. e. conscious presence—not known but felt as inner-being or nothingness..peaceful..non-conflicted remembering of '*soul force.*' -1 Source energy, i. e. one's mind freed from time. To feel presence arising now, incorporeal or just maybe Dark Energy.-A Love shines peace into the world via life situations. It is an energy not understood intellectually. One must still their mind to have an awareness of it. Most of the ideas in the last 9 sentences are repeatedly A--Dark energy is the name astronomers have given to the mysterious “something” which is causing the universe to expand at an exponential rate. It is an energy connecting everything. The human body is made of atoms obviously. Atoms connected to atoms the air consists of. We logically then can infer we are and have always been one energy field connected to all that is.

alluded to in this work and strictly speaking is the total work. A scripted mind drowns us in redundancy, confusion we must exceedingly observe. Timeless love is seen instantaneously. Each individual awakens innocence, a peace felt within-forged in wisdom. One's personal personification of the Self or one's inner-being there as it is, waiting for us to have an awareness of it.

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, then love arises within the collective mind. Ergo die to time in the here and now, create space for love or fear via incessant thought and memory images. Considering life to the degree we have all been indoctrinated, is programming reiterated throughout life, we realize the magnitude of the task confronting us. It is as it is, self (fear) or Self (love), a matter of perspective who's success is measured again by the degree of peaceful-love felt throughout each day. If we see what we see as randomness i. e. the changing power of observation in a mind non-fragmented, peaceful love then is felt within. A scripted mind and egoic fear pulls on a spiritual traveler challenging their ability to focus on peace energy. Often peace energy is low when deeply engaged in daily life, one's day to day activities. So persistently as best as one is able to do, remain alert and aware. This requires consistent attention—so looking at problems again it's a matter of perspective—one awakens to see they are opportunities for deeper unification with peaceful innocence and wisdom all through observation. This is to have presence, love forever new. Problems accepted—are moved through and this comes again via pure observation. It helps one to see ego, rolls, life script and patterns tend to take more energy than they need. So all problems then are a catalyst for driving us deeper into peaceful love provided we're not swept up to a point we're lost in roll play. Accept then, scripted minds forever pull us, yet the mind laser focused on itself brings peaceful love and clarity into the moment, peace then becomes the doorway for actual love to enter the world. Having presence is to feel energy throughout the body, and its peaceful love brings order to any mind persistent enough. Peace solidified then, holds the energy frequency of love...kindness...humility...non-judgment and negates all aggression. Loves capacity for creating space by way of a marked reduction in unnecessary thinking, is one's mind freed albeit the egoic mind takes over

those mind identified state. Love is stoic and it never complains. Fear forever complains. Once fear takes hold there is an endless array of things in which to fear, filling the days with anxious anticipation. Turn attention into the body to feel and see love everywhere and in everything. And undertaken willingly, is a mind brought to order. Love is different in intensity concerning a loved one for example, or perhaps love of nature. Yet loves essence is oneness, ***it is the same fire in us all.*** One persistent actually shines inner-light brighter and again it's the same source. If one lives peace as a life style love is personified and then blankets the world. Albeit love is not exclusively for the loved one nature and so on, the love coming from within is eternal. It arises in a mind able to empty itself of thought created fear. Love is forever new, never lost if things or people are gone. It's a peace frequency held—non-subjective or for that matter not subjected to impermanence. Love is not of the thing or word or concept but beauty flowing, continuously emerging from all creation. Love fosters a oneness and touches everything. Love is projected from one aware and should the student remain alert, very present, it can be felt by others too. Continuing to live in fear which is currently a majority, a paradigm our world is consumed by, is wrought with unintended consequences manifesting 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 will not prevent calamities inevitably befalling all those who remain at unconscious dreaming, the egocentric belief spiritual awareness is non-essential. Thought has the capability to understand thought yet drives the egoic mind to use its host should they look to intellect as the only answer to problems, which thought itself created. The spiritual factor brings fourth love. Love emanating through peace is then felt in the present moment rising above thought manifested love. Consider too thought has created A. G. I. and along with overthinking pulls all minds deep into the current dominant paradigm of fear. ***Therefore we must not allow A. S. I. to supersede the spiritual factor.*** With sufficient alertness the awakened inevitably will be the one's preventing A. S. I. from becoming a potential calamity. Ergo we choose consciously or not, a life of peaceful love or fear and thought created memory images, filling the mind until there is no longer room for love. Love flowers in one who rises above thought simply by coming into present awareness, and after all this is

quintessentially the here and now. In thoughts mistake the mind dwells in ongoing anxiousness. *The mistake is it creates problems then with a different set of thoughts tries to solve the problems though itself created.* One can feel the energy of love perhaps while enjoying a beautiful sunset or painting, walks in nature as all frivolous thinking subsides. The simplistic core of love felt, is an awareness of Inner-Being taking us into present moment awareness.

To awaken one must be or have presence, that is to expand peace so it's a consistent stream of present moment awareness, i. e. the present moment is all there ever is. Nothing we ever do or will do happens outside the present. Memory association or future expectation traps us and the newness of love is lost to mere memories of love in time. We need to keep at least some energy focused on inner-being and simultaneously the daily life. Alertness is vital to having presence and is a timeless state, still the clever petty little ego pulls us into time and overthinking, then combined with strong emotion we are swept away, lost in memories of what was, not what actually is—feeding each other so the present is seen by ego as an enemy. Passive mindful watching of the scripted self, the mind patterns of others and rolls we all play, pulls us out of endless conflict so awareness isn't lost to memory. Tension arises in the form of resistance to here and now and foments states of forgetfulness—prolonged unconscious dreaming. Calmly observe Being here and now, to notice without being pulled into the dream. Again see mind patterns social rolls and the life scripts preconceived programmed plans we're all indoctrinated to be, do and have. We may say akin to the left brain, or hard drive. Holding the energy of peace, the narrow space referenced as now yet is infinitely vast, we touch omnipresence instantly bringing creative imagination. The present moment is again all there ever is and love arises in one who has presence. Again the only place actually real, is here and now. Is the mind capable of seeing this? An axiom: 'Whatever happened in the past or will happen in the future will only ever happen now'...is an idea reiterated in this work notwithstanding being redundant is definitely necessary. The axiom: 'The path is narrow and beset on all sides,' -1 is clearly seen in the alert mind. Seeing thoughts mistake one rises above thinking to see, indeed the path is beset on all sides by our ego's mendacious and capricious as well as endless along with extremely deceptive

egoic disguises. Past and or future do seem so vast, with endless distractions generating fear—so two powerful entities, ego and the life script controlling generation to generation. The seed of actual love without opposite is already within us now, awaiting our awakening to see and personify love. To be the now is to: *'Learn how to be you in time.'* *'Make the now your friend.'* practice forgiveness and limit judgment. We are learning in this school of life through adaptation. Listen, see through observation what the ego is up to. With new eyes we are to see love, then fear will fade like a cloud on a hot sunny day. Love is the salvation of our world then and it has always been every spiritual travelers inalienable right yet their own mind is blocking it from them. Egoic mind is an auto pilot program running our life so to counter this is to watch it persistently. Proclaiming to shadow self enough so we reclaim energy from it. There is no secret to it. Although this may be the most difficult work the Self will ever accomplish because egoic self again the you in time, must first be extinguished for the Self to rise. Love or fear then? Should the reader be part of it or just stand by? 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.” The seed of love is within. Be alertness, enough for awareness to flourish. Simplistic not easy. To come full circle examine this from an esoteric perspective: Fear is built up in the mind and is psychologically accumulated memory, manifestations created in thought or personal and collective consciousness believed in, adhered to by one's egoic mind. Fears dream is a personification of separation...dichotomy.. divisiveness...all egoic chaos. Illusions believed in to the slightest degree will seem real. The mind alert sees love and truth in the now, able to negate stored memory images or mind patterns of no usefulness in seeing actual truth, are real and is how we are meant to use the mind. Now is all there is-was-or will be. An awareness of oneness with creation, to see the ripple effect in the now. Love is our true nature and all traveler's personification of their core causal Self. Therefore focus and awakening to this unnameable truth, in each present moment where freedom is. Love is new, it is this moment outside time, non-attachment to concepts and or images—simply a blank slate for the present moment to write something upon it. The peaceful present is where love is in perpetuity, a mind no longer in conflict with itself. A mind alert is then freed.

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, in work shops and online. Early on the author is asked about his past. A past filled with chaos in childhood and the subsequent personification of anger pride and fear among other blocks dealt with post spiritual event. All of us must accept the hand we were dealt in life and work to make the best of it as we can. Dealing with transgressions, and make amends if it's possible. The spiritual event was the result of cumulative programmed fear throughout J's life. Egoic fear blocks peaceful love-that said we're hard wired for peace as a paradigm. Everyone can awaken loves light with deep and serious awareness. The journey began in earnest on 2-16-2014 a result of J's fortuitous hit bottom experience. A point unconsciousness could no longer be endured. After this there was intense study in addition to states of profound peace which ego resisted, a period of ebb and flow. After a year or so peace faded somewhat, it required alertness to maintain awareness of a sort of innocence merged with wisdom. Diligence then, brought to fruition an unyielding alertness fostering wisdom necessary to hold awareness of Inner-Being. Alertness is the prerequisite to spiritual awareness, this is unwavering dogged persistence and fundamental to the success of all spiritual travelers—Parts of the chapter and work overall have been edited or modified for clarity, the footnotes added clarity too, for the countless revisions of this work.

Q: What is the 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 was lost and surrendering to this dovetailed into the spiritual experience. Being *of* the world ironically, brought about the hit

bottom experience revealing a profound peace never dreamed possible. This is to be broken down by adversity to the absolute bottom. In part brought on by intensified blocks. All of it mind created problems unconsciousness brings in life. One surrenders to what happens despite what life may bring. Out of surrender opportunities for change come. Observing the self helps in working through blocks—hitting bottom brought spiritual alertness, a prolonged focus needed to remain aware and on the spiritual path. Observing social rolls and mind patterns exposes the egoic mind. Reconciliation with one's egoic 'I' or pseudo self fosters clarity so to see love with new eyes. In acceptance of what happens there is adaptation bringing peace by maintaining present awareness.

Q: I took the liberty of looking you up on the internet after hearing about this work shop on spiritual enlightenment. I saw that you have a record. 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: Listening to what is said here if it helps you it's good and if not it's okay. You should believe no one, no authority nor any system. Turn your attention within as we all must do. As to the past you mention yes it's all true. Life for this student was filled with rage, violence and fear from early on which then became part of the life script. Passive aggressive behavioral patterns were the vent for unhappiness, a consequence of the fear paradigm. On the night of the hit bottom experience spoken of peace was revealed though life nearly ended, now seen as necessary for it to occur. This student engaged in self-destructive behavior prior to that night. We're all far from perfect-which is one reason we are here. Living life, learning, growing day to day awakens change within if one is persistent and has courage to face indiscretions. Suspending judgment when possible and working to better ourselves helps us to be the example. It fosters peace within and spreads peace to others. Pain brought this student to peaceful love. Shouldn't we all look at our own egoic selves, work to change what we can, have the serenity to accept what we can't change and wisdom to know the difference as Reinhold Niebuhr's prayer suggests? Pain can often be the very thing which makes change possible and often is the only way to have awareness of the Self via watching egoic self. Perhaps if more of us did we'd

find out for ourselves boredom, fear, judgment, aggression and violence are the reasons life is so short. Peaceful love heals all minds, courage is the key.

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

A: Indeed it does. Words cannot describe the state. Concepts merely point the way...are merely another attachment, another thing to cling to. So basically to live peace is the best way to communicate love as a paradigm. Peace energy spreads without saying a word, its love helps all unconscious minds to heal.

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, focus on present awareness. Notice thought, focus on inner-beings timeless eternal essence. Time implies two points of reference. If one seeks essence it only foments duality and promotes resistance. Meditation is to focus on this moment unfolding in life and relationship, here and now. It is to drop instantaneously 'psychological time' and use 'clock-time' for practical purposes. Bringing senses to a high state of alertness we have acceptance of what is with no desire to control outcome. Flow with life, adapt to situations. Observation in stillness quietens thought, the mind is then able to empty itself of insignificant memory. All the while confident if a response is required here and now all necessary action takes place free of the egoic minds often biased conceptualizations. Peaceful love is an energy and is to be grounded in deep wisdom, an alertness fostering persistent attention. At points peace is stronger and other times an echo. Grounding it is a challenge, one sees rolls in 'clock time' simultaneously feeling inner-being. Thought as a point of fact defines the here and now so one is to rise above it. The grounding of spiritual energy is deeper wisdom merged with innocence, then peace is undisturbed.

Q: How can we feel peace all the time as you say? Is it 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

love outside of time.-A Egoic self's fuel is the energy of fear. We are love at our core not fear. Love is of Being. Oh challenges are still there, they simply don't disrupt one's peace. Out of that peace and its love all problems are seen as opportunities to go deeper into love, not psychologically created fear via thought. So a loss in one's life doesn't mean the loss of love. Simplistic albeit challenging. Love which is our true nature, is born out of peace. Fear for the most part is psychological and exacerbated by egoic mind games, furthering anxious tension. Consider the miracle every human body is, with its infinite complexities, as well as the earth we live on. Ultimately both are expressions of love. Feeling love is awareness of Inner-Being. Its healing effects upon the cells of the body, bringing one's mind to order. People, our planet and light keeping us alive, are love personified. It's a voice inside us, whispering this is true. Love emerges out of peace. Nothing the material world offers comes close to peaceful love if one is alert to it. Neither dependent upon thought nor things outside, its essence is its own, something of itself. If spiritually attuned one can feel actual love, or fear pain and loss if they turn their back. As said herein what amount of attention is too much for peace? If one is not ready in a spiritual sense, fear will continue to control life. All humanity suffers due to such unconscious minds. With persistence-consistent peace is possible. A- Time, which is the past and or future projected memory, both of thought, all too often the prerequisite to problems. What problem is there here and now, in just this moment? Thought foments problems.

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, natural Self watching egoic self...rolls patterns and so on. Pure observation of the shadow self exposes these. Reconcile all blocks then, psychological problematic proclivities, baggage, or drama. In addition notice how clever and cunning ego actually is as it instigates mind games, efforts to sway control over its host. Engage in rigorous alertness so to have conscious awareness, watch the mind and focus attention on energy felt within the body which is to say, Being. Natural Self then reclaims control from an egoic mind identified state. Calmly observe, unattached to outcome. Blocks then are seen and transmuted into peace, one can see what to do albeit cannot if swept up into life situations. There are days when one's ego and life script foment overthinking and deception creating fear energy to an overwhelming degree and

one accepts this may happen. Be equally determined then. Ego guards the life script we're taught to be using fear. As in training for anything worth while, progress comes yet only if we continue forward. Where we direct energy and attention there is where results will be. In trying times it's enough to simply keep going steadfast although do not ask why or you'll overthink it.

Q: My life growing up was filled with abuse. How can 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 people heal through love forgiveness and non-judgment?" Start there—what happened was not your fault. People who engage in abuse are unconscious and often don't see it, project or may refuse to acknowledge and justify it. Guilt haunts the mind. Cycles of indoctrinated behavior passed generation to generation control the mind. See idiosyncrasies for what they are, mere challenges to be dealt with reasonably and logically. With love and forgiveness all things are possible, much is worked through if one accepts the hand they were dealt in the school of life and makes the best of it. Moreover deep blocks, again baggage in life we have to work through, are moved through in alert moments. In non-resistance we surrender to what is and adapt to life all while remaining in the strictest sense now, the present moment. Grieving, breaking down, in addition to movement through the pain transmutes it into peace. Feeling energy in the body strengthens one's resolve. Observation brings wisdom and innocence to oneness helping those suffering in a state of unconscious dreaming despite not being able to see programming and or blocks. They are lost in daily life busyness, certain they use their mind when it is using them. Remember the source from which we emerge, love felt within. Awareness of The Divine Ground of Existence, which can't be known albeit one can be aware of it, brings flow into life situations, *one chooses to accept, leave, or change all life situations*. Choose to press on no matter what happens and adapt, feel the synchronicity life is, flow and allow it guide.

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

A: On the contrary once peace energy is grounded, awareness of inner-being strong, presence solidified we then are free to partake of the material world to any degree, without attachment ego loosely controls us. Yet it requires work-typically for extended periods. Remain present, ego lays in wait allowing us to think it doesn't affect us. Ego is patient, it is your ego and knows precisely when you are vulnerable. Its reemergence is inevitable and so too will peace come of its own accord. It's the ebb and flow. Lulled by worldly desires self foments anxiousness so we can't see what to do or look for someone to tell us what to do. It's all too easy to be lulled into programming or Self disunion. When forgetfulness intercedes notice it immediately, reset to again focus on peace. This brings us into the now where truth and the joy of Being are. One reclaims energy. Preempted peace comes out of past or future through a mind fear filled, all problems ego foments. Alert we see it and wisdom develops which negates fear. Then family job and life itself are more fully enjoyed.

Q: How do I stop the voice in my head, I mean it is driving me crazy? There are times it just won't stop.

A: Notice it's the ego, a life script forever seeking control of the mind. Watch without resistance and it fades. It relies on us not noticing it. And remaining alert the voice dissipates, provided one is steadfast and does not succumb to resistance. A scripted shadow self now observed fosters the seeing of ego/self similar to a sophisticated computer program or indoctrination fomented in the life script seeking control of all minds. It's clever and quite powerful. Albeit difficult energy can be reclaimed via watching the life script without getting frustrated at the potential time required in this. Remember foreverness is ongoing awareness, to reclaim energy requires sustained alertness. Still, inner-being awareness is to be merged with wisdom or it fades. Seeing and feeling Being, gradually longer streams of present awareness come. The Self watches the mind, forging a totally different kind of human-being. Little by little Self emerges to take primacy, perspective changes to a mind thinking critically, it now is clear, thinks for itself and programming is used for practical purposes..

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 Teachers axiom is telling: “Let the little children come to Me and do not hinder them for to such belong the Kingdom of God.”-1 First, we may be surprised at the extent they do comprehend. Second, indoctrination has not completely taken over as yet. And learning at a faster rate than they ever will again, they're mostly in the here and now. Adaptation and imagination comes easy to them. They are forgiving, loving. Ego follows the life script we're all taught to follow yet has not taken over prior to five or six. Lastly, they have an innocence described as the oceanic feeling bringing about the elements for spirituality to flower, this helps in remaining in the here and now primarily.

Q: What is it to die to each moment?

A: It is to die to past and future projected memory, to times illusion. Being ultra alert and in the moment one sees what is, not memory images of what was or should be. Unification with love through living a peace lifestyle one willingly surrenders to what is and adapts to here and now as it's happening. Ongoing anticipation of what may be or should be negates the seeing of now as new, or actual reality. Imagine the mind was unable to experience the past or future, merely this present moment exception being for practical purposes in daily life after which time is negated. Such a mind would be fearless and gone too concerns over past and future projected memory interpretation, that is to say one's mind wanting to know what will happen or fear of what may happen, all fomenting 'psychological time' at a loss of the now. Would it not be that time, memory and or projected memory in this scenario weal little control? Ego and time control-for the good of us all is ego's view. Can a mind clear itself of past or future in real-time then? One continuous stream of now then would be viewed as actual reality. Shifting out of 'clock-times' memory images defining now time has far less if any significance. Memory images programmed into one's brain are similar to a hard drive, they seek to control every mind. Time seen unreal and as such space is created for the new without intervention from past or future, it is freedom from the known, to be in the here and now. Now is all there is. Old stale mind patterns, social rolls and the life script are creations of thought in mind identified people, which in turn foments further disorder and incites the egoic mind to further control us all.

We speak here of timelessness not an 'I' in memory or one mind identified. A script then possess a mind via thought emotion ego and fear resulting in times illusion being quite convincing. Relying on memory to identify what present moments are clearly is memory intervening to define reality, making the now redundant. Does the questioner believe and cling to memories of the here and now or see the actual now? To the extent unconscious people rely on memory interpretation to identify what thought says is the actual now speaks to just how mind identified they are. Thought merely creates more division, images of a me created in thought, conflicted scripted rolls we all play and repeatedly loose ourselves in is the problem. Far too many live life mind identified, live exclusively in the mind, making it all the more difficult for anyone to move from unconscious dreaming to conscious awareness. Seeing through the eyes of memory alone, rarely if ever do we rise out of unconsciousness exception being the occasional satori experience. This is the far majority currently mind identified. Dying each moment thought no longer creates then seeks solutions to problems it created—in the present moment thought memory images are negated and one sees what they see. An ordered mind watches egoic I, a non-subjective seeing egoic self disguised as an I and its veils created in thought. Egoic mind knows via thought which seeks to understand itself—an exercise in futility. Practical use in daily life is okay, used excessively thought confuses. One looses themselves the mind identified state repeatedly, all programmed mind patterns, the purgatory unconscious dreamers live in.

Q: You have said to develop 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 where Mel Gibson who portrays Wallace, 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 touts: “The English are too many, we will run and we will live.” Wallace retorts: “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 profound impact. Tell ego that. An alert mind is one hundred percent interested, therefore one hundred percent successful. Ego is one hundred percent interested in perpetuity and so must we as well to have any significant success in an awakening. There is no secret, it requires alert daily persistence. We all have the ability to see this. It is freedom from the indoctrinated mind and cannot be taken from us unless we capitulate that is one chooses a programmed life script exclusively, which attempts at every turn to limit them commensurate to their belief in it. So the programmed mind which becomes the egoic mind, cannot control the Natural Self absent capitulation to it. Initially one must awaken to see this. In some teachings it's said at the end of life should one not reclaim identification from ego and programmed indoctrination, at the moment of death one then sees the ineffable doorway sadly forgone. Therefore what is done for freedom from bondage to one's life script? The answer for a serious student is, whatever it requires. Press on steadfast and don't ask why or you'll overthink the whole thing—such minds often do find endless reasons not to press onward.

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: Similar in nature to metamorphosis. Please indulge an attempt to describe it metaphorically. A caterpillar does not want to let go of its life. It's confused and there is 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, i. e. the mind identified person separate from the emerging butterfly, or Natural Self. The caterpillar clings to its life—the self trapped in psychological time, fomenting resistance to the new life. Part of the student wishes to remain as the old self which is familiar to them. They're afraid in the letting go of it all they'd lose themselves or lose who they are. One could see this as the thought created shadow self which Dr. Carl Jung wrote about. The student is going through a

difficult struggle breaking out of their cocoon—the old egoic self likely won't understand what's happening. Picture Natural Self holding the shadow self as it struggles-surrendering its egoic facade projecting programming as who one is—it is dying in the arms of the Natural Self. Akin to a butterfly holding the caterpillar in its wings proclaiming, it's okay the egoic self is not who you are exclusively, don't resist just let it go. Now the mind freed of programming is reborn to peaceful love through consistent pure observation of the egoic self. The caterpillar, basically one's controlling brainwashed mind, doesn't see this, hear nor understand what is happening to it. Most of the unconscious people it knows do not see hear or understand either. The I or egoic self, knows only that it's dying. The emerging butterfly brings with it an ineffable peace, deep wisdom, fostering an awareness via Natural Self. Ironically this keeps one's mind alert although only if the mind is able to maintain conscious awareness. That said the caterpillar must let go and in many cases family and friends too, let it die for this to happen. A process with bitter-sweet irony. Presence felt in conjunction with inner-source and wisdom combined, seems to want this for us. Accomplished, it's as though a genie was freed from its bottle. The reborn Self sees the egoic mind overly controlled it via thought and programming.

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

A: Yes but the explanation may seem quite esoteric. Collective consciousness is accumulated memory projecting the dream of form into reality as we see and know it to be, additionally humanities collective belief in it. So collective consciousness is a sort of belief system and personal consciousness one's own personal experience as it relates to the collective. One who remains in a state of unconsciousness is not, spiritually speaking, ready. The mind is dominated by an egoic life script controlled by a fear paradigm. Resisting, normalcy bias has them, shunning those who embrace it they defend the status quo directly due to fear and the need for familiarity. They're unconscious, resisting what is felt to be something not for them and yet sooner or later everyone gravitates to. In divisiveness one sees themselves as separate, caught in opposites every fragmented mind promotes, it's what they're used to doing. They are then, for

whatever specific reason, plainly unwilling to do the arduous studios work necessary for spiritual rebirth, once again an innocence merged with wisdom. Fearing the unknown they cling to the known because it's far easier to simply stay at unconscious dreaming. Spirituality in part is one's willing acceptance and forgiveness of all collective unconsciousness and this includes ourselves, notwithstanding the fact others may still be in bondage to the scripted egoic mind controlling them. They, live in their mind. So be mindful as to who this is shared with. Know it is counter to the status quo. In many cases rather than admitting one *is* unconscious, they'll defend the oh so cherished dream and their unconscious participation in illusion. Even though it's impermanence it's what they've gotten used to. Fearing the unknown their mind is 'blue-pilled.'

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

A: As a result of the hit bottom experience which is basically being unable to endure the pain of unconsciousness any longer, gradually the following ideas arose: What is transfiguration? Natural Self is hidden or veiled by one's own mind. Fundamentally we are fostering an awareness then: My egoic mind has controlled what I am being doing and having. Seeing this requires spiritually, wisdom combined with innocence, peaceful love rises and one embraces this new paradigm. Leaving the old fear paradigm behind this is in effect to live here and now, very little in past or future, which is to say time. Problems are fomented in times opposites, exemplified by us and them, right-wrong and so on arising via past or future, all negated in the here and now. Moreover being in the moment, that is flowing with what happens in the here and now before thought enters and memory defines, we're no longer seeing through images in memory. Memory defines the present moment, this creates division. Working to bring a mind in disorder to awakening peace within, there's deeper wisdom unfolding, us coexisting with ego. Exemplified in the Yin-Yang symbol: Two fish harmoniously occupy the same circle. In this the futility of thought trying to understand itself seen, one then rises above thought. Listening to the mind, dictating its narrative and programming originating from overthinking, egoic self clinging to the past and future. Truth is seen in the now, not in memories defining truth. The mind sees everything as if it's new. And should the present

moment be defined by memory there's a loss of present awareness suggesting the questioner still their mind so to make now fresh and new—undefined by a life script and memory images. The mind sees what is, not what has been nor what should be. The mind empties itself willingly to see the now *is* freedom.

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

A: You are wanting to see which is good, you are fortunate in this. We are not suggesting to not think per-Se, rather to engage in observation of compulsive overthinking and psychological time which projects now into the future. And over-reliance on thinking encourages images stored in memory of the present moment making the present dull, stale, repetitious and unreal. Pseudo images of what each moment is, not the actual moment itself. All conjured up by an I identity, in worse cases manifesting as redundant memory thought affirms as real. ***How can the now be a memory? It isn't.*** Memory for practical purposes is fine yet it imprints images seen as experience. Without past or projected memory labeling now-experience is gone. In the actual present there is only here and now. Memory is created in thought, a life script and egoic mind. The narcissistic egocentric world comprising countless unconscious dreamers i. e. those living in their minds—for such as these doing and thinking does appear similar. The programmed mind and ego, enamored with its accomplishments touts collective memory as being the actual now, what ego and the life script proclaim it to be—a play on an attempt at making old versions of man better versions. We've tried this way, a new one is needed. Turning our backs on the spiritual we seem all too proud and clever, however this never ends well. The twentieth century being a perfect example where millions were slaughtered in aggression, violence, malice and chaos, all the egoic mind. Memory traps us in time which is the thought created scripted you, complicated by opposites and indoctrination. So let's go into our computer memory bank, the mind and programmed memory all intended for practical purposes yet via unawareness gets out of control. Perhaps a simple example, maybe the solution sought to a math problem. We ponder it, try figuring it out yet are unable to. And getting fed up or sick and tired of looking for the answer, which is of course a mind

lost to overthinking, we walk away in frustration. A mind overwhelmed with concepts. Going back to it the answer jumps out in an instant, in the here and now. Was it not often very simplistic? We ponder-why was it not seen before? This is again a result of overthinking. When it jumped out it did so in just the moment before 'you'..an 'I' the 'me' identity...the 'person'...all creations of our thought, got into conceptual aspects as to what the problem was. Truth was seen each instant in the now, that is the present moment. We weren't seeking truth because that would merely foment opposites creating further dichotomy. Is not one lost to overthinking seeing through memory? The mind filled with concepts is unable to see in the here and now, a mind trapped in a box prior to observing itself. In the here and now the mind is still, bringing clarity so that anxiousness leaves. *For a moment prior to concepts entering, the mind rose above thought.* A mind empty taps into limitlessness, and just there is conflict free so the observer and observed can blend to oneness. There is room for the fresh and new, not memory. The now is concept free where truth shows itself, not our truth or another telling us their truth or any systems truth. So freedom from the known brings peace-love and the joy of Being into the mind, not old memories of these. A mind freed then transcends to its own personal state of stillness where truth shows us, what it is. Focus on seeing the now isn't ego's nor its hosts enemy. Watch ego and presence awareness will come.

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

A: Intentionally or not most religions are clearly factional and divisive. We're right they're wrong, even in different denominations within a system. Viable religions posit love albeit as with all organizations be they religions...political parties...unions or any particular group or system, obviously perpetuate the us against them syndrome, merely creating more separation when oneness is all about unity. As for the faithful it's possible likely at a distant future point yet we hope it comes sooner, mankind will see love in all creation. The faithful each to their own will develop innocence and wisdom necessary to reach and maintain consistent states of conscious awareness spoken of herein. Human-beings will awaken to a new paradigm of peace, no longer will one need to be

sold on religious ideology. For example when any two meet that in and of itself will generate the feeling of love, a state of communion. It's possible this becomes the religious life, a sacrament or unification of all humanity so there are no wars, no one to hate. Interactive relationships, that is to say people and life itself will be the religion of the future freed of fear or oneness realized.

Q: Are you saying 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: The immaterial is felt yet thought seeks to know it intellectually. Ego's job is to keep its host safe in the world, or in one's daily life physically as well as psychologically but it's gotten out of control. Reclaiming energy from it is to see ego, to watch it, alert to its pernicious manipulative ways. Programming induces a thought created shadow self. The immaterial is not known, it is felt by turning attention inward to feel inner-being energy felt within the body. One cannot know The Ground of Existence, it is beyond thought which again is limited. A lifestyle of peace is being peaceful and out of peace love comes. A doorway to presence fostering love—Inner-Being expressing itself through the student so consciousness is aware of itself. One consistent energy stream of the now—constant movement from old into new. Immaterial is incorporeal or one energy field. Most of the body is immaterial, empty space in form the I sees it as—at the atomic-level mostly empty space. If natural self arises to be the watcher of egoic self one's life script programming is seen then it's used practically. It's a mind freeing itself from the known. Observation, listening intently, are key components of awareness. Ego is a tool yet seeks to control.

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

A: In just the moment one feels as if they're part of everything. For children, their idea of time is very different, it stands still as thinking is negated. Some scientists possess the unique ability to reason deeply yet are also able to shut thinking down which is when many of their greatest ideas come...Srinivasa Ramanujan is the perfect example. He was an intuitive thinker and confiding to G. H. Hardy his mentor he said: 'Do you want to know how my ideas come to me?' 'My God places them upon my tongue as I sleep.' He was a devout

Hindu. Point being of course, he used thinking yet it seemed as if he was able to rise above it, perhaps he instinctively knew thought was limited. Thought can't know all that is. Some spiritual teachings posit there is knowledge, then there's knowledge coming out of the *Ether* directly into the minds of human-beings. Innocence is intuitive-insight. Unburdened by conceptual thinking, an ability to draw upon universal intelligence prior to thought entering. Oneness similar to an oceanic feeling...manifesting peace serenity and Self assurance, feeling peaceful love until we're taught to do otherwise. As fears divisiveness and aggression is programmed into us the innocence is lost to overthinking at which point one's egoic mind life script and programming takes control.

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

A: By seeing to not forgive merely perpetuates more of fears negativity into life exacerbating the overall problem. Awareness of love emerging out of the window of peace dissipates fears darkness. Those instigating aggression are unconscious, don't see what they do as harmful. If they did, they'd see they're one energy source-being-peace-kindness-forgiveness..they'd see what they do to another they do to themselves. Difficult although consequences for one's unconscious actions will come. The mind must be brought to order for this to flourish. Logically, we forgive or capitulate to fear, aggression, even violence itself. We could say it's Karma or the ripple effect. When we embrace peace unconscious dreaming too dies out so that conscious awareness rises. The self is lost in concepts about 'unconsciousness' which is just a word and the word is never the thing. Forgiveness is unconditional love in its true form, a deeper compassion. Those unconscious are not there really, all their programming controls so completely the ripple effect is never seen. In such minds love isn't seen. Real love is to have no enemies, then who and what is there to forgive?

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

A: Life situations come and go and even can challenge one's sanity yet these are tests and seen as opportunities helps awaken inner-being or peaceful love. As to anger looking at it objectively one can see its futility. One might say in regard to what has angered them: 'Well that's not fair' or whatever specific response the situation calls for. One can see anger within and catch it before it rises to a storm taking us over yet only through remaining calm can peace absorb it. To feel anger within prior to it rising to a storm one then is able to transmute it into peace. We may respond perhaps by saying: 'Can you believe that?' Laughing at a mere situation the 'you' adhering to programming just moments before then got caught up in. Laughter helps to neutralize extreme situations. It requires one develop the ability to negate negativity to flow with whatever happens. Observation of our mind in conflict is key. An unobserved mind foments opposition, as if anger is going on inside—self seeking control one's mind, Natural Self then being distracted from watching thought and or psychological time. With practice thought created extremes no longer pull us into rolls we get lost in to just slip into unconscious dreaming repeatedly. As tension arises be alert to it, to have presence calms the mind, noticing the self we're aware of it. When observation of old mind patterns is practiced one is no longer carried away by them. Sharpen the mind, focus intently on thought and emotion as they trigger mind patterns which foment anger. Anger is seen and caught before it rises to a storm which takes over via the anger situation.

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

A: Yes, incessant thinking and emotion triggers psychological time. Rolls we act out necessary in the interaction with others, fine for practical purposes yet there is need to notice in real-time that we are playing the roll—so as to not get lost in it to the point we are simply a roll interacting with another person's roll, the then baneful roll uses us. Ego uses these to control and if not ultra alert we loose ourselves in the rolls. Even the slightest degree of anxiousness felt indicates we are manipulated. Fear and its endless derivatives, like anger, grief, forgetfulness i. e. failure to maintain awareness of inner-being as best as we can...desire, despondency, shame, dis-ease, resistance, guilt, conflicting mind chatter, sadness, elation, elitism pride and so on. All words pointing to distractions, that is to say the questioners mind lost in mind games, all egoic I

identities is a thought created shadow self, a you identity. On the other hand steadfast alertness requiring consistent focus, the mind then observes its own fear created psychological disorders, patterns and or blocks—notices them so the scripted I does not undermine Natural Self's awareness of movement from unconscious dreaming to conscious awareness. We can't see what to do when we're upset or for that matter elated. So then living a peace lifestyle fosters loving forgiveness, flow, stillness, acceptance-adaptation to life. In one of the religious systems it's Avatar is referred to as: “The Prince of Peace”—for this traveler it points to peace being fundamental for conscious awareness to rise. Do not get overly attached to words. A great teacher often said: “The word is not the thing.” Conscious presence in part is observation of thought and rolls; this fosters courage, neutrality and willingness, which are rudimentary levels of truth and higher consciousness. For instance anger is within us, until this is seen one won't transmute anger to peace so it doesn't take over, if it does one must ride it out until the waters calm again. We cannot see what to do when upset or again over zealous. Observation of memory, which is a programmed compulsion to follow its truth; seeing this the present then is new. The actual present moment is then viewed as a blank slate ergo how could one even be angry? A blank slate has nothing upon it. The mind has a refresh button so to say, it moves us into the new present moment where no anger exists, ergo no problem—without memory defining patterns all clinging is minimized. Forgive unconscious dreamers then, their programmed life script and egoic mind controls them. Two choices, unconsciousness, time and its fear, the life script running one's life or, a life of choice-less awareness as one adapts to what is, it's to have present awareness. In peace mind patterns are noticed, the ebb and flow of life. Alertness to the voice even slightly raised, all dis-ease brings the 'T' back into controlling mind patterns. Practicing peace reveals the scripted shadow self, time then dovetails into one continuous stream of the here and now. Notice it, life situations are either: “Accepted, changed or one leaves the situation. No negative energy.” (Eckhart Tolle) If one works at it to rise above thought results, above a egoic mind conflicted to ultimate freedom—in the now one is comfortable in their own skin so to say, far less reliant upon memory images.

Q: I think I understand what you are saying when you speak of Natural Self and egoic scripted self. I'm having trouble transcending the self to feel peace

and inner-being you're talking about however. Then my emotions along with overthinking, overwhelms me and awareness of now is lost. What can you tell me to help me understand this?

A: All thought and or words can do is point to inner-being in an attempt to speak to the Natural Self behind the mind identified self, i. e. a mind blocking awareness of inner-being/presence felt in the now. A state outside of time and the life script. Once more thought cannot know Inner-Being, one can only be aware of it. To know by way of abstract concepts is still thought attempting to understand itself. Alertness fosters observation to no-mind, egoic intentions are seen and memory no longer defines here and now exclusively. Thought is limited, it creates opposites through memory images stored in the brain, these seek to define the now. One loses themselves in patterns and rolls, then must reset or overthinking creates further divisiveness, the present seen as images, opposites come in fomenting the conflicted mind—each new moment then is seen via images stored in memory, disallowing the observed from presenting itself to us. Again is the observed merely thought in memory? Now is always new, something of itself not a memory. Alert one sees the self fosters awareness yet self should not be our master defining all we see. Seeing I--a Me--a You, again words pointing, can help to expose the self or an identity thought itself has created—that 'you' is your consciousness, a part of who one is yet if not watched will take over. It-the I, can't see beyond thoughts limitations, i. e. thought seeking to identify itself. Natural Self having awareness of now must see thought seeks to *know* the now. Natural Self sees the self acting out rolls with other people's rolls, all thought identifying the now. One's mind watches and wisdom comes merged with innocence a mind alert rises above thought. Focused on itself it gets used to rising above thought at will, yet is unfamiliar to a mind unaccustomed to this. A life script pulls us into being **of** the world. Distracted from alertness to our Natural Self we remain **of** the world. A mind is to be watched so one uses it not the other way around. Again use roll play and life script for practical purposes yet still have presence. In so doing focus on here and now, a state long ago abdicated for times duality. Mind identified unconscious dreamers are commandeered then, their ego and psychologically accumulated fear in memory progressively becomes the 'Will to Power'—*For the student this then is attachment, to gain the world and loose the soul. Now*

inner-source proclaims this truth, veiled from time immemorial, the point ego entered the minds of mankind to protect them-yet took over. A consequence of paradise lost. Awareness is innocence..peace..love..nothing ego nor 'you' can aspire to know. Albeit the Natural Self can be aware of it. We feel this, have glimpses yet struggle to see what it actually is because an egoic mind and the paradigm of fear blocks it from us. It's peaceful loves continuum, the old into the new, and is quintessentially in perpetuity one continuous present moment.

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

A: We do not connect to love-we are love, yet the mind blocks this so we feel separated from it. Conscious presence and by extension awareness of Being, is infinitely..ultimately..the macrocosm..all-ness-all that is..timelessness or we could say an oceanic feeling. It is love emerging from the doorway of peace. Not easy to do for a mind lost in concepts. Turn attention inward to the body; feel energy in the hands, arms, legs chest and so on. Conscious awareness of the immaterial—conflict fades-a new form of attention now fosters conscious presence. Material form some teachings proclaim to be thought projected into the dream of form we're all conditioned to adhere to. A mind alert and in the present moment *sees in time as needed*, it's to be functional concerning day to day needs in daily life and is the level of effect, one reclaiming energy from a programmed life script. The feeling of presence stills thought, resists nothing and adapts, awakens a mind able to empty itself. In thought quieten intervals transcend to be one continuous stream of now. Without empty space between material form-form is indistinguishable. Sound too, indistinguishable without silence between sounds. Space between the letters or words of a book enables us to see the words and are doorway's to inducing oneness or a mind stilled. Blending material and immaterial into oneness brings us to feel energy which matter is in essence. Blending them energy flows. Although people still cling to familiarity, what they know at the cost of being controlled and manipulated by their scripted mind identified state; lost in rolls there is a loss of awareness of inner-being, which we rise out of and return to at death, or the omnipresent macrocosm, the microcosm felt as the essence of each and every spiritual

traveler. One loses awareness of the causal level and inner-being. As in Yin and Yang, the black fish and white in a circle, and harmony realized between the two. Natural Self develops this alert mind via watching the egoic self.

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

A: It's advised to stay focused as much as possible throughout each day. Lost awareness of Being, which is measured by the degree of peace felt throughout each day, is the unconscious lost to psychological time. Albeit just being alert to this is to have present awareness. Awareness is our defense against a mind using us. We tend to think we use our mind-often it uses us. Meditation is awareness moment to moment of life unfolding via situations. Remaining here and now life expresses itself and observed in real-time, not the seeing of life through the eyes of memory images stored in the brain, we no longer see life through programmed indoctrination. In the evening and morning meditate to reconnect with conscious awareness. Egoic self helps us to reclaim energy from ego and the life script by keeping us sharp. In sleep, below dreaming we unify with the source to recharge so to speak. Then upon awakening one may have the sensation of being lulled into the dream of form. As if we're home at the causal level, then pulled into an I identity inundated by ego, life script and mind old patterns. Here we will say dreams too are creations of thought, the actual now is not. Clear the mind by focusing on the breath, breath in positive energy and exhale love. Be *in* the world no longer *of* the world. The slightest movement away from a programmed scripted ego, a script's praetorian guard, the dream then compels us to tow the line again, or adhere to the program. It is to be unconscious of overthinking and rolls therein. Below dreaming one merges with their source to recharge. In traditional meditation a traveler will merge with the source as well and helps to remain consciously alert. To reset, again requires having persistent awareness of Inner-Being or containment of forgetfulness which is akin to absentmindedness. And not getting lost in rolls to the point of becoming them is challenging. Busyness, if passively observed fosters alertness and brings inner-being into what one does. This is conscious awareness and once again is measured by the degree of peace felt throughout each day. Hold peace energy and extend the stream of alertness, this is vitally

important as well. Remain present, flow with what happens and adapt to what is or roll with the punches. So what is missing in the moment? In the here and now there is no past nor future, ergo problem free. Should needs arise they're dealt with instantaneously absent over-analysis. Most needs are in memory. It is similar to martial art, allowing techniques to preform themselves we come into the present. What happens is dealt with more effectively if we let go and react in the moment. The now is not a memory. Seen as such it's not the now. Thought is used to write the program. Outside of that it's time past or future, bringing more conflict-distorting what is into what ought to be. A prerequisite to problems is time and memory intervention. Pure observation brings us into each moment and again allows techniques to preform themselves so we don't anticipate what will happen or should be. To calm speech and live peaceful helps us let it all go, the ability to adapt to what is happening without thought injecting itself into doing. One can now see that clinging to the known-taught from birth along with past or future concerns denying the now, were blocking true reality. Mediation is to hold the energy frequency of peace here and now.

Q: Is the feeling of inner-being an emotional feeling and what is it exactly?

A: It is not an emotional feeling in the traditional sense. It comes by way of an alertness-fostering a peaceful calm. One uses the totality consciousness in conjunction with thinking—watching emotional reactionary responses to life situations. Energy felt through remaining present—we watch then thought rolls and patterns. This fosters conscious presence so we navigate the above while projecting awareness of inner-being into doing. Endeavoring to describe it we may say it's a warm soothing energy felt when very alert, in the moment. As thought enters to define it resistance comes in. Up-swelling extreme emotion collaborates with overthinking which empowers ego. Daily life, that is daily life activities perpetuate endless concepts and or emotional attachment to the material in the form of rolls we play and loose ourselves in, resulting in lost awareness of Inner-Being. Spirituality emanates out of causal level awareness or light within us, our essence, beyond this the void foreverness. We have lost awareness of spiritual essence having become more secular. A wavering from mind patterns ego or the life scripts programming, points to their overall lack

of importance. Ego needs its host to be dependent upon it as well as the script it follows i. e. continue living in unconscious dreaming people are in bondage to. Sectarian views have succeeded in duping us because ego believes if the 'I' identity used to control us loses control, its host is in grave danger. Its job is to protect us in the material world yet seeks absolute control. Ego does its job all too well similar to an overzealous advanced computer with a M. O. of seeking total control of the mind of its host. A mind stilled-extends the stream of awareness and corresponding peaceful-love lifestyle. By way of change in perspective, via observation one sees ego seeks control of them. It is to see ego as it seeks to control its host, then adapt. We've had dialogue concerning the spiritual event or hitting bottom experience, also the subsequent letting go of pain unconsciousness brings brought on by surrender to what is and loss of virtually all material gain. If all is lost there is nothing left to cling to. This traveler's path led to a reconciliation with blocks fomented in a life script ego held fast to. Negation of thought created mind patterns resulted in the death of the old self and spiritual rebirth. Notwithstanding death of egoic self and ascension of the Natural Self, ultimately they're one, has required an onerous alertness to ground the energy and continues still. A subtle approach grounds awareness yet is playing the long game bringing slowly, wisdom necessary to have consistency. A shattered painful life at the level of effect will catapult a spiritual traveler into awareness, at least initially. A slow consistent focus on wisdom then, subtly brings innocence and wisdom to merge, all necessary in helping to sustain conscious awareness, otherwise the feeling is just a passing experience. The subtle approach may seem quite difficult although typically because the me/you a creation of thought personified as the self in daily life, seeks to mitigate extremes via pain management. Never allowing 'you' to be too low or high. Never rising out of unconscious dreaming to the Natural Self, merely vacillating at varying levels of it. And this has been so normalized it's challenging to see one's mind controlled. A partial breaking away of scripted egoic thinking may happen only to be lulled to sleep again. Undeterred one must press on. Considering this student's hit bottom experience occurred well over four years ago a fortuitous sustained alertness or stubbornness, yielded gradual wisdom. Yet it can't be said enough, awareness requires a deep and serious commitment for anyone to see this beyond mere flashes. As more people accomplish it it's easier for others to believe it's possible for them too.

In the abrupt approach it's as though one is drug unwillingly into awareness, fighting it with resistance to even the most rudimentary changes, that is any meaningful paradigm shift. Even in the abrupt approach it can and often does require years to ground conscious awareness. It usually depends on one's own individual level of resistance, often outside forces-family-job-friends-worldly influences and so on, not to mention one's life script. Utilization of the subtle approach may demand a deeper alertness than the abrupt approach. This need not create apprehension if one takes into consideration the current You/I/Me identity controls by way of a life script and won't end well in light of the fact an evolution of consciousness being wholly inevitable, we may just as well press onward whatever required. Let us move forward no matter what effort it demands because we must rise with consciousness or be left behind. The old life and fear needs to make way for love, a new spirituality and new world. Pain, steadfast alertness and patience is nearly always associated with one's spiritual rise to any relevant and or meaningful consistent state of peace. Ego arouses within great resistance and along with one's life script it follows has unbelievable power over collective consciousness and will then extend to the personal consciousness of all mankind; identifying us as what we've all been taught to be, brainwashing if you will. In the future as more people awaken, a more consistent seeing will emerge as people begin to see thoughts mistake. Surrendering along with consistent daily alertness, will accelerate awareness, going beyond the egoic scripted minds flawed reason. Let the fear paradigm go, people then surrender to a new paradigm of peace, love coming through the doorway of peace and into the world. To put this in perspective consider in the early days of space exploration people actually believed firing rockets into space would anger God. They actually thought God was sitting up in the clouds. Additionally comparable to Roger Bannister breaking the four minute mile in 1954. Prior to this it was thought and commonly accepted that to run faster than the four minute mile was all but impossible to do. Bannister broke through the four minute barrier and inside of six months an Australian runner broke it as well. The point is relative to spirituality, as more people awaken to conscious awareness the belief factor will hasten wisdom and global peace. As the fear paradigm shifts to peaceful-love, more will see and reconcile with their own ego's. Simply put if they can do it so can the rest of us, fosters an

extraordinary mind needed to do so. It's a numbers game. As the numbers rise so too will progress accelerate toward peace as a lifestyle. Akin to the snowball rolling down a hill, bigger it gets the faster it goes of its own volition.

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

A: The idea of levels can be a tool pointing yet we must finally let it all go, it's ego. Ultimately avoid attachment to concepts, we use and discard them. A number of endless mind games arise by way of overthinking. Thought tries to understand itself along with resistance to challenges from one's original life script, all blocks to rising above unconscious dreaming. Consistently hold the frequency of conscious awareness. Egoic mind uses memory—are we merely memories? Additionally the powerful reticular activating system which filters incoming information from the five senses. We're consciously aware of input seen as threats or of value. If we're aware of everything coming through the five senses there would be an overload of information. As the indoctrinated life script is challenged the current dominant fear paradigm sees it as a threat i. e. overthinking combined with emotion, the egoic life script including mind patterns we tend to lose ourselves in. These band together and mount an all out attack to protect the current dominant paradigm of fear. Different people experience their own personal varieties of surrender—we all go through our own challenges. Clearly it's our own journey. Nevertheless spiritual travelers can through sharing what they've gone through or road traveled, help point in one on one conversation and support groups. These do help break down walls of the mind blocking us all from seeing and feeling peaceful-love within via a heightened alertness-feeling conscious awareness. Metaphorically speaking there will be cracks in the dam as one works daily at alertness, to see walls one's mind foments which the ego guards. Unquestionably different people experience their own unique breakthroughs. Often there's a partial awareness, which is to say having a flash of insight, this can neutralize resistance for a time—coming through some kind of extreme life situation. In a near death experience or life shattering hit bottom event, or perhaps the death of a loved one or relationship ending. Life situations where we have lost all control and surrender at some specific point in life. Often pain will bring a surrender to what's happening directly due to having no control of it, followed by a deep

profound peace literally as one's egoic mind collapses, an abrupt awareness. Situations where one feels deep peace via again some sort of extreme event, one surrenders and there's acceptance. Feeling the oceanic feeling spoken of. Then as it always does, ego reemerges at some later point. Be very alert to its persistence. It is your ego and knows all too well which buttons to push. It is clever patient and relentless, we must match this. Deep meditation brings on peace as well. Beware of being lulled into an idea of arrival. All this sharpens alertness to ego seeking in perpetuity control of the mind. Accept and awaken deeper peace because of it. Natural Self is veiled by egoic mind, hence pure observation of it sharpens a mind and one then turns it upon itself. The mind sharpened to this degree brings wisdom. The egoic mind a life script and all patterns ideally bring the Natural Self to fruition. Ego uses time-it lulls minds repeatedly into unconscious dreaming—learned behavior-a conditioned mind on auto pilot seeks to run people's lives. Typically one isn't at all conscious of this. So we let the past future and time go to stay here and now in the present moment where peace abides. Truth reveals itself to one's mind in each present moment then. Refrain from defining truth conceptually, or by way of memory images...expectation...anticipation or future projected memory. Let life lead, allow the unconsciousness of others to deepen your peace. Let life's extremes be the very thing fostering alertness—awareness of Being illuminates energy which dissipates fears darkness. Ego reminds us-always remain alert so peace is projected fosters love. Live peace as a lifestyle and surrendering to the here and now one then feels energy everywhere and in everything.

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

A: To change the world implies the force of our will upon it. Life is as it is, if not resistance is inevitable. Flow with the energy life is, let it guide and adapt to it. In alertness we are no longer consumed by life situations-reacting in the now one either *speaks out accepts or leaves the situation*, no negativity. Pure observation awakens us to see the divisive egoic mind uses fear, perpetuating overthinking so accumulated memory defines life. Love has no opposite. Fear has been so normalized to a point we can't see this. The mind stilled sees and uses 'clock-time' as a tool for practical purposes,. Steadfast alert, one then

illuminates peaceful love's energy vibration. So love is real, fear is created in the mind. Akin to a sort of positive virus, love emerges from peace, it spreads and affects all people coming into its proximity. Love is the energy of light. Hold this energy frequency or stream of peace, and it combined with wisdom negates conflict...egoic resistance. This drives us deeper into peace if we flow *with* life. Feeling programmed fear within, i. e. anxious dis-ease arising, is an energy triggered by extreme situations, emotion combined with overthinking. Resistance is ego's leverage, we need to calmly observe life and via surrender it then passes. In martial art surrender to non-resistance enables practitioners to redirect energy, it's real power not force. Love has no opposite, it is power not force, fear is force. Fear is created in thought and it controls a mind not disciplined enough to rise above thinking. This is not to say if one is attacked not to take action playing the roll of a pacifist. *Whatever action required will arise in the here and now absent all anticipation emerging from accumulated memory.* **Situations then are dealt with moment to moment with little to no thought involved.** From a different perspective: All knowledge of what to do in a given situation is already in memory, just let the techniques perform themselves. In the moment one is not thinking. In being one with the energy of peaceful love fear energy leaves and there's no longer anticipation of what should happen or may happen so one doesn't anticipate what to do..they don't even know. Referenced as peaceful assurance, it is to have presence in a mind confident whatever action is taken will be the right one without past or future intervention. Unbound to time a mind is free of anticipation in regard to what action is taken. They're just there in the moment, not anticipation via memory experiences. Accumulated memory tends to confuse. The mind is calm..silent and peaceful..stilled-it goes *with* the flow—what happens moment to moment is dealt with moment to moment and rises out of the levels of falsehood into the levels of truth or higher consciousness-Self reacts, not the egoic self. One ascends into courage..neutrality..willingness..acceptance and intuitive reason, acting here and now without memory images deciding what is or should be.

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

A: It can be extremely frustrating, the short answer is to forgive. When we forgive weight is lifted, there's acceptance. Yet unconscious dreaming erodes peace to a point it appears to have left all together. One follows the status quo or normalcy bias—the proverbial I don't know why I do what I do. Obviously with so few awakened it is quite a challenge. We must work at it. At the point of this dialogue its been just over four years since the spiritual event. Reborn, metaphorically the new life is as old as the former at the same point. Having this perspective helps develop patience. Let's say one is in their thirtieth year when the situation that brought about the spiritual event happened, when one awakened spiritual awareness. Newly reborn Self is elusive, egoic self resists insisting *it* needs to control the mind. We all cling to familiarity, i. e. we're all creatures of habit. We're programmed early, before five years we learn fast nevertheless were not all that aware of our life script as it's being formed. The apple not falling far from the tree gradually took control as we adjusted to the fear paradigm. Peaceful love is an unfamiliar paradigm requiring an alertness to the dominant fear paradigm. Innocence combined with wisdom is a totally new way of living and in the current situation such are an extreme minority... requiring ongoing patience...a monumental adjustment. Coveting, judgment aggression and so on gradually begins to subside as the egoic self dissolves. The newly awakened spent most of life mind identified and deluged by their unconsciousness, others unconsciousness as well. Clearly persistence needed to merge peace with wisdom must endure albeit years of intellectual study in and of itself won't foster this new way of seeing other than to point the way. In fact intellectual endeavors often only point to what it's not. On going egoic mind games trap minds in unconscious dreaming vis-a-vis blocks and social rolls associated with one's blocks. Those unconscious loose themselves in old habitual behavioral patterns. This traveler lacked enough conscious presence to bring spiritual insight through the subtle approach exclusively. It required an extreme life shattering event, in point of fact multiple years sinking down prior to the aforementioned event facilitating his egoic minds collapse. That said based on this travelers retrospective view inner-source and awareness of Being arises with unwavering persistence. Unconscious dreaming veils it, the programmed egoic mind blocks the seeing of it. Nevertheless enlightenment's seed is in all people yet they must see that to be productive even to a basic fundamental degree requires being very serious in order to feel it deeply

within, not in an idea format—a child like innocence merged with wisdom in the form of simplistic spontaneity. Overwhelming pressure from unconscious people continues to bear down prior to awareness bringing the mind to order. Accept and adapt to all life situations, deal with blocks so the mind can focus on reclaiming energy from ego. Most of the people interacted with are to one degree or another unconscious with few exceptions, they adhere to the status quo and undermine one's awakening. And mostly they'll make light of it or at worse ridicule it. One endures distraction from this as well. We're advocating surrender to what is, then adapt. In acceptance all resistance to agitation from unconscious dreamers is neutralized, one sees and accepts the hand they were dealt in life and makes the best of it, that is to say adapts to all life situations. Ultimately unconscious dreaming acquaintances if we're focused facilitate via alertness, awareness of Being coming to fruition. Unconscious resistance in one's script or from others is a stark reminder to remain alert. Then comes the arduous task of maintaining alertness, remaining vigilant when confronted by subtle unconsciousness put forth by others and additionally one's own mind. Notice disruptive mind patterns and have alertness, passive observation of the self or others mostly unconscious efforts at dislodging peace. Hold the peace frequency through forgiveness of those unconscious by seeing they will not or can't see it. Observer and observed then gradually blend to oneness. Peace flows into doing through a mind rooted in stillness. Words cannot describe it. When it's strong it is overwhelming—the weight of judgment lifted peace then is felt within and enables one to see unconscious dreamers are incapable of seeing patterns control their mind. Logically then forgiveness of unconscious dreamers negates judgment and in the extreme retribution for their projection of the fear paradigm onto the awakened. So take care who this is shared with.

Q: What is truth?

A: Truth is inside of us and often comes out of the Either. 'You will know the truth and the truth will set you free.'-1 and: 'Your whole body will be filled with light.'-2 Truth is to see through eyes of love here and now. When we observe the mind there is surrender to what is and truth reveals itself. Seen by observation of life, absent thought and memory defining whatever may be

happening. The mind makes space so truth then enters due to thought having been stilled. Transcending conceptualization reveals truth-which comes to the mind no longer in conflict with itself. It's not of past future or memory, not of time. Having presence the mind is quiet, empty or no-mind, again truth now is something of itself showing us what it reveals moment to moment and is actual reality. Socratic inquiry trumps mendacious concepts and truth again is seen in the moment. Actual timeless truth seen through the eyes of peaceful love in a mind non-conflicted. This is veiled by thoughts memory images, old mind patterns and rolls. So one must focus to see in each moment, real actual truth comes prior to thought entering with memory defining here and now. Thought will say truth is what *it* says is true, derived of projected memory or past. Observation in the moment with no preconceived notions of what truth is brings the mind to stillness. It sees truth in the here and now once again as something of itself not our truth nor another positing biased memory images, creating opposites or the systems truth for these foment fear. It is to see what you see in the here and now which is to say reality. Now is never memory.

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

A: Presence is felt moment to moment via pure observation. Look around, be very alert, focus all five senses on what is happening just this moment. This brings us to see oneness but not if we live in the mind. A mind freed of times illusion is no longer controlled by the life script to the point a mind is lost in unconscious dreaming. Presence simply put, is attention now, slowly all fear dissipates, with it worries in time. Perspective changes-gain or loss are of less concern, now takes primacy over time created concern. Having presence is to step out of time so a mind can watch itself. Presence then, is not an increment in time which causes us to see life not as one continuous present moment but fragmented. Divisiveness fades as we awaken to one continuous moment arising with nothing written on it, we observe in peace as life leads the way to seeing everything will be okay if we flow while passing through the school of life. Opposition foments separation as programming pushes its way in filling one's mind with disorder. So notice it and gradually it fades. See and smile at egoic self, it helps us to see that *ego* is the very thing helping to foster needed

alertness then awareness. Presence is a mind aware, no longer controlled by indoctrination taught by programmers in life i. e. expectation forged in one's life script or regret over past and projected memory defining life. The key to see this unattached is seeing ego pulls us into past or future where duplicitous mind games have forever controlled. Seeing unconsciousness is cured by this wouldn't one do what is necessary to remain alert and work at wisdom so as to free their mind? Practice, notice being in time where we tend to overthink everything, where the mind uses the person, then notice the mind in passive observation as it reclaims energy from ego. Presence is rising above thought to perspicacious confidence, an ability to be comfortable here and now absent expectation helps bring it to fruition. Courage is key to rising out of the levels of falsehood into the levels of truth. It's our doorway to using the mind not it using us and is to have conscious presence, holding and extending duration of alertness brings pure observation so problems, all fomented in past and future projected memory, are seen. Time precedes problems then. Do problems exist in the here and now or in time and memory? Letting it all go helps us step out of psychological time and into what is, not what thought says the now is.

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

A: The ability to focus on peace is within us all albeit the egoic shadow self blocks this. So alertness to blocks and Being, are veiled prior to a mind being brought to order. Observe life situations-good or bad they come and go. Daily life ebbs and flows like waves and tides of the ocean. And some situations in life again good or bad, are short term, some long term yet no life is always all good or bad. Inner-Being, its peace helps us all to have presence; the greater whole in life is an immovable rock of peace undisturbed by life situations or daily life we're all distracted by and loose ourselves in. Reclaiming energy is to hold a peace energy frequency no matter what. Albeit blocks, emerging out of fear undermine one's peace. Situations are what happens, accept change or leave them, learn to flow with life. Peace arises in the mind able to still itself. Working to anchor peaceful stillness one is assured no matter what happens peace is undisturbed and life will be okay if we flow with it. The Natural Self is of peace. When rooted we move through life situations, this is acceptance. And able to hold this peace energy frequency love then flows into doing.

Q: My friends and family disrupt my efforts to awaken, they think I'm crazy.

A: Many experience this and sometimes all one can do is walk away. Notice it, accept, learn and move on. We cling to egoic self programming and social rolls. For the serious to live peace as a lifestyle challenges not only their own belief system but others as well who follow the status quo. There are those who stereotype others due to their life script. Yet if one is able to hold a peace energy frequency with minimum intervention from ego's endless fear energy, gradually they'll begin to feel Inner-Being. Far less affected by negative life situations peace has a subtle yet noticeable effect on one in the proximity of a serious student. Advanced students live very little in the mind which is to say in time past and or future. Far less affected by their memories indoctrinated behavioral patterns, others unaccustomed to non-reaction to truth as they see it often will push buttons. They're still at unconscious dreaming yet can feel a difference. The person they've known has changed and they are out of their comfort zone to some degree. One's energy is at conscious awareness, others at unconscious dreaming, ergo this tends to create different possibilities. One at conscious awareness is pulled into unconscious dreaming by others, or two others are pulled into conscious awareness. Dedicated students bear a greater responsibility. Living a lifestyle of peace vibrates at conscious awareness and holding the peace frequency their raised consciousness negates negative fear energy resulting in a progression toward global awareness, the reclaiming of paradise lost but at a deeper wiser level. The mind freed of duality by way of a child like innocence combined with a deeper wisdom—such as these are the forerunners of man-kinds transfiguration to a totally new sort of human-being emerging or: 'The meek who shall inherit the earth.' We've gone over ego's desire to control the mind of its host. Ultimately reclaiming energy ushers in conscious awareness, one embraces peaceful love as a lifestyle. However this challenges the status quo and abets fear—resistance to peaceful love as a new paradigm. 'Blessed are you when men shall revile you persecute you and say all manner of evil against you.'-1 Unconsciousness then, can be a catalyst for conscious awareness to arise. The more others push buttons the deeper it can drive a student to profound peace and absorb all fear energy. Notwithstanding avoiding unconscious acquaintances until one's peace is strong and rooted, to the point it's entrenched enough to absorb any and all fear coming into one's

proximity, one may choose to speak little of it. In addition acquaintances may not be seen for extended periods yet are still affected by one's peace, often at an unconscious level just being around one who is aware. Love arises if one lives in peace. From a spiritual perspective unconscious dreamers may want to be around those at conscious awareness which is not to say they are better than anyone else or special. They simply don't see it yet yearn for peace, feel it from those on the path. Who does not want peace? Unconscious dreamers will commit or they won't but know peace has affected them even if it goes unnoticed. It all comes down to just how valuable the negative goal is. Those who cling to the negative goal or unconsciousness see it as too valuable to give up. What is the payoff then? When fed up with unconscious dreaming and its conflict others benefit from one on the path yet subsist on pain management—never allowing themselves to sink too low or too high, they're caught up in pain pleasure cycles which is to say an endorphin high created from extreme opposites, and inevitably won't want the awakened around for long as strange as that may sound. The reason is conscious awareness doesn't mix well with those at unconscious dreaming akin to water and oil, it forces them to look at themselves. Talk of it when appropriate yet be mindful of other ego's. Living peace as a lifestyle projects love's light. A different paradigm fostering love's energy to everyone, the same as negative fear projects the fear paradigm. The dominant fear paradigm and egoic mind are slowly driving humanity insane. Alertness then, is a gift to all people. Free of a need for identification as mind patterns and or social rolls we all play, life now has actual positive meaning. In oneness there emerges the feeling of unity with everyone met and the earth on which we live. Again referenced as an oceanic feeling merged with deeper wisdom, this is a thumbnail sketch of awakening for the questioner.

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

A: In 'A Course in Miracles' it suggests: 'More than anything see differently.' So it would seem at least in part, this points to seeing love in a world mostly controlled by fear. Considering we're all born into a world of fear, collective indoctrination into that paradigm has trained us all to see division, sadly this

has been so completely normalized, seeing differently, seeing love would be a refreshing change would it not? Observe the scripted mind then inquire into blocks which prevent us from seeing peaceful love inside. The fear paradigm merely hinders self-reliance, self-determination critical-thinking and thinking outside the box. For instance one can see anger does not make daily life any better, only progressively worse. Also, see light is all we see. We see nothing but reflections of light off of form. We see, only light. See anxiousness does not extend life even one day nor transmute fear in daily life to peaceful love. We could see the majority of our body is empty space. All form, for example atoms making up the body, are a fraction of the body. Most of the body is empty space in a form the eyes see as a body. We can see guilt, is tantamount to slow death brought on by perpetual self-loathing. We can see, surrendering to what is brings into view each present moment where peace is and liberates us from incessantly living in the past or future, which is to live in the mind. We could see hate merely divides and forgiveness unites. We could see fear is the old way, then embrace the new up and coming paradigm of peaceful love, we then awaken to peace never even dreamed possible which is within us yet blocked by our own programmed mind—working at alertness inner-source is born in one aware and observing-*A* Conscious awareness is peaceful love seen everywhere, here and now, the only actual place that is real. One people, one planet, one macrocosm. People can see things differently if they choose to be objective in the observation of life ego and the minds thinking processes.

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 sir, 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 if it were changed would enhance life. Observation of the self and life is all we're saying. If for no other reason in the interest of stress reduction, fostering a mind stilled. Peace in life, as well as the world overall. *A-Inner-source is the totality of one's consciousness. Our task is to observe it, redirect it from egoic control.*

Q: Awakening from unconsciousness seems very difficult. Do you personally know anyone who has fully awakened?

A: Not personally albeit a serious student helps all people. A serious spiritual commitment is each travelers own journey yet there are similarities in what is experienced, notwithstanding the fact this is union with one's teacher within or the Ground of Existence. Spirituality in part, is to live a lifestyle of peace through awareness of inner-being and daily alertness which fosters wisdom. To hold conscious awareness affects everything and everyone coming into the energy field, including especially the one who is serious. Nevertheless for those unconscious the effects are not consciously noticed unless alertness is keen. For those spiritually inclined it is an awareness of peace energy at a far deeper level when one further along in their journey is in close proximity of one unconscious, they exude presence. One at unconscious dreaming or those slightly alert can feel peaceful love energy radiating despite their unconscious autocratic programming. We, each of us must have courage and be persistent. Systems help to the degree they can though are merely a finger pointing-often to what it is not. Albeit don't get too attached to a system. Conceptual thinking must be transcended, ultimately to an innocence blended with wisdom which is to imply a mind freed from the known. Only then will the mind let it all go to receive universal wisdom by way of the source of intuition, i. e. timeless eternal essence we're all of. Ego repeatedly rears its head so we watch it then rise in perpetuity to merge with the source of intuition. The Zen ox herding pictures first appeared as a teaching tool in 960 AD. -1 Engaged in dialogue on the subject of enlightenment most interacted with do seem to understand what the ox-herding pictures are attempting to convey. Levels of conceptual understanding will have for some a greater effect, on others less-so. It tends to vary from person to person. Those very serious hold conscious awareness longer and in conversation with those in an unconscious dream state, holding conscious awareness they can notice their use of concepts helps, yet at some point their egoic mind kicks in as if to say: "Oh we're not having this." Other times it seems as if it coheres and they're able to transcend the concepts. The energy frequency is elusive and difficult to hold. It requires persistence and in most cases for extended periods of being inundated by the back and fourth swing akin to a metronome, which is to say the ebb and flow from a state of

conscious awareness back again to unconscious dreaming. In addition to this one may experience periods of extremely incessant thought, challenging them e. g. 'You can't do this, your ego and life script are in charge. Your ego would literally see you die rather than loose control.'—propagating this so to force the mind to capitulate. In the journey time and again capitulation usually does happen and one must accept this is a likely possibility. With a kind of positive stubbornness we need to press on. For it to come to fruition refuse to ponder: 'Why should I press onward?' Egoic mind, life script mind patterns and social rolls will definitely have something to say about that. This requires persistent awareness of inner-being via consistent observation of the mind. Ego is 100% interested, forever aware of opportunities to control its hosts mind. Spiritual travelers must be 100% interest as well, if they are success then is inevitable. Aware of social rolls and or day dreaming, forgetfulness too so as to not loose yourself in the dream of form. It's all too easy to be *of* the world. All concept filled indoctrinated minds limit the Self. The quintessential apple that doesn't fall far from the tree is one who follows their life script. Ironically collective it's our consciousness—prior to ego observed for an adequate duration a mind is plagued because it is divisive. Conceptual thinking is obviously necessary however relied on to excess to the point of living exclusively in the mind, one repeatedly is lost to the self in unconscious dreaming and resets immediately if so lost. Ego vehemently seeks control ergo awareness of Being must take primacy. Even more of challenging is that virtually everyone encountered is unconscious with rare exceptions. It makes one feel isolated because they're a minority, in the extreme resulting in clinical depression. Yet with persistence it's seen that everything has essence, expresses consciousness from people to simple forms. A wall, the sky—consciousness is everywhere. Consciousness knows itself through us then. And in one alert this is seen—noticeable in light reflected off form or spacious emptiness...in silence or in nature through the mind quieten, and the present moment. Feeling it fosters peace emanating out of one's inner-most Being. Listening intently, a feeling of oneness whispers to us we're more than a body, we're one with all. Done via turning attention into the body to feel inner-being energy. With steadfast alertness then fear leaves us, only then can peaceful love pervade. A spiritual travelers mind in the state of stillness reveals this to be true. The mind quieten helps one and all to

expand awareness-new fresh insights not generations of programming handed down propagating conflicted minds. Whatever words used, do not get carried away or lost in concepts. Love is quite abstract then. A fear filled mind, when bought into is full of baneful narratives—duplicitous confused disunion from Natural Self. This is one's incentive to press on. So few are fully committed. We're at a critical point in the evolution of humanity as a whole and much is at stake in this. Is it important those serious know other's who are? Is it not good that serious students are scattered across the globe spreading peace and love? Oh it's conceded that it is an enormous challenge being surrounded by unconscious dreamers. Surrendering to even that and allowing it to drive us deeper into peace is part of this new way of living. All in all, to not see that which causes resistance within is merely the playing out of old mind patterns, surely then we're only destroying our own brotherhood. Were there more who made serious efforts to transcend unconscious dreaming not only would we know other's who are serious, transcendence from the old paradigm of fear to peaceful love would expedite all minds collective return to sanity, then the meek who shall inherit the earth would rise to usher in heaven on earth.

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

A: Should awareness of inner-being fade to a hum and still we must deal with anxiousness our life script incites in ourselves and seemingly everyone, it indeed is quite the provocation. Observe scripted responses in others and your own programmed mind. This helps in maintaining alertness and subsequently awareness. When overwhelmed by ego and the life script one should affirm: 'I need help please, this cannot be done alone.' A humbling affirmation which attracts positive energy or peaceful love, God if you prefer. We then are alert to the aggression felt arising within. Energy emanating from the causal level sustains us should we pause throughout the day to reset and observe patterns with a renewed focus. So remain alert..still..clam, focus on kindness, love and forgiveness,we then see ongoing mind games testing our resolve. Inner-Being energy spoken of in dialogue seems to want us all to develop. The deeper we submerge into peace the more we ultimately let go of all conceptual thought.

Touched by this energy helps all collective consciousness. Or a way to say it differently is it's the same fire, those alert shine brighter yet it's not exclusive to anyone, it's the seed of love found within all. Still so few *are* serious, those able to hold this energy frequency help others to see their own programmed selves yet it's unwise to assume ego or the life script it promotes will cease in attempts to seize control of all people's minds. Again it would forfeit its host's life rather than loose its control. For those who do press on there's a threshold reached where there's a more effortless alert watching, the point Natural Self sees shadow self consistently. We're not saying beyond this there will not be additional challenges, assuredly there will be, perhaps continuous challenges, this is accepted. Even the spiritual student acutely aware of egoic limitations will be severely tested in addition to the script they're programmed to follow. Fascinating, the degree an egoic mind is analogous to the intellectual elitist ideology. The mind in disorder and unable to endured any longer, incessantly inundated by opposites-fear-anger-pride-etc, then surrenders to enlightenment which is in that very moment. Of course biased conflicted minds project the thought created I as who one is and likely continues until alertness is more-so consistent. Fostering this new perspective brings into being energy felt within the body—noticing Self in conscious awareness one sees overthinking had dominated their mind. One feels energy change in places and or in others, it's noticed. Let us say an angry person leaves, notice energy change. Negativity has left the room and literally has. See peace energy calms while fear energy merely promotes anxiousness. When present energy is felt. Observe negative thought created fear, acknowledge it and positive energy as well. So one feels fear and anger in others or in one's self, goading increased anxiousness due to life situations. Be *of* the world not *in* it. To feel energy then is part of spiritual awareness. Ego and the life script pulls us into old redundant patterns which are old habits in memory gone unnoticed, controlling minds resulting in daily life defined by thought alone. Memories accumulated in the mind fomenting fear we cling to. Awakening one sees it fosters alertness, all of it conflict, and seen before it takes the mind over and carries one into a storm of emotion, anxiety..anxiousness..nervousness...uneasiness..stress..restless leg syndrome..obsessive compulsive people glued to a smart phone, impatient-busy..anxious ..stressed out..lost to past and future, all of it in ourselves as well as in others.

Listening we notice self-talk takes us out of here and now into overthinking, I lost to absentmindedness, experiencing an uneasiness. Who is the I lost in the experience? Mere images in memory. Is the image real or just memory? The actual now is lost the very moment thought enters to define, subsequently it is then just memory stored one's brain. See-hear-smell-touch and taste what is happening now not memories *of* the now. Observe all situations then be one with the now and what's happening, flow. This brings peace of mind by virtue of allowing situations to define as we watch. Busyness-lost in the rolls or old patterns, is a mind using the person. To have presence brings peaceful loves energy into the equation. A mind lost in rolls needs to see this and repeatedly reset should awareness be lost. The alternative: life in a crisis to crisis mode of reactionary behavioral patterns or lost awareness of the higher vibration of conscious presence and onset of wisdom lost. Peace disseminates love if one isn't mind identified. Unconscious dreaming blocks our seeing, acceptance of we're benumbed when mind identified. Unconsciousness is to live in a bubble of normalized indoctrinated auto pilot programming or life script. So can one be held accountable for acting out unconscious behavior unseen, they simply deny they're afflicted by it. In a sense they're lost-literately a thought created prison for their mind. Not to see this challenges sanity itself. One identifies as their life script and that's a mind seriously distracted. The movie line from the film 'The Matrix'-sums it up extremely well: 'You've been living in a dream world Neo.'¹ Endless redundant interactions with all other programmed mind identified people lost in an unconscious dream state runs countless lives-such minds foment indoctrinated reactionary responses to a life running on merely programmed memory. And mind identified, to what degree does the normalcy biased brainwashing and or indoctrination control these people? We're saying here in unconscious dreaming the person often is unable to see and accept this. This needs to be seen prior to even the most rudimentary steps into one's journey. Rolls and patterns are seen here and now, not in time. Making efforts required to sharpen the mind, it focuses upon itself and this is seen. Not to do so is to violate the Natural Self. We could say unconscious dreaming then is a spiritual travelers mind and life in baneful positions of them being controlled opposition...coveting...aggression...conflict..violence and egoic *will to power*, all of it impermanence. Focused observation then, is to imply that one should

foster pervading peaceful love, the coming paradigm on the horizon replacing the old fear paradigm. In so doing quite a new type of human-being emerges. It's conceded to be difficult, seamlessly shifting from mind to presence. When women give birth the pain is unbelievable, the child is born albeit memory of pain now replaced by realization of having given life. A spiritual rebirth is the Natural Self remembered. Pain experienced is replaced with peace innocence and wisdom, love born each moment. To forgo necessary arduous focus for it to come to fruition is one relegated to pain pleasure cycles, psychologically: ***"Repetition Compulsion"***—to observe the programmed self is critical. Watch and necessary alertness develops so situations lulling one's mind into states of forgetfulness and by extension egoic mind are lessened. Not duped into being *of* the world or thought created perpetual unconscious dream states merely forestalling ascendance into peaceful love—watching your mind then is done from here on out. Don't expect blocks patterns or rolls to capitulate. Be thankful they're helping maintain alertness. Earn this awareness of blocks via total acceptance of what happens, observe and listen. Having presence moves one smoothly through life situations. Acting through inner-being projects peaceful love into the world, able to rise with consciousness in perpetuity is to abide in a peaceful love paradigm so awareness of the now grows stronger day by day.

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: In completely surrendering to life's will to a point gain or loss are simply viewed as what is, good and bad is then accepted and peace is undisturbed. In acceptance of what is the mind is no longer fragmented, there's freedom from mind identified states or monotonous definitions of now. Acceptance in life—all situations are peacefully flowed with, we adapt to now. Once again it is to roll with the punches. We accept life and learn from it. It's a mind sharpened, seeing it is programmed lessens its control. Ego clings to the life script and its host then is lost in the dream. Observation is critical to seeing this, alert to an egoic mind it is then inclined to back off from efforts at lulling the mind in observation into complacency. So watch mind patterns, habits roll play and or triggers so the mind does not revert to controlling auto pilot programs. Ego is

clever..patient..and steadfast. The programmed scripted mind seems to rule in this material world or the hologram we all seem destined to live in. The egoic minds pernicious ways seek total control. The undisciplined minds self-talk posits that ego must control so it may fulfill its purpose of protecting its host. Overzealous tendencies to control literally challenge one's sanity. Excessive thinking and or extreme emotion create disorder. And if one overwhelmed by this simply notices it without labeling they'll remain peacefully present—that is they'll have presence. Most problems are thought created so solutions merely create more. Resistance ensues and conflicting ideas resulting in continuous clinging contrive the need to solve the problems thought itself created. Egoic minds M. O. then: Keep its host in obsessive compulsive behavioral patterns, such a mind becomes an egoic mind. Accomplished by veiling the present moment, and substituting with memory thought defines and memories of the now foment conflict and again more problems. Followed by a different set of thoughts to solve the problems thought itself created inciting again, conflict. It's a perfect catch-22. One serious uses the mind and sees opposites. Difficult albeit accomplished it awakens an alertness to ensuing conflict. One develops conscious awareness, a mind then watches itself, precisely that which enables us to see ego, noticing just what it's up to. In the context of problems, they're now seen to facilitate deeper wisdom, it helps in holding awareness of inner-being. Observing and listening, with an acceptance of what's happening this helps adapt to needs met in clock-time not one succumbing to psychological time, to encourage development of memory for practical use. Simultaneously holding inner-being awareness, then project Being into what one does. This can be confusing and is a reason repetition is used. Ego is only doing what it believes it must, we must have a strong need to develop consistent presence so the mind is clear and sees ego's need to control again because ego believes it must control or its host would die. Precisely the reason it's so determined to control us. Nevertheless as insurmountable as this seems, humanity must rise above thought for sanity to return or ego will continue driving humanity to destruction. Awaken to one people, one planet, one macrocosm. Paramount to this is willingness, life leads as we adapt to it—it's a major paradigm shift—an enormous adjustment for any mind. Remember we are all part of collective consciousness coming together so to rise above thinking, the exception being of course in daily life responsibilities used for practical purposes while in

'Clock-Time.' Freedom for the minds of all man-kind must and will come, it's humanities spiritual rise coming to fruition. All minds freed from the known.

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

A: Why does the mind define what is observed instead of just being there in the moment allowing it to present itself to us? Obviously this is due mostly to memory, which traps us in time. Ironic, it doesn't have to be that way. Seeing what you see, observer and observed then blend. Psychological time projects now into the future and defines what one sees. Should the questioner observe something his thought knows the object being observed through memory. In this context it could be said these are mere mental images of the observed. It is then seen defined as through memory yet this is actually just stored thought which is to say information in one's brain defining it. If we identify through memory the observed appears to us as what memory says it is. Yet these are images, one seeing through the eyes of thought, one's memory identifying in such a way they are mentally attached to memory as actual reality. Analogous to a snake eating its own tail, it tastes good although is quite painful. Through attachment to the observed as merely memory the mind veils awareness of Being and strengthens egoic self. We attach to what is observed, identify with memory what it says it is, an image or stored information in the brain-just old programming. Past and projected memory ego renounces the present moment lessening Natural Self's importance. If the mind is absolutely still and doesn't engage memory to define, ***observer and observed then are then.*** The student now sees what they see, what actually is. Unless of course memory images in time are allowed to reenter to identify via a memory bank of experiences, the 'I' who observes by way of a life script and its mind patterns or the scripted minds subjective definition via its biased judgment, along with an egoic self's strong need to be. It brings to the forefront the following questions perhaps: Can the mind use 'clock-time' for practical purposes exclusively, then shift to the state of conscious presence? *Can the mind see and accept that it has no future.* can it see past future and time itself, are not actual reality? See here and now is all there ever really is, was or will be? See that nothing ever done or experienced be it in the past or future projected memory was ever outside of the here and now? This accomplished one's ego then is finally devolved.

What's left is mere observation. Difficult to get one's mind around this due to the indoctrinated state of unconscious dreaming so many live in. People think they use their mind when more often than not it's the other way around. So observation of the mind proves it indeed uses us. We are asking can the mind see truth is absent subjective conditioned biased memory images stored in the brain? Of course in life we need ego thought and memory to resolve daily life situations. Yet can one smoothly shift from this the level of effect, to causal level awareness should clock-time no longer be needed? In dialogue there's been discussion regarding surrender to what is. Absent surrendering to what is can observer and observed blend to be oneness? It seems separation is to be set aside so the mind becomes absolutely still. A prerequisite to the observer and observed blending to one. The questioner must be absolutely alert in this. Going along to get along with divisiveness, is merely another mind game. We accept what happens and if not we must go back and do the work of dealing with blocks i. e. observe the mind and bring it back to order, that is to observe psychological problematic proclivities/baggage. A mind stilled is no longer in conflict and again it goes without saying this is a prerequisite to observer and observed blending to see observation is all there is. Pure observation of the mind in conflict with itself helps us to see thought is the creator of problems then seeks to solve the problems with a different set of thoughts. Clearly an exercise in futility albeit ego uses this to control us. This is the fundamental mistake thought continues to make. Thought, merely points. And is limited.

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

A: We all must deal with daily life responsibilities as in for instance being at an appointment. This would be an example of the time bound realm daily life is. Attending to needs in daily life as forgetfulness inevitably attempts to keep us in bondage to times illusion. Life tends to keep us all busy, lost in mind patterns or social rolls we all play. And this again is unconscious dreaming—if not watched the Self is lost to the dream of form, endless rolls the I or self plays, while interacting with other peoples rolls we're lost to varying levels of unconscious dreaming. This would be most people we met, those who do not

even to the slightest degree see they are unconscious. And this unfortunately in the current situation is a majority. Can the questioner now see we are in the rudimentary steps of humanities spiritual transfiguration? Currently few can maintain the stream of conscious presence if at all. Peacefully observing self-talk quiets one's mind, creating space within itself. Closing the eyes one can feel stillness, a feeling of energy moving throughout the body. Perhaps in the appreciation of beauty—a beautiful painting or just a ketchup bottle. Feeling inner-being in each moment one listens intently, coming into the now there is a oneness with life, ultra present and aware of space created in one's mind. A soothing calm, this is to have presence. Everything comes alive, peace arises within, one can feel energy in their body, a mind still yet alert. Then random daily life situations require attention and peace recedes to a low hum in the background albeit an awareness remains. It's observation we use in grounding peace energy. The point comes in one's mind where: 'An effortless friendship is established with one's true nature, ego then becomes a free companion and balances movement;' -1 as Zen's ox-herding pictures depict. We are observing movement in and out of or between states of, timeless causal level energy, a sort of stillness. Peaceful loves energy flowing within as busyness life is and egoic “you”--navigates daily life responsibilities at the level of effect. A back and fourth continuing until grounding work is completed. The functional you identity, then no you, one's co-existence with ego. Use of process or Socratic elimination fosters wisdom and brings a effortless friendship with ego-arising in here and now. Presence awakens more-so as one's ongoing state of mind. *A frequency or a sort of awareness, nothingness felt as ego is finally dissolved.*

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: As Krishnamurti suggested in a talk we: 'Do it sir.' -2 The answer may not help although clearly alertness is key. So each to their own, having alertness to inner-being. All another can do is point. Not to memory, to being present. Surrendering to the idea life is what it is. Feeling it as does a child who feels the oceanic feeling, life as wonder and love always new. Being each moment absent labels, intrigued with here and now. Foreverness-forgiveness-oneness.

The simplest of things come alive, peaceful contentedness is felt still we must be stalwart. To live peace as a lifestyle one must see fear and let it go, simple not easy. It is the art of watching reactionary patterns and interaction in one's relationships or rolls everyone plays. We've discussed the doorways. And as a recap: Subdued thinking...remaining in the present moment...noticing silence between sounds and empty space around all form...surrender to what happens and adaptation. Additionally we notice movement in 'clock-time'—Be: 'In the world not of it.'-1 Quiet the mind and calmly focus upon inner-being at every opportunity throughout each day, this is key. If daily life requires attention, shift to thought based 'clock-time' yet only as needed. Bear in mind this is not either clock-time or timelessness. It is to notice the amount of energy given to one or the other. Noticing what is felt within we can then, when preoccupied with daily life situations, still hold and be aware of inner-being energy while attending to needs in daily life. It is conceded this can be quite difficult to do. Simply keep at it, again: “Do it sir.” Perhaps a sort of positive stubbornness is required. Peace *seems* to fade away at points. Steadfast one fosters sustained awareness within so that duration of lost awareness and or frequency of the episodes become shorter as we're able to maintain presence. Yet this requires sustained observation of the mind. We need to be in this for the long run, it is virtually: 'Crossing the Rubicon.' A back and fourth swing tests us spiritually, fostering egoic independence, sustained alertness enables sustained conscious awareness, one acts and speaking from Inner-Being, a point where conscious presence takes primacy, enabling us to hold peaceful-love as a frequency for longer duration's. That being said don't be credulous, most spiritual students find it extremely difficult to do if at all. Perchance then are we the doorway, a common denominator for conscious perfection to arise within, an innocence combined with deeper wisdom? Perhaps the source wants us to shine the light of love. Inquire often then: Who am I? What level of work is done for peace? As K said: “Do it sir”...keep at it, let fear go and see the life script is who we are yet peace can be made with it. Must we become sick and tired of dis-ease, trapped or bound to a fear paradigm, the insidious shadow self? Additionally unconscious attachment to thought/memory images—capitulated into conflict subjective thinking, only more impermanence? There comes a point one can no longer live mind identified, enslaved to a You..the I..Me..the Mine..all of it generating within only deeper attachment to the egoic mind and the state of

unconsciousness. Making room for love in the mind empties one of fear, they see what has been collectively denied for eons. Inquire and find a path to the teacher within. Discipline your mind by way of observation then turn it upon itself. Focus on this. It's the only way out of clinging to old habits and the life script, thought created anxiousness...collective and personal unconsciousness. Once again as Jiddu Krishnamurti suggested in one of his talks: "Do it sir."

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

A: Sometimes all one can do is plan for the future yet now is always where it comes to fruition. If a mind is quiet it can empty itself, truth enters because it is no longer cluttered or in conflict. Upset one can't see what to do. Be calm, notice self-talk, old mind patterns and so on. In the mind quieten there is little resistance. When insanity unconsciousness is arises, surrender, flow with it. Surrender when life is shattered. When there is no money surrender. If there's loneliness-homelessness-sleeping in a park and hunger, surrender to it, still the mind. When broken down to nothing as insanity pushes in, in just that moment see it as a blessing, accept it. Be still and listen. There's a hum in the background, in stillness one can feel it. A peaceful quiet hum coming from within, felt and seen everywhere, it is the you quieten or conscious presence. A light loving and nurturing, it's the source, energy felt within the body. Say this in quiet reflection: "This cannot be done alone." Little by little there's no I, there is only watching life script ego and shadow self clinging, observation only, is to be *in* the world. Ask for help, surrender and the energy of peaceful love comes, a fresh new paradigm extending enlightenment's gift, eternal essence comforting, guiding, coming into all minds listening helping to see love. Capitulation to resistance only gives ego control of life experiences and empowers it. *In the present moment there's no experience...only observation. The here and now is perfect timelessness, this perfect moment with nothing written on it.* Be alert. Ponder the words of those who came before who said to: "Do it sir." -1... "Put aside your personality for essence."-2..."Subdue the enemy without fighting."-3... In addition these: "Thoughts are things."-4..

”Conceptions of God or sin are of no more importance than child's play.”-1..
“Learn how to be you in time.”-2...finally: “There is nothing to fear but fear it-self.”-3... The words of all the teachers who came before, they can and do help. Then the point comes, having gone into it Natural Self lets all teachings and words go including all ideas of the Natural Self, seeing we're simply light within. We're not suggesting to not plan for the future or reflect upon the past for practical purposes. At times it's all one can do albeit this as in everything one has done or will do in the future only ever happens in the here and now. The mind identified cannot see past and future projected memory controlling because they live in their mind. Don't try an understand with concepts-which promote overthinking, opposites and egoic fear. Go inside, it comforts if one surrenders to the now. Go inside to feel peaceful love. Many see it as quite impossible, one must be stalwart. All steps in mans spiritual progression were from those who held fast to peaceful love. Most say they want peace. Ergo, when others are yelling remain calm. When others are filled with aggression anger and hatred-be peaceful. Notice programming traps them in a time based mode of fear, old habits, social rolls and old mind patterns. Awareness within of love which has never know fear, breaks all spiritual travelers free from the cocoon of fear to be the peaceful butterfly. A personification of love by way of surrendering to what life leads one to do be and have. If our world pounds drums of fear malice hate and war, remain steadfast in peaceful loves energy. Focus on peaceful love energy within/inner-being. Consistent alertness brings fourth awareness, one personifies inner being, peace and love. It is liberation from clinging to see life will be okay if we adapt. Pure observation, then turn the mind back on itself. To live this pulls us out of fears chaos to awaken peaceful love within, the light within us all. This the highest endeavor anyone on the physical plane can hope to achieve or actual love summed up in the selfless act of spreading peace. We then see peaceful loves truth here and now —oneness...an omnipresent connection to absolutely everything, all-ness, the macrocosm of peaceful-loves bliss, is-ness...love...joy...our eternal source. All spiritual travelers inner-most Being—light personified, the Natural Human-Being. It is freedom from all systems, beyond good and evil, beyond thought trying to understand itself with more thought. “The absolute freedom of the mind of mankind” as Jiddu Krishnamurti committed and proclaimed possible.

CHAPTER EIGHTEEN

TEACHERS WHO POINTED THE WAY

This chapter has few references to quotes because there are far too many studied over years. The sources have been lost to time. The teachers quotes are paraphrased and can only be a finger pointing. In this chapter we extend love and thanks to all teachers. Teachers are actually everywhere, in life as it unfolds: People..the sky..trees..clouds..wind..in seemingly insignificant form, in potentials, all energy. Teachers mentioned in the acknowledgments section definitely helped point the way for the author. So lets begin there. We'll focus on the affect teachers had on the author in fostering peaceful love. There was once a very kind and wise teacher. A seeker who had devoted his entire life in pursuit of enlightenment albeit it had eluded him, went to see this teacher. He found him and asked for a meeting. Agreeing he told him: 'Your thought is trying to identify itself.' A lengthy dialogue ensued after which he closed his eyes. Upon opening them tears flowed, he asked: 'How do I keep this?' They talked further, he closed his eyes once again. After a time he said-'I will never come see you again.' This great teacher was Jiddu Krishnamurti. Followers affectionately called him K. As years turned into decades K proclaimed to his followers: 'You have been coming to see me now for fifty years.' As if to say when will you get it. The man who came to see K seemed to get it therefore he didn't need to see him again. We wonder if K was pleased with that ardent meeting. Often Jiddu Krishnamurti seemed to feel some level of frustration at the fact many of his followers didn't appear to understand what he was trying to convey to them. Periodically he commented in talks, paraphrased from his lectures: 'Do you understand what I'm saying?' 'Are you sleeping?' 'It requires an extraordinary mind to see this.' One listens, in addition observes the mind, ultimately spiritual awareness has a meaningful and significant impact yet indeed does require one have an extraordinary mind and persistence for whatever duration is potentially required, it's commitment to an idea: Foreverness.

In 1929 K proclaimed his commitment to: 'The absolute freedom of the mind of mankind.' In life he wrote volumes of profoundly significant words. The monologue of this grateful student now address a few of them. K knew and would say as any wise teacher assuredly would...'The word is not the thing.'

Jiddu Krishnamurti said: '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.' *** Observation, to listen and be ultra present, the present moment is then your teacher. The present moment is the only true reality. When attention is required in time, that is to say in daily life to do something, use memory as one would a tool then shift to observe the thinker until rolls are needed again, yet exclusively for practical purposes. Being present or having presence is the thinker judging and defining far less-so. All of one's energy isn't needed to be functional in daily life situations. One can maintain at least some awareness of inner-being while engaged in meeting life's demands. Bringing all senses to bear one focuses on what is done while simultaneously feeling and having conscious awareness of: *The Ground of Existence-which cannot be known yet one can be aware of it.* If we remain calm and in the here and now it can be done. As one works at this, forgetfulness comes. Students subtly slip into the state, it's a sort of absentmindedness. And once taken over ride it out until the storm subsides so to speak, then look in retrospect at what happened, make the necessary corrections in preparation for the next challenge which is sure to come again and again till one's mind is brought to order. Persistence is also imperative albeit clearly one must press onward no matter how often the state of forgetfulness takes over. This is paramount. It is strongly suggested not to ask how much time this requires. Ego and the life script it follows, along with old mind patterns, is programming used to subvert one's progress. So we are to listen, look, smell, taste and touch in the here and now. If we're vigilant to reclaim energy from scripted programming brings one to feel inner-being ... peace, stillness felt as the thinker is observed, old patterns are seen. Listen intently, little by little inner-being is felt to be one energy field. Wisdom along with a child-like innocence fosters clarity, one inquires who am I. Does ego control me or serve—for most people it controls. A Great Avatar's axiom

describes real freedom as: 'Your whole body will be filled with light.' Words pointing, ah but again the word is not the thing. A mind quieten and in pure observation begins to feel and see love in the faces of others, in nature, in all that is, trees..plants..light..flowers..form, additionally formlessness, then fear is negated. One has sustained focused awareness on peaceful love, forgiving the unconscious..non-judgment and compassion bring on feelings of oneness.

George Gurjeiff wrote: “There is a growth of personality at the cost of essence.” *** The personality: a progressive I in time, the personification of a world dominated by fear—the self traps us in insatiable craving. Craving is satiated albeit happiness fleeting; there is contentment merely until the next desire comes. We seek happiness in the material...inevitably opposites come.. resulting in impermanence. Peaceful love arises within each present moment so random potentials are seen in the now. Ergo the dream of form arises out of randomness. We are in part the sum total of our consciousness, again one's personality, which blocks them from rising above thought to feel peace in the here and now. It is the timeless empty mind or no-mind. One's mind prior to thought entering to define the now, controlling the 'person' playing the roll, is one actually there or programming projecting the roll they're playing?

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.” *** Foremost in a genuine martial artist's mind fundamentally to watch the self, defense secondary. Martial art as a sport has rules keeping participants safe. Actual war is the dark human experience at its lowest level. The highest skill of the martial artist is to reclaim energy from egoic self, this awareness shines inner-being into the world. Peace and wisdom blending into oneness. Forgoing this is to live life in a crisis to crisis mode. To win without fighting is to have profoundly acute attention. Seeing our world runs on fear aggression and violence. Genuine martial artist's feel when violence is on the horizon, reading the air they feel aggressiveness. In alertness to any and all situations perhaps leading to violence they see it then disengage. Above all a genuine martial artist values peace. And clinging to a life script one needs to reclaim energy via observation. In steadfast peace a warrior chooses to avoid

preemptively negative energy-seeing aggression many are addicted to merely causes fear to build up in the mind. Pure observation disassociates their mind from fear and aggressive behavior—they will observe drama outside looking in. Still, far too few are alert enough to do this. The one's who are redirect old habits and negative behavioral patterns of aggression, to peace via watching their mind. All this said make no mistake the genuine martial artist is quite capable. If attacked they will do whatever is necessary although again prefer peace. The meek who shall inherit the earth shun any and all 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...to be used not use us. What are riches? For most it is a perspective matter. Obviously riches are not measured in money alone. When the thinker is used as a tool for practical purposes presence is felt within, one finds treasure unequaled, peaceful love. So alertness is required to give birth to that which is within. Unimaginable peace arises, one is **in** the world not **of** it—using 'clock-time' for practical purposes, then shift to be the watcher of a shadow self. It carries with it a blessing, enjoy the world to whatever degree you're inclined although do not be of it or consumed. The source of peaceful contentment and joy now comes from within, one is not however, dependent on things of the world. Peace and its love is foremost, peace undisturbed is a spiritual traveler watching and listening to the mind in the now outside time.

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 an

egoic mind game? Possibly a game the ego plays upon us all? A mind trapped in *unconscious dreaming*—even the words imply we're oblivious to the dream of form. Well said, the conceptions of “god” and “sin” one day becomes less important as unconsciousness too wanes, the point we move away from the fear paradigm to abide in peace and its love; learn to shift from memory and concepts if not needed for practical purposes, to feeling presence so all mind patterns and so on, do not disrupt our peace. Rising to unification with everyone and life itself, there is then an awareness of one people...one planet...one together..living a lifestyle of peace, fostering peaceful love within every soul. This is not at all dependent on anything of the world. Assuredly we will then usher in peace undisturbed. Peace is within us all yet is blocked...veiled when egoic mind and the life script rules its host, currently the majority of people.

Lennon-McCartney wrote and performed: ***'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 gifted writers. Nothing you can do. The world will do what it does. Go inside and awaken Natural Self, it will save you. It spreads if one does and that is how the world changes, not through force and divisiveness. ***'Learn how to be you in time.'*** Spot on. Use the mind not the other way around—use programming and time for practical needs. Use the script in daily life situations, allow memory to assist while feeling presence. Inner-Being fosters peaceful love, the new paradigm leaving fear behind. Be alert, hold conscious awareness, watch and listen to the mind and turn it upon itself. Notice mind games, catch them before they rise to a storm. And should they succeed ride it out, analyze and reset. Let life lead the way, adapt to the now. Be the you or self in time and Natural Self in timelessness. Ultimately they have always been one eternal continuous stream of the now.

Norman Vincent Peal wrote: “There is nothing to fear but fear itself.” *** It's believed he wrote a political speech in 1933 with that line in it. Politically perfect, foment fear, people are easier to control. Fear is born in the life script and completely blown out of proportion fear controls legions of unconscious dreamers. Fear is of the lower levels of consciousness or levels of falsehood. If all humanities problems were collectively summed up in just two words,

fearful clinging would be spot on. It's the reason we suffer, because we cling to the world. Fear is utterly ingrained into humanities programmed minds and identification as it is the current dominant mind identified state. Akin to sleep walking, those at unconscious dreaming suffer from denial. At this point in evolution intensified pain suspends unconsciousness for a time. The apple not falling far from the tree is seen through some sort of extreme pain, the egoic mind collapses and peace ego subverts is then revealed. It is plain to see here one must have the willingness to hold conscious awareness for as long as it requires. Forgetfulness is to be lulled into a sort of absent minded state, one overwhelmed is controlled by fear and busyness, being *of* the world not *in* it. Truth is, fear sooner or later goes badly. In spite of efforts to foment fear ego can never stand up to the light of enlightenment's love if one is stalwart.

Adyashanti propagated: “The nature of consciousness is that it undulates like the waves on the ocean.” *** Indeed it undulates. For this student in the beginning it came of its own accord and left just as quickly. As if it is not something done but predominately a familiar energy we've lost awareness of. That said we can regain awareness, this comes to fruition by living peace as a lifestyle. Having awareness one feels energy beckoning in the back ground. Unconscious dreaming is a sort of absentmindedness or forgetfulness. We are to hold focused awareness so to transcend the back and fourth, only then can its frequency be held for longer duration's. We need to be in time to deal with daily life responsibilities and demands, i. e. “Learn how to be you in time”—then shift to the present moment which comes to us if we watch the mind and extend watching as best as we can—all while simultaneously holding peaceful loves energy frequency. In this we're reclaiming our birthright—that which was abdicated to find ourselves in divisive overthinking, the nightmare of fear. A point long ago when the egoic mind, life script and its unconscious dreaming entered the minds of human-beings. Opposites then came in fomenting a fear paradigm. They took over minds and therein the creation of dualism. This by its very nature gave birth to pernicious opposites, the conundrum of an egoic mind and life script, seeking to control the minds of all mankind.

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 it

becomes the tea pot. Now water can crash or flow. So be water my friend.”
*** The human body's composition is up to 95 percent water. The rest is stardust, ultimately connected to the vast immaterial. -A Water has three states, a solid, liquid or a gas. Water is quintessentially non-attachment. It peacefully accepts its environment. Water's unique and no other substance has the same molecular structure. It is everywhere, in everything including the body. When at conscious awareness we are everything and simultaneously no-thing. The personification of acceptance rooted in love as those who shine the light of peaceful inner-being awareness or oneness. Unattached we see only one race, the human race. We see what we do to another we do to the Self. The source of who we are is like water. So flow, 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 so greatly humility and repentance, which are necessary evils.” *** A great and yes quite true axiom. And assuredly is why a great spiritual rise must come. To guarantee humanity continues. Yet it sparks the memory from a line out of an old song: “And you tell me you don't believe we're on the eve of destruction.”-1 Fear clearly is driving humans into insanity and peaceful love 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 one's essence? It is 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 indeed chaotic and complete at the same time. Just as Tao is no-thing and all, still: “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 transformation we surrender to what is, have presence and remain alert. Affirm then, we're never alone in this, eternal source energy helps as long as peace within is foremost. This too is a part of

A-- The human body is comprised of water and stardust from exploding stars, which hit the earth and are the fundamental building blocks of all life.

surrendering to life's will. Allowing life to guide all humanity—resistance to nothing and acceptance of what is. In other words not our will, an assurance that life, God if that word fits better, will show us. Gain is fine and loss too is fine. Ultimately life or death are equally just fine. When one clings to nothing any longer their mind is quiet, it's free to see truth, the mind creates space, we are then collectively one with our source or unified. Unbelievable peace fills the heart. Whatever happens in daily life situations then is accepted, adapted to. Nothing worldly offered be it--possessions--relationships--power or what have you, can ever replace what exists inside. Then outside has far less of a significance. Peace undisturbed, we feel Being, is-ness, all-ness, The Ground of Existence or simply love within us all, one sees what always awaited them.

Eckhart Tolle proclaimed in his book: 'When you're one step away from insanity you are equally one step away from enlightenment.' *** The greatest influence post hit bottom, 2-16-2014. 'The Power of Now'...was read countless times along with 'A New Earth'...'Stillness Speaks' and others. The deep influence this teacher has had is difficult to describe in words. His books are concise, inspiring and the author actually feels as if this man is speaking to him directly. Another mind game to be let go of yet his works motivate one to press on. Additionally his works are insightful not only to serious spiritual students but speaks to the layman as well. Most people, as proclaimed in one of his books: 'Are unconscious' and for serious students this we could say is a rude awakening, no pun intended. Early on this teacher personified what the author came to see as the Guru trap--merely another mind game that ironically carried him along for a while yet again is to be let go of to be awareness only.

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 source energy? Are the answers there? Here we are absolutely freed from the search for someone else to tell us what we should do. We then become our own light—shinning peaceful love, the light existing in every soul.

David Hawkins put fourth an 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 following: “The Alpha...Omega...Beginning and End.” The timelessness of eternal immaterial nothingness.

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. To be the meek who shall inherit the earth requires courage, those who choose to live a lifestyle of peace. In one's daily life many challenges will come-however peace energy is undisturbed. 'The Advent of a Great Awakening' from the book: 'A Course In Miracles'--describes it as.....'The beginning of our return to paradise with a deeper wisdom.' When all people take it very seriously Heaven on earth will come. All people then will see we were meant to be peaceful love 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 and 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 by R. Steiner in approximately 1909. Symbols foretelling a future? Use things of the world as tools whether it be thought or symbolically focusing on whatever it may be if it helps. Then transcend symbolism to observation and awareness. We're all on our own journey. There are often similarities in people's 'experiences'—the author believes all roads ultimately lead to the source.

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? The now is where freedom from the known is. In that state is an unparalleled quality of peace. To define is to be attached to the observed.

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 authored many wonderful books, this excerpt is from the authors favorite. In the authors youth without realizing it, this work fostered the beginning of the journey, presented to him at the kitchen table of his sister and brother-in-law: “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 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 again and again, until we 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 another mind game pulling us out of the present moment? Perhaps ideas of repeated earth lives are just another kind of dream. Past and future in a different form—of time trapping us in its illusion. Is not the here and now that which really matters? Is each present moment seen to be one continuous stream of here and now where one learns and grows? Should we then, engage pure observation of this moment, allow it to be what it is and show us what reality is while we react to it without the slightest expectation of what truth is? The present moment, do we allow it to show us genuine love inside? Defining it merely seems to create divisiveness. For if we define it, its opposite inevitably comes. Saying it is good can only be done by comparing it to its opposite. Real love is within us now, seen as love without opposite.

Generally true in any life..good and bad can only be seen through distinctions of again good next to its opposite, and so fourth with everything, a play upon endless mind games fomenting more division. So again as often said in this work, no life is all good or bad. Peaceful love as a new paradigm, along with the new kind of human-being spoken of throughout, is the source of who we are, awakened via consistent pure observation of the present moment, it is the observed undefined by us. A mind in stillness..listening intently..seeing in this timeless space-brings peace...comfort...eternal truth...genuine love...essence... who we are. It is within us now. *** The following quotes are from several of the favorite Avatar's... “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 ... “Cross over to the other shore.”-4---We now wish to thank all the teachers and focus upon never again having to come see them. Transformation, the personification of peaceful love, alert to inner-source and by extension to live a peace lifestyle, is to have conscious presence. The gift of the spiritual traveler to humanity, a state of alertness. We see then personal enlightenment anyone ultimately can do. We are to follow no one outside the source found within. Teachers point the way to courage, a doorway to higher levels of consciousness. The author hopes this work will help readers see and walk through the door. One thing is certain authoring it helped this spiritual traveler. Finally some quotes from a teacher who was flawed yet gifted as a writer, perhaps taken before his time. As the old song says: 'It seems the good they die young.'-----'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.' TY John Lennon. -A.....

A—These ideas can have a positive affect on humanity. Ultimately they will impact humanity when the current divisive and dominant paradigm of fear fomented in fragmented minds, is superseded by the up and coming paradigm of peaceful love. Consciousness is rising, should we rise with it peace and one race, the human race will then realize peace. We won't need to be forced into right action. We will see that what we do to another we do our Self. Guided by higher reason, the doorway to higher levels of consciousness, truth revels itself to us, only then will there be global peace, one people, one world. The meek who shall inherit the earth. Again-not until a paradigm shift from fear to peace comes will this be.

CHAPTER NINETEEN

OBSERVATION

In the beginning chapter of this work we looked at unconsciousness and enlightenment. Here we examine what's 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, the readers memory, is thought making its age old error. If one seeks to gain information is this not thought seeking to understand itself with thought, merely another mind game fomenting division i. e. the mind identified state? Observer and observed then cannot blend because thought ceaselessly promotes opposites which again result in only more conflict. Who is the thinker? Our world runs on what is tantamount to a pandemic of fear handed down generation after generation—the unconscious mind in disorder merely results in lost awareness of inner-being, creating dis-ease in one's mind. A mind must be alert, it then negates memory images. If thought alone seeks to identify what is, rather than pure observation, a fear paradigm promotes living perpetually in the past or future. This provokes anxiousness making the now an enemy unless it satisfies ego. *Psychologically accumulated fear, which is to say the mind so full of concern over what might be or what has been, is pernicious by its very nature, leaving no room for love which peace fosters.* Drama and aggressive behavior along with divisiveness feeds this parasite. And need for control creates more fear inciting a notion, all aspects of daily life must be known. Overthinking minds foment dis-ease within and the mind is not able to clear itself of unnecessary memory. Observing it negates irrelevant memory, or the egoic minds ongoing propensity to analyze virtually everything in life. So conscious awareness is little known and practiced even less all due to overthinking, a life script its patterns and rolls contributing to ego's obsessive compulsive need to control the mind of its host. We must focus on rising above frivolous thinking to see unconscious dreaming and awaken conscious awareness or ego will continue

slowly driving humanity insane. Pure observation arises in a mind freed of its attachment to divisive dualistic thinking—rolls and mind patterns born out of fear, all ego's need to control. Each of ourselves must see this on our own. No other nor any system can do this for us. We awaken to see our own mind has used us or at least it has blocked our seeing that the observer is the content of consciousness. A mind silent-in peaceful observation of life negates all this as it observes itself with consistent awareness and slowly there is space created. Images in memory no longer consume a mind's attention. Thought or memory entering to define the observed, is to enter the illusion of time. Acceptance of what's happening each present moment without analyzing, one sees what they see in real-time not collections of thought generated images of that observed, one actually sees what is. Seeing everything here/now, forever new as love is always new. This somewhat aberrant behavior is to see in the here and now—to see...hear...feel...smell...and taste what happens as if we had never done so before. The void of timeless space is a mind freed of excessive accumulated memory. Psychologically one is free from the known, then Being is projected into what one does through observation of what is--Being flowing into doing. To reclaim energy from the egoic mind and programmed life script it follows is to see thoughts' limitations so observer and observed harmoniously blend. It is seen here-in symbolically, as the meaning of Yin and Yang. If one sees the observed as merely their memory they've entered time, dualism opposites and separation. When pulled into the past and or future it goads a psychologically conflicted mind. Observation via the eyes of peaceful love gradually fosters a state where one notices what happens in the here and now is to be just there, unbiased observation of life situations which is kind of an impartial nihilism. Noticing...listening...without attachment, not allowing what is seen to impart to us what is, not memory identification. Dutiful alertness, serious awareness, gradually bringing resolute oneness with that being observed. Little by little it is seen that observer is the observed—*observation and awareness only* in a mind quiet. Listening we see to be here and now is to focus wholly upon that observed. -A For example interaction with another. When two individuals do this simultaneously and both are firmly in the present moment, memory A- It can be described as the oceanic feeling merged with wisdom so one continuous present moment is seen, the observer is the past. In a mind quiet the observed is reality-not memory. Not past or future projected memory projecting its images of what the observed is. It's to see what you see, what is in the here/now.

negated, then *observer is no more*. Observer is the observed not an image in memory. Programming follows mind patterns and or rolls in the interaction with others and life generally. Once again are we so immersed in memory we fail to see we're lost in its dream? If so lost one is then a roll interacting with other peoples rolls-these take president and conscious awareness is lost. If not actual oneness is a realistic possibility not merely codependent relationships playing rolls with a tendency to see relationship via memory-demanding what can each do for the others ego. Observation with limited memory sees here, now, everything new. Alertness lessens dependence on memory, it's then used for practical purposes. One begins to act out of inner-being, there is harmony with memory and the life script—seeing the world through our scripted mind alone binds us to psychological time its divisiveness and or separatism. A conflicted mind takes us out of the present moment. Now is a clean slate with nothing written upon it, presenting the actual here and now as it happens, not redundant memory images, mind patterns and or social rolls, old, stale, unreal conventionalizations *of* the now. -A One's mind awakens to see conditioning triggers fear behavior, this foments anger..pride..desire..guilt..judgment..grief shame..separation, all ego yet can foster conscious awareness. Observed roll play unattached, one sees them controlling. Alertness and persistence fosters an ability to hold alertness necessary to see rolls. The dream is attachment to observation defined—attachment to thoughts error, the mind in conflict with itself. Resistance prevents all students from transcending opposing positions. Clinging to memory enables psychological problematic proclivities to use the mind. In loss of awareness one loses themselves in rolls—a conflicted mind is thought trying to understand itself. The present moment is this moment just prior to thought entering to define what is with images in memory, making it unreal. A—Try an understand the reader must be patient and tolerant of continuous repetition. Once again if one considers the sheer volume of indoctrination, the fact that all people in the present situation are so utterly programmed, it is then understandable that repetition is necessary in order to counter it. Observation of the mind requires acute alertness and one's willingness to try and fail over and over to the degree it is normalized, often to the point of ad nauseam. Rising out of unconscious dreaming to the state of conscious awareness potentially is the most arduous undertaking, quite difficult at least for this spiritual traveler it has. As serious as spirituality is taken, devotion to it has resulted in capitulation to unconsciousness countless times. Death itself is preferred to giving up. It may well require embracing the idiom: To Cross the Rubicon. Books on the subject were read countless times and the need to press on, frustrating as it is must be seen as a labor of love. Whatever the price paid it must be paid willingly. One must have a persistence beyond what is thought possible, one's willpower will be severely tested.

A psychologically disordered mind resists observation without identifying memory images of that being observed. Observation must be rooted in peace, adaptation requiring a persistence unfamiliar to the unconscious, currently the majority. The majority defend the status quo, aberrant behavior isn't tolerated, preferring the known to the unknown. To normalize this practice one refrains from what memory says is real and sees what actually is. Done via nurturing awareness of inner-source. Interaction between two participants—there's flow in the here and now without memory defining, gradually it's normalized. The two are one-through awareness and thought/memory negated, then egocentric self centered individuality is transmuted to peace and oneness takes primacy. Awakening to be one with another not old images in memory of who *it* says they are. One sees everything always new, once more as love is always new. We are conditioned to individuality and in the typical case there is enormous difficulty transcending out of fear to this new paradigm of peaceful love. Old conditioned mind patterns life scripts and rolls definitely trigger then-more ..anxiousness..depression..anger etc., all programmed blocks. They tend to be viewed at the personal or individual level as “problems” rather than a total human condition. A new perspective of: If the mind does not foster oneness, one race, the human race, each working at pure observation of the mind so all blocks the result of dysfunction, or the apple which doesn't fall far from the tree, then rarely if ever will blocks be transcended, even seen. The more who transcend unconscious dreaming to conscious awareness the more oneness is expedited. Psychological problematic proclivities, i. e. baggage, is seen then dealt with as a human condition, not exclusively at an individual level. Therefore we must first have acceptance then move through problems. As long as we look at life from an individual perspective we'll miss the bigger picture. Crossing to the other shore as Buddha taught, is observation by and through a mind laser focused upon itself then turned upon itself, it is a powerful tool for remaining at conscious awareness. Ergo non-attachment is not focusing upon images of what is observed, rather one focuses on feelings generated without thought judgment and endless comparison. Focusing on a memory of another, an experience or memory images of a relationship with another, is to remain attached to storehouses of what was or should be, not as it is now. Observer is the observed. At the subatomic level an energy, vibrating strings, so virtually

everything is connected. In quantum thinking...random potentials. When one realizes they are the observed there is no need to forever define the observed; when no longer attached to observed images fear is then mitigated. Fear is the energy of the egoic mind and quintessentially, lower levels of consciousness which control unconscious dreamers lives. These are then: mental formations, cognition, attachment to thought and extreme emotion. This manifests in the form of psychological and emotional disorders. -A Endless arrays of different perplexing possibilities: ethnically...racially...nationalistically...professionally and so on, all different varieties of the same egocentric mind games. These by design keep us under control, this because ego feels it must control or its host would die without it. Now we see the importance of observing the mind and ego for the purpose of gradually reclaiming energy from it. A mind observed slowly comes to order. A mind watched fosters wisdom...discipline needed to normalize one's mind watching itself. We then are able to reconcile the life script and work with ego not be controlled by rolls and or mind patterns ego adheres to. Abiding peaceful love is within us all still it's beyond thinking and emotionally corresponding feelings, all derivatives of memory and projected memory, all past and or the future. Once again of thought which defines the observed in perpetuity. Rising above thought peace in life takes primacy...the void of emptiness...presence...forever one's true Natural Self...now is all that is...the oneness we've spoken of throughout this work. So one is via stillness alert and observes programmed behavior, peacefully watches it. Peace then is freedom from overthinking, this is passive observation of what each moment brings to daily life key to non-resistance, abstaining from mental attachment, fuel for psychologically created fear energy, one's mind trapped in perpetual unconscious dreaming. Fear foments all this negative energy and enables it. Watching and listening it is noticed. Ponder the ripple effect, a testament to oneness. To be mind identified is clearly mind created fear, the dream, or illusion blocking peaceful love. One must focus on pure observation through peace so the up and coming totally new human-being then emerges. So love anew is in the now. Reborn to the now, a clean slate in each moment-peace in a mind liberated from the known, now forever new. A--Images in memory define what was and or what one feels ought to be in the future yet this is not the now, which is to say reality, and merely foments additional conflict. Now is all there ever is, something of itself, not the mind identified state and stored memory images in the brain. When we look at someone, are they merely memory?

So this the last page of this chapter will make an attempt to put it all in a nutshell. The mind must be brought to order-which implies its disorder. Order meaning: The marked reduction in conflicted thinking brought about by one's own mind being overly emotionally and or intellectually invested in whatever it observes. All mere creations of thought decimating peace. Let us again say, the degree of peace felt is the measure of an ordered mind. An ordered mind's purpose is observation. To know then, is to still be in the troughs of thought trying to understand itself with only more thought, endless vicious cycles of a mind programmed to be in and or of time, trapped in the past and or future. Thought by way of opposites creates problems—with another set of thoughts it then tries to solve them, i. e. it tries to understand itself yet cannot because it created the problems. It can't know love which has never been in conflict. A mind negating conflict sees the above and brings into being peaceful stillness, it silences itself. Adapting to all that brings any divisiveness, it then drops at once like a hot piece of coal any notion of observer and observed as being separate. It then sees and accepts, *it has no future*; clearly here and now is all there actually ever is. In that instantaneous moment it takes the leap into the unknown and coming into now, is a completely unfamiliar state which never knew of fears conflicted vicious cycles, there's peaceful clarity now. And this comes into being for those who rise above compulsive thinking to conscious awareness. Basically it is to know one's egoic self through observation of the thinking mind. Gradually seeing by and through noticing as said herein, one's psychological problematic proclivities or residual baggage from the life script handed down generation to generation. There is no process in this, no system, nor another person telling one of this, nor what they should do...no religion...philosophy...belief...method...or whatever it may be because all these thoughts have created and thought can never know love which is beyond the limitations of thought. Love is of take your pick: our source, inner-being, The Ground of Existence, God, Tao and so fourth, all words thought has created. *This is pure consciousness transcended, a mind with nowhere to move then is freed.* Being of the world foments fear and being in the world fosters love. So use thinking for practical purposes and drop all of it to be unnameable essence-empty: The Natural-Being within us all. Fear is created in thought, now realized observer and observed then blend—a mind surrenders to: *it has no future*. Then perhaps love and: “The total freedom of the mind of mankind” is realized. -1 Imagine.

CHAPTER TWENTY

BLOCKS TO AN ORDERED MIND

This the last chapter, addresses some blocks to a mind brought to order. Beyond blocks freedom awaits all alert enough to hold conscious awareness. Blocks, being copious in vociferous psychologically conflicted minds is the mind programmed, conflicted, controlled by the fear paradigm. All blocks are fundamentally derivatives of the state of fear. Unconsciousness manifesting in endless forms. For this grateful traveler fear fomented nine specific blocks, challenging spiritual alertness and definitely were difficult to transcend. One must be ultra alert, very present with serious focused attention on inner-being so to not succumb to egoic minds scripted unconscious dreaming. The chief aim of this work has been to point the way for all possessing a perspicacious seriousness.-A In the entire work the authors intent: use concepts to only point the spiritually inclined or those ready to raise their personal awareness, to rise above thought. One must go within and find their own path to peaceful love. The mind must be brought to a higher order, an acute alertness so this is seen and felt more-so than merely one's passing experience, an experience born of thought. To truly see this requires serious alertness foremost, the mind able to ground deeper wisdom via emptying itself to simply awaken even the most rudimentary states of seeing i. e. there is nowhere to move. And likely this requires long periods of daily focus perhaps for years. Unbelievable courage and a willingness to endure the back and fourth swings between unconscious dreaming and conscious awareness, to no-mind. Finally the combination of in order, sustained and profound courage-neutrality-willingness-acceptance and higher reason. Such as these ascend to the levels of truth. It is one's conscious commitment to a state of peace joy and ineffable states of pure consciousness through serious observation of the mind. A-One makes a choice to be serious-different for all. It requires courage, initial steps into levels of truth. Willingness to remain steadfast in observation. Additionally profound persistence and daily focus on wisdom necessary for alertness to endure beyond anything other than a passing experience one clings to. A mind laser focused then is turned upon itself.

Having a perspicacious nature helps. Spirituality is different for us all yet inquisitiveness is necessary. So the key is to use concepts when needed for practical purposes all while as best as one is able, watching the mind. For this student it has been the hardest endeavor ever undertaken. The ultimate result -freedom from clinging to old habits-patterns or social rolls-it is listening and watching intently, life situations triggering blocks fomented in a mind bound to memory and thinking. Actual peace is to feel Inner-Being, or the consistent stream of peaceful presence. Bringing the mind to order is to see all clinging merely creates conflict. Observation brings us joy-love-kindness-forgiveness-compassion, non-judgment, and this gradually brings the disordered mind to have peaceful presence by nurturing inner-being awareness. Peaceful love is to feel oneness with the entire energy field, the spiritual equivalent to a ripple effect and its influence on what we are being doing and having. To see what we do actually influences the greater whole, which is to say we are the world. To see challenges in life do not necessarily have to disrupt one's peace.

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

Forgetfulness as the term is used in this work will now be articulated in order to help readers a gain deeper understanding of the condition. Let us say firstly the script and egoic self, for most people at this point controls them so completely they're totally unconscious of it. To be blunt, it is denial in a mind unwilling, cannot or won't due to clinging, see it. One must be committed to a profound alertness. Simultaneously grounding energy, all while meeting daily life responsibilities necessary to function *in* the world as opposed to being *of* the world. So be repaired, there's much back and forth in this. In typical cases bringing order to one's mind requires they have one foot in both worlds. Until peaceful love is grounded, which is to observe the mind so wisdom develops, is an alertness to unconsciousness lulling the mind repeatedly into redundant life situations, not all of which are necessary to operate and function in life, they tend to take us over. Ego and script, observed through a mind stilled is to be alert to egoic self's mind games. Elementally peaceful love is Natural Self taking primacy—submitting to the source we all come from and return to. An extraordinary mind is required to reclaim energy from ego so a mind then can

transcend blocks. Forgetfulness is similar to day dreaming—which lulls us into daily life situations--lost to busyness there is lost awareness of inner-being. A mind susceptible to distraction is lost in egoic self via daily life, rolls and old mind patterns. To actually see whatever life brings is okay, is being aware of distractions be they navigate or positive and simultaneously to maintain inner-being awareness. A sign of forgetfulness encroaching...copious amounts of thought and corresponding emotion resulting in abrupt disunion from Natural Self yet not always, it can manifest subtlety. Obviously the endless types of distractions in life require one hold fast to peace. Forgetfulness descends...the mind is pulled into a sort of fog, perhaps the lack of alertness or inadequate observation of the self. Overthinking metes out the shadow self's pernicious objective effectively trapping us in divisiveness. Alertness must be ultra keen, highly alert absent mental labeling otherwise the programmed script reclaims control pulling us into busyness the world is. An alertness different than the usual variety is required. One is focusing on using 'clock-time' for practical purposes, always aware they're susceptible to falling prey to endless numbers of reactionary responses to mind games, social rolls or lost alertness to these which seek to regain control vis-a-vis life situations. We're saying we must be absolutely present, alert, very focused, with passive vigilant determination. In this emptiness is paramount, the mind able to markedly negate memory. The mind alert then can focus upon itself. It then transcends psychological fear or blocks, requiring inner-being awareness, the ardent daily alertness needed in bringing order necessary to having adequate conscious presence so to avoid slipping into unconsciousness repeatedly. To hold a peace frequency, which is to say awareness of inner-being and additionally monitor the egoic life script which pulls the mind into situations and triggers an uneasiness. Initially, short flashes of conscious presence come—one is aware of their egoic self caught up in social rolls we all must play. Out of nowhere forgetfulness pulls one's mind again into unconscious dreaming. Notice this and reset.-A Again in the back and fourth from unconscious dreaming to a state of conscious awareness the student is alert to any deviation, a formidable challenge. Described by a word we've used here-in...'foreverness' and adaptation—words used as tools, A—One ceases doing whatever they're doing and focuses on alertness to the mind being pulled repeatedly into unconscious dreaming, in a manner of speaking they reset so as to retain conscious awareness. With alertness gradually awareness then is more-so consistent. This act of resetting is likely to go on untold numbers of times, to a point it is slowly normalized just as fear and unconsciousness had been through copious amounts of indoctrinated programming throughout one's life.

pointing to resolve necessary to press on regardless of how long it requires to hold alertness—or one will fall prey to unconscious dreaming often for long duration's. A serious student faced with what many feel to be an impossibility, accepts and presses onward steadfast. With acceptance one sees observation is all there ever is. *-A* Those spiritually inclined to the degree we've referenced herein help others believe it possible. Resolute focus on persistence, stalwart one hits a wall or realizes there is nowhere to move. *-B* Thought suspended is being more-so in the here and now where actual reality is. One in the midst of being overwhelmed by ego and the usual suspects likely will find themselves saying: Nice try ego. Synonymous with catching 'magical thinking' prior to it pulling one into unconscious dreaming again that is getting lost in the dream of form. So forgetfulness veils awareness of space in the mind. Martial artist's know how to create space. Similar, we create space in the mind through pure observation of it. Thought and day dreaming, the busyness life is, will inject memory—present awareness is lost to find ourselves in the mind identified state again. Nevertheless inner-being awareness with persistence rises yet it's awareness most find unfamiliar—consciously alert the mind awakens to see thoughts mistake so gradually rolls relinquish control over the mind, they are seen as tools, our ego challenging us to remain focused. Slowly duration of alertness extends till times illusion is seen to be one continuous moment i. e. conscious presence. Noticing patterns and rolls one is then able to use them practically and no longer loses themselves in the dream. Mind games now observed we don't overly invest in the past and or future i. e. we're no longer lost to patterns and rolls. Additionally it cannot be known exactly how long it will take before reaching a point forgetfulness and or all blocks are seen and transcended. Peacefully and patiently one watches life script egoic mind and blocks as best as they are able. Emerging from forgetfulness people can see and accept it had controlled them. In the authors case an awareness of: The mind had been ensnared in forgetfulness. Intermittently aware of having gone through it although still unable to transcend it. With persistence inner-source awareness will be increasingly consistent, ultimately living more at conscious presence. *A*...As more awaken to consistent conscious awareness, the belief factor exponentially increases the numbers of those spiritually inclined. It is the coming paradigm shift from fear to peaceful love, the mind then is freed of times illusion and subsequently ego dissolves. *B*- All experiences are of thought including dreams, when awareness and observation being outside experience is the true reality.

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

Obviously a common block and the difficulty in transmuting it to peace is common as well. In life there are no shortages of things to be angry about. Anger as in all blocks to an ordered mind, are opportunities, again tests in the school of life. Opportunities for one to go deep into peace. It was asked many times in spiritual conversations of those dealing with anger: 'Do you notice that you're angry?' In many cases they are so completely caught up in it they can't see it—anger so normalized they're unable to see how intensified it was. Obviously the life script of an angry person demands anger reactions to most aggressive situations all propagated by a fear paradigm. Problem is, situations are seen as the cause of one's anger. An honest objective look after anger has subsided and the waters are calm enough to see one's own thoughts actions or feelings associated with what had happened, brings us to see it carries us all away proving it's all too easy to fall into this trap. Getting caught in anger so many are infected by is often apparent to others yet not to the afflicted. It's a back and fourth endorphin high very much so in play or the wheel of insanity spoken of. As anger intensifies it rises to a storm, the afflicted are caught up to the degree they simply cannot see it until they calm down. Indeed it may seem as if some life situation had caused one to be angry which there are no shortages of, yet this creates an impossible or at least extremely improbable solution to the problem. Let us say another did something to cause the anger, the tendency to see it as the other persons responsibility to change for one to transcend the anger is strong. And in the majority of cases is unlikely because anger is the person, it's inside of them. One then sees anger more so than not, are flippant responses to life situations, anger is a choice. Admitted or not, we choose to be angry. Acceptance is the cornerstone of emotional intelligence, extremely important to spiritual alertness, one of four cornerstones to higher levels of consciousness: Courage followed by neutrality, then willingness and once again acceptance. Anger is similar to all blocks to an ordered mind. It is accepted as something coming from within the one who feels the anger, then chooses to be angry. One must be absolutely focused and calm to see this. We can't see what to do when we're upset. Calmly watch anger felt as it's welling up inside. Catch it before it possess the mind so the ability to see it isn't lost.

Focusing on situations believed to have caused anger and not the anger itself is problematic. The emotion of anger is the block, therefore it would be wise to focus on the emotion not the situation felt to have caused it, so as to not label or project. The students attention then focused on the feeling, in this case anger, so non-resistance to corresponding emotion makes it probable to transcend than having control over a situation whether it be another person or otherwise. Once more anger originates from within. Alertness to what is felt daily is absolutely vital. Alert to anger welling up inside, seeing it as merely programmed reactionary responses, is key to catching it before it rises to a storm and takes over. -A Getting caught up in past or projected memory, the prerequisite to all problematic situations or triggers to these, pulls one out of awareness of here and now where peace is. Consistently calmly focused one sees anger is who they are and responsibility for dealing with it their own. In reflecting upon anger episodes, intensity and duration are lessened and anger as a condition gradually fades. We must work at it regardless of the difficulty. In this case consistent listening to a life script filled with programmed anger, remaining calm is key. Holding a frequency of peace helps avoid being swept up into anxiousness. When peace pervades life flows, a mind ordered sees the futility of anger, catching it prior to it taking over. Anger is a global condition and should be seen from this perspective so that its negative energy may be vanquished from collective consciousness. It, as all blocks are derivatives of fear. When anger wells up notice it. Calmly watch and a habit of reactionary responses merely furthering anger transmutes to seeing and catching it before the mind gets caught up in it. The mind watches without attachment. Anger is the energy of programmed fear, transcendence of it is peaceful loves energy. We're all taught to fear and it's programmed into our life script. We must have persistence in watching the life script, social rolls we play, mind patterns and or triggers to emotional responses fomented in over-thinking—steadfast calm we then see and reclaim energy from the egoic mind the Praetorian Guard for all life scripts. Focus on alertness, drop negative fear energy before it rises to a storm. Focused consistent observation helps to see anger, consistently done it slowly dissipates. Extreme emotion, thought, aggressive behavior, warns us A--Even the slightest uneasiness felt within is a sign of patterns or triggers taking control. Be rooted in peace and they are seen prior to taking over. Taken over by them we must then wait for the waters to calm again and then reflect and prepare for the next time i. e. engage in pure observation of egoic mind.

resistance might be building up. Extreme emotion combined with aggressive scripted thought takes hold triggering programmed reactions compelling us to follow old learned habitual responses. Unconsciousness-lost in denial unseen, is to live in anxiousness, the quintessential state of unconscious dreaming.

.....PRIDE.....

Pride is generally thought of as good in society. This is then one of the main problems with pride. In a word denial is the down side of pride. One does not see they're about to fall, get full of themselves and no longer see the value in selflessness and humility. Many succumb to perpetual unconscious dreaming. Alertness is critical to having spiritual awareness-ergo one remains unwavering, they watch and listening. Ego seeks as it does to navigate life to the satisfaction of itself and the life script it follows. If one does not take the wheel, that is to say adapt and navigate life, then ego and the script it follows act as a sort of auto pilot taking over control of life, one's mind becomes the egoic mind. Unconscious dreamers are not ready and need the ego to control. Conscious awareness comes to those who see their mind has controlled them. Pride loudly proclaims-watching the mind isn't necessary and is true for those not spiritually ready. Egoic mind on auto pilot protects such as these until the mind is brought to order, i. e. observes itself and reclaims energy. Be mindful this is not control, it's passive observation. Obviously pride blocks this and again it's fine if one is not ready. Busyness pulls everyone and distracting life situations then become the focus. Pride finds its way in only to be lulled into dissension. Ironically this keeps the mind alert. Pride comes before a fall and is the apex of the lower levels of consciousness or the levels of falsehood. Beyond pride is the first level of truth i. e. courage. Pulled into the scripted I pride as in all blocks, is typically a mix with other blocks making ego's job effortless. Pride says you have arrived and that alertness is no longer needed. It dominates egocentric intellectuals having the tendency to embrace it. Pride says spirituality speaking, intellect absent the spiritual factor will foster peace and contentment. Resulting in merely lost alertness of inner-source through overthinking, that is thought based intellectual reason. So this being the case resistance ensues and with it the total failure to see that yes pride does indeed

come before a fall. Pride proclaims: Look what I did, see who I am, see how clever I am, see how enlightened I am. The I is of thought. It's the mind using the person and ego dominates such as these. Humility is key to one seeing the block of pride. Ego loves pride because it feeds both pernicious and nefarious objectives. Ask often each day then-who's the I enamored in pride, who am I? Ego is the recipient of pride and generally all blocks to an ordered mind.

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

Often having an abundance will bring on guilt. Guilt as in all blocks is learned. Again one may feel it via abundance or privilege. Usually fomented in childhood it's conditioning and a part of one's life script. Guilt is a peculiar block in that it's stealth-ensconced deep inside similar to a symbiotic parasite, as in all blocks it feeds on its host. The guilty wallow in unconsciousness and tend to be accident prone. One feels undeserving of love or unworthy. Self-talk touts repeatedly who do you think you are? Get down off of your high horse. Guilt proclaims a need for repentance or is a repercussion of pride, the 'Fall from Grace.' Blocks perpetuate underlying tension, anxiousness, stress, resistance and a general lack of peace and joy in the lives of those acting out individual scripted programming ego compels them to do be and have. Guilt nurtures the belief you've done something wrong or may do wrong, all again, time past and or future. A prerequisite to one's blocks taking over their mind-preventing them from having consistent awareness of inner-being. Guilt leads to feelings of shame and or apathy. Blocks merely propagating problematic indoctrinated self-centered thinking, baggage we tend to cling to. This creates uneasiness or dis-ease, often resulting in a general dread for life. All negative energy bred in thought, this tends to drastically weaken one's immune system due to stress caused by thought created drama emanating from blocks, then projected into life situations. Guilt can create the onset of disease setting in. Accumulated thought, a result of psychological disorders, all psychological time using memory and or projected memory to define life experiences. It's necessary go within through pure observation of the mind and sharpen it into a tool, then turn it upon itself so as to root out guilt—if we're feeling guilt ego is often using it to control the mind and one's egoic self experiencing 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 or what has been. Just as realization of one desire comes and there is satisfaction for a while, this is quickly replaced with another desire. Asking “Then what”..is a helpful practical use of memory. Desire whispers that the highest high is always just around the corner. Still the afflicted student only wants more and more. With desire too much is never enough. It pulls one's mind out of present moment awareness into time and craving, creating disappointment when the here and now is where peace is. Students begin to see everything in the material as that which denies them peace or at best brings only temporary happiness. Desire is quintessentially 'impermanence' as The Buddha taught. We only question a fear paradigms viability when we see that craving simply never ends—we see the futility of desire. Then value is seen in the idea of: “Crossing over to the other shore.”-1 Presently coming through pain. In desire we are: “Chasing the wind.”-2 It's a mind that is: “Clinging to the world” -3--the principal cause of all suffering. Stay in the here and now, in each present moment where truth and peaceful love come by way of inner-source awareness. An innocence and wisdom merged, peaceful love then transcends all desire in the here and now.

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

In apathy the student is paralyzed. It's as if they'd been hit along side the head with a board. They're confused-there is uncertainty or not knowing what to do. Frequently one feels bad because they had been treated badly or were unfairly stereotyped. As with many people to one degree or another they want someone to tell them what to do. Even then there's a lack of motivation to do so. The world seems hopeless and sad—those afflicted with apathy tend to wallow in clinical depression. And all too often know it yet simply cannot do anything about it because the feeling simply will not subside. The more they resist feelings rather than accept and move through them, the more power is given to apathy. Life makes no sense. There's not even enough energy to

complain, which is anger and vibrating higher has more energy than apathy. 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 appears to be the only way to crack thick walls of mind resistance blocking a student at the level of apathy. Life force is very low. Fortunately however, again as in all blocks they're almost always manifested as a mix with other blocks, which can give students more energy to combat apathy. Some of the authors fellow students have a large degree of apathy plaguing them. Those spiritually aware shine as they project peace. It helps to be around them mostly because they're far enough along in their own journey to help. Help though, merely points the way. No one or any kind of system can do this for another. At this point in the spiritual evolution of humanity, pain from all intensified blocks does catapult students into spiritual awareness. A more subtle way is needed. A long game perspective or foreverness. In the final analysis all travelers simply must keep going and not asking why or egoic mind moves to find ample reasons to quit.

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

Very difficult, for the most part fomented in childhood. To shame a child is one of the most egregious things done. What the child needs and wants is love. 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 thrives. As said it was a block there was great difficulty in transcending along with guilt. Often exasperated by shame being suppressed. A real catch 22 to deal with. What one was shamed for is usually perpetuated by someone else or via self loathing repressed deep within the psyche. Travelers only by way of courage look logically at shame. Often it wasn't their fault although generally it is so deeply embedded in the spiritual travelers life script it's difficult to deal with. Psychologically the 'person' simply cannot look at it because it's too painful. Death seems a welcome alternative to looking at then dealing with shame. Severe abuse is often associated with shame. Suicide, a result of deep clinical depression is common due to one's energy level being so low. Clearly one's life force is not strong enough, similar to the physical immune system unable to fight of a virus. It requires focus and forgiveness of the egoic self. The

catch 22 is the feeling of not being loved which all children or for that matter anyone wants needs and longs for deep inside, is denied by the shame they feel. One feels he or she doesn't deserve love nevertheless needs love. Love is food for the soul, the fundamental reason we all aspire to spirituality. Shifting from unconscious dreaming to solid conscious awareness, shows love is not only the most powerful thing in the entire macrocosm itself, but actually the core of every human-beings soul, their essence, or as repeatedly said inner-being or inner-light. The feeling of not being loved, the direct result of deep blocks and corresponding drama in the life of one who struggles with shame. The drama fomented, sadly is programmed into us and very difficult to let go. Plainly it's too painful to look at, ironic because this is required to transcend it. Identification as this drama is resisted by ego because it's in the script. It's what we identify as till egoic mind and blocks are observed. It is potentially a real horror movie life. By chance or severe painful surrendering moments in which the student totally breaks down and surrenders, is the key to walking through pain, feeling inner-peace. Asking one's source he or she is of, the all powerful love inside of us all to help, can shame be successfully transmuted. Love is blocked by the shame one feels albeit is precisely what's needed to rise above pain—accomplished by rising above thought. A mind in disorder is incapable of fostering discipline through observation, listening and awareness of itself. A disciplined mind turned upon itself, is the 'person' using their mind not their mind using them. It brings life script-mind patterns roll play and ego itself, all auto pilot programs, into the fold to reclaim energy. In a benign sort of way ego then serves via a mind alert. Having done the necessary work so to bring the mind to order once and for all ushers in peace on earth—such as these are the meek who shall inherit the earth. A totally new kind of human-being arises, forever living peaceful love without opposite. A new paradigm.

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

Obviously we all play rolls in life. We'll point to roll play as something far deeper than what it's thought to be. We are saying, not only do we play rolls in life: Doctor, wait person, attorney, janitor, politician, teacher, sales person, mother, wife, father, husband, happy, sad, good bad and so on, all too often

we become them exclusively. Potentially all interaction we have at the level of effect are rolls we play. So let us ask the following questions then, serious inquires: Who are we? Who am I? Who is the me? Can the rolls played, a you identity thought has created, be dropped when not needed? Can we drop rolls instantaneously, a life script-books-systems-religions-methods-consciousness and excessive adherence to these? Even though one acknowledges the rolls to be partially who they are can they as best as they're able to observe them, not become deeply attached to a thought created I identity they get lost in? Is this even a possibility? Can rolls played weather good or bad-be observed without attachment, noticing to an extent one sees not only rolls but oneself caught in unconscious dreaming? Should rolls then, be transcended? And judgment: In playing rolls who is qualified to judge? Should we rise above judgment when possible? Can we forgive others lost in unconsciousness? Is this possible at the level of effect or must humanity collectively awaken for fear to forever be vanquished? Can individuals who suffer, be unattached to their propensity for aggressive behavior and judgment? This requires a mind absolutely focused. In unconscious dreaming rolls we play are perpetually not seen, this traps the mind in dualism. The author ponders these questions, perhaps readers will do so as well. We are inquiring then, is there something limitless within human-beings emanating from the causal level. Now consider the advantage of going beyond it all, putting one foot in front of the other and projecting love the bi-product of peace. Again ego and rolls are necessary to be functional in daily life. That being said alertness to rolls and simultaneously having alertness to the self playing them they'll have far less control over us. Perhaps the level of attachment to rolls could be reduced, lessening the tendency to become them so as to not loose oneself in the roll. If so lost one is then relegated to playing rolls in the interaction with other rolls e. g. you're having car repairs done, the mechanic plays his roll, you the roll of a customer. This requires unwavering daily alertness to see in real-time. Many admitted their ability to focus on this lasts mere seconds, holding frequency and awareness beyond this is difficult at best. This is what spiritual students are up against. Nonetheless we must so the mind can observe itself and rise above obsessive compulsive thinking to free itself from bondage to social rolls we play for practical purposes in life. So mind patterns, rolls, life script and triggers to these should be watched or

the mind slavishly clings to rolls potentially driving it to the brink of insanity. Can observation of rolls in life be an impetus for remaining here and now, in each present moment fostering awareness of peaceful love within? We raise awareness through alertness. Have we stepped out of timelessness to be lost in rolls? Again rolls are necessary to function yet can we move concurrently back and fourth from I to inner-source, see the 'I' is playing a roll? Be alert, question is there an awareness of rolls as egoic I plays them, additionally the energy of peaceful love flowing in the body? Is the mind conflicted, allowing rolls and thought patterns too much control, infecting the mind and collective consciousness. Obviously fear is negative, it overwhelms a mind, here we are saying to not resist. Watch it unattached, it transmutes to peace via observing, don't carry on in the rolls beyond practical use of them. Awareness of the self on stage so to speak, is still one having conscious presence and is preferable to unconsciousness. To the degree there is unawareness matches resistance or negative fear energy pushing its way in so the mind gets lost in the roll. Once again to see the 'I' playing rolls. In this work we speak to the spiritual event had-each must foster alertness. Alertness and subsequent awareness felt when focused upon obtaining a goal or thinking in the form of concepts is not the same kind of awareness referenced here-in. It is to simply be here and now, present, extremely alert not anxious. For this traveler his mind was engaged in pure observation of what happens without memory labeling the observed. As thought enters to define the observed it is memory stored in the brain not actually the present. Ultimately rolls are steps to awareness via observation, which is all there is. Moving beyond memory experiences to define the now. Awareness may be a low hum if preoccupied with daily life needs yet Being is there. Awareness of it can be felt in the background as something we are aware of yet can't know. Holding this peace energy frequency must be one's focus then duration grows longer. Yet in the current situation very few can do this consistently day to day. Once more inner-being is felt here and now not through memory images. A logical followup question may well be: "Well if interaction of any kind is to roll play and only pure observation moment to moment is reality why give energy to rolls at all?" The old saying: No man is an island unto himself..speaks truth in this regard. There must be interaction just to be functional in the world yet one must be then *in* the world and not *of*

the world. Rolls are necessary albeit spur attachment to the dream of form as acting out. We are all on the stage of life so consciousness becomes aware of itself. We could say that playing rolls is useful as long as the student is aware of it and does not cling to the I's mental identification as it, sinking repeatedly into unconsciousness. And this can be done—one plays the rolls for practical purposes while simultaneously aware of inner-being. When no longer needed one goes deep into a state of as Tolle describes it: “In joy in my Self.” And considers to the extent they cling to rolls and patterns is the measure of being lost in forgetfulness, loss of awareness to mere images of now. Can the mind be alert and observant to the degree conscious awareness is a longer stream—unattached, having present awareness at the level required so they'll maintain awareness of inner-being? Can the mind observe rolls and peacefully from a far, feel energy inside the body analogous to a hum in the background, while simultaneously playing the roll? This begs the question: Can alertness to rolls played be done while engaging in them, is this possible? If there is no interest in seeing rolls we all do play as useful, all the while alert so we do not loose ourselves in them, we may just as well stay in the dream. Yet letting life lead and in pure observation we see life situations are opportunities to adapt to whatever arises in here and now where peace is, this helps us all move into inner-source awareness. One is aware of this totally different kind of human-being. *We've attempted forever to make human-beings merely better versions of themselves albeit this is something completely new.* In this quest ego can in a peculiar way be helpful, not as thought defines—fine for practical purposes. One's perspective changes so challenges they saw ego blocking the way prior, are now seen as opportunities to go deeper into peace. The mind begins to see ego tests it. Thank the ego and roll play for enhancing inner-source, it fosters presence, one then is alert to deeper wisdom, the far deeper state of conscious awareness. It's to see 'problems' facilitating the journey to conscious awareness. It is not to say students at this stage will always be happy. Surely there will be many life situations bringing grief, pain, sad feelings and so on, such as a loved one passing away, turbulence in people's lives. Daily life situations foment dis-ease or at best create attachment, although now no longer disrupt one's peace—life now is seen through eyes of causal level awareness, a mind sees its programming controls it, a step to awareness of our programmers in

life who indoctrinated us. Peaceful love now is seen everywhere albeit clearly not by unconscious dreamers, those living in the mind identified state. A daily continuous chipping away at the rock of the students indoctrinated 'I'-- i. e. psychological baggage brings peaceful love through observation, or the mind watching itself. A beautiful statue then is gradually revealed which one's ego unwittingly allowed to come fourth, the Natural Self arising, a profound state of conscious awareness, the personification of basically simplistic innocence and wisdom combined. Akin to the Yin-Yang symbol, a white fish and black fish in the same circle. The white fish has a black eye and the black fish has a white eye. The idea being they must live in harmony, Self and self together within the same circle. Consciousness becomes aware of itself through us, no longer ruled by ego, the mind in pure observation focuses on itself a powerful tool for bringing a mind into the present moment, an extended stream of now, that is *via observation and awareness a mind transcends consciousness itself.* Spiritual lessons are seen in doing what life leads us to do. All opportunities to observe rolls in life: In the world not of the world.-1 Play the rolls if need be yet always see them for what they are and remain consciously aware while so doing. In awareness of Being life situations flow. When there is no longer need to play rolls to satisfy daily life demands move deeper into peace or into *awareness only.* Be patient in the back and fourth and resist nothing, adapt to everything coming into here and now without anticipation of what that may or may not be. In this who can say what spiritual travelers will do? They don't even know. Yet this incites the 'you' and again one is lost to rolls which is to say, the dream of form lulls us back to sleep repeatedly. Emotionally charged thinking warns us we are being pulled into drama rolls foment. Listen to the 'I' and 'I' in others. Increasingly we discover that playing rolls often exceeds practical use of them. Natural Self sees it, can read the air when the tone of one's voice or others begins to rise, this is the sign of a conflicted egoic mind which triggers the 'I' within and 'I' in others and again takes over. Watch and listen. Notice it and silently acknowledge: It is what it is. Monitor the you as if standing outside a room watching the 'person' playing rolls. One can notice in themselves and others too, recognition of rolls as either fear, aggression, and or elation. Two sides of the same coin ramping up emotional investment in the situation and along with it overthinking, one's mind then will loose

alertness to the Self, the point egoic self takes control again. So ego and roll play manifest then as extreme highs and or lows. The best and worst of life situations. Be the watcher of 'you' in peaceful alert attention, notice what is, calmly be just there in passive observation, see with no preconceived notions of what may or may not be the outcome. Spiritually speaking one is adapting to all situations through and or by way of the energy of peaceful love not fear pulling us into old triggered mind patterns, i. e. a mind lost to busyness rolls foment. ***Ask, is the roll necessary or merely small-talk.*** Watching the shadow self is therefore vital to alertness obviously. One is to see the egoic 'I' helps us remain alert. Through honest objectivity higher Self sees the 'you' in rolls, in overthinking and extreme emotions felt—concepts and all mind patterns, our life script taught to us and even consciousness being aware of itself. Then in a greater sense the spiritual traveler is freed of all that, ergo truly freed from the known.-1 *In transcending the above a oneness is felt within, having presence we are at liberty to enjoy rolls for free without being controlled. One's mind focuses on essential needs and sees much of its activities had been frivolous. Doing less to satisfy ego there's less intent more instinctive reaction.* Through pure observation a deeper wisdom arises, freedom from attachment to what should be. The now then is as perfect as an unwritten number. Life situations actually seen, no longer memories of life—the mind moves deeper into peace as a lifestyle. Attachment to emotional or mental concepts, absent intellectual labeling we see resistance arising within. Awareness of this transmutes it into peace, *'Learn to how to be you in time.'* 2 Engage dedicated persistence and awareness comes. Why should that be so hard to do? Is not the peaceful love derived beyond any description, worth it? We can be free of bondage to mind games and use memory for practical purposes. Enlightenment basically is: “A final spiritual state marked by the absence of desire and suffering.” We have come full circle now to the merger of wisdom with simplistic innocence, both needed to hold the energy frequency of love, a serious commitment to remain alert to ineffable stillness, glorious peaceful love, again an innocence merged with wisdom. It's simple just ask a three year old: Do you want love or fear? In innocence they'll choose love in perpetuity. Love is the light of the world then, that which psychological fear can never stand up to. Peace with-in us, should we have alertness peace is a doorway for love to enter the world, then

order comes, a mind awake, opposites are seen and negated. A You..I..Me..are constructs of thought and merely foment ongoing disorder in an unconscious dreamers mind. Out of peace love emerges into doing. As alert observation is practiced fear no longer injects itself into what one does in the here and now.

.....MOVING BEYOND IT ALL.....

We've traveled together on a spiritual journey. This work was written to bring the authors transfiguration to fruition, hopefully it help others. So now we move beyond it all, beyond movement and analysis. *If the work helps one find the teacher within is to realize there's nowhere to move it ends analysis of the now.* Since the hit bottom event...2-16-2014, this work was the vehicle for seeing then letting go of it all. Should the work help readers alertness to seeing they can do the same then they'll let go of attachment to all previous chapters to be truly free, liberated from the known. A mind listening with no attachment to ideas of becoming, arrival at a state or of knowing by thoughts memory images. We learn the art of moving beyond it all in pure observation, seeing we have followed the egoic script and its aggression, forever living in fear..striving for arrival...understanding...moving from here to there—seeking to forge better versions of man, having diminutive success in so doing. All merely more mind games the ego plays. We're all born into a divisive world, educated..trained..programmed..propagandized, it prevents inner-source and a feeling of Being, exception being the occasional fleeting flash of the up and coming peaceful love paradigm. With steadfast seriousness one fosters a new paradigm of unlimited peace through realization or awareness—even this is the movement of thought, when there is nowhere *to* move. Dye to knowing then, memory images defining; it's a profound state beyond time itself...born anew. Conscious Awareness in the here and now-free from bondage to overthinking or what Buddha referenced as merely: 'Impermanence.' As technology grows exponentially humanity approaches the point of no return, a cross road. With solicitude one can see humanity being manipulated by mortal oligarch puppet masters of technology, purveyors of the fear paradigm—after all they themselves worship at the alter of science and fear, elevating themselves to levels of godhood, all a will to power. Yet time for honoring the self will soon come

to an end and their illusions of godhood along with the archaic way of man seeking better versions of himself will give way to pure observation and the acceptance of what is. We'll realize George Gurdjieff's visionary teaching of: 'The Natural human-being' via observation/acceptance. Obviously technology and fear are the road we're on presently. Clinging to the known is filled with irony. If humanity continues to fill their minds with fear based thinking, the paradigm of fear as well as technology inundating us, and additionally being trained for generation's to fear, is trans-humanism inevitable? As A. I. moves to the singularity this is happening. Do the masses need to be feared or can a reformation to peaceful love, a new paradigm arising grow faster? Similar to the metaphorical snow ball rolling down a hill canceling out fear. Once again we're at a cross road wondering which way will be taken. And presented as a question to children one can imagine as they approached the fork in the road they'd naturally gravitate to the source having not been far removed from it, they still remember from where they came. Yet each day the child is pulled into the paradigm of fear sadly our world in the current situation runs on. Do readers feel this oneness with source energy each of us are and will return to, is merely for the few, those awakened through great pain, or can it happen for every human-being? The dream of form may well be the catalyst for seeing profound ubiquitous oneness. The source of life, of all that is as our timeless essence. It's feeling peace, a oneness beyond thoughts ability to know. Desire to know plays right into egoic mind games. Clever mind games of dualism or, the great illusion veiling the source of all that is. Feeling essence has never been a process, it's done instantaneously vis-a-vis a mind stilled, aware, it's a mind unattached. It's conceded transfiguration is an utterly unfamiliar way of seeing life, not to mention living it—quite possibly the most difficult under-taking the mind could undergo. So absolutely foreign and totally contrary to what thought says is possible that we live in perpetual unconscious dreaming. It's the total opposite of what humanity presently is absolutely conditioned-indoctrinated-educated-programmed-propagandized to be do and have that all serious inquiry into oneness with the energy frequency of peaceful love as a new paradigm, in addition to living peace as a lifestyle, it demands spiritual transfiguration be taken extraordinarily serious. To reach rudimentary initial first steps we must have a seriousness beyond what is believed to be possible. Clinging from time immemorial—thought life script and ego, its protectorate,

we've barely scratched the surface using fear energy or any thought created images. Fear leads us down a road of over-dependence on technology which likely won't end well because those perpetually living life in a fear paradigm project all of fears directives-often believing they're doing the right thing. Oh tech. oligarchs for the most part have good intentions yet are trapped in fears unconscious dreaming, this is mendacious by its very nature. Peaceful love is to have courage-neutrality-willingness-acceptance...to be perspicacious. This we've repeatedly pointed to herein as promoting truth, fostering an innocence merged with profound wisdom. Perhaps the road of technology as well as those seeking power and wealth merely for the sake of power and wealth may well prevail, there are no guarantees. We've said should we destroy ourselves consciousness will rise without us. It speaks of two axioms: We're not really all that important in the overall larger picture. And: Remember pride comes before a fall—we're advocating a different direction, one of peace. So which road, love, or fear? The world is fear motivated. Living peaceful love, one must be focused. Fear energy dominates the world and sadly what martial art most often foments. All instruction in martial art was for the most part fear motivated. Students became good at martial art via fear, manifested as anger and desire to harm another. Is not the insanity in this all too clear? A reason countries go to war is, they're afraid of each other. It is us against them. The author has great respect for the two martial arts instructors mentioned in the acknowledgments section. Firstly Grand Master Terrill, he was like a father. Secondly Sifu Trent, a dedicated and lethal martial artist. Recalling Sifu Trent as we sat at lunch some years ago in our conversation the question came up: "What is the future of traditional martial art?" The author suggested its return to Taoist and Zen monks original intent, awakening to peace and love for all humanity, an innocence merged with wisdom, to know the self. The Xin-Tao style of martial art is the personification of this ideal, using martial art as the vehicle to do so. Humanity must endure spiritual rebirth and the great shift in consciousness to the peaceful love paradigm. Yes it's conceded to be so far outside the current box, an extraordinary mind is necessary to even make the shift. Therefore with continuous persistent determination, one needs to as K said: "Do it sir,"-1 –motivated by peace out of which love comes into the world. An acceptance of a fact: *The realization that there is nowhere to move.*

EPILOGUE

This work has visited many of the same concepts repeatedly, the key to reaching the actual Self behind an egoic self veiled by the undisciplined mind which is to say, one mind identified. Repetitive practicing is key to success in letting it all go. In martial art repetitive practice is fundamental. This is the same. After much questioning one finally sees their conflicted mind with its endless conceptual madness, proclaiming enough! Beginning a daily decrease until oneness is awakened to. Enlightenment is to know the self via life. It is the art of life, being proficient is letting it all go. It requires extensive inquiry, loving honesty and the total willingness to move through pain which at this point appears necessary for most people to break down blocks all life scripts foment. Please ponder the following: What if we could go back in childhood before age six years and have control over what was taught, what we were programmed to be, then able to plant the ideas contained in this work making them psychologically speaking part of our life script-planting the seed of love prior to the egoic minds fear paradigm taking control—how would our world be different? How much easier would peaceful love have been absorbed into the students mind. Is not the future of enlightenment's success not just in the hands of adults but also in the hands of children as well? It may well inspire a recollection of an axiom: “Let the little children come to me for the Kingdom of Heaven belongs to such as these.”-1 Does it not bring a smile to consider perhaps in a generation if one were to start with their own children, giving them a real chance at freedom, at the true ushering in of peaceful loves non-aggression—that children, our most precious gift we will leave the world and future generation's along with the rest of the children, would be the ones who saved the world? This entices the authors already vivid imagination and with it humorous irony bringing him to feel perhaps one day all schools will teach spirituality just as they do any other subject. As said herein children prior to age five or six years learn faster than they ever will after that. They hunger to learn without bias nor resistance. And in innocence if allowed to, use critical thinking or thinking for themselves which fosters self-determination—they've not been indoctrinated into a fear paradigm the world is. Does this not bring a

smile to the face...perhaps even a tear? Well it does for for the one who writes this. A state of transfiguration is fundamentally choice-less awareness, a mind freed from division..bondage to the known, attachment to concepts including this work. It is here in this very moment. It can happen for anyone, especially children if they are taught early enough and worth whatever effort one would make. We'll 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, see a 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. Should enough individuals work to 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 sincerely believes it can be done through the teaching of children before their life script is solidified, planting the seeds of love rather than fear so that peaceful loves energy frequency is held. Children are the future, and from this perspective 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, again an identity thought has created, adhered to through a very powerful egoic mind. Go inside, turn attention into the body, begin by listening to your breathing. Watch your mind and notice the next thought as it arises, what it is, when it comes and why it comes. Is it necessary for practical purposes in your daily life situation or is it overthinking pulling the mind into patterns and or social rolls to the point once more the mind is lost in unconscious dreaming again? In pure observation a mind takes on an increasing degree of order and clarity. A mind sharpened then turned upon itself enables us to see that peaceful love offers real freedom. Be an example to others..live it..be love..be kindness..one humanity..forgiveness..non-judgmental..peaceful..unattached. It is the state of Being, here and now where peace has always been. Then watch the affect that has upon the world: 'The Advent of a Great Awakening.'-1 Ergo keep going.

WHAT DO YOU KNOW ABOUT ENLIGHTENMENT

For J, his spiritual vehicle was martial art

Martial art can foster the necessary alertness

Please share your own personal journey with others

Check out our website: @yesenlightenment.com---(established 2019)

J is a grateful student of enlightenment and works with fellow students in work shops, counsels one on one, and supports the spread of enlightenment ideas with any and all willing to open their mind. Teaching meditation, which fosters the presence of mind to hold an energy frequency of love.

*To be in the world not of the world...

as a Great Teacher once said suggested.*

The peaceful love paradigm is needed now.

The seed of which is inside every human soul.

All human-beings yearn for peace and love therefore go within to the light within us all by turning attention into the body, feeling energy or inner-being via inner-source.

J is the founder of the Xin-Tao martial arts style. Instructor and author of works on enlightenment-as well as an extremely grateful spiritual student of enlightenment. And very much so relishes dialogue on the subject along with related philosophy. Additionally, quite humbled to be on this arduous path or his freedom from a mind identified state—unconscious dreaming, ascending to conscious awareness, finally letting it all go.

Please watch for more works to come. Next up will be.....
“The Subtle 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 spiritual story for the child in us all. Then a series of children's books. Children are the future are they not? The series will aim at reaching the child before they succumb to the life script and fear indoctrination all of us are programmed into. As their life script develops, before suffering loss of innocence...innocence being the foundation of all enlightened souls and this merged with deeper wisdom ushers in the—“Meek who shall inherit the earth.” A totally new kind of human-being who chooses peace as a lifestyle and rooted in wisdom, sees then subverts the current dominant paradigm of fear. And cultivating higher reason, finally sees what we all do we do to ourselves. Then feeling actual love without opposite sees now as the only true reality. Rising with consciousness as it evolves we will indeed be one world with little or no government needed because the minds of the serious and their off spring will choose love, which is the love inside without opposite. With innocence and wisdom combined people will no longer need to be told what to do. At long last paradise will then be reclaimed. Finally the work: “The Traveler”...an Enlightened Souls Journey. Beyond The Traveler...who really knows. Lastly the following quotes --ideas--thoughts from other sources, all used to put emphasis upon the ideas contained in this work or at least explain the authors meaning and or to help convey his point of view.

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72 "The Bondage of the Will" by Martin Luther, Published in 1525, it is his
Theology: "The conviction in which human beings are totally dependent on
God's omnipotent grace to rescue us from a bondage of the will by creating
and decisively fulfilling every inclination to believe and obey God." *** To
decisively fulfill every inclination is still a process, creates opposites and thus
duality. The author suggests in this there are opportunities for the egoic mind
to use this against a student. That if the student attempts to think this through
they will become trapped in concepts. The student will not awaken by way of
the thinking mind exclusively because thought is limited. Thought, simply
and obviously be transcended to shift into the here and now, the only actual
reality. Outside now is past and or future/projected memory, which are mere
memory images of the now. And even to say that is to have lost the state to
concepts. For this reason the author suggests that students must surrender to
see truth as something of itself presenting itself to each of us, what truth is, to
each a surrender to an omnipresent higher power. / Pages 77 and 78---1---2--
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repeatedly referenced in this work. Additionally the work above, along with all of Tolle's writings are one of the greatest influences upon this work overall, as well as the awakening generally. Awakening has and continues to be the greatest and most difficult undertaking the author has embarked upon, yet it takes primacy. Tolle has stated in one of his 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 one aspect of the necessary arduous work the author has done to awaken and remain so, he repeatedly has read: "The Power of Now" forty to fifty times and then stopped counting. / Page 104--1-The Bible / Page 106--1-- "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 Buddha / Page 119--1--The Bible--Jesus / Page 122-1--"Strawberry Fields Forever"--Lennon-McCartney-Capitol Records 1967/ 2--The Bible..Jesus/- Page 123 --1--The Bible-Jesus /Page 124--1---F. Nietzsche/ Page 126--1-- 'The Power of Now' Eckhart Tolle--/Page 131---Martin Luther Kings: "I Have a Dream Speech" / 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 and Directed by The Wachowski Bros.--A Village Roadshow Pictures Production Company--- Distributed by Warner Bros. (USA) / Page 178--1--"The Elements of Zen" Scott and 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: ---"The Power of Positive Thinking"--Norman Vincent Peale---Simon and Schuster, Publisher—1952 / Page 188—1-- The song:-- "The eve of destruction" Barry McGuire--1965--Written by P. F. Sloan / Page 192--1--

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Please be a part of humanities rise to peaceful love, a new paradigm of truth. Awakened to by going within, and then help spread the ideas to others. Spreading them is not really different than spreading ideas the fear paradigm foments which are dominant in our world today and 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 by and through excessive thinking and or extremely emotionally charged feelings, all programmed into us, pushing all people to further engage in unconscious acts of aggression and violence. Ergo, let us usher this new paradigm of peaceful love, one world for all to peacefully coexist. Simply by seeing the path of fear for what it has become and choosing to drop its insanity. It's that simple, the innocence part of spirituality. And the wisdom part does require arduous day to day work, notwithstanding it's where we are all going anyway so why not get on with it. So there it is, now make a difference by living peace as a life style, shift from the current dominant fear paradigm to an up and coming peaceful love paradigm.

A special thanks and much love to A. B. C. J. J. K. M. Jeff and Z-man. They in part are some of those who inspired J to press onward. Additionally thank you Nathan...a friend who was there post hit bottom experience-offered J healing-talks-walks-workouts-books-friendship. My dear friend Kate, 'K'---for her loving and unwavering support year after year, always there. A friend and enlightened soul who helped J press onward to a spiritual transfiguration—one who reached out shortly after the journey began. She lives so far away, yet not so far that energy does not connect us in perpetuity. Have never met outside social media and e-mail, nevertheless a truly vital friendship indeed.

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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.