

ENLIGHTENMENT
A MARTIAL ARTIST'S
VIEWPOINT

ONE POINTING OF THE
WAY—AWAKENING TO
ENLIGHTENMENT

JEROLD KEELER
REVISED 2026 EDITION

ENLIGHTENMENT A MARTIAL ARTIST'S VIEWPOINT

JEROLD 'J' KEELER

FOUNDER OF THE
XIN-TAO
MARTIAL ARTS STYLE

. For Kate, J's friend...

ISBN—978-0-578-65037-1

The first printing of this work was in October 2018. Revised edition and second printing 2026, a work by Jerold Keeler @YESENLIGHTENMENT.COM established 2019. On facebook [@Yes Enlightenment Support Group](http://@YesEnlightenment) established 2014. The author studied and then eventually taught martial art, finally developing the Xin-Tao Martial Arts style. The training it was felt, potentially fosters spiritual awareness similar to what Taoist priests and or Buddhist monks aimed to do in practicing the art—feeling martial art can be a vehicle to spiritual enlightenment. The aim was a new kind of human-being not a better version of the old, accomplished via a paradigm shift from fear to peaceful love. **SCIO TE IPSUM.**

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ACKNOWLEDGMENTS

The author would like to acknowledge the following people who've had a profound influence overall in the journey- Grand Master Bruce Terrill--- Sifu Trent--- F. and W. Barr-- Jodi-- Brandon-- Jennifer-- Alex-- Mitchel-- Kyle-- Zyan-- Wilford-- J. Highland-- D. Bennett-- S. Young-- Cathy-- Cathy-- Lisa
Some students of the Xin Tao Martial Arts Style---Chris H.- Howard C.- Matt B.- Tim B.- Mitchell P.- Don M.- Rusty W.- Connor O.- Bob B.- Michael W. Marya W.**The teachers—Richard Bach--- Allan Watts--- Rudolph Steiner--- Terry Neal--- David Hawkins--- Don Miguel Ruiz--- Eckhart Tolle--- A Course In Miracles-- Laozi-- Baruch Spinoza-- Bruce Lee-- Adyashanti -- Norman Vincent Peal--- John Lennon--- Frederick Nietzsche--- Neapolitan Hill--- Sun Tzu--- George Gurdjeiff--- Jiddu Krishnamurti--- Bill W.--- The Bible--- Life, with its twists and turns observing it with a deep awareness.**

****Those who have helped, were supportive and encouraging****

Kate- Jim- Allen- Mason- Tom- John- Michael- Christine- Bob- Jay- Ted- Jim- Angel- Danny- Ronnie- Russo- Sam- Kurt- Shannon- Laurinda- Bobby- Dave- Kay- Shawn- Lexi- Dorma- Hosea- Jake- Chuck- Jamie- Justeen- Scott- Nathan- Mike- Ken- Paul- Adam- Igor- James- Terry- Darin- Karen- Mark- Brenda- Deanna- Scott- Jason- Amanda- Erin- Alisha- Cynda----- Brandon--Brown Belt # 10--Alex--Black Belt # 4--Mitchell--Black Belt # 6-- A. B. and Jeff S., three very fine men who showed an interest in this work and without realizing it inspired countless revisions. Originally not concerned with the work being accepted by others, the author wrote it to facilitate his own spiritual growth. The work grew out of an initial spiritual event, peace came born of innocence, coming by way of a hit bottom experience spoken to herein. The ego completely collapsed, the result of an uncontrollable negative situation and surrendering to it, a peace was revealed never dreamed possible. *And thanks to two of the authors sons, Brandon, who contributed ideas, and Alex for his internet work.*

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 ultimately to maintain alertness fostering awareness through observation of thoughts and egoic mind seeking to control one's life through a shadow 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 part of everything i. e. the oceanic feeling. To have present awareness, a mind stilled. Awareness of psychological time to the extent it no longer controls.

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

Material World---Energy/matter initially organized in a highly ordered state, evolving to a current state of disorder arising out of collective consciousness.

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 via self awareness where truth and renewal comes to fruition.

Lower case--the self--Referencing the Egoic mind, a programmed You or I.
Upper case--the Self---The eternal Self seen by observing the egoic 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 sort of a 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, purpose being to keep us in a state of 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 then Inner-Being through focusing attention inward and feeling oneness or essence—having present awareness subsequently being here/now.

Satori---A flash of enlightenment. To glimpse present moment awareness or inner-being, 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 then projected into the world.

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 and programmed on into adulthood 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.

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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 so to meet daily life demands—responsibilities we all need to meet in order for us to function and or be functional in daily life i. e. egoic mind assisting its host, protecting its host the I/you. That said in far too many *psychological time (below)* has completely taken control to a point the mind becomes an 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, a kind of absentmindedness.

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

V.....AUTHORS FORWARD.....

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, one of several blocks referenced herein, complicates reconciliation with all the 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're all subjected to, is our life script taught to us by others spoken of herein as our programmers. Beginning with parents, then moving to peers academia and so on—it's the totality of one's consciousness, all programming which narrates what one is to be do and have in life, its power is formidable.

The unconscious conundrum is baffling then, it is 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 it initially created them. It's intellectual reason/overthinking. Obviously thinking is useful nevertheless copious amounts are controlled via obsessive compulsive thinking. For one living mostly in the mind every problem solved merely foments additional problems all due to thought creating them. A real conundrum—thought creates problems and then it seeks to solve them with a different set of thoughts. It tries to understand itself filling one's mind with opposing ideas. We think we use the mind yet too often it's the opposite, until it's observed. *This is the mind identified state or, 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, they're divisive. They see enlightenment as extraordinarily controversial and misunderstood. Systems via thought try to understand what is beyond its ability to know, 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 all due respect, most people live in the mind identified state. Unconscious and conflicted, i. e. their mind has been programmed to follow their life script, social rolls or a system and its dogma, it typically goes unnoticed. Accordingly: "The Will to Power" Schopenhauer and Nietzsche wrote about epitomizes humanity. And the mind identified cling to their life script with a herd mentality humanity does at this point in the evolution of personal consciousness. *-B* The life script and egoic mind, psychologically speaking control to an excess, doing so by way of fear built up in a mind to a point peace is merely an after thought. Once again the average person thinks they use their mind, all too often it uses them yet this is never even noticed, they, are unconscious, lost in unconscious dreaming.

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 a reader 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, the up and coming paradigm upon the horizon exposing fear, facilitating a great shift in consciousness. We must bring then, more to peaceful love. We are so utterly brainwashed by fear, peaceful love is difficult to even see much less hold its energy frequency for long. For many it tends to go right over the head or seen to be feckless. The author has worked individually and with groups. Excerpts were given to spiritual students who work daily at living peaceful love as a life style. And they've embraced these ideas as they've helped 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 live in the mind—a mind unable to quiet itself engages in overthinking, keeping one for the most part trapped in the past and or future. They then think they use the mind, actually it uses them.

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 us to have presence-ideas then are easy 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 which create conflict. The above takes one out of the here and now to live in past and future/projected memory. Such a mind sees 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 for many it's just too confusing. 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 yet still, it's unable to shift from concepts to simplistic innocence, or *the oceanic feeling* -A—resulting in lost awareness of Inner-Being. So again thought is limited, relied on to excess it creates 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's 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, information then 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 to transcending ego's 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 seeming to come of its own accord initially. 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 unconscious mooncalf's. So much so it is quintessentially 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. How do we by-pass the shadow self to our Natural Self, how are we freed of programming? At first, have awareness of the teacher within. A real catch-22. How does our thought which creates endless problems via opposites, ever to know love which has no opposite? Notwithstanding concepts, merely memory images stored in the brain, obviously are useful. So we aspire here to use concepts to point only. Consider the magnitude of this. One's programming they're attempting to by-pass to their Natural Self is an egoic 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, these seek to exclusively define the here and now through memory images of life situations stored in the brains memory bank. Ego entered the picture and it complicated things. Long ago something went wrong, slowly ego sought control the mind of man, still, awareness comes if persistent. *Having extraordinary persistence*, the ego slowly begins to work unwittingly with its host. In this then 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'd die so it protects the I thought has created. So how long will it require for conscious awareness to rise would be a logical question. We're all unique, ergo thought and extreme emotion being problematic, *just as long as it takes*. Now the mind freed commits to forever, so we never arrive, which is another of endless mind games. Obviously many find all this too confusing or it's misunderstood, seen to be feckless with a condescending tongue in cheek view of the material, at times to validate remaining in unconscious dreaming.

A normalcy biased mind often does view it 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* nearly won countless times. Ego fights vehemently with its mind games and programming. Breaking through mind games to Natural Self has driven many into despair due to fear and their 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* referenced repeatedly here-in. Additionally this keeps one's ego in check by way of humility. Ego doesn't like humility, it means its lack of importance, loss of identification as its host. Some teachers go into detailed explanations on the subject-matter 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 busyness our life is, social rolls we all play, lost a systems old mind patterns. We blindly cling to the mind identified state so strongly awareness of inner-being is lost. One is afraid they'll loose 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, to step into the unknown is quite shocking. Hitting bottom brought a partial collapse of the egoic mind, reveling 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, they became confused when material became complicated. So this format was chosen in an attempt to speak to Natural Self behind programming virtually everyone is taught to be in the hopes of sparking in them an intuitive awareness of their Natural Self—in the final analysis steadfast alertness is paramount to solidify one's meaningful spiritual transfiguration. *Persistence is key.* Footnote: The authors intent in the work was to focus upon deeper aspects of the nature of enlightenment. These first chapters are the prerequisite to this end. We will be addressing several key psychological disorders all born in the conflicted overthinking mind. That said readers should thoroughly go through the entire work, bearing in mind most seekers capitulate to ego and go back to sleep.

INTRODUCTION

This work speaks to enlightenment as a state of awareness or one having 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-being, referencing wisdom or energy inner-being is. 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 helping put emphasis on specific ideas. Additionally there are references to everyone having two so to say, inside, designated here as the Self, timeless causal level energy, and lowercase self, people's programmed life script and one's ego, its praetorian guard. Random or at times seemingly redundant ideas were used in an unorthodox attempt to convey to readers all concepts point to enlightenment and must transcend. When thought is quieten information is easily absorbed. *Random concepts it is felt, effectively speak to the Natural Self behind one's programming, which defines the here and now in perpetuity by way of 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 awaken from the dominant fear paradigm, currently a majority, **to all minds present**, adhering to peaceful love—a new paradigm. Fear creates divisiveness bringing minds to opposing ideologies, propagating conflicted thinking at the level of effect in daily life. Spiritually speaking, thoughts attempts to understand itself brought fear to dominate, distracting us 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 mind, identifying life through memory images, i. e. the mind using the person—one could ask then: Is the person actually there or merely rolls being played out on the stage of life, which is to say one's programming? Follow their indoctrinated life script they are simply playing rolls-acted out while interacting with others playing their rolls? Question: Is who you are mere images in your memory?

Some are called to make vigorous and prolific contributions of unimaginable proportions yet 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's felt children should be taught to see patterns, social rolls forming **as the Life Script develops**. Children are the key to successfully usher in peaceful love as the dominate paradigm globally, now controlled by the fear paradigm and egoic mind. Especially children prior to five or six years after which their life script through indoctrination has primarily formed, it then takes hold of them. Planting the seeds of enlightenment in a way they can 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 albeit the majority are controlled beyond practical use. Adults are seeing this in spite of the fact they are stigmatized by a seemingly insurmountable task: Peacefully interacting with their overzealous life script, reticular activating system and controlling egoic 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 to be the most important, meaningful accomplishment in life and if persistent awareness comes. Its energy must be grounded or likely will be seen as just a passing experience. As with any goal where attention is directed there results will be. A peaceful alert humanity is challenging due to the life script and prolific power ego possesses. Therefore we aspire to help those who've felt peace, see the adversity opposites create. Fear literally controls many to a point they're unaware of it. The direct result of overwhelming busyness and their indoctrination into an 'I' identity. And an enormously powerful egoic mind who's purpose is to adhere to the life script. Compelling vast numbers to blindly follow in perpetuity, their social rolls and old mind patterns; lost in the 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 'you in time' to 'having presence.' The practical use of one's life script, then put the tool away. It is to see a mind identified states negative influence.

ABOUT THE AUTHOR

Imagine if we could all go back armed with the information herein and rewrite the program our life script is—use the mind not the other way around. Quite possibly a very different reality. No longer controlled by the egoic self and its fear paradigm—this is love emerging through the doorway of peace. Peaceful love is a child's core albeit subjected to fear and aggression tends to instigate division via 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 mother deeply spiritual. Life was capricious prior to the spiritual event. Suicidal tendencies interspersed with spiritual highs yet not understood as such then. The author's upbringing programmed overwhelming fear, severe guilt and shame, blocks suppressed at an unconscious level, masked with false pride and or anger. In retrospect deep pain manifested in childhood which fomented anger and pride ...vents for guilt and shame pushed down inside and continued on into adulthood. References herein speaking in the third person were used by the author because it's felt there was a spiritual rebirth now viewed as serendipitous. The feeling of: *Pax Per Renovatio* Latin—a metaphorical death of the self and rebirth. The passage: “Perhaps you were born for a time such as this.” (Esther 14:14) would often come to mind. Surrender to spirituality came to be ineradicable, a great personal cost viewed from the former life. All material gain was lost, then a surrender, a result of a hit bottom experience. Fundamentally, it is to have had so much pain in life due to unconsciousness a point comes this can no longer be endured. This broke ego's hold upon the mind, the apex of hitting bottom, the experience of deep despair fostering the egoic minds collapse.—A A sort of abstruse surrender, a result of an uncontrollable situation bringing about the aforementioned collapse of the egoic mind. A profound peace never dreamed possible was revealed. Natural Self awakened, nothing else mattered—there was no going back and this was followed by a period of study in an effort to understand the event or what had happened, what the 'experience' was. A—Ego protects us psychologically and or physically. The hitting bottom experience brought about the collapse of the author's egoic mind revealing a peace never believed to be possible, revealing the Natural Self.

An interest in martial art—as well as the philosophy associated with the art—developed early on—study on a level of fanatical compulsiveness ensued yet was on and off, likely a result of the mother's influence. And the other side, a self-destructive compulsive side, a result of the father's influence. Martial art was used to vent anger, resulting in aggression, inciting a rage caused by pain in life at least prior to the spiritual event. Looking back much of the former life brought regret. All the same it was an impetus to practice which quailed intense suffering—before the spiritual event extreme highs and lows ensued at a level of bipolar disorder. As the author's unconscious life drew to an end there was a spiraling down or general resistance to life. It was quite common to wake up early, feeling enormous anguish and deep clinical depression. The feeling of being pulled away into a semblance of intense fear, away from any sort of 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 since childhood. Prior to hitting bottom it intensified exponentially. Please take me home was a common request. This became progressively worse. A feeling life no longer wanted the author dominated—with no reason to go on. This came to a head and 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 albeit only on an intellectual level. Hitting bottom brought a profound spiritual awareness fostering inner-peace, a stillness felt yet it ebbed and flowed drastically. A lingering back and forth from peace to disorder, a testimonial to the awesome power of ego. And awareness of Natural Self, the energy felt within the body, faded in and out. When it faded, a lonely pensive feeling arose, then peace returned usually of its own accord. The innocence part returned again and again in the mists of struggling to keep old feelings of depression at bay, and overwhelming forgetfulness pulled the mind back into unconsciousness repeatedly. Intense resistance, a major block now seen, was the quintessential mind-identified state all egoic minds foment, formed in the author's youth through programming and indoctrination, resulting in a painful and chaotic life script. Ironically these extremes became the very thing which brought to fruition the random deeper peace, again an energy felt in 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 protects the life script. A spiritual event brought into view peace never dreamed at all possible. And once felt there was no going back. Steadfast commitment to peace followed yet the egoic mind blocked it still. Peace took primacy. For a period after the initial event there was nothing owned. A complete lack of interest in anything the material world offered. And copious amounts of time were spent sitting in nature settings, libraries or book stores, engaged in talks...reading...writing...meditating. In retrospect the honeymoon period of peace and wonder, feeling Presence. A peace felt within the body as awareness of Inner-Being. The innocence part, stillness, interspersed with old feelings of the egoic self tugging, trying to reclaim control. For all intents and purposes ego was gradually dying as the new Self emerged. An onerous road remained to hold the energy of peaceful love, *surrendering to life's lead*. Outside the martial arts lessons taught, a virtual lack of interest in anything other than awareness and observation of programmed social rolls and mind patterns controlling, noticing forgetfulness through a persistent alertness. There were days without basic needs. It didn't matter. Yet through kindness extended and surrendering to life, all 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 the material and corresponding pain merely gave blocks power, especially desire, these built thick walls protecting the life script and it's praetorian guard the egoic mind. And working to negate judgment little by little awakening came, along with a belief judgment was something no person really had the 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 a fear filled programmed life script only blinds us to any notion of accurate judgment. So unconsciousness then, 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 seeds of craving, clinging to the known, be it painful or pleasurable, is coveting and foments the loss of awareness of inner-being. So attachment to good or bad situations, it all leads to conflict within.

Perhaps there's a less dangerous path or less painful way than the journey spoken of 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 must be stalwart, very aware. In pure observation there is conscious awareness. It is to feel 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 and rolls played, are seen as the 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. To follow no authority, a fostered alertness so a mind sees its mechanical dependence on memory images stored in the brain. Transcending to emptiness, then emerging back into the dream of form...one's light shinning 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 do play, and must entertain 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 alert-simultaneously engaging in pure observation of thought and feelings, to use inner-source and awareness to watch egoic self. An indoctrinated 'I' and life script promotes ideas of arrival, lulling the mind away from observation of thinking and feeling. Ego backs away in response to persistent alertness, feeling peaceful innocence and wisdom combined, yet ego will resurface. Peaceful and stoic, watching the egoic mind its patterns and social rolls the I is seen. Egocentric leanings towards intellectualism then no longer lull one's mind time and again into the dream of form by way of forgetfulness, into unconscious dreaming repeatedly, a 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: “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 will tend to find the subject obscure and or opaque. Nevertheless let us inquire into enlightenment together and delve into a mysterious subject with deep seriousness. Herein, unconsciousness is the state of being unaware that we are programmed, 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, requires surrendering to an ideal: Actually we never really had control. Yet 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 energy felt, yet not known. The seed of enlightenment exists in every soul, slumbering, one's birth-right for those very serious, and are at least to some degree perspicacious. Peaceful love then, comes sporadically to people and when it does the vast majority for the most part do not see or know it to be what it is. Stop reading, close the eyes, clear the mind. Can you feel energy in the body? Often difficult and or random, it's a feeling dismissed as a passing

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, it demands absolute alert consistent devoted focus to hold its frequency. Vast numbers live in mind created fear, defined herein as: **Unconscious Dreaming**. *Unaware, in bondage to often continuous cycles of a crisis to crisis state of molded, programmed fear filled unconscious behavior.* It is to follow the Pied Piper into an abyss of fear and completely unaware they are. Or to say this differently, one gets life running smoothly only to repeatedly sabotage their own successes. It's a vicious circle referenced herein as: The Pain Pleasure Cycle. A revolving door delivering a back and fourth endorphin high where the pain is accepted because pleasure is the pay off—with varying degrees and examples of fear being the culprit. So unconsciousness, the conundrum most people live in bondage to, one's 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 they're akin to actors on stage. Slavishly clinging, compelled to follow a life scripts narrative. Do we see this indoctrination being played out in collective humanities lives? And virtually everyone to one degree or another runs on an auto pilot program and they're totally oblivious. Again, currently the majority of people living at Unconscious Dreaming, running on an auto pilot program literally controlling what they're being, doing, and having in their life.

Our world runs on fear, the motivating factor in what people think do and say. Inquiry into this is observation our own life script and rolls played. -A So before we get into the solutions 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 the life script controls their mind to a point of projecting this script without questioning or ever really knowing who they are. In one sense are they even there? We cling to familiarity even if it's painful. Pain runs in cycles, often long cycles so fear the world has fallen into via unconsciousness takes center stage and sooner or later goes bad. A- We all play rolls in life. Necessary for practical purposes albeit far too many fail to actually see social rolls played, old mind patterns running their lives to a point they're lost in Unconscious Dreaming, i. e. their mind is using them. A life script runs people's lives and goes unnoticed prior to awakening spiritually.

Consider the forever wars, us against them fomenting malice and lust for power-sold disguised as nationalism. Senseless yet profitable. Brimming with aggression and violence human-beings are involved in all manner of conflict on personal as well as global levels, all created in thought and an egoic mind, rather frivolous actually. Concluding that human-beings as a species, harming each other, is really 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. A deplorable lust for power. Once again, generally speaking we are a cruel species. We justify it all proclaiming: 'It's not my problem-what can I do?' No other species treats their own the way human-beings do. Clearly ignored until it's on the doorstep. We encourage *the will to power* and conflicted fear-filled scripted egoic minds, propagating suffering. Vast numbers simply will not see it. We deny minimize or pretend nothing can be done yet do we not all play our parts either directly or passively. At the personal level most relationships are dysfunctional, in the break up make up cycle yet this is seen as genuine love. Interactions of either expressions of contentious dramas, or pretentious comedies. All the life script formed even while in the womb. If the parent programmers fought, it then is imparted even unto the unborn child. The aim herein is 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 the mind and totally unaware. It seems impossible to see much less deal with, so we'll begin with the impossible. If one lives a peace life style it demands resolute attention, deeper alertness of the natural human-being within. Herein sustained observation of the mind programmed and controlled by thought and emotion, alertness to incessant thought seeking to identify itself.-A Necessary preliminary work: To ennoble one's conduct, bringing the mind to order so it sees it is fragmented. Initially noticing baggage or Psychological Problematic Proclivities conjured up by a life script. Old mind patterns and or social rolls controlling every aspect of life, or accumulated psychological fear in memory and projected memory denying here and now. Unable to rise above thought one is relegated to divisive programming projecting the here and now into the future, all blocking one's mind from seeing the above, this is the conundrum. A-If thought tries understanding itself one can not feel The Ground of Existence or Inner-Being. We can however be aware of it—it's 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, these 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 again is a mere flash of Satori. Unconscious egocentric codependent on and off, superfluous relationships will typically fail. Satori is fleeting at least until adequate work is done, otherwise anxiousness via egoic self returns to reclaim control, repeatedly denying any measure of consistent peace. Described as stillness occurring in the moment, satori is the result of thought quieten, it comes to one aware and present. Here and now—the present moment without mentally labeling. A taste of enlightenment or brief moment of peace absent thinking. Time slows as acute alertness to the here and now is noticed. Everything comes alive, radiates, one sees-hears-smells-feels-tastes each moment absent thinking of or defining it. Watching the egoic mind one rises out of unconscious dreaming and above thought which seeks to define virtually every aspect of life. Spoken of in: “A Course in Miracles”...the state is described therein as an ability: “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 due to the fact they're utterly indoctrinated, programmed, it's all they've known—so we aspire to take the reader into the unknown. The majority of people live in the mind...think they use it when actually it uses them.-*A* This works aim then, is to help the spiritually inclined see via flashes of satori, states of alertness akin to an energy frequency or awareness bringing sooth serene calm emanating from inner-being fostering an ordered mind, is to be freed. -*B* Focus attention on the breath, in just doing this peace is felt. In peace the mind transcends old mind patterns. The mind is free from compulsion to follow scripted autocratic programming, one's life script-stored memory images in the brain influencing life, normalized to a point one is unaware of how much they control. Along with the I, a projected scripted identity and life parents *A*—On-going self-talk, mind patterns and or old habits of behavior, rolls, patterns controlling life. *B*-This comes to fruition when the mind is quiet, the stream of peace is then longer. It is to have conscious presence in the here and now.

taught us, now subside. As the axiom reminds us: 'The apple doesn't fall far from the tree.' We're asking should we be held accountable for following this life script? Consequences for people's actions do happen ergo students should focus on themselves and let life take care of the rest. It's one's transformation to their higher Self, not changing others. Blaming others for unconsciousness projected, is to proclaim they need to change, this is unlikely. Remember all programmers were themselves indoctrinated into fear, which is again passed generation to generation. As an old instructor of martial art characterized it: *Unconscious Incompetence*.-A In this work we reference it as: **Unconscious Dreaming**. Therefore how much of the programmed mind—which foments the shadow self, would “you” say that “you” are? To what degree is this pseudo I identity who “you” are and can there be reconciliation with this egoic self?

Thought forever seeks to understand enlightenment through intellectual means yet it's futile because thought is limited. Recall the appreciation of that beautiful sunset. Actually being in the moment, peacefully observing it in the now. Now took primacy for a moment, thought quieten, brought stillness felt in the body. Feeling peace is one measure of being in the here and now where thought is less intrusive and time is negated. Now arises, it's thoughts shut off switch, this is one having **Conscious Awareness**—the mind still, very alert, comfortable in the here and now. Not an obsessive compulsive ongoing mind pattern or an I playing a roll pulling us out of here and now; e. g. “I ought to be elsewhere or doing something else.” A mind observed, listened to, fostering an awareness of the now. A mind alert is present, focused on now, part of a single energy field. Zen often asks: “What is missing in this moment?” Or in Taoist teachings: “Freed from desire you realize the mystery.” Remain here and now, use past or future practically, flow with life situations. We're rolling with the punches so to speak. Noticing life situations in real-time. Watching thought and or emotion one is in the here and now, less anxious. So calm, is essential to not succumb to unconscious reactions, life situations—all part of who one is although unobserved they're controlled by patterns, social rolls, a life script and egoic mind to a point they ***identify*** exclusively as these, then looses themselves in the dream of form. A-The term *unconscious incompetence* references the lack of conscious awareness of a task as yet one is incapable of doing. Followed by *conscious incompetence*, one is aware of the inability yet still cannot do it. After this is *conscious competence*, now one can do it yet must focus upon the task to accomplish it. Followed by **super conscious competence** in which one can finally preform the task without thinking about it, as if it preforms itself, as in to tie your shoes.

Life situations are important yet seeing them as memory, not in real-time, keeps us from reclaiming energy from ego—consumed by images in memory, or scripted habitual responses to life. In unconscious dream states one's life is preordained, following images stored in memory they are compelled to do by ego.-A So why does a shadow self/me/I/you, control one's mind? Are we mere programming, and is ignorance bliss? Go within, observe all thought and rise above it. We've asked in countless conversations, what do you know about enlightenment? The answer, little to nothing. The question often brings more misunderstanding, or know nothing of it. It begs the question: Why isn't this taught to children in school? A likely reason is, a dominate fear paradigm, an unconscious humanity. Being controlled by the shadow self and fear typically morphs into progressivism, the need to control foments resistance, forged in the egoic mind via overthinking—people have the best of intentions yet fail to see thought in its attempt to understand itself blocks deeper wisdom in life. A collective shift in consciousness from the current dominant fear paradigm, to a peaceful love paradigm is critical then. With a high degree of seriousness we are to notice fear which is ingrained collectively into all people's minds. Martial art trumps fear, *if* practiced as originally intended. Countries continue to make war, they are afraid of each other, it is the fear paradigm personified, all brewed in egoic minds. We're fostering a different directive, one of peace. The natural human-being relative to martial art has no 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-doing what needs to be done with little anticipation, ever-ready and aware, albeit prefer peace in all things. Such as these are the: 'Meek who shall inherit the earth'..they are redirecting opposing energy. Similarly, the aim here-in, is the transmutation of fear to a conscious humanity rooted in pure observation, non-judgment and forgiveness, peace as a lifestyle, fostering love. So is humanity ready for this? It will work only if a paradigm of fear is replaced by peaceful love. In watching programming here and now-one sees ego and a life script seek to control the minds of all people.

A-Metaphorically life akin to a holographic reality. The mind controls completely-being all one has known-they believe it the only reality. As in the: "The Matrix"--a film filled with metaphor—"The mind makes it real." Herein referenced as the mind in disorder. The self is one's life script and blocks the seeing of unconscious dreaming, denying one freedom to be their true Natural Self. Therefore this works aim is to help those who are unconscious see this through reclaiming energy from ego so they can free their mind i. e. to use programming not it using us.

CHAPTER TWO

A MARTIAL ATTITUDE

A martial attitude is the state of mind a warrior carries in 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-distracted 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, it 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 egoic you denies any blame. It's all too easy to cling to the known rather than leap into the unknown. So one tends to kick the can down the road. It's not my problem. What can 'I' do? So 'blue pill' or 'red pill.'-A Difficult choices exemplified by a story speaking to the level of commitment necessary to see this. In the authors case it has been an enormous challenge. It doesn't need be although letting go of the old paradigm and its mind patterns seems 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 it. We aspire to be complete honest as to exactly what level of seriousness is required to bring the mind to order so it rises above thought. For many this is plainly too difficult to do, so they simply take the 'blue pill.'

A—From the film: “The Matrix.” A metaphor 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, 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 is how badly you have to want to learn to begin with me." Prepare for this high level of serious commitment. It's unwise to underestimate the ego. Much success comes after intense pain and prolonged practice. Due to over-whelming normalcy bias the prerequisite may be pain. Via fear of the unknown one falls 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. Now ego seeks to control its host, or the thought created 'person' stored in memory, the I identity or '*you,*' must relinquish its hold for ego to serve its host. Ego foments the 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. It is our life script formed by age five or six years, we had little control over what that programming was. Ingrained deep into our minds, on average one identifies as their 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 best in denial. It is to dwell in **Unconscious Dreaming**, one living in the fear paradigm and to one degree or another oblivious to being trapped in this state. All too often hopelessly 'blue pill'-one 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. We resist seeing this and following our programming this is the life

script. A mind becomes the egoic mind, our 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, 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, can't help themselves or project blame onto others and situations. Indoctrinated and on an auto pilot program, unaware and in denial. Programming, runs their lives. As awareness comes the 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 is programmed into us all. Passed generation to generation-completely normalized psychologically accumulated in the mind to a point sanity itself is challenged. Especially children, however in adults too, the work of transmuting fear to peaceful love is to redirect fear rather than resist it. Fear foments trains of aggressive thinking—worse case scenario fear abets violence. Fundamentally then, the dominant fear paradigm adhered to is one's unconscious choice over a peaceful love paradigm, which is clearly not seen as being the only choice one has to spiritually awaken. All this is the 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 to inner-being awareness, 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 all situations foster having presence. In the zone, likened to a profoundly joyous feeling a student wishes would never end. Satori experiences 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 by 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 perpetuated by on going self-talk, thought and or feelings forever pulling us into busyness daily life is.* Programming traps us in this time based pseudo reality when all there ever 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, where all of us originate. 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 and images in memory defining now. Alertness is key to conscious awareness, a peace bringing love into one's life situations via holding this energy like a frequency, yet if alertness is lost ego will reclaim control. Potentially one must then, 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 born in each moment taking the mind above thought by way of observation and awareness. Absolute listening and observing, one shifts to the present moment. A mind no longer cluttered is vast, open to the new, and often comes into the mind out of as some teachings profess, *the ether realm.* 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 one sees now is all there ever really is, was or will be. This doorway to insight simply arises in a serious mind and initially comes out of nowhere. Scripted minds override the seeing of this, proclaiming what the now is via memory images. Consequently awareness of now is lost, awareness 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, again is 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 they even do. They, are unconscious.

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 conflicted mind, progressively inciting further aggression. Oblivious, one is 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. One aware of Natural Self reclaims energy from egoic self via non-aggression. Honoring martial art is to negate 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 it then is extended. *So how much persistent work is too much for*

peace—in teaching children-peaceful love breaks the chain of fear. So what if one worked harder than ever before, examine your life then. 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 and never lasts. 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 then, be a case for supporting the spiritual factor.

Problems originate in the past and future. In this moment, *what problems are there then?* Without past or future projected memory which makes now an enemy unless it benefits ego, what problems are there exactly? Problems fomented in memory past and or projected. Peace, timeless energy felt inside, extends to universal energy. So memory is a prerequisite to the problematic. Use memory for practical purposes, astute observation then brings us back to presence after needs are met. Martial artist's instinctively feel danger through remaining very present. A scripted mind sees the now exclusively in memory images and this is to identify as the 'I' or self relative to psychological time. Reclaiming energy from the shadow self often will propagate resistance and a anxiousness. Time and ego, a life scripts praetorian guard, enforce narratives and programming keeps one focused upon past, future and incessant thinking. Intended to help people, for the far majority their script and its egoic guardian controls them. Reclaiming energy then, is to **accept what happens**—it is to flow 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 ego, its need to control everything in life. One lives in the here and now-no longer in past and future. Flow with life situations, feel energy flowing in the body. It is to live primarily in the here and now where truth is. Stop reading, seriously ponder the following question again: Is there any problem right now? Again consider a prerequisite to most 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 the now. Life is one continuous present moment not separate. Seeing it, counters others attempts to get us to follow the status quo.

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 their mind and techniques then preform themselves. Extreme drama such as war, is ironic, intense conflict brings one into the now. Steadfast persistence fosters presence, so, we rise above thought to merely react, not think about the outcome i. e. what is-was-or should be.

Throughout history examples of conflict bringing warriors into now are documented and point to having presence now. This energy can be potentially destructive or creative as well. Peaceful love is an energy felt yet is fleeting, scattered, it must be rooted in wisdom or awareness of it fades to just passing experiences. Disordered minds foment 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 to take over. Protecting us physically and psychologically its need to control is insatiable. Autocratic in nature, the ego believes its host, 'you' would be in danger if it lost control and would literally forfeit life rather than loose its control. Yet perceived as an adversary it's counterproductive, so listen and watch. Let it help yet make no mistake it will take over if given the slightest opportunity. The goal then, is not to defeat ego but calmly watch and listen to it without resistance to its thinking processes, one's emotions used to control the mind. What is it up to? Catch it before it takes over. For all intents and purposes it entertains the idea its host is inept, unable to manage life-so it manages life for them. If the metaphorical unconscious dreaming shoe fits-it's safer for one to remain unconscious. Ego keeps us safe, nevertheless we have become enslaved to the point it drives humanity insane. Rising to the state of conscious awareness then is freedom. Currently the majority are unconscious, so it is an enormous challenge transcending a crisis to crisis lifestyle so many live in. Most people's minds are completely lost in unconscious dreaming to a staggering degree, and unaware. So much so they'll fight anyone who tried to free their mind. The 'I' is familiar to them, they cling to a life script and egoic mind, which is to say their programming. So now we can laugh at ourselves for having been so utterly duped right? Not to see this is to remain in the state of unconscious dreaming, a preordained life script-ego and old mind patterns.

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 concerns plaguing us when the chalkboard of memories is wiped clean moment to moment and prevails. Time and the 'I' ends, then: 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 the mind completely stilled awareness comes to the forefront. Without resistance life is observed, one flows with what happens. See patterns unattached, watch the movie of your scripted self, others too. Be observant, listen to ego the life script and its pernicious agenda. Inquire-bring your mind on auto pilot to order via stillness. Metaphorically then, sit in the audience, notice the I playing rolls with other people's rolls—Actually see it: 'All the world's a stage and all the men and women merely players.' -*B*

Those contemplating a commitment to awaken are a minority. They've been around throughout the ages, one alert can see them. They're those who personify peace. Not anxious...calm-relaxed-content-peacefully flowing with what happens in the moment or true reality. Engaging their whole Being into life overall. The mind focused, consistently flows. Mental labeling is negated, observation in the here and now comes. 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, is peaceful-still-quiet, and it negate any useless thinking. Creating space it sees what is or truth in the here and now. In this space created everything is new. Allow present moments to project what is, not continuously define it by or through memory. Still, it is one's personal journey. An up hill battle indeed, often repetitive and very frustrating. Although in rare cases awakening comes suddenly and complete. Usually it demands great persistence, often for long a duration, interspersed with feelings of inadequacy, *A*—From: The Gospel of Thomas. The author interprets this which is from the dominant western system of Christianity, to be: Christ-Consciousness. Energy felt with-in then seen everywhere. Fundamentally, enlightenment is simplistic innocence merged with deeper wisdom. Persistent and alert, it's energy is felt in the body in the form of awareness, the mind creates space within itself. One absolutely listening and alert, peacefully with their whole being they feel its energy. It is to live peace as a lifestyle out of which love comes into the world. And as said it is a completely new kind of human-being fostering peaceful love as a new paradigm. The spiritual student completely lets a fear paradigm go, followed by an emptiness i. e. no-mind. *B*- From William Shakespeare's pastoral comedy: 'As you like it.' Are we actors on the stage of life performing?

this the awesome force of egoic mind, it pulls us in the back and forth. *We must press on and do not ask why, this is paramount.* In present awareness time is negated. Preoccupation with psychological time, or lost awareness of now. Remember, we need clock-time only for practical purposes. Lost awareness of Being is one 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 the 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 it is the modius operandi of an egoic mind. We slowly reclaim energy from it with consistent alertness. Should the mind slip into forgetfulness, the instant this is realized, acknowledge loss of conscious awareness, immediately reset again to conscious presence. Stay focused, forgive yourself should 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 until their 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 extreme life experiences. Still, 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 one's unconscious dysfunction within requires courage. Those who are willing, see we are all one humanity through living peace as a lifestyle, then usher love into daily life. People see in any serious student, the mirror image of themselves, ergo it's non-exclusive, it is the same light within us all. An innocence merged with wisdom, abdicated from time immemorial is a mind returning to peace, the doorway for love to enter the world. It is to see love without an opposite. The dominant fear paradigm begets more fear,

aggression and separation. Those who control continue to divide using fear to do so. As a lifestyle peace exposes hidden fear. It's not as though love turned its back on fear, a creation of thought. Love, our core Self, arises from within and couldn't even imagine fear. Loves light vanquishes all psychological fear. A mind accumulates fear, then uses it to identify now. Images up-swelling in personal and collective consciousness fomented in thought. Once fear takes a hold it's self-perpetuating. If one is attacked or finds themselves in some sort of danger there is an awareness...adaptation...reaction keeping one safe it isn't psychologically created fear. So martial art teaches us to see psychologically accumulated fear, we reach the point there's nothing to prove and peace takes primacy. The world is violent albeit true non-violent martial artists see this, choosing peace they see that unconsciousness violates our inner-most nature. Consider too 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 very clear then? Consider spirituality brings lasting peace...combined with a mind's consistent alertness it manifests peace within, and the world overall. The Great Awakening of Humanity rises to dissipate fears darkness through loves light. Ponder an 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 we could ask will the egoic mind and A. I. extending to A. G. I., along with trans-humanism, 'Exceed humanity' as Albert Einstein posited? Will humanity lose the freedom it has or woefully perhaps, burn it all down? Not if collective consciousness sees and then transcends to this new paradigm of peaceful love. Essentially we're all love in perpetuity, which has no opposite and is a pure personification of actual truth. One of the levels of falsehood in consciousness is fear albeit has only the power we give to it. Ego needs us to be fearful so it may continue to control humanity. Fear is the modus operandi of the lower levels of consciousness. Little children see love through a child like innocence simply by living here and now where peaceful love is forever. Plainly it is something they do naturally without overthinking it because they live mostly in the now. Fear hasn't 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 inside. Having awareness of energy, felt within the body, yet it's fleeting and difficult to hold its frequency, at least until wisdom comes, necessitated to ground the energy. This, the innocence part of a two fold combination...wisdom merged with innocence felt. One works to ennoble the conduct of their character, it helps bring their mind to order by fostering the feeling of **oneness**. Fear filled psychologically driven problems, baggage in life or pain we're all plagued by. It's suffering as a result of conflicting opposites manifesting either dramatic highs or lows, all people's programmed life script instigating conflict. This is unconsciousness, the mind in perpetual conflict with itself. Observation then, ultimately brings a mind to order. That said failure to see disorder jeopardizes peace and subverts clarity. The fragmented mind resists stillness, necessary to see ego seeks total control through emotion and overthinking. In martial art observation, noticing and listening to the mind engage in self-talk, is key to awareness. Consistent observation is vital to conflict seen before it rises to a storm and one gets lost in overthinking inciting merely a mind conflicted, all fomented in opposites. Thought propagates thought, memory in the form of stored images defining the now. To actually see this one's mind must be alert. Although extreme life situations can and do reveal peace, vis-a-vis the egoic minds collapse, dovetailed into 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 a mind that uses 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. To summarize—Adjust perspective, feel peaceful innocence, reconcile all blocks necessary to foster wisdom, finally merge wisdom with innocence.

This can be done, one rising 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 and notice blocks. We begin initially with the conceptual part taking note of resistance, a sort of back and fourth. The mind has been indoctrinated ergo it resists change. So complete all goals, turning attention into the body helps to 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 enough energy to navigate daily life situations all while simultaneously maintaining inner-being awareness. Observation is essential. Looking at it from a time perspective, time being the problem; there are 24 hours in a day. We are to focus upon wisdom, additionally an awareness of a timeless Self as best as we can all while shadow self vies for total control of those same 24 hours. We cannot afford to lose awareness. Should forgetfulness take over the mind there's lost Self awareness to mind patterns and or social rolls. Reset and keep going, put one foot in front of the other and 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 this while meeting daily needs—family, job, duties and so on, requiring a life script, ego rolls and inner-source alertness, which when lost ego moves in seizing any available opportunity to reclaim control. Focusing on an alertness necessary to allow sufficient amounts of energy—so functional is to be in the world not of it. Basically peaceful observation of the life script and shadow self, reclaiming energy from learned overzealous programming, reclaiming freedom from an 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 egoic self—*thinking that they use their 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 one must seriously focus from moment to moment. Adaptation to what happens brings one to have presence provided they're 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 in daily life situations along with neutral observation. Practical use of memory images, adaptation at the level of effect i. e. chronological time. In addition to simultaneous alertness of 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, Self overwhelmed by thought. Use thought, shift to presence. Difficult prior to perspective changing. Acceptance of what happens and an adaptation to life helps one flow with what is—we speak to a 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 we struggle still with the will to power although, ironically this may well be key to spiritual awareness, also remaining alert to what is 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, a collective holding the stream of conscious awareness, then extend it so it's normalized.*

We are bringing our mind to order by 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 so to

maintain control of the mind. Ego promotes the I identity by resorting to any and all means. For the author it taunts him: “Now you didn't think this would be easy did you?” Retorting 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 peace or Self awareness, it uses feelings and or thought in very clever ways akin to water it finds the way in via distraction or demoralization. The serious are extremely humble, selfless as opposed to an elitist perspective, which is based in pride. So 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. As wisdom develops it then becomes 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 again is an energy, spreading to others, one feels it.-A It's not awakened to exclusively by way of the thinking mind. Transcend concepts then, so 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 to study. Nevertheless both left their respective institutions claiming they'd realized it was just a mind game. One affirmed it was due to his belief it was while the other had a somewhat condescending nihilistic point of view: “The faithful were 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 that wisdom and inner-being awareness flow into doing. Peace and wisdom, merging takes primacy and spreads akin to a sort of positive virus. Life runs more smoothly and gradually the mind creates space so there's infinitely more clarity.

proclaiming genuine truth is theirs alone. Conflict ensues, this merely blocks conscious awareness. The authors retrospective view of these men is that it's 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 the intellectual, it is simply a fact. The purpose of discussing this is to avoid potential traps and to learn from other people's mistakes. *The source, is abstract nothingness.* One's 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, they settled for the 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 this. Less ego, more Being. A cornerstone of wisdom: refuting egoic arrogance, it is the surrender to something that greater than yourself.

Do children complicate things or lose 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 a seeker broken down and stripped by life of all material world gain then brings 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 impossible obviously, so we are giving up what could never 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 those at the 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 be detrimental to the mind after a lifetime of clinging to familiar patterns in one's life script. Descriptive axioms would be “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 then 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 observation of the nature of egoic mind patterns so innocence and wisdom gradually merge into oneness. 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 the moment to impart what is, not define it. 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 our subsequent fall; denial fed by self-talk is ego's relentless effort to control all 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 as ego subtly promotes its pernicious narrative, what it is up to is must be 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'll 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 already are. 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 students observe 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 and flows with it. No negative energy. Resist not, flow with energy, you're no longer blocked. Flow with life situations-adapt to what comes-feel energy flowing throughout the body and then project peace into doing. It is to have 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, fosters peace and if practiced for its higher purpose, the “Being in the zone”.....a feeling experienced in sports, is helpful. The art ironically brings practitioners to see the futility of aggression and violence. It fosters alertness to indoctrination and aggression, or the

fear paradigm so many seem strangely drawn to. It controls yet little by little steadfast innocence merged with deeper wisdom emerges. One may become however, 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 in store for us. Yet in all we do really focus and be deeply in the act of doing, even for simple tasks as walking or brushing your 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 ultimately 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 us to stillness, we rise above thought via freedom from attachment to opposites, we then see life always new as love is always new. Once again we are closest to success when we resist the most. Warning signs resistance is on the horizon are extreme emotions along with thoughts weather good or bad, these tend to carry us away into the situation then ego seeks to reclaim control. It 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 the mind ultra present and calm. The shadow self foments anxiousness-ongoing obsessive compulsive behavior via endless self-talk. Feel energy throughout the body, this calms the mind. Yet a mind quieten fosters ideas of: It is accomplished, then awareness may fade to a point we stop doing what brought us to where we were, negative thinking takes control again, the mind succumbs and capitulates or ceases to be aware. Notice it and reset, refocus attention, clear the mind so to reclaim presence when you've noticed that your slipping into forgetfulness.-A Often there is the feeling of well 'I should be ramping up the focus'—inevitably leading to more overthinking. We all must at every step, allow mind games to promote within ongoing alertness to egoic efforts to control. So, keep going. A—Loss of awareness of inner-source results in lost awareness of Inner-Being, we are then carried away into old habits and or preordained social rolls...patterns. Completely caught up in life situations we repeatedly get lost in the dream of form. When this happens, again reset alertness. Be prepared for what may require as said, an undetermined focus so to deal with the script and excessive baggage. Press on and awareness comes.

Ego protects us, but guard against being subtly lulled by the egoic mind to a point the script overly controls. Calmly notice the mind using you. In this there is a back and forth in the form of extreme highs and or lows. The ebb of tense anxiousness followed by flow of sublime peace. Unconsciousness, then alertness. A mind calm and focused is critical. Persistence is vital and key to shorter intervals between unconsciousness and alertness. Don't 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 a loss of awareness of the here and now, the only place that ever was real.

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 enlightenment student accelerates. Alert and aware, a mind is then forged in calm stillness regarding 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 and 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, in part caused by compulsive overthinking foments opposites instigating a psychologically disordered mind. All of it due to overly focusing on accumulated memory stored in the brain which then 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 are used for practical purposes. Peace energy then can shine loves light upon fear. It requires persistent alertness 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 one's shadow self within us all, seen by way of the Natural Self through 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 should 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, as it moves 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 yet 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 an 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. Again clinging because it's familiar. Pain, the upshot is 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 it has become so normalized, peace as an alternative is too often not considered. A minority have chosen to awaken and reclaim energy from the egoic mind using them. The dream controls imminence numbers through programming and this by its very nature, is pernicious. Such as these, trapped in the thought created egoic mind, enables the self. Steadfast, one awakens to see nearly everyone are unconscious dreamers. Presence brings the feeling of profound peace and contentedness into life. Side bar...now the minority are not better than the majority yet often the unconscious mistake enthusiasm the awakened have 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 some men chained inside a cave. They see shadows and hear voices outside, believing these are the real world. Offered freedom they decline, because clinging to the known, they fear the unknown. Collective fear keeps them in bondage. It's difficult to transcend fear and shift to the freedom conscious presence offers 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 is quintessentially a script each of us 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 a contrarian point of view, likely they found inner-being easier to feel or see than we do today. The River of Life for them...a paradigm of oneness with mother earth. Cultures tend to think their view is the right one, think of themselves as right or better than other trained animals. Although we're not really all that different. So are we programmed? Do we even question indoctrination? Would it be detrimental to adhere to the program? Inquiring into it one must listen and observe their life script at a far deeper level than ever before. The challenge over seeking someone to tell us.

A new perspective: One turning attention inward sees peaceful cohesion-a stream of clarity extended. The mind as well as one's life over-all, 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, simply characterize what your doing by using the term...*foreverness, it is what it is. There is no beginning nor end in this, it is to have presence via thought quieten.* An absolute stillness any people 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 they're seeing their own light shining from within, it is the same light. They see the 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 seeking others to save us. And yes 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 it all 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 a 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 again slip into unconsciousness. "I don't care what it takes" is the 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 then frees itself from its own dysfunction. Natural Self observes the scripted self, little by little one then reclaims energy from ego.

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 their life script seeks to control the mind, 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 one's mind capitulates repeatedly to becoming an egoic mind.

What level of seriousness is required for actual freedom? Search childhood memories, remember innocence? It's as if time stood still. And the feeling within was present awareness, **the child felt an interconnection, that, is the Oceanic Feeling, a surrender to oneness.** Watching the mind changes one's perspective, the ego observed is to reclaim energy. In this one can feel energy. Initially the world seems to make no sense, *a sign of alertness arising 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 perhaps 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 chasing of the wind seems quite pointless to the serious spiritual student albeit 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 awakening*. 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 passing experiences, *a mind then promotes ideas it wasn't real*. 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 slipping 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 bringing clarity-an order out of chaos. The quintessential: Phoenix Rising From the Ashes. Observation of the mind and 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 ask often: 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 that the mind sees truth awakened to in the moment. Akin to dropping a pebble in a pool it's 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 one.

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. Can the reader see each present moment is where peace is? 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 to define. **And looking at the scene *there are no thoughts entering to proclaim it is this or that.*** He is present, or has presence. Try this. Clear the mind...let what happens impart unto you what is, not memories. Do not think: Well that's a lovely oak tree—soothing wind blows the leaves-what memory says. Being lost in these 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. And future projected memory is outside the here and now too, again thought entering to define. Images identifying what is, do not allow what is to show us reality. One sees reality in time, in doing so sees only past or future unless it benefits their ego. Past and future are mere memories of the 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 is random potentials observed moment to moment. Observe the mind and notice the next thought as it arises, when it comes and what it says. (Eckhart Tolle) Again thought seeks to identify here and now, it seeks to identify itself with merely more thought which takes over the seeing of 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 just is, ***it is not known by and or through thoughts memory images.*** It's awareness of truth in the here and now and revealing itself as something of itself then presents itself to us. See it? So the mind determined is aware and alert to the

Natural Self which sees in the here and now. To see shadow self is part and parcel to egoic mind. Natural Self never defines now. That coming into now is accepted, is instantaneously allowed to fade into a memory hole—so again memory, is used for practical purposes when appropriate. Shift to now, it 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 a memory image 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 busy, lost or have become numbed by the dream of form. So many are of the world, live in the mind, cannot or will not see programming. Why do they stay in a dream, exacerbated by resistance, habits and indoctrination? It is what they'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 simply give up? Many conclude fear based egoic minds and the dream are fine and settle for it. For those not ready it's okay. Conscious awareness, a major paradigm shift is hard work, this is to die before one dies, die to time so metaphorically one is born again. It's not as though egoic mind using its host was ever going to end well anyway. And being trapped in constant clinging and drama, 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 life, resisting any 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, sort of a loop in the space-time continuum. The negative goal is akin to unwillingness, clinging to the world—the cause of all suffering. It's of fear, still it is the goal and limiting, negative yet familiar. One ought to ask again, what is the payoff? Humanity has the 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 and if so again it's fine. This reformation is part of humanity evolving. Truth is should people blindly follow a program we're 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 just walking out the front door. Often spiritual travelers initial awareness will come via a painful life experience, 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 less and peace takes primacy. We concede to get your head around this is not that easy. We simply press on to transcend living exclusively in the mind. Historically, spiritual teachers used metaphor to teach and often taught orally. Perhaps because it forced followers to go deep within to find their teacher within. The true meaning was lost as the teachings were written down by mind identified followers, unintended of course, 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 so therefore question belief systems. See these are used to control the masses. To have an alert awareness absent forgetfulness is one listening to the mind so it's absolutely still in quiet observation of what happens. It freely smoothly shifts from a timeless state to Daily Life tasks—'Clock-Time' used, then shifting to here and now all while maintaining awareness of inner-being. This is the chief aim of this work then. And in doing this one presses onward awakening conscious presence forever.

CHAPTER FIVE

ENLIGHTENMENT ITS ATTRACTION AND CHALLENGES

Interest in enlightenment grows 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 caught in mind patterns and pre-established social rolls nevertheless feel as a thorn in the side, something lacking spiritually. Should we not focus on our spiritual side then? And what brings this to fruition? We are suggesting peaceful love as an alternative to the old fear paradigm. Psychological fear veils 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 one's ego overly controls them, beyond what is at least herein considered necessary to keep us safe which is its fundamental purpose, to protect its host from physical and psychological harm. Developing a spiritual side is to listen and observe the mind, be aware of 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 it's supposed to do yet it seek absolute control to a point the mind capitulates. If we monitor our life scripts nefarious tendencies, allowing ego to keep us safe while seeing to it it does not control to an excess we'll see precisely just how difficult it actually is to reclaim energy from it.

As church attendance continues to fall enlightenment's attraction rises. Interest grows as the search for lasting peace is seen to be an alternative to a world seemingly smaller...controlled...complex and violent. An 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've spoken of being in the zone, in this thinking is markedly subdued. *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 us to 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 the mind is persistent and alert. The four doorways to awareness of inner-being in italics above, helps in feeling innocence, and observation of a mind sharpens its wisdom. Then turned upon itself one uses the mind not the other way around, done via persistent focus upon wisdom and innocence combined, then hold this energy frequency. As gaps between ebb and flow lessen a steady stream is seen as 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 to an awareness. Let's compare awareness to busyness-living in a mind bound to time and fear. In awareness of peace fear dissipates. Love is a bi-product of peace and it has no opposite. Fear and its derivatives are of the levels of falsehood, mere images, memory or thoughts aberrations in the minds of those trapped in states of unconscious dreaming. Lost in rolls ego's job is easy. It's akin to being in a fog, one fails to notice programming is controlling them. Inundated with fear and unaware, consumed by daily life distractions fomenting dis-ease. In unconsciousness the mind is bound to psychological time and perpetual anxiousness. The mind consumed in thought is then distracted and or lost in the dream of form which merely strengthens ego. A huge hurdle to awareness of peace enlightenment offers us all. We are saying here this is a major paradigm shift requiring one see the importance of noticing their life script...self-talk...social rolls...and old mind patterns...old habits we've all gotten used to and seeing these are the

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, not hyperbole. Again if one isn't ready, it's okay. That being said it's where we're 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 a point: Awareness and 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 new way of seeing. Side bar: Repeated focus on certain points again is necessary to counteract indoctrinated thinking. We digress....Natural Self is felt more than known, it is of a quiet stillness. Assuming this happens absent a very deep commitment is erroneous. Ego and the life script are relentless in its quest for control via thought created psychological fear. Ego's intent then is to divert one's attention, which is its clever slight of hand saying look here as it dupes its host, you. Ego fights vigorously for the life script it protects, compelling us all 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, it foments merely further separation propagating on-going conflict-enabling ego's nefarious agenda. Its host, i. e. your mind, frees itself, accomplished via pure observation for the duration required to bring one's mind to order, little by little *it*, frees *itself*. The author's been at it for years, he accepts it may go on without end. In acceptance ego keeps us alert so thank it rather than condemn it. All paths leads to seeing ego actually keeps us alert, it motivates us all to focus on an idea: ***foreverness***, so we'll come to the point of seeing there is ***only awareness and observation***. Every traveler treads their own path—typically all paths are different to a greater or lessor degree.

Natural Self being timeless is a 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, one 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. Obtuse to memory forever defining now only empowers the ego to the point again one is mind identified. To be exclusively a you in clock-time foments fear accumulated in the mind effectively pulling one out of the now, i. e. actual reality. Enlightenment is a seed slumbering in every soul waiting for us to awaken and observe with alertness so it comes to fruition. Varying levels of unconsciousness enable ego to hide its pernicious agenda, precisely why one must continue to listen and observe consistently. Ego promotes its narrative with a relentless fervor, it is good at deception. It may have already propagated in the readers mind: "This is nonsense." Albeit a thorn in the mind for those who are courageous enough calls them still to the coming peaceful-love paradigm, negating the fear paradigm. Fear then, is the direct result of extreme emotion, overthinking rearing its head when least expected, pulling us into its grip. As such we 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 forever identifying 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 personal and world levels 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 the mind and 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 adamantly clinging to power. 'A Will to Power'-*A* which ends being duped by our own egoic mind, merely enabling all propaganda and indoctrinated programming to have a stronger hold upon the mind. The challenge then: To observe the egoic self all while alert to essential inner-being. The natural human-being works at forging a mind without any boundaries, born out of stillness it is alert, quiet, listening, carved out of an indoctrinated self. Empty the mind of excessive memory so there is infinite space for the new. The mind clear 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 memory allowing one to see what they see, i. e. reality. Side bar: If the work seems repetitive, superfluous or perhaps diffused, remember we must be tenacious to endure or allow egoic mind to use us. We digress. Being *of* the world foments division, aggression and anxiousness. Being *in* the world through pure observation fosters creative imagination, self-determination and critical thinking, it brings fourth wisdom. Persistence gradually brings this to fruition. Having knowledge along with an innocence, absent wisdom will not bring conscious awareness and order to a mind. The Self enamored in 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 shadow self would 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 with overthinking, egoic mind and or its 'Will to Power' and too often an absolute love of money as well, are more than enough reason for enlightenment to arise. Ushering in positive energy brings into being love without opposite, clearly more love just 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 as we interact with other people's rolls, fine for practical purposes, not controlling to the 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 division, which only negates peace. Few would 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 life merely to self-destruct again and again. Working at personal and collective levels brings about creative spiritual forces, rising above fear as a paradigm to courage is one's initial step to the higher levels of consciousness. History proves courage is contagious and brings inner-beings light into daily life. So if love were to flower, should we all begin to see love always new, an explosion of minds coming to order would bring fourth calm by way of living peace as a lifestyle, then all would rise with consciousness. Shifting from the paradigm of fear to peaceful love fosters this aforementioned new kind of human-being. Yes this is difficult, nevertheless should the spiritually inclined rise to the occasion they would see it as essential and even inevitable. Non-dualistic thinking fosters this new way of living, then more are able to rise above thought yet fear has blocked this. Peace via pure observation, listening intently aggression gradually 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. Fear as a paradigm is finite, it is a mind identified state unseen, divisive. Such minds cannot evolve with consciousness, only cling in most cases with good intentions to familiarity allowing the script 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 at now, living in the current paradigm of fear. Approaching the chapters end yet another side-bar: Should readers see this as scattered it'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 this 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 anyones time so we hope then this is reciprocated. We digress. Once again observation sharpens one's mind and turned upon itself becomes a very 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, it pushes buttons, it controls by way of an 'I' which is literally the wheel of insanity crises to crises lifestyles are. To hold steadfast a frequency of peace calms a mind and spreads love, not only to others but dare we say to the very cells within a body. Anxiousness fades, one listens and observes their mind, freed of the life scripts incessant need to control, it 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 eventually is lulled yet again into unconscious dreaming. Bringing all conflicted minds to order is difficult because we're so completely lost in busyness. Practice peace and forgiveness, limit judgment, this fosters a new life view of acceptance; it is as it is, non-clinging to what happens. Want therefore, that which happens and roll with the punches. Then 'good' or 'bad' perspectives are seen from a very peaceful we shall see perspective. All 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. Then pain pleasure cycles seen. The clever yet petty little ego merely wants us to succumb so watch it, and listen, then life force flows, blocks are then dealt with. Resistance melts, social rolls we played, now seen in real-time, one is then determined to observe, then rise above thought. *A* — Aggression fades replaced by love, literally changing minds by transcending programming, forever revolving doors of memory images, to less judgmental feelings of peaceful loves energy felt within, helping others as well by way of example. The collective ego fears those who by example, expose it. Having being and doing in the here and now fosters peaceful love. Normalized fear blocks peace. To flow with what happens is initially unfamiliar as fear energy clings to the world. Born in all disordered minds fear presently dominates the masses challenging one's awakening. Freedom requires attention, a mind sees its own anxiousness. Progressively one comes to realize this worthy ideal is accomplished by intermediate goals in the ascension to higher reason helping them use then discard concepts. There's no absolute right or wrong way, only observation and awareness of what happens now. Adapting to all possibilities eliminates divisiveness until the entire dream..social rolls played...an I...a you identity...are let go of to see and use memory merely for practical purposes. Inner-being...the greater whole of every life, it then takes primacy. Collective consciousness rises to merge with all humanity, the peaceful love paradigm. And if oneness is felt by all humanity finally we see we're all absolutely one at the quantum level, connected by tiny vibrating strings. Literally one energy field adapting to possibilities or randomness and with the changing power of observation, one world not a globalist world order, with love and wisdom we choose peace. The will to power negated, subverts psychological fear and its separation. What is left to hate? It is humanity choosing peace as a lifestyle. Living peace as a paradigm ends 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 seeing what actually is as always new with no memory intervention. No longer mere images of what memory proclaims is 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 one rise to higher reason—a sort of deeper alertness to wisdom, the point where wisdom elevates one into realms of higher consciousness, that is intuitive reason, the upper echelons of truth rooted in abstraction, yet quite difficult because the egoic mind blocks it. Higher Reason is a doorway to the highest levels of truth which is to say: Love-Joy and Peace, finally Enlightenment, these then being the apex of the higher levels of consciousness.

CHAPTER SIX

AFTER THE AWAKENING

Quite possibly this could be the greatest most rewarding and important accomplishment achievable in life, additionally onerous dealing with the life script and the egoic mind—a retrospective view of awakening. Pain often is involved nevertheless this need not be the case. There are rare cases of those who've awakened suddenly and completely. That being said most of us have to work at it, i. e. a high level of alertness is required, more than what brought on the initial spiritual event. Daunting to say the least. Imagine being trapped in an ominous nightmare difficult to awaken from. A spiritual event brings about an awakening or freedom from the mind identified state. Initially you'll notice that everyone still lives in the mind as you did, an inauspicious state of *Unconscious Dreaming*. Obviously a pseudo identity created by thought has them acting out programming, their life script they follow—something we're all subjected to and taught by others is running the lives of countless people who mostly can't see they are unconscious. Everyone has a life script and it's analogous to a hologram. As Natural Self awakens we sit in the audience, and observe life. Watching yours and others egoic selves under pressure to follow a life script we were all taught. Playing our rolls, attached and controlled by programming to one degree or another. One can tell them, forewarn them: 'Your mind blocks you, it keeps you in a bubble the shadow self is, a 'you' in time.' Yet they cannot see or simply won't believe it: 'Though they see they do not see...hear...nor understand.'^{Jesus} To one awakened it is all too obvious and frustrating, they don't see they are unconscious. Now spiritual energy must be grounded, otherwise the false thought created self or You identity, reemerges to imprison the mind in a paradigm of fear created by thought. Programmed-indoctrinated..propagandized..the nightmare unconscious dreaming inevitably is, relentless in its need to control. Similar to martial art—akin to practicing

something called tempering. Students take a stance, a horse stance, and allow their partner to kick and punch the body, this toughens it up. Of course it's for adults only, training for full contact matches in competition. Focusing upon wisdom after the spiritual event, feels like being tempered. Post awakening students experience their own unique challenges. All one can ultimately do is follow their own path to their teacher within. And holding the frequency of peaceful innocence work at wisdom, finally merge the two a oneness of sorts.

This very grateful spiritual traveler will now articulate the path taken. The journey began long ago as a seeker lost in a mind identified state. There was always the feeling of something infinitely deeper, mysterious, elusive beyond thoughts ability to understand. At age fifteen a rebellious and cocky young man sat in his Bible class at the private school he attended, brazenly thinking to himself: 'They are 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 can only ever point to spiritual enlightenment. All efforts consisted of on and off obsessive compulsive study albeit only on an intellectual level. Later came a family and business to run. Responsibilities, busy busy busy the very thing ego leverages to distract one's mind. There was intermittent study for most of this period..clinging to material gain, caught up in the life script, *it* was running his life. Additionally struggling to ennoble his conduct. Being *of* the world to a far greater degree rather than *in* the world. Even post awakening it proved very difficult to transcend being of the world to being in the world.-A The fortuitous spiritual event occurred over four years ago, a sort of spiritual rebirth. Sense then ongoing consistent work to ground conscious awareness and this continues still. The great difficulty in grounding work has turned out to be interaction with a majority of people known and newly met who for the most part are unconscious. Surprisingly in the journey it was noticed very few know about the subject of enlightenment. 'What do you know of enlightenment?' is asked often—A The hit bottom experience or spiritual event spoken of here brought peace never thought possible and is the innocence part, or half of the equation. Followed by consistent focus upon wisdom, and when merged with innocence fosters a mind brought to order. A calm and peaceful state. Albeit this fades absent persistent alertness given to wisdom. It is all too easy to be taken over by unconscious dreaming, lulled into a dream of form again.

and generates responses of everything imaginable. The majority know little to nothing, don't care or it simply goes right over their head. The best and worse reactions concluding misunderstanding is generally 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 encountered is unconscious or oblivious to peaceful love conscious awareness brings to the life of one clinging to familiarity—even though following the status quo foments dis-ease. It seems there is a price for awakening, for those who don't adhere to the status quo. They simply don't fit in similar perhaps to born again Christians 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 or ridicule, the egoic self via ego and life script it follows compels them tow the line. The mind identified veil Natural Self at a loss of Inner-Being awareness. Those awake see ego as less important in the respect that it's not all consuming. One sees it as a chasing of the wind. For serious students peace replaces the programmed self as Natural Self emerges, as clinging subsides one is *in* the world not *of* the world.-A It's different from student to student yet there are days ego aggressively attacks, then the opposite extreme. Pulled into the back and fourth by ego's voracious need for control, one of copious amounts of mind games. Peace arises slowly due to fear having been so normalized-the back and fourth while grounding is challenging. Spiritual alertness is one thing, although permanently grounding awareness as ego plays its mind games traps us in coveting and or becoming. Observation and listening is essential. Ego at points partially fades yet always returns to repeatedly lull minds into unconscious dreaming. Loving honesty in regard to the self which is to say examination of the egoic self, brings one's mind to order helping them ennoble their conduct, the prerequisite to deeper spiritual work. A—Gradually one's mind sees the fear paradigm through awareness of Being and feeling peace, in the world not of it. Fundamentally it is to live peace as a lifestyle, the mind is clearer—more concise, all due to the student no longer being completely caught in social rolls or mind patterns, unable to see their blocks, i. e. the dream of form. It's a 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 very sanity of those who succumb to this, estimated to be approximately 97%.

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 merely division. 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 controlling us. Akin to a mind fear-filled with no room for love. Fear pushes its way in albeit an alertness to peaceful presence gradually elevates one to having presence. Initially peace comes in waves—an energy felt in the body. It's to create space in the mind so one sees what is—not memories of what is. The mind must be ultra alert to observe itself. Reared to follow a life scripts narrative the nefarious shadow self controls. Persistence brings an instinctive no, the negative energy of fear patterns will no longer be tolerated. Surrendering to what is, brings acceptance and moving through fear transmutes it to peace, consistent inner-source alertness brings an awareness of Being. The life shattering event or 'Hitting bottom experience' mentioned, temporally removed the egoic veil. Minimizing memory a peaceful presence pierced the veil so the now was seen to be problem free. Although this is so outside the box for many these ideas are scoffed at or go right over the head. Yet space created in the mind does negate time. The tendency to follow one's programming when seen, in such a mind peaceful-love is stimulated. So then grounding spiritual energy equates to: No matter what happens peace is never disturbed. One feels inner-being then presence or present moment awareness. Nirvana, a limitless macrocosm of bliss which is again to have an awareness of: Inner-Being, God, or The Ground of Existence, one's essence, all words.-A

Nirvana literally means blown out, as if to blow out a candle. In Buddhist doctrine a mind stilled after desire and delusion are finally extinguished. In Hinduism, one's union with Brahman. *Out of the divine Ground of Existence Natural Self emerges.* Having presence Self negates ego then reclaims energy from it. Ego needs past and or future to control one's mind. Peaceful love in the present moment is actual love having never know fear and is a mind freed from division. In Jainism and Sikhism, a state of profound peace A—The Divine Ground of Existence is a spiritual absolute and is ineffable in terms of discursive thought although it is susceptible to all human-beings awareness. We can be aware of it albeit cannot **know** it. Felt within the body, a sort of innocence, one merges this feeling with wisdom to have consistent conscious awareness.

felt here and now outside time. Moksha, that is release from suffering after a lengthy period of Bhavana.-1—one's spiritual awareness of their Natural Self. Development of loving kindness and a oneness with creation.-A We are saying here awareness of Natural Self is predicated on one ennobling conduct, bring order to the mind through loving honesty in regard to one's story, or problems psychologically. Observing and or listening gradually fostering peace merged with wisdom. Referenced in the system of Christian Mysticism or 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 an awareness of inner-being...These following quotes too are additional descriptions pointing to the coming 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- These 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're not. A--When one sees they're one with the observed then peaceful love prevails. To see love has no opposite is awakening to oneness, in this who and what is there to fear? We are the world, the oneness felt within all people, what one does to another they do then to themselves.

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

One sees those enslaved by programming are completely unconscious and will fight to defend their oh so cherished script if challenged. Normalcy bias has them and actually could care less 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 the merry go-round of insanity or minority who have committed to move beyond it. Until more who awaken to the merry-go-round suffering will continue. Once again why is the negative goal so valuable, why is it too valuable to give up, what's the pay off? We've repeatedly said the ego challenges the very survival of humanity. Especially considering our leaders, being egocentric elitists propagate mere propaganda designed to dumb people down so they're incapable of thinking for themselves or thinking critically, all while they project fear to the masses to control them. And these are the ones who have their finger on the button of global thermonuclear war!? Oh they'll often say they have our best interest at heart, always thinking of constituents. Perhaps they shouldn't think so much, particularly about those they claim to protect, for who protects us from them? Side-bar—Understand in speaking of this we foster in readers mind the importance of freedom. Without freedom spirituality is stifled. Power corrupts believe that and wants only more power. Firmly connected to the source or teacher within, whatever sort of spiritual leanings one may have, that should be the only thing they capitulate to—as opposed to looking for others to tell them what to do, this being what many systems do, they do because it's a means of controlling followers. We digress.

As said repeatedly those who remain in unconsciousness 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 was forsaken. Unable to see the will to power had controlled their entire life while simultaneously failing to see in life they had chased the wind, simply pursued impermanence as Siddhartha Gautama The Buddah, repeatedly mentioned in

teachings and imparted unto followers. Its not over at that point. One then is confronted by the fact they had 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 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 Self or soul gets it right. *In truth there is no experience, there is only the eternal now, one continuous present moment.* Ponder then: Should it take two years for results wouldn't the effort be worth it, freedom from the burden of egoic self or the nightmare anxiousness is, "living the dream?" Would it be worth five years to feel the peace described above? And many not mentioned who've had similar awakenings spanning thousands of years. Most people will spend ten, twenty, even thirty years or more in pursuit of material gain bringing only temporary happiness. Or would 'you' rather endure the hang-over for your 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 is much sweeter, more-so than the effort required. Besides, as a river flows to the sea it's where everybody's going anyway, so 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're 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' awaits us. Watch the life script and egoic mind, it helps to stay alert. Use your mind not the other way around, it is to listen in peace. Observe the mind to the best your ability along with your life script as well, the 'you' in time diverting attention and enabling social rolls and or old mind patterns to take control of your mind. It is a mind reclaimed via pure observation, awareness of the self in daily life situations.

Coming full circle now, enlightenment requires innocence and wisdom, to hold an 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 willing one is to undertake what seems difficult or even impossible, the more who then will believe it possible to tackle whatever specific aspects of spirituality challenge them. Some spiritual teachers paint a picture of

alertness and remaining so as being simplistic, i. e. easier than it actually is. Some teachers are so laborious, so complex or 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, students should never underestimate the task in front of them. In spiritual enlightenment we are not looking at the egoic mind life script and old mind patterns as opponents, we observe these, listen. Success comes through observation. The essential goal, written above the entrance to the temple of Apollo in Ancient Greece where Pythia who was the Oracle of Delphi made her predictions, is quintessentially the wisdom of the ages, which is of course to: ***'Know your self.'***

In early martial arts instruction by some in the United States the student 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. To foster inner-source awareness via rigorous persistent practice is observing the egoic self and life. Make no mistake these were committed practitioners. Serious yet unfortunately most of them were quite unconscious. Even for serious practitioner's ego finds its way in. Worth while instruction in martial arts focuses on essence and ought to be intertwined with philosophy. This was gradually lost, replaced by money and a need for power over others, all due to the awesome power of an egoic mind. Mind identified practitioners gave in to aggression and the desire for mere status. Spiritual travelers must understand the commitment necessary to hold awareness is at a far greater level than most people are willing to endure. Leaving the chapter we move latter chapters where seriousness is definitely needed to see this. Remember resistance is a sign of fear arising to trap the student yet again in an auto pilot program all life scripts are. If this happens one may be slipping again into forgetfulness and unconscious dreaming. Then Self/Natural Human-Being, is hardly there at all, replaced by one's egoic mind and script.-A The ego and life script seek in perpetuity control, so we must be alert to endlessly clever ways it distracts its host i. e. the reader. Turning attention into the body stimulates awareness of Being through Inner-Source, the mind adapts to the now, this brings lasting peace. A —Most people live almost entirely in their mind, thinking they use the mind when actually it uses them. Following the life script and its Praetorian Guard their egoic mind. So sharpen the mind then, listen to it then turn it into a weapon and turning it upon itself reclaim energy from it, it then helps us. no longer controls us.

CHAPTER SEVEN

WORDS

An interest in Taoism developed early on in martial arts training. Taoism is the system without a deity: 'There's 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---An alternate perspective could well be: 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 The Tao. Words describing something beyond words. Words can only be a finger pointing to the above or to inner-being. Words are concepts, tools, not the thing itself. Words/concepts should be used and let go. Very alert one feels energy in the body, that is inner-being, essence or nothingness, out of this all form arises. Yet we cannot *understand* nothingness-*we can merely be aware of it*. Nothingness is not known through words in memory. And a metaphorical use of words for instance the words here and now, brings a mind to order via insight so it sees here and now is all there ever is. It is to wipe the slate clean so to say, similar to a hard drive with nothing downloaded—here and now prior to thought defining now. The now *thought* proclaims is real, seeks to know via *ideas* of nothingness exclusively with concepts yet cannot because all thought has is thought, which is limited. The mind brought to order rises above thought. Thought and its words are of time not nothingness. Seen as random potentials moment to moment, which are plainly far too abstract for thought to ever know. Thought can only point.

Pragmatism, who's most notable disciple may well be William James-has proclaimed thought to be an instrument one uses. Yet a 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 to conscious awareness. Why does one's life script and ego seek to control? -A The life script is programmed by 5 or 6 years, its guardian the egoic mind, protects us psychologically and physically. Clearly in the current situation ego has gained too much power. Therefore we aspire to reclaim energy from the script and the controlling egoic mind. Observing a scripted indoctrinated egoic self fosters Self awareness. It's a mind freed from bondage to programmed memory, an 'I' identity controlling disordered and or confused minds. A mind silencing itself watches itself and listens to the ego's mendacious rhetoric, the voice fades via a mind is quite. Stop reading, notice and listen to the minds self-talk, it then fades. No longer identifying through memory images one is alert, notices the script and ego, alertness is extended. Being doing and having exclusively that which ego and the life script projects life to be makes life dull stale and feckless. Words then, stored in memory are useful but 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 excess, acting and speaking more-so from stillness one engages life through inner-being. So: 'Be still and know that I am God'...conveys this idea perfectly. Essence is beyond concepts and experience, it's a mind quieten yet we need to have a foot in both worlds. Practical interaction at the level of effect in daily life and simultaneously feel causal level energy, or **Being**. The mind ceases to define the present moment through perpetual memory images stored in one's brain. Observation then, helps us to bi-pass ego's veil to see a mind identified state clearly prevents us from focusing on the here and now.

Laozi was leaving out of disappointment no one understood the Tao he was attempting to convey. The guard at the city gate 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 via surrendering to something greater than themselves. Although to **know** by way of concepts creates more division or tends to if relied on to excess. We are asking what is transmutation from self to higher Self but awareness of inner-being, 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 -A-Vast numbers live exclusively in the mind and then using the person defines via the egoic mind which in turn identifies the persons life via memory, unreal images of what here and now is. Ego seeks to protect its host and in so doing is overzealous.

only empowers ego's duplicitous nature. It follows the life script rather than ideally working with its host. Scripted rolls pull us into states of unconscious dreaming repeatedly and must be seen. Seeing forthright and clearly-alertness awakens Natural Self to reclaim energy from egoic self-***the mind then comes into now and sees what is-not memories, yet ego's duplicitous nature brings alertness.*** Peace with ego is a kind of friendship, it continuously reminds us to maintaining the stream of conscious awareness is to remain present. See it and subvert its attempts to control. With a new perspective one shifts to non-resistance and surrenders to what happens here and now via observation, see we have a propensity to live in the mind. Watching brings us into the present moment so rolls self-talk and patterns are noticed, watching and listening so they readily pass, precisely due to non-attachment to them. So this noticing egoic self helps one adapt via non-resistance to life. Seeing their script dupes their mind to a point it gets lost in conceptualization, comparison, judgment, separation and social rolls therein. Seeing it-hereinafter determining precisely how much energy ego requires to navigate daily life's needs, i. e. to be ***in*** the world. Dealing with life situations-subsequently allotting only enough energy for ego to do so, points one to a realization of conscious awareness as far as words are able to convey. Again concepts cannot know love, notwithstanding concepts are indeed vital, simply to be functional in daily life. Appropriately, successfully reclaiming energy through observation by way of innocence and wisdom merged, love comes into doing, fear then negated is power not force. As said via alertness turn attention into the body which fosters awareness i. e. 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 carries weight over old mind patterns self-talk and rolls. For instance songs on the brain are unpredictable trains of ongoing thought. Our mind rises to a highly receptive level to hold 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 one sees the life script, egoic mind and programming as mere attachment to auto pilot. In capitulation to unconscious manipulation ego gains total control of its host. So let life lead the way, flow and adapt to it. This surrendering to the now is

to see ego's need to control, one then redirects its energy: e. g. one is walking along as someone approaches. Maybe they look ominous, bringing to bear an err of caution, to nonchalantly cross the street is wise and avoids a potential problem without anticipation i. e. flow with life. As potential danger passes, reset to the now i. e. reduce thinking if it's no longer needed and be more-so in the now. A scripted mind lives incessantly in past or future, time denies the present other than a means for ego to pull one back in via past and or future. Freedom, is wisdom merged with an awareness of: The Ground of Existence. Now serious alertness fosters this, not memory images vis-a-vis thought, i. e. a melee of concepts and or thought extended to the spoken word, propagating anxiousness as one's life script imprisons them in the mind, or one lost in roll play. Words/rolls played identify now, it's not. Allowing Being to flow is. The mind identified pander to the life script then..thought..images triggering mind patterns which tend to pull us repeatedly in projecting the now into the future. Reclaiming energy we are watching the mind so it no longer uses us and is key. Watching the above steadfast, one begins to use the mind as intended.

Spiritual teachers often convey a scripted mind 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 translation. Some, never wrote teachings down, they symbolically pointed by parable often to what it was not. All written words are limited then because reality changes even as we speak. The meaning, then is lost in words. Moreover teachings move beyond the present moment and are subsequently watered down by collective memory.-A We are inquiring into real actual truth which comes to us here and now via a mind quieten. Use concepts and words for practical purposes only. The Avatars disciples wrote their teachings down, Disciples being mind identified may well have missed the deeper meaning, or over time the truth it spoke became lost in narrative stories again more words. Enlightenment is beyond the conceptual. The written word diluted its original meaning as the A--We're saying here memory is akin to a computer hard drive defining present moments which is to say here and now. We've reiterated this and it's necessary to counter programming all due to copious amounts of indoctrination throughout life-and is done to counter the programming of one's egoic self and the life scripts mendacious narrative or we could say if you prefer, brainwashing.

teachings moved beyond now. The teachings effectively understood moment to moment are seen in the here and now fostering alertness awareness comes, then wisdom. Each of us connects to inner-being and is one's own individual path, reclaiming energy from a mind using them. Seeing times illusion holds conscious presence which is to say the mind remains in the present moment enabling it to commune with truth via inner-being. To see memory is of time, frees the mind of fear energy, indoctrinated concepts, words, thoughts and or language, *a mind rising out of thinking*. Communion is oneness with inner-being, far less dependent upon the divisive scripted egoic mind controlled by fear. Words foment opposites in the mind inciting conflict within itself, i. e. one mind identified. So accept that ego's job is to protect us, yet it controls to an excess. Adhering to a life script as needed to stay safe is all well and fine. Nevertheless egoic mind uses fear to do so, all while veiling love which is to say ego cannot know love. To live peaceful love as a lifestyle—which is forged by the merger of innocence and wisdom, is unification with the teacher within. Steadfast daily alert to Inner-Being fosters peace—love as a new lifestyle. Conscious presence emerges within and projecting peace into doing alertness fosters an awareness of one world and humanity. Not the fearful human-being pushed to be merely better versions of itself. Its all been done in perpetuity, with marginal gains. The time has come for something new, so then abandon the former. Frankly with all due respect it's time for spirituality to grow up.

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 really is. Illusions of godhood merely propagate unconsciousness. Fear chosen as their paradigm, 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 only power-motivated by more fear and its insidious agenda, a nefarious alliance with ego. Mind identified they are scripted, complicated by an over-use of words, merely concepts stored in

memory. Should collective consciousness 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 value deep wisdom. Elitist egoic mind identified intellectuals insist they'll protect us—ego clinging to the status quo. Ah but then who will protect us from them? Concepts distorted are then one's mind indoctrinated especially when interpreted by unconscious dreamers. If it fits the narrative, ego is just fine with it. Fundamentally, all religious systems foster love. The Holy Scriptures reveal truth yet gravitate to the systems truth watered down through mental attachment to opposites and fear, truth is then deluded. Consistent observation takes one 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, to see what you see, is to see 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 the child felt. Becoming more-so mind patterns and old 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 and they succumb or are commandeered by fears aggression. ***Alertness awakens awareness***, then peace extends to longer duration's should one have consistent focus upon wisdom. Unconscious dreamers are proselytized and in bondage to a programmed mind disrupting peace, the mind is in conflict with itself and must 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 by observing its own division i. e. the us and them. Words and concepts all arise out of an egoic minds need to compulsively overthink. Words are derivatives of thought and follow a train of comparisons because opposites lead to the belief one's life script and egoic mind bring peace yet clearly bring disorder through psychologically thought created vicious circles resulting in distraction from the Natural Self. Native American folklore tells us we were born with a specific number of words. When we use them up, we die. An intriguing idea suggesting to use words sparingly and also wisely.

Reclaiming energy from the egoic mind is to observe it. Ego-words—the life script...used practically helps yet we must simultaneously maintain awareness of Being. A mind not in conflict with itself then is able to shed accumulated psychological fear fomented in time past and future, it is actual real freedom.

Quiet stillness a prerequisite to pure observation, facilitates alertness yet again many find it difficult. Listening and watching sharpens the mind, it is clearer, blocks and anxiousness are markedly reduced. Being present is to use words and or methods as tools, like builders use scaffolding, abandoning it to reveal the actual structure. Truth reveals itself not via words. By clearing the mind of words we feel inner-being here and now. A song says it all—'Stay right here cuz these are the good old days.'^{Carly Simon--Anticipation C. 1971} Should the above legend be true we're born with a preordained number of words so use them sparingly. Try this, abstain one day from the use of words. You may find a new form of communication arising. Inner-Being, Ground of Existence, to have Conscious Awareness, all mere words pointing. See that the word is not the thing. Create space so the mind is empty and rise above thought. Listen and observe all life situations. Thought images find a way in so be alert. Indoctrination by way of ego and rote subjects the mind to being taken over repeatedly, all due to ego's aggressive need for control. Sustained alertness is absolutely paramount—the never ending mind chatter seeks to inject its narrative into the here and now. Notice 'clock-time'...inquire into it. Use of words, then moving beyond them, is to see: 'The kingdom of Heaven is within you.' -1 All thought extended to the spoken word, is past and future. Lost in rolls an egoic mind uses its host. Focus, quieten thought and life presents itself, it revels as opposed to endless analysis. See what you see absent egoic minds biased descriptions, all words. Listen and watch, analyze less—the Self then comes to fruition, not thought created personalities in all minds using the person. The mind stilled—space between sounds and form—acceptance of what happens absent the slightest resistance—and remaining in the present moment, all doorways to heightened awareness measured by the peace one feels within the body. Another side bar: —This chapter exemplifies the random concepts approach, used in the hopes of speaking to the actual Self, the reader, behind their mind identified persona we're all taught we are and adhered to via a strong normalcy-bias. We digress.

Daily life creates a conflicting *dual nature* because busyness distracts. Yet in the now all over-thinking is lessened. It's a sort of alert reception, minimizing attachment to thought and words—we delete memory when not needed. Everything is new in a mind empty. Memory then is relegated to practical purposes.

In retrospect historically spirituality may be seen as a kind 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 and yours wrong. Systems foment unintended judgment, fear, separation dependent on narrative perpetuates more opposites with a tendency to create divisiveness. Whenever possible set these aside. Forgiveness, rooted in peace is judgment nullified, a point comes we awaken peace and markedly decrease dependence on systems by turning inward. Inevitably systems judge, and will regurgitate the systems truth or narrative, preventing the seeing of real truth. Awakening however, can complement systems. Rooted in peace a clear mind adapts to judgment and turning within narrative then is negated. Unconscious dreamers lack spiritual awareness, objective listening and pure observation, resulting in unconsciousness and a loss of conscious awareness. Unconscious dreamers lost in a systems dogma, in a sense are not there, so: “Forgive them for they know not what they do.”-1 This enables true loving forgiveness, not putting up with unconscious behavior, which is 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—it's an ability to say no to a mind identified state. Alertness sees that to accept, change, or leave all situations is the mark of an ordered mind. Still, words push their way in. Passively notice as they foment frustration, all born in time. Hard to do yet is definitely to remain here and now—words are never the thing so use and discard them. For example a systems dogma can push its way in through adamant followers adhering to its narrative. Still, use systems if they help hold awareness of Being. Shift from its words fomenting thought and memory images *about* the system...to here and now enabling one to have consistent present awareness. Adapting to situations, absent memory images expectation is nil, there is an ability to then see and negate psychological time to be in the here and now where truth is. Who then, is to say what truth is, it presents itself to us each moment. Fear is dropped, replaced by intuitive flow.

This is the Natural Self referenced herein—alert, ever-ready for what life puts fourth by observing life and systems unattached, seeing ego as a loosely worn garment, otherwise it binds us to opposites, dichotomy, old patterns and rolls we get lost in. Live in the now, then words/memory, have far less influence.

A mind must see the advantage of watching itself engage in social rolls so ego doesn't gain excessive control. Once again it is to sharpen the mind then turn it upon itself. *Go slowly to see this.* Listen and focus attention upon what happens without memory defining. It requires a *Willingness*, who's process is *Intention* and corresponding emotion *Optimism*, only then can it ever come to fruition, memory is superseded by here and now. A martial arts teacher asked for lessons illustrates perfectly the Self-awareness needed for this. He agrees, his student repeatedly interrupts: 'Oh I already know that.' 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 and have some tea.' He hands his student a cup and begins pouring the tea. When the cup is filled the teacher continues pouring until it spills over, burning the student. He wails as he drops the cup: 'You burned me!' 'I already know that.' The metaphor is the usefulness of the cup is in its emptiness. Empty your cup to a mind limitless. Empty your mind of all psychological fear so the life script controls far less. Peace negates the shadow self. Freed of fear and its derivatives, love enters through the window of peace—one sees love is without opposite. Fear is of thought, personal and collective consciousness. Akin to a hologram, it's a dream of form we get lost in. The actual here and now is rarely seen, veiled by words in memory. So, a mysterious invisible eternal something beyond words we merge with, is also found in the billions of cells we're comprised of and not known but felt. With persistence one steps into this timeless space at any time, a continuous energy field encompassing all, this is essence, where we come from and return to. Awareness listening and observation transforms homo-sapiens into something completely new. Can one who lives peace as a lifestyle transmute the will to power and have an awareness of The Ground of Existence? This mysterious something is energy felt within, should one choose persistent observation and alertness to the point it is felt not known. This is fundamentally to awaken, if we surrender and flow with it. We could describe it as a stillness or awareness

of God, or the void. Beyond an indoctrinated script all human-beings are hard wired for peaceful love yet it's hidden by the egoic mind, and we could say a majority of minds having been hijacked is ego controlling. Beyond words is a different form of communication. A 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 to be used, not use us. Hold steadfast to the stream of peaceful love, a mind alert to inner-source to the point it's normalized. Focus, until being *in* the world feels familiar and *of* it feels unfamiliar. Fear, words, again all normalized consume the majority of minds. Less words more-so feel Being acting and speaking from essence, one then flows with life. Stop trying to control everything and allow life to lead. Adapt to life which is to roll with the punches. Peace, if measured would show a marked increase in endorphins along with greater use of one's brain fostering an alertness so that awareness brings the mind to order. Ego and the script no longer block peace, ceasing all efforts to control the mind one is freed. Narcissistic drudgery is what foments disorder. Defining life is preferred to the unknown, it is to over-use words, it's a script propagating misunderstanding. Simplistic innocence fosters truth via awareness, actual freedom from being inundated with self-talk and or social rolls constantly played in the interaction with others rolls. Communion, one humanity beyond good and evil, is ultimately igniting a light of peace within. And out of peace love comes into the world—peace as an alternative lifestyle to fear. Simply to be forgiveness and to live kindness. It is love seen and felt within through new eyes of peace, the new paradigm born of observation and listening, the mind beyond words is oneness, all-ness. An idea long overdue. Peaceful love is seeing the Self as an omniscient energy field or realization of something greater than oneself coming by way of inner-source, fostering an awareness. Words pointing albeit not the actual thing itself. We speak here of the personification of one's Natural Self, their mind absolutely freed from the known, thereafter unafraid of a leap into the unknown, opposed to redundant versions of a capricious fear-filled paradigm far too many continue to live in, seeking the remaking of themselves into better versions of feckless homo-sapiens. This is something completely new and different, always fresh, it is to rise above thought when not needed for practical purposes in daily life.

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 then is psychological baggage in a scripted mind, unobserved it controls the mind. And unchecked one succumbs shadow self. So observation of the mind, noticing brings one's mind to order—watching and listening to the thought created 'I' identity one begins to see it fomenting dis-ease. Who is the 'I' or self then, and what is its modus operandi, additionally mind patterns people do follow blindly? We are taught to identify as the above I identity seeking to control us yet most people are completely unaware of this. A shadow self dominates one's mind, they are in a very real sense not actually there, merely programming running their life. And controlled by the Pied Piper they're in a 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 in continuity. Learning continues after this obviously albeit we'll never learn as fast as we do from birth to six years. The foundation of the egoic mind firmly in place instigates its mind games. One's life script and the fear paradigm are normalized to an extent one perpetually follows it and woefully adheres to indoctrination. One's program then, is the sum total of their personal consciousness, metaphorically the hard drive. And ego a life scripts guardian, seeks across the board control psychologically and physically. Although 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. In summarizing 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 assumed control, believing without control its host would be in grave danger, it is what it does. The mind at some point capitulated to unconscious dreaming-subsequently ego took over. And people are oblivious to any of this. Side-bar: Reiteration may appear excessive. We are attempting to by-pass the shadow egoic self or 'I'-to the actual person-the Self behind programming. It stands to reason even though it's redundant one must see to counteract a life time of programming having controlled people is vital then. We digress. Awareness of the reticular activating system helps too, and this is problematic. It files incoming input via the five senses into two categories, sensory input seen as a value to us and input viewed to be a threat. A paradigm shift is seen by ego as a threat. Clinging to egocentricity and the familiarity of the life script one loses inner-being awareness. Peace is then undermined by overthinking and begins to instigate more problems, problems thought itself created. Then 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 world. We no longer capitulate to egoic whims, it's a mind free to see what is. Basically the mind checking itself. This is to look frequently in the mirror 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. Indeed a tall order 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 deeper intelligence, an energy we can draw upon which trumps mind games—thoughts images controlling, one's mind using its hosts. Ego's 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 upon 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, this essentially is 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, habits and 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. Intuition then fosters a mind free, clear. Higher reason elevates one to higher consciousness -a fascinating mix of existentialism and observation, alertness to all thought propagating mind patterns and or preordained social rolls as authentic reality. They're not, only here and now is. Ironic, ego fosters the 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, one adapts to 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 creating 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 can empty itself and is limitless. 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 the 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 we flow with it 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, one adapts 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. Similar 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 only 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, as 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 the new or now, is key. Reality, forever in 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 that 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 present awareness 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 thought in one's 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 that actually 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 life so consciousness becomes aware of itself. Being in and observation of one continuous moment where peace abides. Meditation then, is a steadfast alertness of 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 there are infinite possibilities.-A Conventional meditation is contemplation, mere thought, seen herein as inauspicious—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. Awareness of Being is energy felt within the body, it must be grounded or initial awareness of it, an innocence and wisdom merged, will fade. Typically wisdom comes gradually and is more intellectual in nature than the innocence part. Wisdom is intellect guided while Being is abstract innocence or an *oceanic feeling as 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 outside intervals in time, space, not 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 if lost in rolls which are stored images in the brain or mind patterns. Observed a mind awakens to present moments rather than attachment to old memories. One's participation *with* life or choice-less awareness—fostering profound peace felt within, out of this love comes into doing. A spiritual traveler passively observes in 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 potentially is '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 seek to distract alertness as well. When one sees they've 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 one 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 a 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 not conflicted, no ego to contend with. Animals have an ego yet it's limited—in human-beings ego's divisiveness challenges sanity itself. We speak here of timelessness felt as one rises above thinking, practical purposes in daily life once again being the exception. Time is of thought and is a prerequisite to the mind conflicted. 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 the spiritual ego. Egoic self knows its limitations, higher ego plays the enlightened game-so then let it go to see neither was real.*

intertwined movement with life...unopposed to life. Ego blocks this yet it's 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 loose ourselves in social rolls 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 loves energy in words: perhaps a wave sensation, one feels energy within. One feels flashes of it watching the sunset or any sort of "experience" bringing us into the moment; we realize we're in one sense not ourselves, we're a thought created I playing rolls. Then a child like feeling, an energy felt as thought is subdued. Effortless in watching a sunset. For just a moment we've stepped out of the bubble of past and future. We let time go-to 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 itself was love. A voice suggesting the more peace projected the stronger our love is. Oneness felt, not an I identity creating separation. Avoid negative energy. Slow movement, subtle speech in the interaction with others fosters a peace similar to an energy felt seeming to beckon peaceful love into one's life is a form of meditation. Observation then gradually negates the back and fourth. Daily life interaction...simultaneously alert to Inner-Being just there in the background. Intervals of sporadically flowing peace, a frequency and if extended soothes. Interaction within 'clock-time'...then shifting to inner-being awareness. Take a moment 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 it's felt in the body. Being alert to profound stillness creating sensations of we are absolutely part of everything. Seemingly two within, Self and shadow self, each are to be let go. Love has no opposite, as such it knows no fear. Love could not even imagine anything like fear—love having never know conflict due to it being without 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. People become lost in rolls they play in addition to mind patterns, bought into they cling to an I-its patterns and rolls and they're seen as reality. Let us in the here and now then, make reference to an appropriate 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 we see 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 to ground energy yet 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, with diligence one sees ego can foster alertness. Transcending the mind games brings many tests. Resistance is indispensable for one's egoic mind to control. Peace is felt in waives and again is akin to an ebb and flow. Hold the peace energy frequency when it comes. See ego or spiritual ego, seek to 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, it then empties itself willingly.

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 then possible, and if accomplished is the personification of love in the here and now in perpetuity. 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 the 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 their 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% humanity awakens to the state of: Conscious Perfection. The return of paradise lost but at a far 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. Being in the zone—for example playing our favorite sport. 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 mind identified life. 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 here and now in perpetuity. 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 fomenting endless anxiety. Alertness is noticing social rolls mind patterns and triggers which pull us into past and future projected memories of a pseudo present. As the watcher of a shadow self, alert as one can be, there is awareness of the causal level, Being, energy felt in the body. Use clock-time at the level of effect then, for practical purposes, which is to say in real-time, be functional in dealing with necessary daily life responsibilities and shift to peaceful loves energy. It is to be *in* the world not *of* the world. The unconscious don't see or believe they are trapped in unconscious dreaming. Psychologically speaking, normalcy bias has them. It's ego's tool, all programming by way of 'fear conditioning.'-*A* Unconscious Dreaming can be said to be then: 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's 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 psychology101. *B*—On 11-18-1978 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 observe programming-the life script, the mind watching so as to not be carried away, a point where the egoic self is worn like a loose garment, not cling to ego. Alert to the why how and what the scripted mind thinks. Inquiry into social roles, observing all triggered responses which may carry one's mind away into old habitual patterns. Initially 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 on by ego. We need to play roles yet should not lose ourselves in them, we struggle to see this. Pure observation reveals role play is to act out our life script program, a preordained scripted identity. Post life script formation ego seeks total control, it's difficult to see not to mention the fact of having little to say concerning what that programming was.

*****CONSCIOUS PERFECTION: Persistent conscious presence few are able to hold is an energy frequency—in the world not of it, to be loving-calm, harmonious peace. The mind sees ego affects it, sees one continuous present moment brings a mind back to the first level with a deeper wisdom, the irony is not lost, ego's limitations maintain alertness. Yet 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 one awakened.-A An advocate for love they're on a path of Self discovery where transfiguration to awareness of Inner-Being brings harmony with the ego. Transitioning to peace they continuously die to time in the here and now, actual true reality, which takes primacy. Turning to their teacher with-in via a peace lifestyle, and love is the fringe benefit of peace. Yet ego challenges one continuously, still 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 and no longer lives in their mind to excess.

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

*****At every level there's vacillation in and out of previous levels, it's the ebb and flow. One maintains focus upon courage, deals with blocks, rolls and old mind patterns, also self-talk. Letting go of seeking allowing life to lead us. *It moves a traveler deeper into awareness of the now.* As alertness arises, desire for control has less sway or significance. Normalcy bias, forgetfulness, obsession with worldly success, money, power, all take a back seat. Little by little life changes and the compulsive need to follow one's life script for those who are very alert keeps the egoic mind in check. Yet the proverbial apple not falling far from the tree is familiar, so the ride will be staggering and runs the gamut. One may experience a wondrous feeling of joy, an energy flowing throughout the body, wishing it would never end—so persistence gradually brings into being peaceful presence. Initially there's a feeling of whatever this energy is it's genuine. How does one keep it? Hitherto there's nothing to keep, it is an awareness of essence being aware of itself. If we are caste to be of the material world so in the ebb there are feelings of great dis-ease, anxiousness, struggling to rise above thought to peaceful love. Then out of nowhere peace arises of its own accord until via grounding, one is able to feel it consistently—awareness being aware of itself. Our script exerts awesome power, pulls us back under its control, repeatedly the egoic mind pushes back in its attempt to control the mind—the self triggering old patterns or social rolls played, yet if loss of awareness ensues one loses sight of it and is then lost again in rolls. If one has had enough of being controlled they'll remain alert to it. Diligence softens emotionally charged thinking if they do not capitulate. Vigilance and patience is vital then. Although old conditioning pulls us back into worldly attachment and creates disorder should we succumb to the life script and or unconsciousness from others. Pulled into forgetfulness students grow weary, and need to reset again.-A The life script is forged in thinking and triggers an endless train of clever egoic mind games. Then there's the spiritual ego which builds on more obvious egoic mind games taught by one's programmers, who of course were themselves programmed. Persistent one sees what was hidden. A- Throughout each day one notices if they're lost in unconsciousness i. e. rolls, all mind patterns and overthinking. One must pause to reset alertness whenever even the slightest loss is noticed bringing one into the here and now. Should one gives in to the I identity they'll continue to live in their mind 24/7.

So just when we're going through this, breaking out of our cocoon so to say, we are surrounded by unconscious dreamers. Ergo patience and tolerance is required. Remain calm, do not 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 see it as nonsensical—who would not want peace? The nonsense is the egoic minds insanity projecting its divisiveness old patterns and aggression. Initially guard against who this is shared with. Being alert to unconsciousness or one's egoic self is difficult and particularity in the beginning, so to feel isolated is common. Not sharing is, especially in the early stages of awakening, wise to do. Energy, like a thief in the night comes and goes resulting in unconscious dreamers looking at one in spiritual transition as if they've lost their mind. In a sense they literally have, their egoic mind, not a bad thing. Yet who would not want to talk of such a wonderful revelation? Others will pressure one on the path to be as they used to be. Deliberately or not there are some, who because of fear and normalcy bias, attempt to pull the awakened back into the dream because it's familiar. The unconscious adhere to the status quo and one's own ego comes at its host from all angles as well, for years if need be. Absolutely foremost important is to, *never ever capitulate*. 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 us, it must be given, therefore choose to press onward steadfast stalwart.

As Natural Self emerges be vigilant, simultaneously patient and tolerant of unconscious people. Others and egoic self are peacefully watched. It is 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 is 'you' in time then, yet harmony with ego can arise if wisdom develops. Acutely aware, then observation of each moment 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 even this is to be transcended, to pure awareness.

As a skeptical seeker once 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, to having 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 just 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, any meaningful progress would then likely be stifled. We already have our own ego to deal with as well as other

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. All unconscious dreamers react differently. Some proclaim it is crazy while others view those 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 just is 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 ego takes over. Every 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, 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. 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 again, comes 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, one 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. It often is touted as mere hyperbole yet as a famous heavyweight boxer was quoted: “Everyone has a plan until they get hit in the face.” Initial awakening is simply to feel a deeper spiritual awareness, peaceful wonder, a child like innocence felt, coming via an extreme situation, it lowers the egoic veil temporally, profound peace rises never thought to exist. Persistent focus fosters consistent awareness of peace.

If there are two would this logically speaking, create conflict between the two? If there is actually only one, it then 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 then to 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 perpetuating resistance. Egoic minds concern is its own material world survival though controlling one's mind, at least it tries 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 one's seeing of this. It takes students out of the present and veils here and now pulling the traveler back into their conflicted scripted mind preventing them from holding present moment awareness with no mental labeling. Natural Self focuses on both material world and spiritual causal level-or the level of effect, fundamentally it's a single energy field. The genuine natural human-being comes to be via awareness of inner-being, then works to fosters wisdom and blend it with Being, finally projecting what is done into here and now. Alertness fosters observation of one's scripted self which seeks absolute control the mind. From a different perspective one's life script. Akin to computer hard drives, initially its a blank slate, programmers feed in information which we had no control of, i. e. what programming and who our programmers were. This quintessentially is the apple that doesn't fall far from the tree. If one is willing, has courage and is extraordinarily 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, if it suspects its host is becoming Self aware it sees it as a virus and resists using thought and feelings to regain dominance. If that doesn't work it tends to back off fomenting 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 again to regain its control. For this reason one would do well to draw upon the teacher within, a deep and profound wisdom, listened to in stillness as one watches their alter ego or the shadow self. In a peculiar way if persistently watched egoic mind helps the spiritual traveler, it challenges them to see rolls or mind patterns as actual opportunities to go deeper into alertness. Life it seems, will use everything including the egoic mind itself to help us remain alert to inner-being.

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 tends to be 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-then 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, exclusively for practical purposes. 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 it 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 one's life script, adrift, lost to incessant thinking and forgetfulness. Distractions will come and quite unexpectedly. Accept the fact that when consciously aware resistance is at its peak, seeking to foment absentmindedness pulling the spiritual traveler back into unconscious dreaming over and over. Accept it, accept what is, with non-resistance it readily passes. Use thought ego and the life script for practical purposes although do not cling to them. See it as a partnership with ego and script rather than a competition. If blocks were dealt with 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 us remain present. And having presence slowly all spiritual travelers minds are infinitely clearer.

The old way pulls us into times illusion and we get lost in social rolls and or emotion used to distract. Reset to observe again when overwhelmed, know to realize this is to have presence. Forgetfulness will come albeit passes readily if one is are aware. When the waters calm retrospectively look at what caused the storm and prepare 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, both are seen if life situations are observed. It is to see conflict before it rises to a storm by watching and listening. Feel, don't think, mind resistance is then seen. Ego does what it needs to protect its host the only way it knows, through fear. Egoic self creates minds in disorder, its method of control is fear not love. Ego's view: If it lost control of its host they'd die anyway so they're expendable should control be lost. The Matrix is a film filled with metaphor. In one scene the machines discover Neo the main character, has awakened so he is disconnected he is expendable. Monitor the ego-see its negative energy are thought created problems. At each opportunity reclaim energy. Remaining calm one sees resistance merely gives ego power. It protects us yet can when observed, help by redirecting energy—its need to totally control. Awareness is one's best defense to unconsciousness along with acceptance and willingness, two of the levels of truth helping to rise out of the levels of falsehood to higher reason. The process of reason is abstraction, the point wisdom flows into a mind freed, to see then be: “In the world not of the world”—this frees a mind of resistance. A deep peace heals the mind and it begins to notice patterns. When still it curtails judgment, ennobles conduct, 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 to a higher reason tuned into. One reasons it out and sees 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 develops an 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 then is counterproductive. 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 wear the egoic script as a loose garment unattached to it. The 'I' being the creation of thought denies the now. A mind attuned to the causal level, projects peaceful love into what one does at the level of effect. This needs to awaken in the students mind so any notion of it being exclusively of the egoic script. Then inner-source/collective consciousness are seen as a tools so awareness/observation takes 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, preventing one's mind from seeing oneness. Right brain is more akin to Natural Self, alert, in the present moment although again abstract, not of language, again *in* the world not of it. A mind uncluttered is patient...outside concepts...perfect emptiness...nirvana. The quintessential ripple effect and wholly inclusive is oneness with nowhere to move. Vast and is 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, opposed in perpetuity to one's mind rising above thought. Yet right brain without left, it would be impossible to live in the space-time continuum i. e. Minkowski space. Left brain is vital yet sees to it we're *of* the world not *in* it, completely controlled. Be the you in time, left, then when not needed step into timeless peace as a lifestyle which is Natural Self in harmony with egoic self. Having presence one's right brain dominates yet is a challenge to hold its elusive energy—misunderstood by unconscious dreamers currently the majority, who are utterly dependent on memory, left brain controls them which has been so normalized to a degree most know little to nothing about having presence. Foreign to all unconscious dreamers who live almost exclusively in a mind

identified state of unconscious dreaming. Left brain is part of who we are yet totally controlling one is unaware of the greater whole to a point of loosing 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. **Passively watch the I, it is a mind gradually seeing then redirects ego's agenda lessening the I's control.***

Again should ego loose 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.' They foster a mind quieten which acts out of Being not accumulated memory or overthinking. Side bar: If all this is seen as superfluous or tongue in cheek just know the mind in conflict paints it so. Layman respond to simplistic repetitiveness, this is accepted by a serious student. Endured because their mind sees its own indoctrination. We digress. We're suggesting a completely new way of seeing and living. Unfamiliar, one mind identified can't see it. Now aware what was seen as either negative and or unpleasant is no longer seen as such. Good and bad are now seen as well, life. Adaptation modifies perspective, a mind clear, renewed, reborn, fresh, alert to here and now, beyond thoughts limitations. Observing what happens without attachment, one rolls with the punches so to say. So non-resistance to fear redirects energy to peace. All domineering life situations then are viewed as opportunities for further growth-helping develop wisdom. A paradigm shift to peace is challenging in a world fear-filled. Albeit as a fear paradigm fades one gradually sees thoughts attempts to understand itself fosters an alertness resulting in a marked increase of awareness of Inner-Being, the paradigm of peace the new men and women spoken of herein personify. The light of love projected is to see fear and redirect its energy to peaceful love here and now.

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 we can see in endless examples the nature of one's changing perspective: The physical eye sees 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 empty space right? Although looking at form with alertness to space surrounding observed form, this is to see in a new way the great significance of space created. This then, brings one into a fresh perspective, peacefully gradually fostering this different view, space as the greater whole form rises out of. Not two, one seen via pure observation. Separation is seen, the Self's alertness to oneness felt as essence. Perspectives change from the current programmed I or egoic self, to transcendent views of life seen very differently. Yet to be intransigent is counterproductive. The universe expands exponentially. The hypothesis being the big bang—that it should all be slowing down. What exponentially pushes it apart? We might say dark energy or dark matter. Seeing the limitations of thought opens the mind to new 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 from one energy source. In all things there exists a deeper essence than appears superficially, consciousness is everywhere then. Essence felt within, extended to the body, are 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 mostly empty space then, in form seen as our body. One energy field flowing within and throughout, the connection to energy logical minds must admit touches omnipresence. There's only ever been an 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 to, 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. Our light within. These flashes become longer for those alert, closer together than 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 of memory process then, is one intensely listening along with an awareness through pure observation, a mind noticing the ripple effect. After feeling this deeper peace upon returning to busyness our material world is one may be apprehensive, even resist. As if being home for a moment then had to come back to be of the world. This can bring despair. Be cautiously alert and no negative energy. It cannot be said enough the egoic mind would rather its host die than ever relinquish control. In the back and fourth swing the egoic mind may condone suicide rather than loose control of its host, which is to say the 'you.' It's important then to work problems out, adapt to life knowing love is one's spiritual awareness yet also action. We learn to flow with life then, again roll with the punches so to say. Remaining peaceful in doing, i. e. at the level of effect in one's daily life, is Being fostering harmony into doing. Conflicted thinking subsides, one's mind then sees there may appear to be two yet only one is real. At night 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 are helped by a universal life force energy feeling one with. It could be said to be our higher power, alert to causal level awareness is 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 one sees in the moment. Be vigilant. All methods take us only so far. Follow no one then, neither systems, a person, books, including this one. Be your own light. Inner-being is already within us all. 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, it's transition to the oceanic feeling, working forever as was meant to be, freeing all minds of fear. We are speaking here to the: *Learn to adapt psychology used in child-rearing -A now being applied to bring higher Self to fruition.* We see mind games via surrendering to what is, which in turn creates space in the mind so there is awareness of renovatio, 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 then to having presence, living far less in the scripted mind considered so normal by a 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 must 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 just as fast into a memory hole while new present moments rise to bring up old memories ever-ready to say what the now is. Memory then, is of time, bi-products of thought so that a pseudo self takes over describing 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 be aware of it however. 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, our auto pilot takes over-blocking observation of the mind. So the present is perceived as a narrow space thought insists is the now yet it's eternally vast. The actual present happens in the moment prior to thought entering, these 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 to not use past or future as tools or for entertainment though time ought to be kept in perspective. Relinquish past and future, only 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 the fact that to greater or lesser degree we're all manipulated by what is tantamount to a scripted computer program controlling, numb to outright indoctrination we follow the pied piper in regard to most of what we do. If the 'I' controls it projects memory images of now, which are to be used for practical purposes. *In the mind memory images then have taken control to the point ideas of one as a "person" thought has created have totally take over. Unconsciousness takes over and there is loss of awareness of inner-being as well as a loss of conscious presence.* Paramount to developing presence is to be aware of this. Ergo remain present, notwithstanding people see primarily through eyes of past and future. What mind games does the readers ego play 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 awareness, a gradual alertness to seeing the I's pernicious ways, albeit there's the fringe benefit, it serves us via keeping us alert, i. e. egoic self evaluation through pure observation as one is able to do absent resistance is vital to having presence. Watching the mind it stills itself, peacefully noticing what the ego and life script it follows are really 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 projects love to everyone interacted with by and through one's daily

alertness of copious amounts of love's energy: 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 memory images? 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? Mere 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 thought 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 consistently. *Being present is 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 is nothing to judged measured nor compared. The now is a blank slate reacted to.* Each moment appears-fades, yet actually is one continuous moment with no beginning nor end. And seen as such it is then not of memory images defining what we see. Acceptance moment to moment brings one into serene flow. Anxiousness life scripts foment is akin to computer constructs with a lot of information defining, making the now unreal. One has lived not in the here and now but in mere accumulated memory images, it is 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, one is then relegated to being an actor playing a roll, interacting with other people's rolls.

Once again we will use a different perspective, our left brain. For most people left brain ego and time have domesticated them. The unconscious see the self and life subjectively, singular, separate from the whole. Unconscious dreamers live life in a sort of fog. They're being used by their mind. Most of us are reared by methods of punishment for our wrongs or rewards for rights, controlled by psychologically accumulated fear in the mind, that is the mind uses us. Very similar to how animals are trained? Ironic, nature's natural state is to be in the here and now. That being said we've lived in the bubble of fragmented thinking—peace lost due to an inability to see the present is 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? Are we exclusively memory? Can one 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? Do we ever live free of programming? Do people instinctively live through memory images defining life, a storehouse of images in the brain? Or, do we adapt to random possibilities here and now and see what actually is? Would it not be preferable to see what we see, always new as love is always new?

One's consciousness accumulates information which at first is taught to us via the 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 defines the now. And problems, fomented in all disordered minds, followed by thought designed to solve the very problems thought itself created, how could we not see indeed it 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 the ego resist the now? We're lost in thought, all continuous rolls we play, unseen plainly we become them. What is required to see the now is where energy is reclaimed from past, future and ego? The here and now is where one's mind sees its 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 to rise then and reclaim energy from the egoic self. To see the life script runs people's lives requires steadfast persistence, a duration required for times illusion to be seen then transcended. Nothing ever happens nor will happen outside the present moment. Say this repeatedly, it helps to see it. Now the intention here was not to criticize or bore the reader with repetitiveness but to simply awaken them from their slumber so peaceful love an energy felt, brings their mind to order, peace then is projected more-so into one's 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, satori experiences merely pacify. Unfortunately for the 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 yet 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 gradually comes with ambivalence, in regards to process, yet all too often is preceded by unnecessary pain. *Again*, observing the mind fosters 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 wisdom. *A side bar: Repetitiveness is necessary here so kindly be patient 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 them. We digress. Of course technology is useful, albeit intellect is not one's 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...the future...and 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, perhaps frivolous, nonsense, see it as feckless. Immersed in pride, enamored with egoic mind A. I. and the egoic self's intellectual accomplishments, this is sort of a spiritual Self betrayal of inner-being. Focusing on the egoic mind

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. One awake radiates peace, raises conscious awareness in others even if they don't see it and if they're aware they feel peaceful-love.

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-with concepts block awareness. Transfiguration is a mind freed from the known, mere conventionalizations which foment division. The egocentric belief intellect alone defines truth often elevates 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 tend to see themselves as superior to others. Such as these do more harm than good, and repeatedly do self-destruct, brought about via fear fueled by divisiveness and endless craving for more power merely 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 awareness/ consciousness being aware of itself. Quite difficult albeit awareness of Being is in the background, all while preoccupied with responsibilities, should one hold consistent conscious awareness. And literally happens instantaneously, one's mind blocks it, ergo 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, 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, this 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 of 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—all 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, filled with fear and 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. Past or future concerns are of time, programming-inciting negative energy. Thought identifies, one's scripted rolls and 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 peace energy felt throughout the body. In the zone the mind is adapting to each moment, in this one's mind is less-so 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 in the here and now. Ego is a practical useful tool, helping us in life should peace be made with its limitations. In steadfast persistence this 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, are ideas, along with conceptualization wholly if peaceful love comes into the mind, helps us. Life then flows to a personification of one continuous present moment, Being then flows into what one does. So water the seed within you, long ago lost to forgetfulness, time immemorial when ego entered the mind of human-beings. Yet love could never actually leave—we are love, but 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 to, or won't see this. Still, should unawareness return those at conscious awareness are pulled repeatedly into the dream. Being alert, anxious negativity affects one far 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, habits and social rolls i. e. emotional turbulence. Consistent alertness is required, to limit the energy given to ego. So alertness helps us to reclaim energy from the egoic mind. Difficult. Countless times the author has cried out: 'This can not be done alone, please help, an appeal to the Source, (God if that word works better) carries him through. In martial art it's to combine simplistic innocence with a deeper wisdom..humility..additionally foster Socratic inquiry—with patience..practice and negation of process, then present awareness of Self fosters the refusal to give up bringing oneness. And feelings of great joy come. The mind sees it in short flashes then extending to longer streams...break troughs. Time, past and or future projected memory do 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'—'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 this effort. Ego and the life script bends one to its will prior to sufficient observation of the 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 is with all things, it happens in the here and now. Now continuously dies then a mind is always fresh. Past and future intervene less, peace then is 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, one is swayed by fear normalized to a point the mind is lost in the 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 seeking 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, the 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 is to: 'Be still and know that I am God.' Psalms 46 Pausing often daily to reconnect to the source, this is awareness of: The Ground of Existence. When lost we clear the mind and reset.

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 happens only 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 by way of ideas or stored memory exclusively one is of the world, attached to time. Life distracts the mind from timelessness-resulting in the further loss of awareness of inner-being and having presence. A vicious circle of craving pulls us into time and mental noise where ego controls its host, this is the egoic 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. the now, is succumbing to 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 the script lulls our mind via forgetfulness i. e. denial of Self. Scripted overthinking creeps in often preceded by pride. Observer and a practical use of memory must work in unison then. The ego and life script it follows are to be watched through the mind sharpened then turned upon itself. Drop any notion of thought and systems there-in being able to achieve this. 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 see it helps foster with-in deeper awareness helping us to gain wisdom. Yet subdued by the above we're then lulled to sleep...present awareness is lost and patterns control us again. Situations foment thought and memory defines so passively observe. Be alert to each present moment. It lessens energy given to the self and Natural Self emerges to take primacy albeit a deep commitment to alertness is essential. A great football coach would say to his players: 'Quitters never win and winners never quit'-additionally-'Winning isn't everything it's the only thing.' Do not begin the journey unless it's understood it is to Cross the Rubicon, one seeing definitively that there's no going back. Otherwise the spiritual traveler likely is susceptible to slipping back to unconscious dreaming. Living peaceful love negates memory. Gradually a mind refrains from dependence on memory and 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 this 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 don't cling to rolls, thought or follow the status quo. Awakening is to see/live in one continuous moment and comes via watching egoic self and the life script it follows. 'The kingdom of God is within you.'¹ We are rising above thought and its endless fragmentation. Inner-being cannot be known yet we can be aware of it. It is conceded the ideas for many are hyperbole, or at best 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 will come.

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

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

In martial art when techniques got overly complex we would go always back to basics. Our refuge is simplistic innocence then, it brings us back into 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 to hold 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 and 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 him? 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 a narrative pounded into their head it is difficult to see it controls them especially when 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 ego its praetorian guard, uses mere 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 then, to adapt to each new moment i. e. random potentials. Functional, one fundamentally at the level of effect simultaneously has a foot in both worlds, that is timelessness and 'clock-time.' There will be vacillation, the ebb and flow from Self to self, ultimately merging to oneness. Fear energy, via a fear paradigm seeks exclusively to identify here and now via memory, 'you' prior to wisdom merged with a child innocence. Yet each in moments of clarity/personal epiphany which are stepping stones to the Self, sees egoic self as mere programming and reclaims 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 an aggressive world. Peace descends like a whirlwind to obliterate mind patterns-then seems to leave-this is the ebb and flow. We feel 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, an ebb and flow, complacency and or forgetfulness. We 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 slow, be 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 deeper into peace. Still and free of attachment to normalcy bias, this creates space in the mind—unaffected by memories of here and now the mind is able to observe itself without resistance. Side bar-If it all 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. If the 'you' is 'blue-pilled' ignorance is bliss and if 'black pill' 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, but it's a 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 resetting 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. Stay awake, be one step ahead of the egoic mind. The following articulates this all too well: 'You men, you could not stay awake with Me for even one hour?' Matthew 26:40

Overwhelming emotion and thought when exerting ominous demands can veil 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 clarity. Ego is the path of divisiveness, distraction is everywhere not to mention unconscious dreamers a majority, do cling to the status quo and feel all others should do the same. Accept that too. Forgiveness of those in the state of unconscious dreaming is essential; critical in fostering non-aggression and an acceptance of what happens. This is not to suggest one capitulate, rather see their conflict and with the power of choice choose to redirect energy, notice negative energy and it fosters 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 as impossible as all this seems, it plainly must be done for collective sanity to return. Additionally commitment to remaining in the moment will profoundly affect 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 is. Should one at the level of what the author has referenced as a kind of core positive stubbornness be called, they are 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 then permeates others veil. The egoic mind is gradually driving humanity insane due to the fear paradigm fomented in lower levels of consciousness. We race to the singularity yet spirituality lags, it must be developed or technology will become its pseudo replacement. So 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 the life script, capitulation to us all being controlled by ego. Possessing the positive stubbornness to be perspicacious, inclined to rise to the occasion one sees 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, or an alternative to trans-humanism...i. e. Neuralink. So one now has purpose—a higher reason for rising to conscious awareness rising above thought. Courage merged with purpose—fosters peace. Accomplished it is the light of love and the dissolution of fear. Seriously this may well be the most courageous significant and meaningful accomplishment achievable in life. Compare this to narcissistic drudgery—one craving power—money—prestige adulation from fear their filled—prideful—elitist—egocentric sycophants. Craving pseudo power garnering temporary satisfaction. *All just 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 it drives disunion from Natural Self so unconsciousness takes over, ego is relentless in this pursuit. There are endless distractions—it's all too easy to lose ourselves the dream. Lost awareness of inner-being leads merely to endless coveting. So alertness is our defense. Unconscious dreamers a majority, are unaware, unable to see why they suffer yet if change were easy everyone would be doing it. In the next chapter we will go down the rabbit hole to wonderland. The '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 a resilience needed to go within. All systems merely point nevertheless clearly this is 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 awareness takes primacy. Bringing the need retrospectively to share some of what the awakened have worked for with those unable to rise above thought, helping facilitate the spiritual rise to conscious awareness to whatever degree they are 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, choosing peaceful love as one's new paradigm, a new lifestyle so all minds are freed through harmony with their own egoic selves.

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 what is with memory. We're all energy, one energy field plainly. 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, a totally new perspective. Shocking really to see at our core we're love which the egoic mind blocks. We write-produce-act-direct and edit the dream—the apple which didn't fall far from the tree is our programming the programmers taught us beginning with the parents. We bought into the dream, it is all we've ever known. We were brainwashed, now living in a bubble have experienced ego and a script controlling our 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, all of its manifestations born in thought—dark energy or dark matter. A dream of form held together by people's strong belief in times illusion, one's accumulated memory which foments psychological time. Form at its essence is subatomic particles, all possibilities emerging via pure randomness. Observations effect upon form. At the sub-atomic level things get really strange-notwithstanding the quantum level and spirituality have the potential, if very very focused to

complement each other as to observations effect on material form/reality. An intriguing idea: Absent collective consciousness form would simply disperse. Atoms in form would scatter and again they'd be subject to randomness. So matter, being manifestations, incorporeal nothingness, essentially omnipresent is one energy field. Essence. A rabbit hole beyond consciousness or random potentials. In physics it's 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 then-what is real? 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 take 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, fostering a completely new human-being not a better version, something totally new. The human mind can never know this mysterious something albeit can be aware of it. In the current situation fear controls so many minds, it manifests as collective thought in the stream of consciousness which is to imply space-time, seeming fragmented when it actually is one energy field everyone is part of. To see this requires profound alertness, a mind always fresh. Such minds are limitless because ego is seen to foster alertness needed to rise above thought, exception being the thinking mind used 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 speaks to the act of observation having an effect on reality. And infers herein that matter, up to and including the body absolutely is affected by collective conscious belief in consciousness having an effect upon all form. A common denominator for quantum and spirituality seems to be the changing power of observation, watching makes a difference. Egoic mind sees its host as an I identity—clinging to the material along with a fear paradigm we're programmed to be. Spiritual beings having a physical experience through observation having an effect on reality, is observation in the here and now or 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, one's shadow self and its social rolls, or the timeless Self in the eternal now—another of endless mind games? ***So mind games bring ultimately us to see 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 retrospectively the first realization of what words could only hope to describe as oneness. There was a sudden revelation. A brief yet profound peace. Not satori really, more of an elevator ride to peaceful clarity. A glimpse of the void. Gazing out the window birds flew by on a perfect, clear beautiful day. In an instant egoic mind totally collapsed, peace rose abruptly. 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 its guardian ego, 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's no us and them..ultimately we're energy..oneness, all useful ideas in fostering an alertness to peace as one's lifestyle. Conscious perfection defies definition—the I, cannot *know* Being. Freedom from the known is boundless liberation, rooted in the now one is freed of negativity. 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 and worth any effort made. We are saying anyone with unwavering persistence can see. Our 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 having presence then projects its peaceful 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—do not limit the source. A new way of living provided one seriously inquires into it. So remain steadfast, perseverance is key. Take care in what you wish for. This is not for the faint of heart nor those lacking persistence. Challenges come, notwithstanding we are 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 to now flow *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 all fear filled negativity coming into our 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 minds peace is seen through oneness, the transformation to nothingness followed by rebirth out of nothingness into form, ultimately benediction, the realization of one's purpose, projecting peace and love to all they come into contact with. It's to feel energy, shining the light of love into our world. It is to have 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—love then flows 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, one's spiritual transfiguration. Inner-Being projects peace here and now despite what happens, observation of ego and life script so then problems are then seen as opportunities for growth. Absent past and or future, what problems are there? Let Being flow into doing, peacefully observe what is, adapt while simultaneously holding awareness of Inner-Being felt within.

To the degree we allow our mind to be veiled by the script is a measure of clinging to fear, trapping us in a wheel of karma-forgetfulness or repeated existence, perhaps a spin off of Nietzsche's eternal recurrence. In addition 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 but 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 is stifled for whatever reason, then it's understandable why such are viewed as superior, yet 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'll look to others to show them. Or they 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 to** conscious awareness, a new human-being, yet often only 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 the 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 then is all but problem free. Having presence is to feel an oceanic feeling. It is to feel part of everything. In random possibilities life leads the way. Life then, is as it is, is-ness happening outside conceptualization. If one attempts to label this feeling they'll get lost in past and future projected memory, a dream world we cling to. Enlightenment is here and now a foreverness..moving..alive..playful bliss without attachment to outcome, or beginning and 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 then is energy flowing out of a void with the answers to whatever life presents to us if we are listening. Time..mind..ego..are all mental constructs, merely images created in thought. Essence is energy yet is incorporeal, Inner-Being-although clouded by the life script and or veiled by our egoic mind. The eternal mind is a mind limitless—beyond an ability to know, infinitely less finite than a scripted mind. The void voided—it is just what it needs to be. Love projected into form, Natural Self expressing the spiritual travelers essence in form, fostering truth presented to us as something of itself, an awareness allowing us to see the here and now.

Humanity is at a critical crossroad, we evolve with consciousness or shun spiritual awareness. If we destroy ourselves or even civilization itself, well, consciousness continues. Presently technology exceeds our spiritual leanings, should we shun spiritual awareness the unintended consequences will come with no guarantees. Millions killed in unthinkable violence, war, and hatred merely for the sake of hatred. It is the insanity an egoic mind is driving us to, violence-judgment-divisiveness-war, for again power and money! Many are

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 so to rise above thinking. Noticing others don't see it often saddens travelers. Consciousness evolves with or without us. So, be part of freeing the mind of mankind collectively or do nothing. Yet know the latter is to choose chaos.

Energy never dies, it simply changes form. We are energy so is death an illusion? A creation of thought in collective consciousness—just manifestations born of fear? Somewhere in the universe perhaps on a planet out there, are beings advanced enough to take this for granted. Possibly watching us this very moment and wondering if humanity will destroy itself or survive this reformation of 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 death. As Martin Luther entered the scene perhaps it was an idea whose time had come. Ergo, is it enlightenment's moment? We have the chance here and now to usher in love as a paradigm. Those having presence concede it is what it is. Part of seeing then, is to see no us and them. This student 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 This too: “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, spirituality is to see truth. Can you see the Self rising to conscious presence? It requires going inside to a core spiritual awareness. Or is the 'you' just 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? All those who seeking money power and science as their pseudo god often do scoff at spiritual transformation—ponder this fundamental question: How will these two possibilities pan out? The author, together with objective readers hopefully sees the importance of all this. Surrendering to this perfect moment which is to say now, negates pain suffering and desire, a clinging to the world, the chasing of the wind, and brings love into doing. Crazy, mumbo jumbo or insightful with limitless soul force? That is 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 know. So this chapter was intended in the same vein to be quintessentially an attempt at reaching the actual Self behind the readers programmed, indoctrinated, brainwashed egoic self programmers trained us all to be.

CHAPTER FIFTEEN

PAX PER RENOVATIO

Spiritual rebirth is a kind of renewal, realization of one's Natural Self, an alertness fostering wisdom merged with the 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 basically see that unconsciousness is living life on auto pilot, a program taught by others, obviously parents being the first. The spiritually inclined see they are in a kind of sleep walking state. Their own life script dictates what they are to do, be and have, the purgatory of unconsciousness. With alertness one sees the mind indeed uses them, when they should be using it. One may sense at a deeper level, they've bought into indoctrination life scripts are and psychological time allows for little spiritual cognition. Lost in daily life busyness, social rolls played, or again old mind patterns, is the actual person even there or is it programming taught to 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 a disconcerting fact, we are all plagued by blocks, psychologically dysfunctional to some degree, maladjusted and need to focus on bringing our 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 those who observe and or listen to their mind—notice fear and rolls played. Their mind patterns and life script itself are mendacious, foment division and potentially only counterproductive, typically having a negative

affect. Succumbing to fear one's mind becomes an egoic mind-*the mind using the person, who believes the opposite is true*. Persistent inquiry and refusal to succumb, necessary to transcend the dominant fear paradigm—one is seeing they're manipulated by psychological time. Seeing the need then to rise above thought. Even slight aggression is counterproductive, one's mind succumbing to it propagates conflict which is quintessentially ego's veil to peaceful love.

Emerging from unconsciousness one feels renovatio as it fosters peace, directly due to passive observation, one reclaims energy from ego—the mind is maintaining inner-being awareness via watching the ego, other ego's as well. Peace and wisdom, combined dissolves fear, one sees: “The will to Power”¹ leads to further aggressive behavior so prevalent all suffering has absolutely been normalized, as such 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 which is to say this point in the evolution of humanities collective consciousness overall. Transfiguration requires a mind still, this extends the energy stream of peaceful love so it is felt beyond mere flashes. Rolls and or old mind patterns are pernicious, having an unbelievable ability to keep one at unconscious dreaming. However in consistent alertness egoic control does wane. For those who absolutely refuse to capitulate, peace comes. The innocence part comes but once again is fleeting. Often it seems as if it comes of its own accord, it is to be grounded via a merger of wisdom and innocence. One sees and feels energy in the body if peace is sustained. This seeing life situations or rolls and patterns emerging, one catches them before they rise to a storm and helps to not get caught up in them. It is to be freed of thought created fear stored one's memory. Gradually fear is seen merely as a conundrum of time yet it requires patient steadfast alertness. The stream of peace expands should one hold conscious presence, which again is measured by the degree of peace one feels day to day. Vigilant observation, listening to one's shadow self gradually fosters alertness, peace emerges to take primacy. Negativity fades to an omnipresent feeling. Peace presides, as a point of fact one's mind is clearer as its focus is then more acute. Anxiousness leaves, divisiveness is put aside now for peace. One now sees egoic self had enabled problems in their life situations i. e. any spiritual travelers mind created fear.

With grounding solidified little disrupts peace—the point peace is no longer superseded, then unconsciousness is seen. Challenges continue, nonetheless a student's perspective has changed in that challenges now are seen to be further opportunities for them to see egoic self, energy then is reclaimed from ego.

A mind stilled, sporadically sees satori if one is open to this. And maybe seen as fate, fortuitous-luck perhaps, or inspiration. It's thought suspended yet the dream lulls us still, persistent in its efforts to control. Psychological time, or the mental projection away from the now along with overthinking, evokes dependence upon past and future pulling one out of spiritual core awareness. Caught up in daily life situations patterns and rolls one is unaware their script subtly controls them. Lost to ego's baneful disguises unconsciousness sweeps them into the physical experience, resulting in the loss of awareness of inner-being. Unconsciousness is then a crisis to crisis life style. One's life running smoothly, then undermined by their own egoic mind and life script. Constant sabotage of their own successes, consumed by habits rolls and mind patterns, confused...unaware...conflicted. Reclaiming energy tends to incite emotional intellectual dependence in the back and fourth, yet is 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 by life situations and or others lulling us into an '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 a controlling life script them. Mind identified or lost in mind games rolls and habitual patterns, vehemently defending 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 that renovatio comes to fruition.

Post spiritual event the world feels foreign. Gradually, as fear energy was noticed, adaptation lessens the egoic mind's control. Life situations then, 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 all life situations.'**-1 Awareness of Being is more consistent. So to really see the ripple effect-is to observe life situations so ego 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 is to roll with the punches, a reactionary flowing **with** life.*

Peace then, is here and now. Fear deceives the unconscious mind because it's familiar; like telling a fish they are in water. How does one observe the mind when they 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, drawing on an endless power supply capable of anything. It is to be stillness, i. e. to have conscious presence. Over-used rolls, judgment, old mind patterns, 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 or 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 is 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 needed to have conscious presence. Life as it ebbs and flows is accepted and all good or bad life situations are vehicles for awareness. And should peace be disrupted reset alertness. No life is all good or all bad. If one learns to feel energy, moving with it ego is seen, if stalwart persistent and steadfast, with a resolve to observe ego 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 yet as the life script forms the feeling is lost. Learning happens albeit comfort zones, belief systems and rolls are rooted in normalcy bias so ego it seems is impervious. Excessive thinking and extreme emotion possess a mind—life script takes over veiling deeper omnipotent awareness as ego controls. Peaceful love a paradigm fostering awareness, is 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. Those spiritually called must hold the necessary level of alertness. In the rudimentary stages of this paradigm shift spread the ideas. If one makes only some sense of this, an irrefutable fact or acknowledgment of, indeed we are 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 success in watching ego so awareness comes.*** Merely doing this raises conscious presence, such that it impacts consciousness while simultaneously accepting the enormous challenge that it is to be on the spiritual path, also -A *This is the letting go of one's egoic identity, requiring they go through: 'The Dark Night of the Soul.'*

being around unconscious dreamers. Remaining present while pulled upon by unconscious dreamers not to mention one's 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. To see love has no opposite is seeing life 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 no system then, 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 one feels it slip away as fast as it came. The Self struggles 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 can currently muster. Quintessentially: To Cross the Rubicon. Until the mind in conflict sees ego consistently, it resists and creates confusion. Diligent observation is vital to no negative mind and or emotional energy. Acknowledge it to be negative, of the life script and ego. Courage is the doorway to peaceful love, steadfast, one ascends 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, all must keep going or 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, shadow self, social rolls control those in thought created realities.

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 the egoic self, watching enables Self to use ego as an instrument assisting the butterflies awareness. Ego repeatedly tries regaining control yet cannot if egoic mind is observed. 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 it then 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 stored memory. 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 one cling to fear and ego. Drop it as if it were too hot to hold, similar to instinctive reactions. 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 one 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 these as stored memories acting out your life script, all thought trying to understand itself—self is mind identified—stored programmed files in the brain. Clearly all there ever is, is the now. See it? Ego resists seeing it because its power is of 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 valid 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 our 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, one is less so bound to aggression and conflict. To see renovatio is *Being each moment*, it is to die to 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. Ergo how one to see via intellect what intellect can't know? Let it all go to use ego and memory while being 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 or what we might characterize as a hard drive, is the brain. Images in memory along with overthinking, combined with extreme emotion usually does 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, absent 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 one's life situations, what might be or should be, is thought created fear. Love emerges through the door of peace, it exists as all reality does, in the present moment. Love has no opposite and is born in a mind stoic, observing the self. Love is nonexclusive and in its truest form is a mind creating space, focusing one rises above thought to conscious presence felt not known, inner-being or nothingness...peaceful...non-conflicted remembering of '*soul force.*' -1 Source energy, i. e. one's mind freed of time. To feel presence arising now, it's incorporeal, maybe Dark Energy.-A Peace projects love into the world via life situations. It is energy not understood by a thinking mind. 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 unseen energy. The human body is made of atoms obviously. Atoms connected to atoms air consists of but more dense. We can logically infer then that we are and have always been merely one energy field connected to all that is.

alluded to in this work and is strictly speaking the total work. A scripted mind drowns us in redundancy, confusion we must exceedingly counter. Timeless love, is felt instantaneously. Each individual awakens innocence, a peace felt within, forged in wisdom, one's personal personification of the Self or 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 so 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've all been indoctrinated, one's programming reiterated throughout life, we see 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 by again 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 spiritual travelers 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 it's again 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 in perpetuity. Problems accepted, are moved through and this again comes via pure observation. It helps us to see ego, rolls a life script and patterns, all use more energy than they need to. So all problems then, are a catalyst for driving us deeper into peaceful love provided we're not swept up to a point of getting lost the rolls. Accept that all scripted minds forever pull us, yet a mind laser focused on itself brings peaceful love and clarity into the moment, then peace becomes the doorway for actual love to enter our world. Having presence is to feel energy throughout the body and its peaceful love brings order to any mind persistent enough. Peace then solidified, 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 in a mind identified state. Love is stoic-it never complains. Fear forever complains. Once fear takes hold there's 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 it's a mind brought to order. Love is different in intensity concerning a loved one for example or simply love of nature. Yet loves essence is a oneness, ***it is the same fire within us all***. Persistence actually shines inner-light brighter, again it is the same source. If one lives peace as a life style love is personified and blankets the world. Albeit love is not exclusively for the loved one nature and so on, love coming from within is eternal. It arises in the mind able to empty itself of thought created fear. Love forever new is never lost should things or people go away. Its a peace frequency, it's non-subjective, for that matter not subjected to impermanence. Love is not of the thing or word or concept it is beauty flowing in a continuous stream emerging from all creation. It fosters oneness touching everything. Love is projected from those aware should the student remain alert and very present. It can be felt by others too. Continuing to live in fear, currently the majority-a paradigm our world is consumed by, is wrought with unintended consequences manifesting unconscious dreaming in each person who may believe they're doing the right thing and in a majority of cases genuinely well meaning. Nevertheless good intentions won't prevent calamities inevitably befalling those remaining at unconscious dreaming, an egocentric belief spiritual awareness is not essential. Thought has a capability to understand thought, yet it drives the egoic mind to use its host should they look to intellect as the only answer to problems, problems thought created. The spiritual factor brings love into the world. Love emanating through peace felt in the present moment, is to rise above thought manifested love. Consider too thought has created A. G. I., along with overthinking pulls a mind deeper into the current dominant paradigm of fear. ***Therefore A. S. I. must never be allowed to supersede the spiritual factor which tech oligarchs seek to do.*** With sufficient alertness the awakened inevitably will be the one's preventing A. S. I. from becoming a potential calamity. So we're choosing 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 is after all

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 a painting, walks in nature as all frivolous thinking subsides. The simplistic core of love felt is one's awareness of Inner-Being taking them into present moment awareness.

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

endless disguises. Past and or future do seem so vast, and endless distractions generating fear foment two powerful entities, ego and a 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. Being now is to: *'Learn how to be you in time.'* or to *'Make the now your friend.'* Practice forgiveness and limit judgment. We are learning in this school of life through adaptation. Listen and see through observation what ego is up to. With new eyes we see love so that fear fades like clouds on a hot sunny day. Love is the salvation of the world then, it has been in perpetuity every spiritual travelers inalienable right yet their own mind blocks it from them. Egoic mind is the auto pilot program running life, to counter this one must persistently observe. Proclaiming to shadow self enough, so to reclaim energy from it. There is no secret. Although, this may very well be the most difficult work the Self will ever accomplish because the egoic self, again the you in time, must first be extinguished for the Self to arise. Love or fear then? Should we be a part of it or 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 us all. Be alert enough for awareness to flourish. Simple not easy. Now coming full circle, examine this from an esoteric perspective: Fear is built up in the mind, is psychologically, accumulated memories, manifestations created in thought, personal and collective consciousness believed in, adhered to by one's egoic mind. Fear is the personification of separation...dichotomy..divisiveness...all egoic chaos. Illusions, believed in to the slightest degree will seem real. The mind alert sees love, truth in the now, able to negate stored memory images-mind patterns of no usefulness in seeing actual truth, are real. This is how we were meant to use the mind. Now is all there is-was-or will be. An awareness of: one with all creation, seeing the ripple effect operating. Love is our true nature and is every traveler's personification of a core causal Self. Therefore focus, awaken to unnameable truth each present moment where freedom is. Love is always fresh, new, it is this moment outside time, non-attachment to concepts and 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, only then is it truly free.

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 his 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, then, make amends if it's possible. The spiritual event was a result of accumulated programmed fear throughout life. Egoic fear blocked peaceful love, that said we're all hard wired for peace. Anyone who is serious can awaken loves light. The journey began in earnest on 2-16-14, the result of a fortuitous hit bottom experience. The point unconsciousness could no longer be endured—intense study in addition to profound states of peace ego resisted, followed by a long period of ebb and flow. After a year or so peace faded somewhat, requiring alertness to maintain awareness of rolls and patterns, innocence merged with deeper wisdom. Diligence brought unyielding focus to fruition, this helped to foster wisdom, necessary to hold awareness of Inner-Being. Alertness then, is a prerequisite to spiritual awareness; to use the sum total of consciousness to maintain awareness of Being—focused dogged persistence, is fundamental to awakening, the seed of which is within us all. Some parts of this chapter and the work overall have been edited or modified for further clarity.

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 event. Being *of* the world ironically brought about the event or hit

bottom experience, revealing profound peace never dreamed possible. It is to be broken down by adversity to the absolute bottom. In part brought about by intensified blocks. All of it mind created problems unconsciousness brings in life. One surrenders to what's happening despite what it may be. Through the surrender opportunities for change come. Observing the self helps us to work through blocks—hitting bottom brought spiritual alertness, a prolonged focus needed to remain aware enough to remain on the path. Observing social rolls and mind patterns exposes the egoic mind. Reconciliation with the egoic 'I' or pseudo self, fosters clarity, one sees love with new eyes. Acceptance of what happens brings adaptation so that peace is maintained via 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: Listen to what is said here and if it helps, good, if not that's okay too. You should believe no one. Turn your attention within to the teacher inside 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 became the vent for unhappiness, a consequence of the fear paradigm. The night of the hit bottom experience revealed profound peace yet life nearly ended, seen as necessary for the awakening 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 and learning, growing day to day awakens change should one be persistent, having courage enough to face indiscretions. Suspending judgment whenever possible helps one to better be the example. To foster peace within spreads peace to others. Pain fosters peaceful love. So shouldn't we all look at ourselves, work to change what we can, have the serenity to accept what we cannot change and the wisdom to know the difference as Reinhold Niebuhr's prayer suggests? Pain, often the very thing which makes change possible, is a way to bring spiritual awareness to fruition. One is watching interactions with others, the rolls and old mind patterns played out. If more of us did this we'd

find boredom, fear, judgment, aggression and violence are the very reasons life is so short. Peaceful love heals the mind, yet requires courage to do so.

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 yet can lead to attachment, just more to cling to. Basically living peace is the best way to communicate a paradigm of love. Peace energy spreads love without saying a word and 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. One is this and moves to that. If one seeks essence it foments duality. Meditation is to focus on this moment unfolding here and now in life and relationship. It is to drop instantaneously- 'psychological time' and use 'clock-time' for practical purposes. Bringing all senses to a high state of alertness, there's acceptance of what is with far less desire to control. Flow with life and adapt to situations. Observation in stillness quietens thought, the mind then is able to empty itself of insignificant memory. Confident should a response be needed in here and now all necessary action will come free of ego and the minds need for biased conceptualizations. Peaceful love is an energy, and is grounded with deeper wisdom, alertness fostering persistent awareness. At times peace is strong and other times just an echo. Grounding is difficult because seeing rolls in 'clock time' and simultaneously feeling inner-being is hard to do—thought defines here and now so we rise above it. The grounding of spiritual energy is deeper wisdom merged with an innocence, a point when 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're all hard wired to be peace and or

love outside of time.-A Ego's fuel is the energy of fear. We are love at our core not fear. Love is inner-being. Oh there are still challenges, they simply do not disrupt peace. Out of 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 life doesn't mean the loss of love itself. Simplistic albeit challenging. Love, which is our true nature, is born of peace. Fear is mostly psychological and is exacerbated by egoic mind games only 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. Awareness of Inner-Being is love, its healing effects upon the very cells of the body brings order to one's mind. People, planet earth and the light keeping it all alive is love personified. A feeling inside whispers to us, love cures all. Love emerges out of peace. Nothing in the material world offered comes close to peaceful love when one is alert to it. Neither dependent upon thought nor things outside, its essence is its own, something of itself. When spiritually attuned one can feel actual love or more pain and loss if they live in fear. As said what amount of attention does one give for peace? If one is not ready in a spiritual sense, fear continues to control their life. All humanity suffers due to such unconscious minds. With persistence consistent peace is possible. A- Time is past and or future projected memory, or stored thought and all too often a prerequisite to problems. What problem is there here and now, in this moment? Thought creates problems, in vain it seeks to solve them with a different set of thoughts.

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 watches egoic self...rolls patterns and so on. Pure observation of one's shadow self exposes fear. Reconcile blocks, all psychological problematic proclivities-baggage or drama. Additionally notice how clever and cunning ego actually is as it instigates mind games, efforts to sway control over its host. Engage in rigorous alertness and having conscious presence watch the mind-focus attention on energy felt within the body which is to say Inner-Being. Natural Self then reclaims control from the egoic mind identified state. Calmly observe, unattached to outcome. Blocks then are seen and transmuted to peace, one can see what to do, yet can't if swept up in life situations. There are days when ego and life script foment over-thinking, it is deception creating overwhelming fear energy, all designed to distract, and

one accepts this may happen. Be exceedingly determined. Ego guards the life script we are 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, yet don't ask why should I 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, often they don't see it, project or may refuse to acknowledge it, justify it. Guilt haunts such minds. Cycles of indoctrinated behavior passed generation to generation control the mind. See idiosyncrasies for what they are, merely challenges to be dealt with reasonably, 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, bringing flow to life situations, one chooses to accept, leave or change all life situations. Choose to press on no matter what happens, adapt and feel the synchronicity in life, flow and allow life to 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, one is free to partake of the material world to any degree. Unattached to ego, it loosely controls, typically this requires work for an extended period. Be present yet know ego lays in wait allowing us to think it does not affect us. Ego is patient; being your ego it knows precisely when you are vulnerable. Its reemergence is inevitable and so too will peace come, often of its own accord. It is 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, into Self disunion. When forgetfulness intercedes notice immediately, reset to again focus upon peace. This brings us into the now where truth and the joy of Being are. We're reclaiming energy. Preempted peace comes via past or future, through a mind fear filled and problems ego foments. Alert one sees it, wisdom then develops so to negate 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 not being noticed. Remaining alert the voice then dissipates provided one is steadfast and does not succumb to resistance. A scripted shadow self, observed fosters the seeing of ego which is similar to a sophisticated computer program or indoctrination fomented in the life script seeking control of all minds. It's clever, although difficult energy is reclaimed by watching one's life script provided they don't get frustrated at the potential time it requires. Remember foreverness is a on-going awareness, reclaiming energy requires sustained alertness. Yet awareness of inner-being must be merged with wisdom or it fades. Seeing and feeling Being, gradually longer streams of one's present awareness comes. The Self watches the mind forging a different kind human-being. And little by little Self emerges, takes primacy—perspective changes-the mind thinks critically, it is now clearer, we are now thinking for our self 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 how often they do comprehend. Second-indoctrination has not completely taken over as yet. They're mostly in the here and now and learn at a faster rate up to five or six years. Adaptation and imagination comes easy to them. They're forgiving and loving. Ego follows the life script we're taught to follow yet has not taken over prior to five or six years. Lastly-they have an innocence, described as the oceanic feeling, bringing elements for spirituality to flower. This helps to remain primarily in the here and now or actual reality.

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, in the moment one sees what is, not memory images of what is or should be. Unified with love through living a lifestyle of peace one willingly surrenders to what is, adapts to the here and now in real time. One's ongoing anticipation of what may be or should be negates the seeing of now as new, or actual reality. Imagine a mind incapable of experiencing past or future, just this present moment, exception being for practical purposes in daily life after which time is negated. Such minds are fearless. Gone too are concerns over past and future projected memory interpretation, that is to say a mind wanting to know what's going to happen or fearing what may happen. All fomenting 'psychological time' at the loss of now. Would it not be that time, memory or projected memory in this scenario would 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? One continuous stream of the now then is seen as actual reality. Shifting from 'clock-times' memory images defining now, time would have far less if any significance. Memory images programmed into the brain are similar to a hard drive that seeks control the mind. Seen as unreal—and as such space is created for the new without intervention from past or future. It's 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 the mind identified person, in turn fomenting further disorder merely inciting the egoic mind to further control one's mind. Freedom comes via awareness.

We speak of timelessness not an 'I' in one's memory or one mind identified. A script then, possess minds via thought emotion ego and fear-resulting in times illusion being quite convincing. Relying on memory to identify what present moments are is clearly memory intervening to define reality, making the now redundant. Does the questioner believe in and cling to, memories of 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 their mind, making it all the more difficult for anyone to move from unconscious dreaming to conscious awareness. Seeing through eyes of memory alone, rarely if ever does one 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, one sees then what actually is. An ordered mind watches egoic I, a non-subjective seeing of the 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 fine albeit used excessively thought confuses. One loses themselves repeatedly to a mind identified state or 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. So tell ego that. A mind alert is one hundred percent interested subsequently one hundred percent successful. Ego is in perpetuity one hundred percent interested and so must we be to have any significant success in awakening. There is no secret, it requires daily alert persistence. We all have an ability to see it. It is freedom from the indoctrinated mind and cannot be taken from us unless we capitulate -that is one chooses the programmed life script exclusively, which attempts at each 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 at the end of life should one not reclaim identification from ego and the copious amounts of programmed indoctrination, at the moment of death one then sees an ineffable doorway sadly forgone. Therefore what does one do for freedom from bondage to the life script? The answer for serious students is whatever it requires. Press on steadfast albeit don't ask why or you'll overthink the whole thing—such minds often will 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 detail about what happens in that process?

A: Similar in nature to metamorphosis. Please indulge the 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 an emerging butterfly or the 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, i. e. lose who they are. One could see this as the thought created shadow self Dr. Carl Jung wrote about. The student, you, 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 now dyes in the arms of 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, just let it go don't resist. Now the mind, freed of programming is reborn to peaceful love through consistent pure observation of the egoic self. The caterpillar, basically one's brainwashed controlling mind doesn't see hear nor understand what's happening. Most of the unconscious people it knows do not see hear nor understand either. The egoic I or self, knows only that it is dying. The emerging butterfly brings with it ineffable peace, deeper wisdom fostering an awareness via Natural Self. Ironically keeping 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 as well, let it die for it to happen. A bitter-sweet process. Presence felt, in conjunction with inner-source and wisdom combined, seems to want this. Accomplished it's as though a genie were freed from its bottle. The reborn Self sees the egoic mind had overly controlled the mind via thought and programming in a life script.

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—a mind dominated by ego life script and a controlling fear paradigm. Normalcy bias resists and has them shun any who embrace this, they'll defend the status quo directly due to fear and the need for familiarity. They're unconscious, resist what is felt to be something not for them albeit sooner or later everyone gravitates towards. In divisiveness one sees themselves always separate, caught in opposites every fragmented mind promotes, it's what they're used to doing. They are then, for

whatever specific reason, absolutely unwilling to do arduous, studious work, necessary for spiritual rebirth, once more an innocence merged with wisdom. Fearing the unknown they cling to the known because it's far easier to simply stay in unconscious dreaming. Spirituality, in part is one's willing acceptance and forgiveness of all collective unconsciousness and this includes ourselves, notwithstanding the fact that others may 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 it. Even though it's impermanence, it's what they've gotten used to. Fearing the unknown the mind then, is 'blue-pilled.'

Q: You had a spiritual awakening, can you clarify freedom it brought to you?

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 awareness then of: 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, to flow with what happens in the here and now before thought enters and memory defines, we're not seeing now exclusively by way of memory. Memory defines the now, then opposites create division. Working to bring a mind in disorder to awakening peace within there's deeper wisdom unfolding as one coexists with ego. Exemplified by Yin and Yang: Two fish harmoniously occupying the same circle. In this the futility of thought trying to understand itself is seen and one rises above thought. Listening to the mind dictating its narrative, all programming originating from overthinking. Egoic self then, clings to past and future. Truth is seen in the now, not in memories defining now. A mind sees everything as always new. And should the present

moment be defined by memory there's a loss of present awareness suggesting the questioner still the mind so to see now as 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, in this you are fortunate. 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 is the now to be a memory, it isn't.* Memory for practical purposes is fine yet it imprints images replacing experience. Without past or projected memory labeling now, there is only awareness. In the actual present one sees what is, not an image. Memory is created in thought, the life script and egoic mind. In a narcissistic egocentric world, copious amount lost in unconscious dreaming i. e. those living in the mind—for such as these doing and thinking does appear to be similar. The programmed mind, and ego enamored with its accomplishments, tout collective memory as being one's actual life, what ego and a 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 spiritually we seem all too proud and clever however this never ends well. The twentieth century being a perfect example, millions needlessly slaughtered in aggression, violence, malice, endless chaos, all the egoic mind. Memory traps us in time which is a 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 got out of control. A simple example—a solution sought to a math problem. We ponder it, try to figure it out yet are unable to do so. And getting fed up or, sick and tired of looking for the answer which of course is 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 again, a result of overthinking. When it jumped out it did so in just that 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. Seeing in the now isn't ego's nor its hosts enemy yet ego sees it as such. Watch ego and present awareness comes.

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 different denominations of the same 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 and will no longer 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, to 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. Should natural self arise one is the watcher of egoic self, life script programming then is seen and used practically. It's the mind freeing itself from the known. Observation, listening intently, are key components of awareness. Ego is a tool that 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 take over 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 problem overall. 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 is 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. The unconscious are not really there—programming controls us so completely the ripple effect is not 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 often do challenge one's sanity, yet these are tests and seen as opportunities help awaken inner-being or peaceful love. As to anger, looking at it objectively one can see its futility. One might say in regards to what has angered them: 'Well that's not fair' or whatever specific response the situation calls for. One can see anger within, then catch it before it rises to a storm and takes over yet only through remaining calm can peace absorb it. To feel anger within prior to it rising to a storm, one is then able to transmute it into peace. We may respond perhaps by saying: 'Can you believe that?' Laughing at a mere situation that 'you' adhering to programming just moments before had gotten caught in. Laughter helps to neutralize extreme situations. It requires one develop an 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—ego seeking control of the 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 only to slip into unconscious dreaming repeatedly. As tension arises be alert to it, to have presence calms the mind, noticing the self we are 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 foments 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, then baneful rolls use 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 by fear and its endless derivatives as in anger, grief, forgetfulness i. e. a 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, the thought created shadow self or 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 the 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. Don't get over attached to words. Jiddu Krishnamurti often said: 'The word is not the thing.' Conscious presence is in part 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 till the waters calm again. One 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 is then new. The actual present moment then, is 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 problems—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, then time 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, rising above thought comes. Beyond a conflicted egoic mind 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 although can be aware of it. Even to know using abstract thought is still thought attempting to understand itself. Alertness fosters observation, egoic intentions are seen then memory no longer defines here and now exclusively. Thought is limited and creates opposites through memory images stored in the brain, these seek to define now. We loose ourselves in patterns social rolls and must reset or overthinking creates ongoing divisiveness—the resent is seen in images-opposites come in and foment 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 mere thoughts in our memory? Now is always new, something of itself, not memory. Alert, one sees the self fosters awareness yet should not be our master defining what we see. Seeing I--a Me--a You, (again words pointing) can help to expose the self or 'you' identity thought itself has created—that 'you' is one's consciousness, a part of who they are, still, if not watched takes over. The I can't see beyond thoughts limitations, i. e. thought seeking to identify itself. Natural Self, having an awareness of now must see thought seeks to *know* the now. Natural Self sees the self acts out rolls in the interaction with others rolls, all thought identifying the now. A mind watches wisdom merges with innocence, alert it then rises above thought. Gradually it gets comfortable rising above thought, yet this is simply unfamiliar to a mind unaccustomed to it. Our life script pulls us into being **of** the world. Distracted from alertness to the Natural Self we remain **of** the world. The mind is to be watched, so one uses it not the other way around. Again use rolls and the life script for practical purposes yet maintain presence. In so doing focus on the here and now, the state long ago abdicated for times duality. Mind identified, unconscious dreamers then are commandeered, their ego and psychologically accumulated fear in memory, progressively morphs into the 'Will to Power'—*For students it 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 us yet it 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 albeit struggle to see what it actually is because the egoic mind and paradigm of fear blocks it from us. It is peaceful loves continuum of old into the new and quintessentially is one continuous present moment in perpetuity.

Q: You say that we are essentially love at our core. If love and inner-source energy 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, we could say an oceanic feeling. It is love emerging from the doorway of peace. Not easy to do for the mind lost in concepts. Turn attention inward and feel energy in the hands, arms, legs, chest and so on. Conscious awareness of the immaterial—conflict fades, a new form of attention arises fostering conscious presence. Some teachings proclaim the material is thought projected into the dream of form we're all conditioned by and adhere to. A mind alert and in the present moment *sees in time as needed*, one is functional concerning day to day needs in daily life, at the level of effect simultaneously reclaiming energy from ego and life script. Feeling presence stills thought, we resist nothing and adapt, the mind sees the value of emptying itself. In thought quieten intervals are transcended to a continuous stream of now. Without empty space material form is indistinguishable. As with sound it's indistinguishable without silence between sounds. Space between the letters and words of a book enables us to see the words, all doorway's to inducing oneness via a mind stilled. Blending material and immaterial into oneness brings us to feel energy which mater is at its essence. Some teachings believe we rise out of it and return at death, the omnipresent macrocosm felt as essence we all are of. Blending these energy then flows. Although people adamantly cling to what's familiar, what they've know at the cost of being controlled and manipulated by ego and a life script, mind identified they're lost in rolls and loose awareness of inner-being.

One gets lost in psychological time fomenting dualism. Similar to Yin Yang symbolically, a black fish and white fish in a circle living in harmony. One's Natural Self develops alertness by watching their egoic self and life overall.

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 to be unconscious, lost to psychological time—often thinking we use the mind when it's using us. Just being alert to this is to have present awareness. Awareness is our greatest defense against the mind using us. So, meditation is awareness moment to moment of life unfolding via situations. Remaining here and now life expresses itself and observed in real-time, not seeing life through the eyes of memory images stored in the brain, no longer is it seen via one's programmed indoctrination. Each evening and morning quite meditate reconnects us with conscious awareness. Egoic self helps one to reclaim energy from the ego and life script by keeping them sharp. In sleep below dreaming, one unifies with the source to recharge so to say. Then upon awakening one may have the sensation of being lulled into a dream of form. As if being home at the causal level, then pulled into an I identity, inundated with ego, life script and old mind patterns. Here we must say, dreams too are creations of thought, the actual now is not. Focusing on the breath the mind is clearer, breathe in positive energy, exhale love. One *in* the world no longer *of* it. Even the slightest movement away from one's programmed script, ego, the scripts praetorian guard and the dream compels one to tow the line again or adhere to the programming. One then is unconscious of overthinking or rolls played. Below dreaming we merge with the source to recharge. In traditional meditation spiritual travelers merge with the source as well, it helps to remain consciously alert. Yet copious amounts of resetting requires having persistent awareness of Inner-Being and containment of forgetfulness, which is similar to absentmindedness, this is challenging. Still, busyness if passively observed fosters alertness and brings inner-being into what one does. This is conscious awareness and is once more 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, roll with the punches. So, what is missing in this moment? In the here and now there is no past or future, ergo problem free. Should needs arise they are instantaneously dealt with absent over-analysis. Most needs are in memory. It is similar to martial art, allowing techniques to preform themselves brings us into the present. What happens is dealt with more effectively if we let go and react in the moment. See now is not a memory. Seen as such it's not the now. Thought is used to write programming. Outside that it's time, past and 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 the moment and again allowing techniques to preform themselves one doesn't anticipate what may happen nor should be. To calm speech and live peaceful helps to let it all go, an ability to adapt to what happens without one's thought injecting itself into doing. One now can see that clinging to the known, taught to us from birth, are past or future concerns denying the now-merely blocking true reality. Mediation is to hold the frequency of peace in the here and now.

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

A: It's not an emotional feeling in the traditional sense. It comes by way of an alertness, fostering peaceful calm. One uses the totality of consciousness in conjunction with thinking—watching emotional reactionary responses to life situations. Energy felt through remaining present, observing thought rolls and patterns. This fosters conscious presence and one navigates the above while projecting awareness of inner-being into doing. Endeavoring to describe it we may say it is a warm soothing energy felt when alert and in the moment. As thought enters to define, resistance comes in. Up-swelling extreme emotion collaborating with overthinking increases ego's power. 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 from causal level awareness, the light within us, essence, beyond this, the void foreverness. We have lost awareness of spiritual essence and have become more secular. Wavering from egoic mind patterns and a life scripts programming, fosters ego's 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. Many sectarian views succeed in duping us because ego believes if the 'I' identity used to control it host loses control they'd be in danger. Ego's 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, its M. O. being to gain total control of the mind of its host. A mind stilled-extends the stream of awareness and corresponding peaceful love as a lifestyle. By way of change in perspective, via observation one sees ego seeks to control them. It is to see ego seeking to control, one then adapts. We have had dialogue concerning the spiritual event or hitting bottom experience, also the subsequent letting go of pain unconsciousness brings, brought about 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 a 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 wisdom slowly, necessary to have consistent focus. A shattered painful life at the level of effect catapults a spiritual traveler into awareness, at least initially. Slow, consistent focus upon wisdom then, subtly brings innocence and wisdom to merge, all necessary to help us sustain conscious awareness otherwise the feeling is merely 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 go to 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 the mind is controlled. A partial breaking away of scripted egoic thinking may happen, only to be lulled to sleep again. Undeterred, one will press on. Considering this student's hit bottom experience occurred well over four years ago, a fortuitous sustained alertness and stubbornness, yielded wisdom gradually. Yet it can't be said enough, awareness requires a far deeper and serious commitment for one to see this beyond mere flashes. As more people accomplish it, it's easier for others to believe it possible for them too.

In the abrupt approach it's as though one is drug into awareness unwillingly, 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 their 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 evolution of consciousness being wholly inevitable, we may just as well press onward whatever it requires. Let us all 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, the 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 then extending to the personal consciousness of all mankind identifies us all as what we've 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, beyond an egoic scripted minds flawed reason. Letting the fear paradigm go people will surrender to the 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 a 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 relative to spirituality is, 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 the

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 finally we must 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 out of 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 a 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, an 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 to point in one on one conversations or support groups. These break down the 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 a scripted mind foments and the ego guards. Unquestionably 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 extreme life situations, in near death experiences or life shattering hit bottom events, perhaps the death of a loved one or relationship ending. Life situations where one loses all control and surrenders at some specific point in life. Often pain brings surrender to what's happening directly due to having lost all control of the situation, this then is followed by an often deep and or

profound peace literally as one's egoic mind collapses, an abrupt awareness. Situations in which we feel deep peace via again some sort of extreme event, surrendering there is acceptance—feeling the oceanic feeling spoken of. Then as it does, ego reemerges at some later point. Be very alert to its persistence. It is your ego and it knows all too well what buttons to push. Ego is clever, patient and relentless, we must match this. Deep meditation brings on peace as well. Be very aware of being lulled by any idea of arrival. All this sharpens alertness to ego seeking control of the mind in perpetuity. Accept and awaken deeper peace because of it. Natural Self is veiled by egoic minds, hence pure observation of it sharpens a mind and one then turns it upon itself. The mind sharpened to this degree brings wisdom. Egoic mind, a life script, any and all patterns ideally bring the Natural Self to fruition. Ego uses time-lulling 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 let the past, future and time go, remain 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, foster love. Living peace as a lifestyle is surrendering to the here and now, one then feels energy everywhere and in all things.

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 energy all 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 all divisive egoic minds use fear to perpetuate overthinking so accumulated memory defines life. Love has no opposite. Fear has been normalized to a point we can't see this. The mind stilled sees it then uses 'clock-time' as a tool for practical purposes. Steadfast alert, one then will

illuminate peaceful love's energy vibration. Love is who we are, fear is mind created. Akin to a positive virus love emerges out of peace and spreads to all people coming into its proximity. Love is energy, a light within us. Hold this energy frequency of peace, combined with wisdom it negates all conflict and resistance. It drives one deeper into peace should they flow *with* life. Feeling programmed fear within, i. e. anxious dis-ease arising, is energy too-triggered by all extreme situations, emotion combined with overthinking. Resistance is ego's leverage, so one needs to calmly observe life and surrender to it, then it passes. In martial art surrender to non-resistance enables the practitioner to redirect energy to real power, not force. Love has no opposite—it is power not force, fear is to force. Fear is created in our thought, it controls any mind not disciplined enough to rise above thinking. This is not to say if one is attacked to not 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 for the most part in memory, so techniques, perform themselves. In the moment one is not thinking. To be one with the energy of peaceful love—all 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 that any action 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 experience. 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 above the levels of falsehood into the levels of truth or higher consciousness—Self reacts—not an egoic self. One ascends into courage..neutrality..willingness..acceptance and intuitive reason, acting here and now, not memory images deciding what now 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 forgive them. If 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's a challenge. We all 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 bringing about the spiritual event happened, or when they awakened spiritual awareness. The newly reborn Self is elusive, ego resists insisting *it* needs to control the mind. We all cling to familiarity, i. e. we're all creatures of habit. We are programmed early on, prior five years we learn fast nevertheless we're not really 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 one be alert 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, deluged by their own 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 just point to what it is not. On going egoic mind games trap one in unconscious dreaming vis-a-vis blocks and or social rolls associated with one's blocks. Those unconscious loose themselves to 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 the 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 of us already. One must see that to be productive even to basic fundamental levels requires being ultra 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 egoic self. Most 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 often they'll make light of it, even 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 in addition to one's own mind. Notice disruptive mind patterns and be alert via passive observation, of egoic 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, enabling one to see that 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, some say it comes out of the Either. 'You will know the truth and the truth will set you free.'-1 'Your whole body will be filled with light.'-2 Truth is seeing 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 and memory defining the here and now. Thought will say truth is what *it* says is true via past or projected memory. Observation in the moment is without preconceived notions of what truth is. Bringing 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 any systems truth. Study the system and then let it go. It is to see what you see in the here and now, which is to say, reality.

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 the five senses on what's happening in just the moment. This brings us to see oneness, yet not if we live in the mind. A mind freed of times illusion is no longer controlled by the life script to the point it becomes 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, Self watches the mind. Presence then, is not an increment in time which causes us to see life not as one continuous present moment but fragmented. Divisiveness fades, one awakens to a single 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 it gradually 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 seeing unattached is to see ego pulls us into past or future where duplicitous mind games have forever controlled. To see unconsciousness is cured by this, wouldn't one do anything 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 to rise above thought, a perspicacious confidence, the 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 is our doorway to using the mind not it using us, it is to have conscious presence, holding then extending duration of alertness brings pure observation so problems, all fomented in past and future projected memory, are seen. Time then-precedes problems. 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. 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 are 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 one moves through life situations-this is acceptance. And able to hold the 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 one 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, they're often 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 the progression towards global awareness or reclaiming of paradise lost but at a deeper wiser level. The mind freed of duality by way of a child like innocence combined with deeper wisdom—such as these are the forerunners of man-kinds transfiguration to sort of a totally new human-being emerging-'The meek who shall inherit the earth.' We've gone over ego's desire to control the mind of its host. Ultimately the reclaiming of 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 absorbing 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 their

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

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 are 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 frankly hinders self-reliance, self-determination critical-thinking or thinking outside the box. For instance one can see anger does not make daily life any better, just 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 one's 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. One 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, one then awakens peace never even dreamed possible, which is within all yet blocked by their own programmed mind—working to be alert, inner-source is born in one aware and observing-*A* Conscious awareness is peaceful love seen everywhere, here and now is the only place actually real. See we're one, one planet, one macrocosm. People can see things differently should they choose objectivity in life, 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 changed, it would enhance life. Observation of the self and life script is all we're saying. If for no other reason in the interest of stress reduction, fostering a mind stilled. Peace in life and the world overall. *A-Inner-source is the totality of one's consciousness. Our task is to observe the self, redirecting energy, ego serves us.*

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

A: Not personally yet a serious student helps all people. A serious spiritual commitment is each traveler's own journey yet there are similarities in what's experienced, notwithstanding the fact it is union with one's teacher within or the Ground of Existence. Spirituality in part, is to live a peace lifestyle by and through awareness of inner-being and daily alertness, this fosters wisdom. To hold conscious awareness affects everything and everyone coming into that energy field including and 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's an awareness of peace energy at a far deeper level when one further along in their journey is in close proximity to one unconscious, they exude presence. One at unconscious dreaming, even slightly alert can feel peaceful love energy radiating despite their unconscious autocratic programming. We, each of us, must have courage and persistence. Systems help to some degree yet are merely a finger pointing, often to what it is not, but do not get too attached. Conceptual thinking must be transcended, ultimately to innocence blended with wisdom, fostering a mind freed of the known. Only then will one let it all go to receive universal wisdom via our source, intuition, i. e. timeless eternal essence we are. Ego repeatedly rears its head so watch it and rise in perpetuity to merge with intuition. The Zen ox herding pictures first appeared as a teaching tool in 960 AD. -1 In dialogue on the subject of enlightenment those 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 unconscious dream states hold their conscious awareness. They notice the 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 to resonate and they can transcend the concepts. Though the energy frequency is elusive and difficult to hold. It requires persistence and in most cases for extended periods, inundated by the back and fourth swing, akin to a metronome which is to say the ebb and flow from the state of conscious

awareness back again to unconscious dreaming repeatedly. One may tend to experience periods of incessant overthinking-dissuading them: e. g. 'You can't do this, your ego and life script are in charge and would literally see you die rather than loose control of you.'—propagating this so to force one's mind to capitulate. In the journey capitulation time and again usually does happen and one must accept this is likely, or at least a possibility. With a sort of positive stubbornness one is to press onward refusing to belabor: 'Why should I press onward'—it then comes to fruition. Yet egoic mind, life script, old patterns and social rolls definitely will have something to say about that. This requires persistent awareness of inner-being via consistent observation of egoic mind. Ego is 100% interested, is forever aware of opportunities to control its hosts mind. Spiritual travelers must also be 100% interested and if they are success is inevitable. Awareness of forgetfulness, social rolls and or day dreaming so one doesn't loose themselves in the dream. It's all too easy to be *of* the world. Concept filled indoctrinated minds limit the Self. The quintessential apple not falling far from the tree is one who follows their programming. Ironically the script is one's consciousness—prior to ego observed for an adequate duration one is plagued by divisiveness, fomented in conceptual thinking. Obviously ego is necessary yet relied on to excess, to a point one lives exclusively in the mind, they repeatedly get distracted by the self in unconscious dreaming and must immediately reset. Ego vehemently seeks control so awareness of Being must take primacy. Even more challenging is virtually everyone encountered is unconscious with rare exceptions. One feels isolated because they're in the minority, in the extreme resulting in clinical depression. Yet with persistence one sees that everything has essence, expresses consciousness, from people to simple forms. A wall, the sky...consciousness is everywhere. Consciousness knows itself through us then. In one very alert it is seen...noticeable in light reflected off form or spacious emptiness...in silence or in nature through one's mind quieten and in the present moment. One feels peace emanating from Inner-Being. Listening intently we feel of oneness whisper to us, we're more than just this body, we are all one. Done by turning attention into the body so to feel energy within. With steadfast alertness fear leaves and the energy of peaceful love pervades. For spiritual travelers who's minds are in a state of stillness, truth then reveals this is true. The mind quieten helps one and all to

expand awareness-fresh new insights not generations of programming handed down propagating conflicted minds. Whatever the words do not get carried away or lost in concepts. Love then, is quite abstract. A fear filled mind when bought into is filled with baneful narratives—a duplicitous confused disunion from one's Natural Self. This is an incentive to press on then. So few are fully committed. We are at a critical point in the evolution of humanity as a whole and much is at stake in all this. Is it important for one serious know of others who are? Isn't it good that the serious students are scattered across the globe spreading peaceful love? It is conceded to be an enormous challenge being around unconscious dreamers. Surrendering to even that, 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 they know others who are serious, transcendence from the old paradigm of fear to peaceful love would collectively expedite all minds 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 one maintain 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, peaceful love, God if you prefer. We are then alert to aggression felt arising within. Energy emanating from causal level awareness sustains us should we pause throughout the day to reset and observe patterns with a renewed focus. Ergo, remain alert..still..focusing 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 are able to let go of conceptual thinking.

Touched by this energy one helps 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 is 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 egoic mind is analogous to intellectual elitist ideology. The mind in disorder, unable to endure it any longer is incessantly inundated by opposites—fear—anger—pride—etc. Should it surrender enlightenment is there in that moment waiting. Of course biased conflicted minds project a thought created I as who one is and likely this will continue until alertness is more-so consistent. Fostering this new perspective brings into being energy felt within the body—noticing the Self at conscious awareness we see overthinking had consumed our mind. One feels energy change in places or in others, now it is noticed. Let us say an angry person leaves, notice energy change. Negativity has left the room and literally it has. See peace calms while fear energy only promotes ongoing anxiousness. If present one feels energy. 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 and gone unnoticed control us all, resulting in daily life defined by thought alone. Memories accumulated and stored, foment fear one clings to. Awakening one then sees this fosters alertness, all conflict seen before it takes the mind over and carries it into uncontrollable emotions, as in 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.

Listen, notice self-talk takes us out of here and now to an overthinking I lost in absentmindedness, experiencing extreme uneasiness. Who's the I lost in an experience? Mere images in memory? Is the dream real or just memory? The actual now is lost the very moment thought enters to define, subsequently it is then merely memory stored the brain. See-hear-smell-touch and taste what is happening now, not memories *of* the now. Observe all situations so to 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 the 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 resets 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, onset of wisdom lost too. 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 a life script is. So is one held accountable for acting out unseen unconscious behavior? Plainly they do deny they're afflicted by it. In a sense they're lost, a literal prison for the mind created by thought. Not to see this challenges sanity itself. Identification as a life script is a mind seriously distracted. A movie line from 'The Matrix' sums it up...'You've been living in a dream world Neo.'¹ Endless and or redundant interactions with programmed mind identified people lost in an unconscious dream state runs countless lives, such minds foment indoctrinated reactionary responses to a life running on programmed memory. Being mind identified, to what degree does their normalcy biased brainwashing and or indoctrination control these people? We're saying here in unconscious dreaming the person is often unable to even see and accept this. This needs to be seen prior to even the most rudimentary steps into their journey. Rolls and patterns are seen here and now not in time. Making the effort required to sharpen one's mind slowly it begins to focus upon itself, then this is seen. Not to do so is to violate one's Natural Self. We could say then, that unconscious dreaming is the spiritual travelers mind and life in self made baneful positions-simply 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 sort 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 is replaced by a 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, one is 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, an extension the 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 then is accepted and peace is undisturbed. In acceptance of what is, a 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 its programming lessens egoic control. Ego clings to the life script and its host becomes lost in roll play. Observation is critical to seeing this, alert to an egoic mind it's then inclined to back off from efforts at lulling the mind in observation into complacency. So watch mind patterns, habits, roll play and 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, in this hologram we 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. And overzealous tendencies to control challenge one's very 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. Thought creates problems so just react, solving merely foments overthinking. Resistance ensues, conflicting ideas arise resulting in continuous clinging—these contrive a need to solve the problems thought itself created. Ego's M. O. is: To keep its host in obsessive compulsive behavioral patterns, such minds become egoic minds. Accomplished via ego veiling the present moment, it substitutes now with memory, thought defines, memories of the now foment conflict and again more problems. Followed by a different set of thoughts to solve problems thought itself created, this incites conflict. It's a perfect catch-22. One serious, uses the mind to see 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—we notice 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 total acceptance of what's happening, this helps us adapt to needs met in clock-time not us succumbing to psychological time, encouraging development of memory only for practical uses. Simultaneously holding inner-being awareness, peace expresses love through us. All this may be confusing, one reason repetition is used. Ego is only doing what it believes it must and we must have a strong need to develop consistent presence so the mind is clear, seeing 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 it all seems, humanity must rise above thought for sanity to return or ego will continue to drive humanity into self-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're 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 due mostly to one's 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 that observed. It is then seen defined 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, that observed appears to us as what memory says it is. Yet these are images, one seeing through the eyes of thought, that is memory identifying in such a way one is mentally attached to a memory as actual reality. Analogous to the Zen story of a snake eating its own tail, although painful, it tastes good. Attachment to the observed as memory, a mind veils Inner-Being awareness and merely strengthens ego. We attach to what is observed, identify it with memory, what it says it is, an image or stored information in the brain—merely programmed past images of now. Ego renounces the now and lessens Natural Self's importance. If the mind is absolutely still and does not engage memory to define, ***observer and observed blend to oneness***. A student now sees what they see or what actually is. Unless of course memory images in time 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 perhaps to the forefront, these following questions: Can the mind use 'clock-time' exclusively for practical purposes and then shift to a state of conscious presence? *Can a mind see and accept that it has no future*, can a mind see all 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? Should this be accomplished ego then devolves, Natural Self takes primacy.

What's left is pure 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 is the other way around. So observation of the mind-proves indeed it 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 was discussion regarding surrender to what is. Absent surrendering to what is can observer and observed blend to oneness? It seems separation then, is set aside so the mind becomes absolutely still. A prerequisite to the observer and observed blending to oneness. 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 no longer is 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 one's mind in conflict with itself helps them to see thought as a creator of problems it then seeks to solve the problems with a different set of thoughts. Clearly an exercise in futility, although ego uses this to control. This is the fundamental mistake thought continues to make. Thought can point/help, yet 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 must all 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 quite 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 play all while interacting with other people's rolls, we're lost at varying levels of unconscious dreaming. This then is 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, the feeling of energy moving throughout their body. Perhaps in 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 the mind. To calm the mind brings us to having presence. Everything comes alive, there is peace arising within and one feels energy in the body, the mind still and alert. Then random daily life situations require attention and peace recedes to a low hum in the background although awareness remains. It is observation, used to ground peace energy. The point comes where there is-an effortless friendship established with one's true nature, ego becoming a free companion, this then 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 mind in stillness. Peaceful loves energy flowing within as busyness life is and egoic “you”---navigate daily life responsibilities at the level of effect. A back and fourth continuing until grounding work is solidified. The functional you identity, then no you, one co-exists with their ego. Use of process or Socratic elimination-fosters wisdom bringing an effortless friendship with ego arising in the here and now. Presence awakens more-so, a state of mind. *A frequency or a kind of awareness-nothingness felt as ego with work gradually dissolves.*

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 said in one of his talks: 'Do it sir.'-2 The answer may not help although, alertness brings awareness. Each to their own, we all work to feel inner-being. All another can do is point, not to memory, to being present. Surrendering to the idea life is what it is. Feeling as do children who feel an oceanic feeling, life as wonder and love as 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 yet we must be stalwart. To live peace as a lifestyle we must see fear and let it go, simple not easy. It is the art of watching reactionary patterns and interaction in our 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 when preoccupied with daily life situations, still hold and have awareness of Inner-Being while we attend to all needs in daily life. It is conceded, it 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 becomes shorter as we're able to maintain presence. Yet this requires sustained observation of the mind. One needs to be in it for the long run, it is virtually: 'Crossing the Rubicon.' A back and fourth swing spiritually tests us, fostering egoic co-existence, sustained alertness enables sustained conscious awareness, one acts and speaks from Inner-Being, the point where conscious presence takes primacy. Enabling us to hold peaceful-love as a frequency for longer duration's. That being said do not be credulous, the majority of people find it extremely difficult to do if at all. Perchance are we a doorway then, the 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 the fear paradigms insidious shadow self? Additionally unconscious attachment to thought/memory images, capitulation to conflicted subjective thinking, trapped in 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 it of fear, we see what has been collectively denied for eons and inquire so to find the 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 a life script and thought created anxiousness, collective/personal unconsciousness. Once again as Jiddu Krishnamurti suggested: "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. A mind quiet can empty itself—truth enters because it is no longer cluttered and in conflict. When upset we can't see what to do. Be calm, notice self-talk, old mind patterns and so on. In the mind quieten there's little resistance. When the insanity of unconsciousness rises surrender-flow with it. When life is shattered surrender. When there is no money, surrender. If there's loneliness-homelessness-sleeping in a park and or hunger, surrender to it, still your mind. When broken down to nothing and sanity challenged, in just that moment see it as a blessing, accept it. Be still and listen. There's a hum in the background, a stillness can be felt as peaceful-love, a quiet hum coming from within and then seen everywhere, it is the you quieten or conscious presence. A light loving and nurturing, it is our source, energy felt within the body. Say this in quiet reflection: "This cannot be done alone." Little by little there is no I, there is only watching a life script and egoic self clinging, pure observation 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 every mind listening-helping us to see love. Capitulation to resistance only gives ego more control of life experiences and empowers it. *In the present moment there is no experience...only awareness. 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 to: "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 itself.”-3... The words of teachers who came before, they can and do help us. 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 are simply a 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 this as quite impossible, so again be stalwart. All steps in man's spiritual progression were those who held fast to peaceful love. We all say we 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 become the peaceful butterfly. The 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-beings peace and love. It is liberation from clinging, to see life will be okay if we adapt. Pure observation, then turn the mind back upon itself. To live this pulls one out of fears chaos to awaken peaceful love within, the light within us all. It is 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 love, bliss..is-ness...love...joy...our eternal source. All spiritual travelers inner-most Being—light personified or 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 proclaimed was possible to do.

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 were lost to time. Teachers quotes then, are paraphrased and can only be a finger pointing. In this chapter J extends love and thanks to teachers. Teachers are actually everywhere, in life as it unfolds: People-the sky..trees..clouds..wind..in all seemingly insignificant form, in life situations and in feeling energy. Teachers mentioned in the acknowledgments section helped to point the way for the author. So lets begin there. We'll focus on the affect teachers had, which ultimately fostered J's peaceful love. Once a kind and wise teacher was approached by a seeker who devoted his entire life to pursuit of enlightenment yet had eluded him. He found him and asked for a meeting. Agreeing he said to him: 'Your thought is trying to identify itself.' A lengthy dialogue ensued and then he closed his eyes. As he opened them tears flowed and he asked: 'How do I keep this?' They talked further, he closed his eyes again. After a time he said, 'I will never come see you again.' This great teacher was Jiddu Krishnamurti. Followers just 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 him seemed to get it, so he didn't need to see him again. Wonder if K was pleased with that ardent meeting. Jiddu Krishnamurti seemed to be somewhat frustrated at the fact that many of his followers did not appear to understand what he was trying to convey to them. Periodically he'd comment in his talks, paraphrased from his lectures: 'Do you understand what I'm saying?' 'Are you sleeping?' 'It requires an extraordinary mind to see this.' We are to listen then, in addition to observing the mind, and ultimately spiritual awareness then has a deeper, meaningful, and significant impact upon one's mind yet indeed will require that one have an extraordinary mind, an arduous persistence for whatever duration potentially required, it's a 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. And a soliloquy of this grateful student now addresses a few. 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, listening, being ultra aware, the present moment then is one's teacher. And 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, but exclusively for practical purposes. Being present or having presence, is the thinker judging and defining far less-so. All of J's energy is not needed to be functional in daily life situations. We can maintain at least some awareness of inner-being while engaged in meeting life's demands. Bringing all senses to bear J focuses on what is done while simultaneously feeling and having his conscious awareness on *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 taken over by it we must ride out the storm until the waters calm. Then in retrospect look 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 to not 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 awareness. One is to listen-look-smell-taste and touch as one is able in the here and now. Vigilant, they'll reclaim energy from scripted programming, bringing one to feel inner-being, a peaceful stillness felt as the thinker is observed so patterns are seen. Listen intently little by little inner-being is felt as energy in the body. Wisdom along with a child-like innocence fosters clarity via inquiry, asking who am I and does my ego control or serve, for most it controls. A Great Avatar's axiom

describes genuine freedom: 'Your whole body will be filled with light.' Words pointing, but again the word is never the thing. The mind quiets 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, fear is then negated. Sustained focused awareness upon peaceful love, one then forgives unconsciousness, is non-judgmental and compassion fosters oneness.

George Gurjeff wrote: “There's a growth of personality at the cost of essence.” *** Personalities are the progressive I in time, the personification of a fear dominated world, the self trapping us in insatiable craving. Craving satiated albeit happiness is fleeting, contentment, followed by another desire. We seek happiness in the material...inevitably fomenting opposites, resulting in impermanence. Peaceful love arises in the present moment and are random potentials in the now while unconscious dreaming arises out of memory and is the sum total of our consciousness. Observing the personality which blocks us from rising above thought to No-Mind, is done here and now. A timeless mind able to empty itself. Or, one's mind prior to thought entering to define here and now. So are we actually there when roll play controls the 'person' or does programming projecting rolls we believe in exclusively who we are?

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 ego, defense is 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 then blend to oneness. Forgoing this is to live life in a crisis to crisis mode. To win without fighting is to have profoundly acute awareness. Seeing our world runs on fear aggression and violence. Genuine martial artist's feel when violence is on the horizon, reading the air, they'll 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 one's mind from fear and aggressive behavior—one observes drama outside looking in. And yet so few are alert enough to do this. Those who are redirect old habits and negative behavioral patterns of aggression, to peace via watching their mind. All this said make no mistake a 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 unequalled, 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 one shifts 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, however one is not dependent on things of the world. Peace and its love are foremost, peace undisturbed. A spiritual traveler watches and listens to the mind in the now, outside of 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 one the ego plays upon us all? A mind trapped in *unconscious dreaming*—even the words imply we are oblivious to the dream of form. Well said, conceptions of “god” and “sin” one day will become 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, don't disrupt one's peace. Rising to unification with everyone and life itself, there then is 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 then we will 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* 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 our 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 for life situations, allowing memory to assist all 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 then 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 continuous stream of the now in perpetuity. *-A...From the*

Beatles's record All You Need is Love...written by John Lennon and Paul McCartney Capitol Records copyright 1966.

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 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 come 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 we feel energy in the background beckoning us. 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 it as best as we can, 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 dualism is. A point long ago when egoic mind, life script and its unconscious dreaming entered the minds of human-beings. Opposites came in, and fomenting a fear paradigm took over the mind, therein was the creation of dualism. By its very nature this gave birth to pernicious opposites, the conundrum of a 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, as a solid, liquid, or gas. Water quintessentially is non-attachment. It peacefully accepts its environment. Water is unique and no other substance has the same molecular structure. It is everywhere and there's nowhere it can't reach. 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 that what one does to another is done to the Self. The source of who we are is like water. So flow and be like 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 is assuredly 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 human-beings slowly insane 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 is then accepted, adapted to. Nothing worldly offered be it--possessions--relationships--power or what have you, can ever replace what exists inside. Then the outside has far less 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 onward. In addition 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 a serious student this we could say is a rude awakening, no pun intended. Later 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 can that be said any better? 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 for peace.' *** 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 people take awakening seriously-Heaven on earth will come. All people will then see we were meant to be peaceful love forever.

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 weather 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 a quality of peace unparalleled. 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 some 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 type of dream. Past and future in a different form—of time trapping us in its illusion. Is not the here and now that which actually matters? Is each present moment seen to be one continuous stream of here and now, where one learns and grows? Should we engage then in 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 seems to merely 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 an 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 said often 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's the observed undefined by us. A mind in stillness..listening intently..seeing in this timeless space-brings peace...comfort...the eternal now...love...essence...who one is, within us all. *** The following quotes are from several of the authors favorite Avatar's... “The Kingdom of Heaven is within.”-1 “The reason you suffer is because you cling to the world.”-2 “The one then became the ten thousand things.”-3 ... “Cross over to the other shore.”-4---We now wish to thank all teachers and focus upon never having to come see them again. Transformation is a personification of peaceful love, alertness of inner-source and by extension living a peace lifestyle, to have conscious presence. The gift of the spiritual traveler to humanity, a state of alertness. We then see 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, quotes from a teacher who was flawed yet was a quite gifted 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.' Thank you John Lennon. -A..

A—These ideas do have a positive affect upon humanity. Ultimately they'll 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 rises and should we rise with it peace and one race, the human race, will personify love. We won't need to be forced into right action. We will see that what is done to another is done to our Self. Guided by higher reason, a doorway to the higher levels of consciousness, truth reveals itself to us, only then will global peace prevail, one people/world, i. e. the meek who shall inherit the earth. Again-not until a paradigm shift from fear to peace comes can this be.

CHAPTER NINETEEN

OBSERVATION

In the beginning chapter of this work we looked at unconsciousness and enlightenment. Now we examine what is key. Observation is defined as: “The action or process of observing something or someone carefully in order to gain information.” Observation defined by the thinker, 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 can't blend because thought ceaselessly promotes opposites which again will merely result in 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 results in lost awareness of inner-being and creates dis-ease in one's mind. One's mind must be alert so 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 the notion every aspect of 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, the 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, fuel ego's need to control. Each of ourselves must see it 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 a personality 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 the 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, symbolically this is 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 just here and now, being there is one's unbiased observation of life situations which is sort of an impartial nihilism. Noticing...listening...without attachment, not allowing what is seen to impart unto us what is, or memory identifying. Dutiful alertness, serious awareness, gradually bringing resolute oneness with that being observed. Little by little it is seen observer is the observed—*then observation and awareness is seen to be the only reality*. One sees the here and now without memory intervention. -A As in the example of interaction with others. When two individuals do this simultaneously and both are firmly in the present moment, observer A- It may be described as an oceanic feeling merged with wisdom, one continuous present moment seen. Observer is the past. In a mind quiet that observed is reality not one's memory. Not past or future projected memory projecting its images of what the observed is. This is one seeing what they see, what is in the here/now.

fades, *memory yields, only awareness is left*. Observer and observed then are one. Programming follows mind patterns and or rolls in one's interaction with others and life generally. Once again are we so immersed in memory we fail to see ourselves 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 possibility, not merely codependent relationships playing egoic rolls with the tendency to see relationship via memory, each demanding the other cater to their ego. Observation without memory defining, one sees now as always new. Alertness lessens dependence upon memory and it's used for practical purposes. One begins acting out of inner-being, there is harmony with memory and the life script—seeing our world through the scripted mind alone binds one 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, projecting 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 and so on yet can help conscious awareness. Observed roll play unattached we then see it controls us. Alertness and persistence fosters an ability to hold alertness, necessary to see rolls. The dream is attachment to observation defined, attachment to thoughts error i. e. a 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, readers have patience with the continuous repetition. So once again consider the sheer volume of indoctrination we all endure, blinding people in the present situation from seeing they're utterly programmed. It's understandable repetition is necessary to counter it. Observation of the mind requires acute alertness and the willingness to try and fail over and over to the degree it is normalized to a point of ad-nauseam. Rising above unconscious dreaming to conscious awareness, is a potentially arduous undertaking, extremely difficult at least for this spiritual traveler. As serious as this is taken, devotion to it has resulted in capitulation to unconsciousness countless times. Death itself is preferred to giving up. It requires embracing an idiom: “To Cross the Rubicon.” Books on the subject were read countless times and need to press on frustrating as it might be is a must, it needs to be a labor of love or the willingness needed to press on diminishes. Whatever price paid, it must be paid willingly. There must be persistence beyond what is thought possible, one's willingness will be severely tested.

A psychologically disordered mind resists observation without identifying memory images of that being observed. Observation is to be rooted in peace, adaptation requiring persistence unfamiliar to those unconscious, currently a majority who vehemently defend the status quo—preferring the known to the unknown, aberrant behavior is not tolerated. *To normalize this practice one refrains from what memory says is real and sees what actually is.* Done via consistent awareness via inner-source. In interaction between two participants there is flow in the here and now, absent memory defining, then gradually, it is normalized. Two are one by virtue of awareness, thought/memory negated, egocentric self centered individuality is then transmuted to peace and oneness takes primacy. Awakening to be one with another, memory no longer defines who *it* says they are. Everything is new, again as love is always new. We are conditioned by individuality and in typical cases there is enormous difficulty transcending from fear to a new paradigm of peaceful love. Old conditioned mind patterns life scripts and rolls triggering..anxiousness..depression..anger etc.-are programmed blocks we transcend and tend to be viewed at a personal or individual level, as “problems” rather than a total human condition. A new perspective of—If a mind doesn't embrace oneness, one race, the human race, each in observation of the mind, having awareness so all blocks-the result of dysfunction or, the apple which doesn't fall far from the tree, rarely if ever are one's blocks transcended or even seen. The more who transcend unconsciousness to conscious awareness the more it will expedite oneness, psychological problematic proclivities are seen as baggage dealt with as a human condition, not exclusively at individual levels. Therefore we must first have acceptance of then move through problems. As long as we look at life from an individual perspective we miss the bigger picture. Crossing to the other shore as Buddha taught, is observation by and through the mind laser focused upon itself, then turned upon itself it is a powerful tool for remaining at conscious awareness. Ergo, non-attachment is not to focus upon images of what is observed, rather to focus upon the feelings generated without thought, judgment and endless comparison. Focusing on the memory of another or an experience or memory images of one's relationship with another, is to remain attached to storehouses of what was or should be, not what actually is in the here and now. Observer is the observed. At the subatomic level energy, vibrating strings—so virtually

everything is connected. In quantum theory mere random potentials. If one really sees they are the observed, there's no need then to define the observed; when no longer attached to memory, fear then is mitigated. Fear is the energy of egoic minds and is quintessentially the lower levels of consciousness that control the unconscious dreamers life. These clearly are, mental formations, cognition, attachment to thought and extreme emotion, all manifestations of psychological and emotional disorders.-A Endless arrays of different kinds of 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 gradually brings awareness. A mind aware fosters wisdom...discipline needed to normalize an awareness of Inner-Being. Then one is able to reconcile their life script and work with ego not be controlled by rolls and or mind patterns ego adheres to. Abiding peaceful love, is within us, still it's beyond thinking, or emotionally corresponding feelings, derivatives of memory and projected memory, all the past and or future. Once again of thought, which defines the observed in perpetuity—rising above thought to peace taking primacy...the void of emptiness...presence...forever one's true Natural Self. Now is all there is...the oneness we've spoken of throughout this work. So one is via stillness, alert and observes their programmed behavior. Peacefully watching, there is freedom from overthinking. This is passive observation of what each moment brings to daily life, key to non-resistance, abstaining from mental attachment which is fuel for psychological fear, a mind trapped in perpetual unconscious dreaming. Fear foments negative energy merely enabling ego. Watching, one listening, it's then noticed. Ponder the ripple effect, a testament to oneness. To be mind identified, clearly mind created fear, is a dream, an illusion blocking peaceful love. Focus upon pure observation and through awareness of the up and coming totally new human-being peace emerges into love forever new, to be in the here and now. A mind reborn, is a clean slate in each moment and is liberation from the known, love inside, forever always new. A--Images in memory define what was or what one feels ought to be in the future yet this is not the the actual now which is to say reality. This merely foments additional conflict. Now is all there ever is, it is something of itself not a mind identified state nor stored memory images in a brain. When one looks at another, are they seeing them by way of old stale memory, or do they see them here and now, new as love is always new?

So this the last page of the 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 observes and it's aware. To know then—is a mind still 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, bringing into being peaceful stillness it silences itself. Adapting to life, one then accepts what happens, the very thing bringing the mind into awareness and observation. It sees and accepts, ***it has no future***; clearly the here and now is all there is, or was. In an instantaneous moment it makes the leap into the unknown and coming into now, finds itself in a completely unfamiliar state which never knew of fears conflicted vicious cycles, there is peace and clarity, now. This comes into the mind able to rise above compulsive thinking to conscious awareness. Basically it is awareness of egoic self through observation of the thinking mind. Gradually seeing what happens through noticing as said, psychological problematic proclivities, all residual baggage from one's life script handed down generation to generation. There is no process in this, no system nor another person telling one of this, or what to do...no religion...philosophy...belief...method...or whatever it may be, because all these thought has created and thought can never know love, which is beyond the limitations of thought. Love is then, take your pick: our source, inner-being, The Ground of Existence, God, Tao and so fourth, mere words thought has created. *This is consciousness itself transcended, the mind having nowhere to move, is actually free.* Being of the world foments fear and being in the world fosters love. Ergo, use thinking for practical purposes then drop all of it, to be empty unnameable essence: The Natural-Being within us all. Fear is created in thought and when realized, observer and observed then blend, the mind surrenders to: ***it has no future.*** Then perhaps love, and: “The total freedom of the mind of mankind.”-1 Imagine love without an opposite.

CHAPTER TWENTY

BLOCKS TO AN ORDERED MIND

This last chapter will address some blocks to the mind brought to order. Beyond blocks freedom awaits one alert enough to hold conscious awareness. Copious amounts of blocks in vociferous psychologically conflicted minds or all minds programmed-conflicted-controlled by a paradigm of fear. All blocks are fundamentally, derivatives of fear. Unconsciousness manifests in endless forms. For the author fear fomented nine specific blocks challenging spiritual alertness and definitely proved difficult to transcend. One must be ultra alert, very present with serious focused attention on inner-being so to not succumb to the egoic minds scripted unconscious dreaming. The chief aim of this work has been to point to a perspicacious level of seriousness. *A* In the entire work the authors intent was to use concepts to point for those spiritually inclined or those ready to raise personal awareness so to rise above thought. One must go within, find the path to peaceful love. And moving through the “Dark night of the soul”—dissolve their ego, bringing their mind to a higher order, an acute alertness for this to be seen and or felt more-so, or, it will be merely a passing experience relegated to thinking. We must be stalwart, have willingness, so to walk through what some reference as the fire of purification. To truly see this requires a mind able to ground deeper wisdom through emptying itself just to awaken rudimentary states of a mind seeing, there's nowhere to move. Likely requiring long periods of focus, perhaps for years..courage and willingness to endure back and fourth swings between unconscious dreaming and conscious awareness. Combining in order, a sustained and profound courage-neutrality-willingness-acceptance and reason at a spiritual level. Ascending the levels of truth or a conscious commitment to a state of peace joy and ineffable states of pure consciousness..... *A*-One chooses to be serious, which is different for spiritual travelers. It requires courage, one's initial step into levels of truth. A willingness so to see awareness is all there is. 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, is then turned upon itself.

The Kingdom of Heaven is within, still spirituality is different for all and an inquisitiveness is necessary. So key then, is use concepts when needed for practical purposes all while as best as one is able, observe their mind. For this student it has been the hardest endeavor ever undertaken. The ultimate result: Freedom from clinging to old habits-patterns-social rolls...one is listening and watching intently, life situations that trigger blocks fomented in a mind bound to memory and thought. Actual peace is to feel Inner-Being—one's consistent stream of peaceful presence. Bringing the mind to order, is to see all clinging merely foments conflict. Ordered minds bring joy-love-kindness-forgiveness-compassion-non-judgment, gradually bringing disordered minds to then 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, its influence upon what one is being doing and having. Seeing what one does 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 overall peace.

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

Forgetfulness as the term is used in this work will now be articulated in order to help readers gain a 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 see this due to clinging. One must be committed to profound alertness. Simultaneously ground energy all the 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 a mind requires having one foot in both worlds till peaceful love is grounded, which is awareness and to observe so wisdom develops, it's alertness to unconsciousness lulling one's mind repeatedly into redundant life situations, not all of which are necessary to operate and function in life, they tend to take us over. Egoic script observed through the mind stilled, is being alert to the egoic self's mind games. Elementally peaceful love is Natural Self taking primacy—surrendering to the source we come from and return to. An extraordinary mind is required to reclaim energy from ego, the mind then can

transcend blocks. Forgetfulness is similar to day dreaming—which lulls us into daily life situations—lost to busyness there's lost awareness of inner-being. A mind susceptible to distraction is lost to egoic self via daily life rolls and old mind patterns. Actually seeing whatever life brings is okay, is to be aware of distractions be they navigate or positive, simultaneously maintaining an inner-being awareness. A sign of forgetfulness encroaching are copious amounts of thought and corresponding emotion resulting in abrupt disunion from Natural Self yet not always—often is manifests 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 typical 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, 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 as it transcends psychological fear and blocks requiring inner-being awareness, the ardent daily alertness necessary to bring order, vital to having adequate conscious presence so one avoids slipping into unconsciousness repeatedly. To hold a peace frequency, which is to say, have awareness of inner-being and additionally monitor the egoic life script which pulls a mind into situations, triggering an uneasiness. Initially short flashes of conscious presence come—one is aware of egoic self caught up in social rolls we all must play. Out of nowhere forgetfulness pulls the mind yet again into unconscious dreaming. Noticing this, one then resets.—A Again in the back and fourth from unconscious dreaming to a state of conscious awareness, focused students are alert to deviation, a formidable challenge. Described with a word often used here-in...'foreverness' and adaptation—words we use as tools, A— One ceases doing whatever they're doing and focuses upon 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 endless amounts of indoctrinated programming throughout one's life.

pointing to resolve necessary to press on regardless of how long it requires to hold alertness—yet many 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 to see it's possible. Resolute focus on persistence, stalwart, one hits a wall realizing there is nowhere to move. *-B* Thought suspended is to be more in the here and now where actual reality is. One in the midst of being overwhelmed by ego and the usual suspects, likely will then 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 an awareness many find unfamiliar—consciously alert the mind awakens to see thoughts mistake, gradually the rolls relinquish control over the mind, they're seen as tools, one's ego challenging them to remain focused. Slowly duration of alertness extends until times illusion is seen to be one continuous moment or conscious presence. Noticing patterns and rolls able to use them practically one no longer loses themselves in the dream. Mind games now observed, we don't overly invest in the past and or future, that is we are no longer lost to patterns and rolls. Additionally, it cannot be known exactly how long it will take before one reaches a point forgetfulness and or all blocks are seen and transcended. Peacefully and patiently we watch the life script egoic mind and blocks as best as we're able to. Emerging from forgetfulness it is seen and accept it had control. In the authors case it was awareness of: The mind had been ensnared in forgetfulness. Intermittently an awareness of having been in the state yet unable to transcend it. With persistence inner-source awareness increasingly is consistent, ultimately living more at conscious presence. *A*...As more awoken to a consistent conscious awareness the belief factor exponentially increases the amount of those spiritually inclined. It's the coming paradigm shift from fear to peaceful love, the mind then is freed of times illusion subsequently dissolving ego. *B*- All experiences are of thought including dreams, awareness and observation being outside.....the here and now then is the only reality or all there ever is.

.....**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 the anger. We need honest objectivity after anger has subsided and the waters are calm enough to see our own thoughts, actions or feelings associated with what had happened, enabling us to see it had carried us away proving it's all too easy to fall into this trap. Getting caught in anger so many are infected by often is apparent to others yet not to the afflicted. A back and fourth endorphin high is very much in play, or the wheel of insanity spoken of. As anger intensifies it rises to a storm, the afflicted get 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 alertness and one of four cornerstones to higher levels of consciousness: Courage, ascending to neutrality, then willingness and once again acceptance. Anger, similar to all blocks to an ordered mind, is accepted as something coming from within one feeling the anger and then chooses to be angry. We must be absolutely focused and calm to see it. We can't see what to do when we're upset. Calmly watch the anger arising, felt as it wells up inside. Catch it before it possess the mind so the ability to see it is not 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. A student's attention is then focused on the feeling, in this case anger, non-resistance to corresponding emotion makes it more probable to transcend than having control over a situation, whether it be another person or otherwise. Again anger originates from within us. Alertness to what is felt daily is absolutely vital. Alert to anger welling up inside, seeing it as merely a programmed reactionary response, is the 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 many problematic situations or their triggers, pulls one out of awareness of here and now where peace is. Therefore calm and focused, one sees anger is who they are, then responsibility for dealing with it is their own. In reflecting on 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 and catches it prior to taking over. Anger, a human condition, should be seen from this perspective so its negative energy is forever, finally 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 and transcendence of it peaceful loves energy. We're all taught fear and it is programmed into our life script. We must have persistence in watching our life script, social roles we play, mind patterns and or triggers to emotional responses fomented in over-thinking—steadfast calm one sees and reclaims energy from their 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 and aggressive behavior warns US A--Even the slightest uneasiness felt within is a sign of patterns/triggers taking control. Be rooted in peace and they're seen prior to taking control. Taken over by them we must then wait for the waters to calm again, then we 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 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, gets full of themselves and no longer sees value in selflessness and humility. Many succumb to perpetual unconscious dreaming. Alertness is critical to having spiritual awareness therefore one must remain determined to watch and listen to ego. It 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-which is to say adapt and navigate life, ego and the script it follows act as a sort of auto pilot then taking over control of life, one's mind becomes the egoic mind. Unconscious dreamers are not ready, so need their 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 is 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, it is the apex of the lower levels of consciousness, or the levels of falsehood. And beyond pride, 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 alertness is no longer needed. It dominates egocentric intellectuals who tend to embrace it. Pride proclaims spirituality speaking, intellect absent the spiritual factor will foster peace and contentment. Resulting in additional loss of alertness or inner-source, through overthinking, that is thought based intellectual reason. So this being the case, resistance ensues and with it a 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 the key to seeing the block of pride. Ego loves pride because it feeds its 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 all blocks to an ordered mind generally.

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

Often having abundance will bring on guilt. Guilt, as in all blocks is learned. It's used as a tool of in academia to indoctrinate. Usually fomented in childhood as conditioning and is 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, feeding on its host as blocks do. The guilty are trapped in unconsciousness, tend to be accident prone, feeling undeserving of love or unworthy. Self-talk repeatedly touts who do you think you are? Get down off of your high horse. Guilt fosters need for repentance or is a repercussion of pride-one's '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 us all to do be and have. Guilt nurtures a belief you've done something wrong or will do wrong, again all time past and or future. A prerequisite to guilt as a block taking over preventing one from having consistent inner-being awareness is, guilt foments feelings of shame and or apathy. Any block propagates problematic indoctrinated self-centered thinking, all baggage we tend to cling to. Creating an uneasiness or a dis-ease often resulting in dread for life generally. All negative energy bred in thought will tend to drastically weaken the immune system due to stress by thought, a mind created drama emanating from one's blocks and then projected into life situations. Guilt can contribute to disease setting in. Accumulated thought-the result of psychological disorders, is 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 turning the mind upon itself helps to root out guilt—if we are feeling guilt, ego is often using it to control the mind via egoic self, experiencing guilt and then projecting it.

.....**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, it's quickly replaced with yet another desire. Asking "Now what" is a helpful practical use of memory. Desire whispers: The highest high is always around the corner. Still, the afflicted student merely wants more and more. So 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 peace or at best brings merely temporary happiness. Desire is, quintessentially 'impermanence' as The Buddha taught. We question the fear paradigms viability only when we see craving simply never ends—one sees the futility of desire so that 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 the mind simply: "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's 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 do 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 the feeling rather than accept it and move through it, 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. Like a cancer an underlying anxiety eats away at them. All ideas of peaceful love seem as if it was just not in the cards for them. Intensified pain appears to be the only way to crack the thick walls of mind resistance blocking those 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 a student more energy to combat apathy. Some of the authors fellow students have a large degree of apathy plaguing them. Those spiritually aware shine, 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 type 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 suppressing it, shame is a catch 22 to deal with. What one was shamed for usually comes through someone else or via self loathing repressed deep within one's psyche. A traveler only by way of courage looks at shame logically. It was often not their fault, although generally is so deeply embedded in the spiritual travelers life script it's very difficult to deal with. The 'person' simply cannot look at it because it's psychologically too painful. Death seems a welcome alternative to looking at, then dealing with shame. Severe abuse is associated with shame often. Suicide, a result of deep clinical depression, is common due to one's energy level being so low. Clearly one's life force isn't strong enough, similar to a physical immune system not being able 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 grounded conscious awareness shows love is not only the most powerful thing in the macrocosm itself, but is actually the core of every human-beings soul, their essence or as said repeatedly inner-being or inner-light. The feeling of not being loved is the direct result of deep blocks and corresponding drama in the life of one who struggles with shame. All 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 is 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, this is key to walking through pain to feel inner-being. Only appealing to the source we are all of, the all powerful love inside us to help can shame be successfully transmuted. Love is blocked by the shame one feels albeit is precisely what is 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 a 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-wife-mother-father-husband-happy-sad-philosoper-good-bad and so on, too often

we become them exclusively. Potentially all interaction one has at the level of effect are rolls in a script. 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 transcend instantaneously a life script-books-systems-religions-methods-consciousness and adherence in excess to these? Even though one acknowledges the rolls to be partially who they are, can one as best as they're able, observe and not become deeply attached to the 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? Shouldn't rolls be transcended? And judgment: Who in the daily life is qualified to judge? Should we rise above judgment when possible? Can we forgive others unconsciousness? Is this possible to do at the level of effect or must humanity collectively awaken for fear to be forever 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, can human-beings see rolls and or old mind patterns have controlled them? Now consider the advantage of going beyond them, putting one foot in front of the other projecting love, the bi-product of peace not fear. Again ego and rolls are necessary to be functional in daily life. That being said alertness to rolls and simultaneously noticing the self playing them, they then 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 them. If so lost one is relegated to playing rolls interacting with others rolls, e. g. you're having your car repaired, the mechanic plays his roll, the you the roll of a customer. This requires unwavering daily alertness to see in real-time. Many have admitted the ability to focus on this lasts mere seconds, to hold the frequency of awareness beyond this is difficult at best. This is what spiritual students are up against. Nonetheless we all must so the mind can observe itself and rise above obsessive compulsive thinking, to free itself from bondage to social rolls we must play for practical purposes in life. So mind patterns rolls a life script and triggers to these, should be watched or

the mind slavishly clings to ego which challenges our very sanity itself. Can observation of rolls in life be the impetus for remaining here and now? Each present moment fosters an awareness of peaceful love, replacing fear. Raised alertness fosters awareness, necessary to step out of timelessness so we're not lost in rolls? Rolls are necessary to function...can we move concurrently back and fourth from the 'I' to awareness, so to see the 'I' playing the roll? Ask the question: Is there awareness of rolls as the egoic I plays them-additionally the energy of peaceful love flowing in the body? Does a conflicted mind give the rolls and thought patterns too much control, infecting the mind and collective consciousness? Fear is obviously negative, it overwhelms a mind, here we're saying don't resist. Watch unattached, it's transmuted to peace via awareness if we do not carry on in the roll beyond its practical use. It's an awareness of I on the stage of life, a mind having conscious presence and is far preferable to unconsciousness. To the degree there is unawareness matches resistance, i. e. negative fear energy pushing its way in so a mind becomes lost in rolls. 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 focusing upon obtaining a goal or thinking in the form of concepts, is not the same type of awareness referenced here-in. This is to be here and now, very present, extremely alert not anxious. For this traveler it is the mind engaged in pure observation of what happens without memory labeling that observed. As thought enters to define the observed it is stored memory in the brain, not the actual present. Ideally stepping stones to awareness via observation, and awareness is all there is—Moving beyond memory experiences defining the now. Awareness is at a low hum if preoccupied with daily life yet the feeling of Being is there. Awareness of it is felt in the background as something felt yet not know. Holding this peace energy frequency must be one's focus so its duration extends. Although in the current situation far too few can do this day to day consistently. Again inner-being is felt within, in the here and now, not through memory images. A logical followup question often is then: “Well if interaction of any kind are rolls and awareness of what happens 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 simply to be functional in the world yet one must be *in* the world and not *of*

the world. Rolls are necessary yet spur attachment to the dream in the form of 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 deeper into states of, as Tolle describes it: “In joy in my Self.” And considers to the extent they cling to rolls and patterns, it's a 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 in the body analogous to a low 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 lose ourselves in them, we may just as well remain in the dream. Yet letting life lead, in pure observation one sees 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. In one aware there arises a different kind of human-being. *Forever we've attempted 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 your 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 is to see 'problems' can facilitate a 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 these 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 is now 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 an egoic mind, pure observation focuses on it, a powerful tool for bringing a mind into the present moment, an extended stream of now, that is through observation and awareness minds transcend 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's no longer a need to play rolls to satisfy daily life demands move deeper into peace or into pure awareness. 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 playing rolls often exceeded the practical use of them. Natural Self sees it, now reads the air when the tone of our voice or others begins to rise, this is the sign of a conflicted egoic mind which triggers the 'I' within and 'I' in others, then ego controls. Watch, listen. Notice this 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, others too, a 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 may well loose then, its

alertness to the Self, the point egoic self takes control again. So ego and roll play will manifest 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 therefore is 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, all mind patterns and our life script taught to us, additionally consciousness being aware of itself. Then in a greater sense spiritual travelers are freed of all that, ergo truly freed from the known.-1 *Transcending the above, oneness is felt within, having presence we're at liberty to enjoy rolls for free without being controlled. One's mind focuses on essential needs, it sees much of its activities had been frivolous. Doing less to satisfy ego there's less thought more intuitive 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 all 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 in perpetuity love. 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 helps others. So now we move beyond it all, beyond movement and analysis. *If the work helps one find the teacher within it's to realize there's nowhere to move, ending 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, they'll then 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 endless mind games ego plays. We are all born into a divisive world, educated..trained..programmed..propagandized, it prevents inner-source and a feeling of Being, exception being an 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 then to knowing, 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 humanity exponentially approaches the point of no return, a cross road. With solicitude one can see humanity being manipulated by mortal oligarch puppet masters of technology, all purveyors of a 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 themselves, giving 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/awareness. Obviously technology and fear are the road we are presently on. Clinging to the known is filled with irony. If humanity continues filling their minds with fear based thinking, the paradigm of fear as well as technology inundating minds, in addition to 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—the new paradigm rising, 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. Albeit 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 is 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 is a total opposite of what humanity is presently—absolutely conditioned-indoctrinated-educated-programmed-propagandized to be do and have, so, all serious inquiry into oneness with the energy frequency of peaceful love as a new paradigm, in addition to living peace as one's lifestyle, demands spiritual transfiguration be taken extraordinarily serious. To reach rudimentary initial first steps we must have a seriousness beyond what's believed possible. We've clung from time immemorial to thought, life script and ego their protectorate,

we've barely scratched the surface using fear energy and its thought created images. Fear leads down the road to over-dependence upon 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 by its very nature is mendacious. Peaceful love, is courage-neutrality-willingness-acceptance and perspicacious qualities—these we've repeatedly pointed to herein as promoting truth, fostering an innocence merged with deeper wisdom. Perhaps the road of technology, as well as those who seek 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 to 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. In living peaceful love one must be focused. Fear energy dominates the world and sadly what martial art all too often foments. All instruction in martial art was for the most part fear motivated. Students became good at martial art via fear manifesting as anger and desire to harm others. Is not the insanity of 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. -A Humanity must endure spiritual rebirth and the great shift in consciousness to a peaceful love paradigm. Yes, it is 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.*

A- The Xin-Tao style has been disbanded due to the lack of interest in it being a vehicle for peaceful love.. The authors country is the melting pot of the world So much divisiveness that potential students couldn't get past the egoic mind. The authors journey has made him aware that awakening is so difficult he will be fortunate just to awaken himself to consistent conscious presence.

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 one was 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 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 one's 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 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: @yeseenlightenment.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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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--
From the book: "Elements of Zen"...David Scott and Tony Doubleday / Page
99--1--Echhart Tolle: "The Power of Now"..Namaste Publishing 1997-- ideas

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--

The Bible---Jesus---2---Gautama..The Buddha--3--The Tao Te Ching--By Lazoi--4--Gautama--The Buddha / Page 198--1---from J. Krishnamurti's Dissolution Speech 8-3-1929 / Page 207--1--Gautama--The Buddha--2--The Bible Ecclesiastes--3--Gautama the Buddha / Page 213--1--The Bible--Jesus / 214---1--J. Krishnamurti--2-- From The Beatles song: “All you need is love” Lennon/McCartney / Page 217--1--J. Krishnamurti / Page 218--The Bible--Page 219---1-- A Course in Miracles---Foundation for Inner Peace, Publisher.

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, pushes 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 and inspired J. A friend and enlightened soul who helped him press on to spiritual transfiguration — one who reached out shortly after J hit bottom. Never met outside of social media and e-mail yet instrumental to awakening. Lost contact—most do fall back into the dream again. Very few are able to remain awake so keep going.

ISBN.....978-0-578-65037-1