

ENLIGHTENMENT
A MARTIAL ARTIST'S
VIEWPOINT

ONE POINTING OF THE
WAY—AWAKENING TO
ENLIGHTNEMENT

JEROLD KEELER
REVISED 2026 EDITION

ENLIGHTENMENT A MARTIAL ARTIST'S VIEWPOINT

JEROLD 'J' KEELER

FOUNDER OF THE
XIN-TAO
MARTIAL ARTS STYLE

For Kate

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 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, a new kind of human-being not better versions of the old homo sapiens done via a paradigm shift from fear to peaceful love. **SCIO TE IPSUM.**

CONTENTS

Acknowledgments -----	1
Glossary: Terms used, meanings and the authors forward----	11
Introduction -----	1
About the author-----	2

THE CHAPTERS

1—The Disease of Unconsciousness the Cure of Enlightenment-----	7
2—A Martial Attitude-----	13
3—In the Beginning -----	23
4—Is The You Sure -----	34
5—Enlightenment its Attraction and Challenges -----	42
6—After the Awakening-----	50
7—Words-----	58
8—The Qualities of Thought Willpower and Emotion-----	68
9—Meditation -----	76
10—Who Am I Really-----	81
11—Just the Two of Us-----	90
12—Past-Future-Present -----	99
13—Staying In the Moment-----	108
14—How Deep Does the Rabbit Hole Go-----	116
15—Pax Per Renovatio -----	123
16—Love and Fear -----	131
17—A Dialogue on Spiritual Enlightenment -----	136
18—Teachers Who Pointed the Way-----	181
19—Observation-----	193
20—Blocks to an Ordered Mind-----	199
-----EPLouGE-----	218

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 a peaceful reconciliation with one's egoic shadow self.

Enlightened--One rising above thought, a merger of innocence and wisdom.

Inner-Source---One's total accumulated experiences stored in memory. Used ultimately, to maintain alertness, fostering awareness through observation of thought and the egoic mind seeking control of life through the 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. A feeling we are part of everything i. e. the oceanic feeling. To have present awareness, a mind stilled. Awareness of psychological time to an extent it no longer controls.

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

Material World---Energy/matter initially organized in a highly ordered state, evolving to a state of disorder rising 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, felt via observing and an awareness.

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, one's mind in a fog of sorts.

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

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

Awakening---To see one's life script programming and ego to notice these.

Ego---The separate thinker, it protects and assists 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 and 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 then an awareness of Being through focused attention inward feeling oneness or essence—having present awareness subsequently one in the here and now.

Satori---A flash of enlightenment. A glimpse of present moment awareness or inner-being, feeling peaceful loves energy within or present awareness.

Inner-light---One's inner-being, light within, personified into the world. Life force energy felt within the body, subsequently 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 is seen not as memory images but experienced now, in perpetuity.

Blocks---Emotional pain from childhood and programmed on into adulthood, thought used by Ego to control the mind and life. Drama or baggage in life.

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 them. One on the stage of life-a school of life, daily life situations, rolls we play. Manifestations arising out of randomness.

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, a 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 sort 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 emerging to be a student of enlightenment. Martial art the exception, there was no formal training in psychology, philosophy, nor any of the sciences spoken of herein. Blocks is a word used often in the work, 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 other blocks. In the state of unconsciousness programmed memory works hand in hand with the ego strengthening its hold, adhering to the awesome power of the life script all unconscious minds are compelled to follow. Lost in concepts about concepts at a 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 that doesn't fall far from the tree we are all subjected to is our own life script taught to us by others, spoken of in this work as our programmers. Beginning with parents, moving to peers, then academia and so on—it's the totality of one's consciousness, all programming which narrates what we are to be do and have in life, its power is formidable.

The unconscious conundrum then is baffling, painted herein as one's inability to see the forest or bigger picture—ideas or the feeling we're one with the macrocosm. The inability to see what we do to others at the level of effect we do to ourselves, i. e. cause and effect, affects the whole. Not seeing this is spiritual denial, adhering to a paradigm of fear, at present the majority. The unconscious see themselves as separate, as individual, not at all a part of the whole. A fear paradigm and ego clearly fomenting divisive separation. One is relegated to thought which seeks to solve problems it creates, i. e. intellectual reason fomenting ongoing thought. Thinking is useful obviously, nevertheless copious amounts of students capitulate to obsessive compulsive thinking—to live in the mind exclusively, where problems solved merely creates additional problems, again because thought created them. So to be clear thought creates problems then with a different set of thoughts seeks to solve them. It tries to understand itself, filling one's mind with opposing ideas. We tend to think we use our mind and yet all too often it is the opposite, until we observe it—*The mind identified think they use the mind when actually it is using them.*

There is great admiration for the founders of the authors country who were devout pious men, believing in something greater than themselves. -*A* With respect religious systems are divisive—to understand with thought what is beyond thoughts ability to know is an exercise in futility. The subject here-in is extraordinarily controversial or misunderstood. Prior to a spiritual event this student was: '*Of the world not in it.*' -*1*—in clinging it is very difficult to transcend unconscious dreaming. With respect all mind identified people are unconscious and or conflicted, programmed to follow their life script, social rolls and or some type of systems dogma. “The Will to Power” Schopenhauer and Nietzsche wrote of epitomizes humanity. Mind identified we cling to our ego and life script with a herd mentality and as such prevent our own rise to conscious awareness.-*B* One's own life script and egoic mind psychologically speaking control to an excess, doing so by way of fear built up in the mind to a degree peace is merely an after thought. Once again unconscious dreamers thinking they use their mind when actually it uses them and this is hardly if ever seen. They are unconscious, in a slumber, blue pill and in this state ignorance is bliss. Or they're black pill and clearly turn a blind eye.

As a martial artist the author is no stranger to hard work. This helped in fostering the peaceful love paradigm referenced here-in. Should readers grow uncomfortable with this work not being well edited or the format is seen to be unacceptable then perhaps the ideas are not of greater importance. If so pass the work on to another. 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 the peaceful love paradigm on the horizon, exposing fear and facilitating this great shift in consciousness. So we must then, bring more to peaceful love. We are utterly programmed into fear, to a point love is difficult to even see much less hold its energy frequency for long. For many it will go over their head or is seen as feckless. The author works individually and with groups. Excerpts have been given to those who work daily at living peaceful love as a life style and have embraced the ideas as they help awaken them to conscious awareness. *A*—As a caveat religions are often in conflict i. e. our God and theology is right and yours is wrong. *B*- Being mind identified is for the most part to live in the mind—the mind is unable to quiet itself and engages in overthinking, keeping the student trapped for the most part in time i. e. the past and future projected memory—quite sure they use their mind when in fact it is using them.

In conversation the serious student sees straight away who is open to the subject-matter because a serious student can feel energy. We aspire here-in to feel enlightenment's energy via random spontaneity i. e. energy flowing in the body—remaining in the present moment helps one bi-pass the ego. Random spontaneous conversation reaches the Self beyond the egoic veil, Inner-Being then comes into doing. All programmed minds resist, following patterns, rolls fomenting conflict taking one out of the here and now to live in the past and future projected memory. Such a mind sees egoic needs as first and foremost. The shadow self plagues those with a conflicted mind who see ego as simply fighting to protect its host, at least until the merger of wisdom and innocence fosters harmony. For many it's simply too confusing. In the back and fourth from concepts to simplistic innocence, when stalwart spiritual ideas are seen—thought and intellectual reason, without innocence blocks one from seeing consciousness making transfiguration a monumental challenge. Intellectual reason itself sees via concepts yet thought alone cannot understand simplistic innocence, i. e. the *oceanic feeling-A*—resulting in lost awareness of Inner-Being. Again thought is limited and relied on to excess only creates dis-ease. Thought foments overthinking, rising above it we see the precise moment before thought enters the now to define reality with memory, is not reality. Ego loves thinking, it's a means of controlling its host, the I identity thought has created keeps us from rising above thought. Enlightenment a Martial Artist's Viewpoint seeks to bi-pass programming we're all subjected to and speaks to the Natural Self behind the shadow self, i. e. the thought created 'I' identity. Consciously aware we are in the here and now, we transcend normalcy biased programming, indoctrination, the over-educated brainwashed mind duped by ego. Keeping in perspective, if the ego loses control of its host they'd be in serious danger. Ego is relentless in an all out effort to control its host which is to say the reader. Therefore one must be stalwart to have awareness. *A*--A term used in a 1927 letter written to Sigmund Freud from Roman Rolland describing a sensation of eternity or a feeling of being one with the external world as a whole, an idea Rolland acquired from Ramakrishna. In this work the author equates this: “Oceanic Feeling” then, with the innocence part of enlightenment. The feeling of innocence often seemed to come of its own accord at least initially it did. Nevertheless the authors conscious awareness, brought about by a hit bottom life shattering experience, revealed a peace never even remotely believed to be possible, although without arduous work needed to bring wisdom into the equation often does taking years, awareness will fade only to have the egoic mind reclaim control repeatedly often for the duration of life. Hence the need to take this very serious. As we will say often here-in: This is not for the faint of heart or for those who capitulate to their ego.

Frankly most people are trained unconscious mooncalf's. To a point it's a quintessentially a dream world, virtually the reason metaphor is used here-in, including a favorite movie line from: "The Matrix"...."You've been living in a dream world Neo."—the epiphany of spiritual transfiguration is: Firstly one notices that virtually everyone is unconscious, completely oblivious to *Inner-Being*, manipulated by systems..a script..rolls..old mind patterns..not actually there—programmed mind patterns and social rolls running life to the extent one is lost without even questioning it. How then do we by-pass shadow self to Natural Self, how are we to be freed of programming? At first awareness of the teacher within—a real catch-22. How is thought, which creates endless problems via opposites, to know love which has never had an opposite? Notwithstanding concepts or memory images stored in the brain, being obviously necessary. We are suggesting, concepts merely point. Consider the magnitude of this. The programming we're attempting to by-pass to the Natural Self is or own mind, it knows everything about us, which makes it more complicated. Initial conceptual pointing the way is let go of as one awakens to **Conscious Awareness**. Still, simultaneously we must navigate our daily responsibilities or duties. Life situations requiring the use of thought and or memory seeking to exclusively define here and now through memory images of life situations stored in memory. Long ago egoic mind entered the picture taking control. A time immemorial when ego commandeered all minds so to protect its host, nevertheless for perspicacious and persistent students freedom comes. *A mind extraordinary persistent* brings ego to unwittingly work with its host. In this ego assists us, fostering an alert mind. Prior to this the back and fourth ensues as ego seeks to control us. Disguising itself in most people promoting endless scripted rolls we buy into with a potential to keep the mind in check. Should ego loose control of its host it believes they'd die, so it protects the 'I' thought has created. A logical inquiry would be then how long it takes for conscious awareness to arise? Seeings as how everyone is unique, thought and extreme emotion being the problem—*just as long as it requires*. Ultimately there is no arrival, wanting to arrive is another of endless mind games. Obviously many find this all confusing, misunderstand or see it as just feckless. Or perhaps a condescending tongue in cheek view of the subject-matter, often serving their need to validate their own unconsciousness remaining blue or black pilld.

Normalcy bias views it as unorthodox, absurd, aimless and scattered. Prior to a spiritual event this student studied on and off. Information became skewed because thoughts pseudo self sought this end, ego and the life scripts attempts at preserving its identification as its host. Obsession drove the author to hold Inner-Being awareness and continues, *the spiritual ego* nearly won countless times. Ego fights vehemently with mind games. Breaking through deception to the Natural Self has driven many into despair due to fear and normalized indoctrinated behavioral patterns. There's been work with others in a mutualism capacity where there is no teacher or student, merely two or more helping each other to maintain alertness helping bring awareness to fruition, *oneness* referenced repeatedly. Additionally keeping ego in check by way of humility. Ego doesn't like humility because it means its lack of importance and loss of its identification as its host. Many authors go into detailed explanations in a specific step by step fashion. Throughout we will say enlightenment at best is challenging for any mind to see. Precisely due to the fact we are all lost in busyness, getting lost in social roll we play. One blindly clings to the mind identified state and loose awareness of inner-being—a fear of loosing who we are, who we've been programmed to be. To simply let it go it's felt we'd loose who we are. Lost in a mendacious 'I' identity leapping into the unknown abets fear. The authors hitting bottom experience brought the partial collapse of the egoic mind reveling deeper peace never remotely thought possible. Thinking in concepts and corresponding emotion takes us only so far and this must be transcended. Working with a select few at times confusion ensued—material became complicated. This format was chosen because it speaks to the Natural Self behind programming virtually we're all taught we are. The hope being, to spark an intuitive awareness, necessary to see one's Natural Self—in the final analysis steadfast alertness is paramount to solidifying any vital significant or meaningful spiritual transfiguration. *Persistence is key*. Footnote: This work was intended to focus upon deeper aspects of the nature of enlightenment. So these first chapters are the prerequisite to this end. We'll be addressing several common psychological disorders born in conflicted overthinking minds. That being said the reader should go through the entire work thoroughly-bearing in mind most seekers-(97%)-capitulate to the life script and the praetorian guard of all life scripts, one's own egoic mind, i. e. they take the blue or black pill.

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 work through these 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 people having two so to speak inside, designated here as the Self or timeless causal level energy and lowercase self, people's programmed life script and their ego its praetorian guard. Random or at times seemingly redundant ideas are used in an unorthodox attempt to illustrate concepts only point to enlightenment and as such are to be transcended, if thought is quieten information is better absorbed. *Random concepts effectively do speak to one's Natural Self behind their programming, seeking to define the here and now via a conflicted mind, referencing those in the mind identified state.*-A Current estimates suggest that 10% are inclined to pursue spiritual enlightenment, *far fewer are serious*. If one is called to usher in a new kind of human-being, the profoundly significant peaceful love paradigm, please bear in mind this is an enormous responsibility. Those who are called find there is immediate need for spiritual progress as currently a majority are unconscious. Collective and personal consciousness must move beyond the dominant paradigm of fear, a majority, ***to every mind at present awareness***, adhering to peaceful love as a new paradigm. Fear creates divisiveness and bringing opposing ideologies propagates conflicted thinking at the level of effect in one's daily life. So, all thought merely attempts to understand itself, which enables fear to dominate, distracting us from the here and now. Yet don't assume we can't have positive impacts at the level of effect. A—The state in which people live almost entirely in their mind, identifying life through memory images, i. e. a mind using the person—we might ask is the person then actually there or mere rolls being played out on the stage of life, that is to say programming? Following one's indoctrinated life script then, is to simply play rolls acted out in the interaction with other people playing their rolls? Ask this fundamental question: Is who you are merely stored images in memory?

Some are called to make vigorous and prolific contributions of unimaginable proportions yet all coming together as one is the key to success. Just a 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 key to successfully ushering in peaceful love as the dominate paradigm globally, now controlled by fear a life script and an 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 seeds of enlightenment in a way they can understand at a young age fostering a far deeper wisdom needed to enable them to hold peaceful love's energy frequency and not succumb to indoctrination. Practical use of the life script and egoic mind is fine albeit a majority are controlled by the egoic life script. Adults are beginning to see this in spite of having been stigmatized. A seemingly insurmountable task to peacefully interact with an overzealous life script, reticular activating system and a controlling egoic mind. Forgoing this results in a loss of awareness of Inner-Being, which is to say *The Ground of Existence*. Holding awareness of Being one will find it is the most important and meaningful accomplishment in life should persistent awareness come. Its energy must be grounded or it likely will be a passing experience. So where attention is directed there one's results will be. A peaceful alert humanity is challenging due to the prolific power of ego and the script it follows. This work aspires then to help those who have felt peace to further see adversity opposites create. Fear literally controls us all to a point we are unaware. The direct result of overwhelming busyness and indoctrination into an 'I' identity. And the enormously powerful egoic mind which adheres to mind patterns. Ego compels vast numbers to follow in perpetuity preordained social rolls in the interaction with others rolls; a conflict filled dream of form all humanity struggles with in their lives. One focuses until there is awareness of a 'you in time' or 'having presence' practically uses the life script, and when no longer needed put the tool away—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 our life script program, to use our mind not the other way around. It quite possibly would be a different reality—never having been controlled by ego and a paradigm of fear. It is love emerging through the doorway of peace. Peaceful love is a child's inner-most core but subjected to aggression and fear instigates division through indoctrination. From early on the senselessness of aggressive behavioral patterns was seen as detrimental. Yet fear subsequently ingrained from childhood through programming fomented a disturbing life 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. The upbringing programmed overwhelming fear, severe guilt and shame, blocks suppressed at an unconscious level, masked with false pride and anger. In retrospect deep pain manifested in childhood fomenting anger and pride were vents for guilt and shame pushed deep inside and this continued 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 egoic self and rebirth. The passage: “Perhaps you were born for a time such as this.” (Esther 14:14) often came to mind. Surrender to spirituality became ineradicable at a great personal cost viewed from the former life. All material gain lost, there was a surrender resulting in the hit bottom experience. Fundamentally having copious amounts of pain in life due to unconsciousness a point came it could no longer be endured. This broke ego's hold upon the mind—the apex of hitting bottom; experiencing deep despair fostered a collapse of the egoic mind.—A A sort of abstruse surrender, a result of uncontrollable situations bringing about the aforementioned collapse of the egoic mind. Profound peace never dreamed possible now revealed itself. Natural Self awakened. Little else mattered and there was no going back followed by long periods of study in an effort to understand the event or what had happened, what this 'experience' really was. A—Ego protects us psychologically and physically. Hitting bottom brought the collapse of the author's egoic mind, this revealed a peace he never believed at all possible, as if the mind had hidden it. *Yet much work remained and continues still.*

An interest in martial art came early along with the philosophy associated with the art—study on a level of fanatical compulsiveness ensued yet was on and off, likely the result of the mothers influence. Then the other side, a self-destructive compulsive side, a result of the fathers influence. Martial art was used to vent anger resulting in aggression, inciting the 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 became an impetus to practice which quailed intense suffering—before the spiritual event extreme highs and lows ensued at the level of bipolar disorder. As the author's unconscious life drew to an end there was a spiraling down or general resistance to life, ego fought this.

It was common to awaken early feeling enormous anguish, deep clinical depression. The feeling of being pulled away into a semblance of intense fear, away from any peace whatsoever-analogous to an ominous force attacking. A feeling of being a stranger in the world was strong with a desire to go home. And in retrospect to one degree or another this had been felt sense childhood. Prior to hitting bottom it intensified exponentially. Please take me home was a common request. 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. Prior to awakening enlightenment as a subject was studied on and off, yet merely on an intellectual level. Hitting bottom brought profound spiritual awareness, this fostered an inner-peace, stillness felt, yet it ebbed and flowed drastically. The illusion of back and fourth, peace to disorder, a testimonial to the awesome power of ego. Awareness of Natural Self as an energy felt in 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, overwhelming forgetfulness fomented periods of repeated unconsciousness. Intense resistance, a block now seen, was quintessentially the mind identified state all egoic minds foment. Formed in the authors youth, programming and indoctrination resulting in the painful and chaotic life script ego adhered to. Ironically these extremes became the very thing bringing the random deeper peace to fruition, energy felt within the body was slowly noticed everywhere.

It requires tremendous ongoing focus to remain alert. Ego wields prolific psychological power brought about by one's blocks creating thick walls in the mind as ego protects the life script. The spiritual event brought into view a peace never dreamed possible. And once felt there was no going back. Steadfast commitment to peaceful-love 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. There was a lot of time spent sitting in nature settings, libraries or book stores, engaged in talks...reading...writing...meditating. In retrospect a honeymoon period, peace and wonder, feeling Presence. Peace felt within the body, was an 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 seemed to be dying as the new Self emerged. An onerous road remained to hold the energy of peaceful love, surrendering to life's lead. Outside of the martial arts lessons taught a virtual lack of interest in anything other than awareness, observation of programming and social rolls. Old mind patterns controlled, yet it helped see forgetfulness through persistent alertness. There were days without basic needs. It simply did not matter. The kindness others extended, along with surrender all needs were provided for. A 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, building thick walls protecting the life script and an egoic mind, the scripts praetorian guard. Working to negate judgment little by little awakening came, along with a belief judgment was something no person really had an ability to accurately do. To engage in judgment we must have knowledge absent error, of the past and future regarding that being judged, free of all personal bias. And what person can do that? Bias reared in the fear filled programmed life script 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 the seeds of craving, clinging to the known be it painful or pleasurable is coveting, this foment the loss of awareness of inner-being. So attachment to good and or bad situations, it all leads to more conflict within.

Perhaps there's a less dangerous path, a 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—one must be stalwart, very aware. In pure observation alertness and awareness comes to fruition. To feel Natural Self is energy combined with persistence, i. e. grounded awareness by way of living peace as a lifestyle. This is one having presence. Otherwise it's just a passing experience. Consistent focus is critical. In passive observation the I and rolls played are seen as a life script and controlling mind patterns, all creations of thought. Each must go within, commune with the teacher within, a personal journey through observation of life and for the author *fortuity*. This brings to fruition one's personal enlightenment through vigorous Socratic inquiry. One Follows no authority fostering an alertness, the mind sees its own mechanical dependence upon memory images stored in the brain. Transcending this to an emptiness, then emerging back into the dream of form...one's light shining forgiveness...peace...love...Bodhisattva. The journey has yielded quite strong feelings of inner-being awareness as well as many subtle states. The nature of consciousness and life, is movement—be alert to images in memory and they don't excessively control via thought pulling travelers into forgetfulness to a point they become lost in old mind patterns and social rolls we all play and entertain just to be functional in daily life. All of it continuously rising into collective consciousness, i. e. the sum total of one's programmed experiences so 'I' or personal and collective consciousness may know itself. One must be alert, simultaneously engage pure observation of thought and or feelings, the use of alertness so to foster awareness of the egoic self. An indoctrinated 'I' and life script promotes ideas of arrival which lulls one's mind away from observing thought and or feelings. Ego backs away in response to persistent alertness—a feeling peaceful innocence combined with wisdom yet ego always resurfaces. Peaceful yet stoic, watch the ego its patterns and social rolls to see the I. Egocentric leanings towards intellectualism will then no longer lull the mind into time or dream of form via forgetfulness or unconscious dreaming repeatedly, the projection of the now into the future.

CHAPTER ONE

THE DISEASE OF UNCONSCIOUSNESS

THE CURE OF ENLIGHTENMENT

What is unconsciousness? It's defined as: "A state of being not aware of something, not intended nor 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. The subject is obscure opaque and difficult to delineate. Nevertheless let us inquire together into the enlightenment subject delving into a mysterious subject with deep seriousness. Herein unconsciousness is the state of being unaware we are very programmed, which more often than not controls us. Many people simply cannot or will not see their programming. Vast numbers cling to this-it's familiar although it foment 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. Still it's conceded 'Faith without works is dead.' Be that as it may one surrendering to life leading the way fosters peaceful love—basically, allow 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. And yet one can be aware of it as an energy felt not known. The seed of enlightenment exists in every soul, slumbering, people's birth-right for those very serious and at least to a degree perspicacious. Peaceful love comes to us all sporadically and when it does the vast majority for the most part do not see or know it to be what it is. Stop reading and close the eyes, clear the mind. Can you feel energy in your body? Difficult and yet at times it's random, a feeling usually 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. This energy is elusive and it demands alertness, consistent focus to hold it, this can be done. Vast numbers live in mind created fear, defined here as: **Unconscious Dreaming**. *Such are in bondage to a life of crisis to crisis, in a state of molded, programmed, fear filled unconscious behavior.* One then follows the Pied Piper to an abyss of fear, completely unaware of it. To put it differently we get our life running smoothly only to repeatedly sabotage our own success. A vicious circle referenced herein as: The Pain Pleasure Cycle. A revolving door delivering a back and fourth endorphin high where pain is accepted because pleasure is the pay off, with varying degrees and examples of fear being the culprit. Unconsciousness, a conundrum we live in bondage to, a life script followed blindly, all of it programming, fomenting fear filled behavioral patterns in a scripted egoic mind. Redundant mind patterns acted out, i. e. rolls interacting with other people's rolls, all accumulated memory projected, akin to being an actor on stage. Slavishly clinging and compelled to follow the narrative of a life script. Can this indoctrination being played out in collective humanities lives be seen? Virtually everyone to one degree or another runs on auto pilot all while completely oblivious. Again currently a majority of people living in an Unconscious Dream state, life runs on a auto pilot program literally controlling what we're being doing and having in life. It is one's life script and egoic mind, blue pill they live in a dream.

Our world runs on fear, a motivating factor for what people think do and say. Inquiry into it via observation of the life script and rolls played.-A So before getting into solutions a deeper understanding of the underlying cause is necessary. An average case is one either will not or can not see it...adamant enlightenment is not for them, they won't see a life script controls their mind to a point it projects exclusively who they are, never questioning or knowing. They follow a script they cling to even if it's painful. It's familiar. Pain runs in cycles, often for long periods so fear we've fallen into via unconsciousness takes center stage and sooner or later goes bad. A- We all play rolls necessary in life for practical purposes although too many fail to actually see these social rolls we play are mind patterns running our lives to a point we get lost in an Unconscious Dream state, i. e. our own mind is using us. One's life script runs their life and usually goes unnoticed prior to one having their spiritual awakening.

Consider too 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 at the personal and global level all created in thought and one's egoic mind, frivolous. Concluding human-beings as a species harming each other is quite insane. Wars in perpetuity—in the last millennia alone millions slaughtered in a blazing fire of fear-filled hate and malice, all an egoic mind, a paradigm of fear, globalists seeking money and their deplorable lust for more power. Once again typically we're a cruel species. And justify it proclaiming: 'It's not my problem, what can I do?' No other species treats their own the same way. We ignore it until it's on our doorstep. It is: *the will to power* and conflicted fear-filled scripted egoic minds propagating suffering. Vast numbers will not see this. We deny, minimize or pretend nothing can be done yet do we not play our parts either directly or passively. At the personal level most relationships are dysfunctional, in a break up make up cycle. Interactions are often either expressions of contentious dramas or pretentious comedies. A script forming even while in the womb. If the parent programmers fought it is then imparted unto the unborn child. The aim herein then, is to help ill-inclined unconscious souls awaken to peace with their scripted egoic mind. On global or individual levels literally most people perpetually used by their own mind and unaware of it. It seems impossible to see much less deal with so resolve to begin with the impossible. Living a peace life style demands resolute attention, alertness to the natural human-being with-in, herein sustained observation of the mind programmed, controlled via thought and emotion, alert to incessant thought which seeks to identify itself. -A So preliminary work is ennobles the conduct, bring the mind to order so fragmentation is seen. Initially notice all baggage or Psychological Problematic Proclivities conjured in a life script. Old mind patterns and social rolls controlling everything in life, one's accumulated psychological fear in memory projecting the self, denying the here and now and actual reality seen in the here and now. Yet unable to rise above thought we're relegated to divisive programming which projects here and now into the future and blocks a mind from seeing the above, it's the huge conundrum of overthinking, one's own egoic mind controlling them and their life overall. A-If thought tries to understand itself The Ground of Existence or Inner-Being cannot be felt. We can however be aware of it—it's beyond the thinking minds ability to know because all thought is limited.

We all have flashes of enlightenment yet they're fleeting. Zen Buddhism references Satori which are flashes of enlightenment. For instance the feeling had in an appreciation of beauty, or a sunset, to gaze at a mountains majestic beauty, captivated by it. Perhaps walking in nature, sitting alone in stillness or engaged in physical activity, in the zone. Additionally in relationships on a sexual level, seeking love yet a mere flash of it. Unconscious egocentric and or codependent off and on superfluous relationships do fail. Satori is fleeting prior to adequate awareness. Otherwise the anxious egoic mind returns again and again to reclaim control, repeatedly denying consistent peace. Described here-in as stillness occurring moment to moment, satori is a result of thought quieten coming to those who are aware, present. Here and now or the present moment without mentally labeling it. A taste of enlightenment, brief moments of peace absent thinking. Time slows and an alertness to the here and now is noticed, everything comes alive and radiates, one sees-hears-smells-feels and tastes just this moment absent thinking about it or defining the moment. One watches their egoic mind to rise out of unconscious dreaming, above thought forever seeking to define virtually everything in life. Referenced in the work: "A Course in Miracles"...it is the state described therein as, paraphrased: "To see in a totally new way."

Regrettably those who are unconscious which is to say mind identified, kowtow to the egoic mind. Allowing it to run roughshod over them due to the fact they're utterly brainwashed, programmed. It is all they've known—we're taking the reader then, into the unknown. The majority of people live in their mind...think they use it when actually it uses them.-*A* So this works aim is to help those spiritually inclined, see longer flashes of satori, alertness akin to a peace energy frequency or awareness, bringing serene calm emanating from inner-being fostering an ordered mind or freedom. -*B* Focus attention on the breath, it brings this peace to fruition. And in peace a mind transcends mind patterns. It's a mind freed from its compulsion to follow scripted autocratic programming, a life script of stored memory images in the brain influencing life, and normalized we're unaware of just how much it does control us. A projected scripted I identity parents and life itself *A*—On-going self-talk, mind patterns and or old behavioral habits, 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 will begin to subside. 'The apple that doesn't fall far from the tree.' applied here is asking then should people be held accountable for following a script? Consequences for actions inevitably come, we should focus then upon ourselves and let life take care of the rest. It's a transformation to one's higher Self rather than changing others. Blaming others for projected unconscious behavior is to proclaim *they* need to change, which is unlikely. Remember all programmers were themselves indoctrinated into fear, passed generation to generation characterized perfectly by a old martial arts teacher: *Unconscious Incompetence*.-A Here-in referenced as: **Unconscious Dreaming**. Therefore how much of the programmed mind which promotes one's shadow self would the “you” say that “you” are? To what degree does this pseudo I commandeer one's identity? And is reconciliation with this shadow self even possible?

Thought seeks to understand enlightenment through intellectual means, a futile effort because again thought it limited. Recall for a moment the sunset referenced here-in, being in the moment peacefully observing in the now. For an instant the now took primacy, thought quieten brought a stillness felt within the body. To feel peace is a measure of being in the here and now, where thought is less intrusive and time is negated. Now arising is thoughts shut off switch and this state is: **Conscious Awareness**—a mind still and alert then, is comfortable in the here and now. Not the obsessive compulsive ongoing mind patterns, the I playing rolls pulling us out of here and now e. g. “I ought to be elsewhere or doing something else.” The mind observes, and listening fosters awareness. Alert to now, present, the now or one energy field. Zen posits: “What is missing in this moment?” Or in Taoist teachings: “Freed from desire you realize the mystery.” One here and now uses past and future for practical purposes, flows with all situations, rolls with the punches so to say. So notice life situations in real-time. Watch thought and emotion, be here and now and anxiousness leaves. Not succumbing to unconscious reactions is essential to calm in all situations and to do this one is to observed these, yet unobserved we're controlled by patterns, social rolls, an egoic mind and a life script, still **identification** exclusively as these is to loose ourselves in the dream of form.

A-The term *unconscious incompetence* references the lack of conscious awareness of some task as yet one is incapable of doing. Followed by *conscious incompetence*, one is aware of their inability but still cannot do it. Followed by *conscious competence*, now they can do it yet must focus upon the task in order to accomplish it. Finally there is *supper conscious competence* in which one can now finally preform the task without even thinking about it as though it preforms itself akin to learning to tie your shoes.

Life situations come and go yet to see 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 life then is preordained to follow images stored in memory and compelled by ego to do so. *A* Why does the shadow self/I/you, control people's minds? Are we merely programming, if so is ignorance bliss? Go within to observe thought then rise above it. Many are asked in conversation what they know of enlightenment? The answer being little to nothing. Often bringing more misunderstanding or confusion begging the question: Why isn't this taught to children in school? A likely reason is a dominate fear paradigm and unconscious humanity. Being controlled by the shadow self and fear typically morphs to a progressive need to control fomenting resistance forged in an egoic mind via overthinking with the best of intentions and yet fails to see thought in its attempt to understand itself blocks deeper wisdom in life. Intellect is all well and fine, still without wisdom the progressive doctrine enamored with pride always comes before a fall. With a high degree of seriousness we're to notice fear, which is ingrained collectively into all people's minds. Martial art can trump fear *if* practiced as originally intended. Countries continue to foment war, they're afraid of each other, it's a paradigm of fear personified all brewed in egoic minds. So we are fostering a different directive, one of peace. The natural human-being relative to martial art has no need to prove anything to anyone. The genuine martial artist traditionally is quite capable, confident in their abilities. And 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'..so, we are redirecting opposing energy. Similarly the aim here-in is the transmutation of fear to one conscious humanity, rooted in pure observation, non-judgment and forgiveness. So a peace lifestyle fosters love to all. Is humanity ready for this? It works only when a paradigm of fear has been replaced by peaceful love. Watch programming here and now to see the ego and life script seeks to control the minds of all people. *A*-Metaphorically life akin to a holographic reality. The mind controls completely-being all one has ever 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 mind identified state. The self is our life script and blocks therein, a seeing of unconscious dreaming denying the freedom to be one's actual Natural Self. The work aims at helping those unconscious, see this through reclaiming energy from ego so to 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 warriors carry into battle. Imagine charging into battle. Can you? Death may come at any moment. One must be absolutely each moment. Here and now there is only awareness. Very aware because death is so close. Nothing matters except here and now. Distracted from the moment at any point means death. The lives of the team are at risk. There is an interdependence, everyone involved is one unit. Time is negated, distraction via past and or future gone, here and now is reality. If not the team will perish. Be prepared to have such focus in observation of programming. Hopefully it will not require this level of determination although life scripts propagate disorder. Ego is the guardian of the life script, it holds the 'you' identity thought has created a prisoner-veiling the natural Self. Harmony with scripted reactions or rolls we all do play, to a degree failure to transcend past or future traps us in this false sense of reality or unconscious dreaming. Lost to mind patterns and social rolls ego promotes yet denies all blame. It's all too easy clinging to the known rather than leap into the unknown. So we tend to kick the can down the road saying again, not my problem, what can 'I' do? So 'blue pill' or 'red pill.'^A A difficult choice exemplified by a story speaking to the level of commitment necessary to see this. In the authors case it's been an enormous challenge. And yet it doesn't need be, although letting go of the old paradigm and mind patterns seems like all out war. To bring the egoic mind into harmony with its host as intended, may well be the hardest thing anyone ever does. And yet, the more who do rise above thinking exception being of course for practical purposes, the easier it then is for others to do it. We aspire herein to be completely honest as to just exactly what level of seriousness is required to bring one's mind to order so one sees and rises above thought. For many this is too difficult, then relegated to taking the 'blue pill,' capitulate.

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

Together we look to a story depicting the level of commitment needed to awaken.....A very wise man of ancient aristocracy, approached on the shore one morning as the new sun arose, was asked by a man to take him on as a student. He agrees and the lesson begins: "Very well, follow me out into the water." Somewhat apprehensive his apprentice follows. Abruptly grabbing him he pushes him under water. The young man nearly succumbs albeit with one last effort frees himself. Upon regaining his breath he loudly 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 his teachers face: "That is how badly you have to want to learn to begin with me." Prepare for such a serious level of commitment. It's unwise to underestimate ego. Much success comes only after intense pain and prolonged practice. Over-whelming normalcy bias is often a prerequisite that is, pain. Fearing the unknown we are pulled into habits, opposition, resistance ego uses so we adhere to the life script, rolls we play, that is all opposing thoughts or ideas creating dis-ease within the mind. Now ego seeks control of its host by way of a thought created identity stored in memory, if it relinquishes its hold then ego serves its host. Ego encourages crises to crises modes, one extreme to another preoccupies us via past and or future projected memory. Denying the now veiling the Natural Human Being, the **Self**. What we elude to here is, those mind identified live almost entirely in a mind using them, following mind patterns, social rolls, i. e. indoctrinated programmed behavioral patterns. This is our life script formed by age five or six years, having had little to no control over our programming was to be it's ingrained into our mind. On average we identify as our life script and ego, the **self**. Ironically, at least in part, it's who one is, stored experiences in personal consciousness. And the majority are completely unconscious of any of this, or at best in denial. This then, is to dwell in an **Unconscious Dream** state-one living in a paradigm of fear and to one degree or another oblivious to being trapped in the state. And all too often hopelessly 'blue pill'd—one cannot or will not let it go so they cling to the known, this is preferred to fear of the unknown. The Natural Self reveals unconscious dreaming to be a mind which has capitulated to the egoic mind. For awakening to come about this must be seen. Nevertheless we resist seeing, following our programming we are then controlled, indoctrinated by programmers who were programmed, and a life

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

We surmise here that one aspect of spiritual awareness is observation of consciousness. In this one undergoes drastic as well as subtle changes. Others cling to a fear paradigm which obviously poses enormous challenges because programming still has a hold on them. The spiritually inclined often gravitate toward discovering new ways of living, or seeing the world. The unconscious fail to see see now and understand-this presents additional challenges to one's new paradigm unfolding within. Unconscious they follow their egoic 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 or situations*—an indoctrinated auto pilot program, unaware or in denial. Programming runs their lives. As awareness comes one's life script kicks in, additionally, a world dominated by fear foments ongoing resistance. We're all taught to be fearful and as a matter of fact fear is programmed early, passed generation to generation and normalized, psychologically accumulated in the mind to a point sanity itself is challenged. Especially in children however in adults too, the work of transmuting fear to peaceful love is to redirect all fear rather than resist it. Fear foments a train 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 often is clearly not seen as 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 awaken inner-being awareness, project 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 all sports, is synonymous with being in the present absent distraction overthinking minds foment. It brings a feeling of peace—*being there* is a state mind coming via intense activity, glimpses of what it is to rise above thought, which is to say situations fostering presence. In the zone can be likened to profound joy and a feeling one wishes would never end. Satori experiences bring flashes of an enlightened state, that is to say spiritually, deeper peace available to us all.

Albeit the egoic mind persists in its 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 a mind preoccupied, focusing on past and or future projected memory. Old mind patterns and social rolls constantly defining the present moment and veiling the Natural Self through one's programming. *This, 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, our source or all that is, from where we originate. Time past and or future is what ego and one's life script uses to control its host. It fills present moments with old mind patterns and redundant self-talk, images in memory defining now. Alertness is key to conscious awareness or peace bringing love into one's life situations via holding this energy frequency, yet should alertness be lost ego reclaims control again. Potentially one must then reset again and again for an undetermined duration to counteract years of indoctrination. Slowly, just as fear took hold, with ongoing persistence peace as a lifestyle takes hold.

Eternal source energy from within and by extension universal energy or inner-being, is born to each moment taking the mind above thought by way of observation and an awareness. Absolute listening and observing, one holds present moment awareness. A mind no longer cluttered, vast, open to the new. As some teachings profess it may come into the mind out of *the ether realm*. There is no direct intermediary level between ether and mind, it is one 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 by proclaiming what now is via memory images. Consequently awareness being lost it's obscured due to memory having already defined now. If one is serious focused and persistent, they begin to, via acute alertness see their mind has been using them not them using their mind. Watch and listen, the mind in stillness simply listening and watching is then

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

One in unconscious dreaming sees the world as awakened students did formerly, or, **of** the world. This makes it more challenging because again ego still has a hold on them. Unconscious dreamers tug on the awakened student and along with their own shadow self, pulls them into psychological time.-1 Similar to instinctive unconscious reactions-normalcy bias in the unconscious pull those at conscious awareness into unconsciousness, this is the awesome power of their ego and life script it follows. Those unconscious distract one at conscious awareness. We'll say here, one alert and observing or at conscious awareness, are no better than those at unconscious dreaming—clearly those who *are very* serious, press onward steadfast which anyone can do. We are all programmed to one degree or another. Fear, along with endless mind games, blinds us from seeing the programming. It's unconscious fear from generation to generation passed unknowingly-the quintessential apple that doesn't fall far from the tree, veils this. Fear seeks to control the mind to which vast numbers capitulate and often are unaware they even do. This then, is unconsciousness.

Children should be taught to see their life script as it forms and the sheer destruction opposites create in life. Us against them feeds accumulated fear in conflicted minds, progressively inciting further aggression. Oblivious, we act out our life script and social rolls, an indoctrinated 'blue-pilled' life. -2 And in the extreme, causes fear and aggressive behavior a result of programming, it controls us all. Martial art, practiced to be aware of 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 with emphases on aggression or power over others. Ironically this can help to bring the Self to fruition. Awareness of Natural Self will reclaim energy from the self via non-aggression. Honoring martial art is to negate fear, non-violent, one awakens peace. We prepares as a deterrent to war, we're very alert to the Self and self. Satori, again flashes of enlightenment, on multiple levels in people's lives proclaim with persistence the state can be extended. *So what level of persistent work is too much for*

peace—teaching children peaceful love breaks the chain of fear. Suppose one had to work harder than ever before, examine your life. Is it seen, all material accomplishments have garnered mere short term satisfaction. As an I thought has created, to spend one's life chasing the wind will not bring happiness. It is impermanence and never lasts. Break the chain, then the apple not falling far from the tree is seen as mere pain pleasure cycles, to be scrutinized. Anything outside that is one living in the state of unconscious dreaming. Be honest and objective, seeking happiness by way of material world gain, is an exercise in futility is it not? Let this be the case for supporting the spiritual factor then.

Most problems are of past and future. *What problems are there really in just this moment?* Without past or future projected memory making the now an enemy, (unless it benefits ego), what problems are there exactly? Problems are of memory, past and or projected. Peace is a timelessness felt as it merges into universal oneness, yet memory, a prerequisite to the problematic veils it. Use of memory for practical purposes is fine. After needs are met an astute observation brings one to conscious awareness. The martial artist feels danger through remaining present. A scripted mind sees now as exclusively memory images, this is the I identity, self relative to psychological time. Reclaiming energy from the shadow self propagates resistance, or dis-ease within. Time and ego a life scripts praetorian guard, enforce narratives and programming keeps us focused upon the past, future, and incessant thinking. All intended to help people, for a majority script and its egoic guardian controls. Reclaiming energy is **the acceptance of what happens**—this is to flow with energy not resist it. Consider too there's a trump card—power of choice, choosing peace in life is focusing on inner-being so movement in “clock-time” is normalized, awareness then supersedes ego's need to control everything one does. We live in the here and now, no longer in past and future. Flow with life and then feel energy flowing in the body. Live primarily here and now where truth is. Stop reading, seriously ponder the following question again: Is there any problem right now? Consider again, the prerequisite to problems *is* past and future. In the present moment the Natural Self sees everything anew as love is always new. Actual true reality then, is this moment *before* thought enters to identify the present—life then is seen as one continuous present moment. Seeing this counteracts others unconscious attempts to get us to follow the status quo.

Stored memory (past) and or projected memory (future), fills the mind with images denying infinite space in the mind. Create space-listen and empty it of unnecessary memory images. The use of memory for practical purposes as in sparing—martial artist's clear their mind-then techniques preform themselves. Extreme situations such as war are ironic conflicts forcing present awareness. Steadfast persistence fosters presence, rising above thought one simply reacts not thinking about the outcome i. e. what is, was, or should be. One is now.

History points to conflict forcing warriors into reactionary responses and points to having presence. This energy then, can be potentially destructive or creative. Energy then, is fleeting, scattered. We must be rooted in wisdom or awareness of it fades away to mere passing experiences. A disordered mind foments resistance so at times it may seem like all out spiritual war with ego. Observation brings wisdom-necessary to keep an egoic life script from taking over its host. Yet ego has an insatiable need to protect its host physically and psychologically. Autocratic in nature, the ego believes its host-'you'-would be in danger should it loose control, so literally it would forfeit its host's life before loosing control. Seeing ego as an adversary is counterproductive, listen to it, watch it. It helps but make no mistake it takes over if given the slightest opportunity. The goal then, is not to defeat ego but to calmly watch it, listen without resistance to its thinking processes or emotions used to control one's mind. What is it up to? Catch it before it takes over via the 'I'. For all intents and purposes ego entertains ideas its host is inept, unable to manage life so it manages life. Should the metaphorical unconscious dreaming shoe fits, well it is safer to remain unconscious. Ego keeps us safe notwithstanding we have become enslaved by it to a point it challenges sanity itself. Rising conscious awareness to a state of mind, is freedom. Currently most people are at various states of unconsciousness, an enormous challenge to seeing the crisis to crisis lifestyle. A majority lost to unconscious dreaming to such a staggering degree they're unaware of it. So much so they'll fight those who tell them of this. The 'I' is familiar to them so they cling to their life script and egoic mind, which is to say programming. Now, laugh at yourself for having been so utterly duped, it helps in letting it all go. Not to see this is to remain in the preordained state of unconscious dreaming, a controlling egoic life script and mind patterns.

With fortitude and persistent focus upon conscious awareness initially a feeling of peace manifests. Commensurate to remaining present if wisdom is integrated into one's mind originally programmed to fear there is less concern plaguing them and the chalkboard of memories is wiped clean moment to moment. Time and the 'I' ends and The Ground of Existence is left— 'Split a piece of wood, I am there. Lift up a stone and you will find Me there.' -*A* In a mind completely still awareness comes to the forefront. Resistance observed, one then flows with what happens, sees their patterns unattached, watches the movie of a scripted self, others as well. Observant one watches the egoic life script and its pernicious agenda. Inquire, then bring the mind on auto pilot to ordered stillness. Metaphorically we sit in the audience noticing the 'I' as it plays its rolls with other people's rolls—One finally sees: 'All the world's a stage and all the men and women merely players.' -*B*

A commitment to awaken happens rarely and yet such have been around throughout the ages. If one is alert they'll see them. They personify peace not anxiousness, calm-relaxed-content-peacefully flowing with whatever happens in the moment, true reality. Engaging their entire Being into life overall. The mind flows consistently. Mental labeling negated observation now comes to fruition. A martial focus, one remains absolutely present. A mind conflict free there is no-mind...alert..awake...observant yet it requires holding this energy frequency. A mind alert, in the here and now, is peaceful-still-quiet, it negates useless thinking. Creating space one sees truth in the here and now. In this space created everything is new. Allow present moments to say what is, stop continuously defining the now via memory. An up hill battle, repetitive, very frustrating. Still, in rare cases awakening comes sudden and complete. Albeit it does usually demand persistence often for a long 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. An energy felt in the body and ultimately seen everywhere. Fundamentally enlightenment is a child-like innocence, merged with deep wisdom. Persistent and alert one can feel its energy in the body in the form of an awareness, it is the mind creating space within itself. Absolutely listening, very alert we peacefully with our whole being can feel this energy. It is living peace as a lifestyle, out of which love comes into the world. And as said a completely new kind of human-being fostering peaceful love as a new global paradigm. The spiritual student completely letting the old fear paradigm go followed by an emptiness i. e. no-mind. *B*-From William Shakespeare's pastoral comedy: 'As you like it.' So then, are we merely actors on a stage, the stage of life projecting an 'I' as real? Seeing this one can then foster through observation, awareness.

It is the awesome force of an egoic mind fomenting the back and forth. ***So, press on and do not ask why, this is paramount.*** In present awareness time is negated—preoccupation with psychological time, is lost awareness of now. Remember we need clock-time for practical purposes only. Lost awareness of Being is one lost at the level of effect, it's problematic. We are slaves attached to the world. Attending to daily life needs doesn't require all of one's energy. We address responsibilities using 'clock-time' while simultaneously having an inner-being awareness. Now is all there is may seem to be an oxymoron, or merely platitude prior to perspective undergoing the necessary changes. And practicing peace one's mind is clearer, gradually this leads one to inner-being awareness. The state of unconscious dreaming is to be *of* the world rather than *in* it, it controls us, it's the modius operandi of an egoic mind, reclaiming energy from ego comes with consistent alertness. Should one's mind slip into forgetfulness, when realized acknowledge the loss of conscious awareness, to reset again to conscious presence. Stay focused, and forgive the Self.

A retrospective point of view—success has much 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 but once again consider children as yet have no blocks. They have the sensation of eternity or an oceanic feeling, which fades around six years. Feeling part of everything until the script engages their life to the extent it does in adults, therein is a window unspoiled by fear. We are destined to learn through extreme life experiences. Still, undeterred by times control or the mind identified state one reclaims energy. Tenaciously alert we listen to the life script and rolls, this is essential. Natural Self sees egoic mind through inner-being awareness notwithstanding we're all quite inundated with existentialism. Seeing our unconscious dysfunction within requires courage. Those who are willing can see one humanity through living peace as their lifestyle and usher love into daily life. People will see in serious students, 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, returning to this peace is the doorway for love to enter the world. It is to see love without an opposite. The dominant fear paradigm only begets more fear,

aggression and separation. Those who control-continue to divide using fear to do so. A lifestyle of peace exposes hidden fear. It's not as though love turned its back on fear a creation of thought, love is the core Self rising from within, and love couldn't imagine fear. Loves light vanquishes psychological fear. All minds that accumulate fear use it to identify the here and now. Up-swelling images in personal and collective consciousness all fomented in thought. If fear takes hold it's self perpetuating. If attacked or finding one self in some sort of danger there is an awareness..adaptation..reaction or self-defense yet is not psychologically created fear. Martial art exposes psychological fear, all accumulated. Practitioners reach the point they have nothing to prove, peace then takes primacy. We live in a violent albeit true non-violent martial artist's see this and choosing peace they see unconsciousness will violate one's innermost nature. Consider 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 expose hidden despair, usually caused by those continuously searching for happiness in material possessions, vain, pride filled, egocentric relationships as well as elitists desires for more power all of it ending only in impermanence, all vanity. Is not the course all too clear? Consider spirituality brings lasting peace...combined with the minds consistent alertness manifests peace within and the world overall. The Great Awakening of Humanity arises to dissipate fears darkness through loves light. So ponder this 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 might ask will the egoic mind and A. I. extending to A.G.I., along with trans-humanism exceed humanity as Albert Einstein once posited? Will we loose freedom or woefully burn it all down? Not if collective consciousness sees then transcends to a paradigm of peaceful love. Essentially we are all love in perpetuity which has no opposite and is a personification of actual truth. One of the darkest levels of falsehood in consciousness is fear, nevertheless it has only the power we give to it. Ego needs us all to be fearful so it may continue to control humanity. Fear then, is the modius operandi of the lower levels of consciousness. Little children see love through their child like innocence simply by living here and now, where peaceful love always is. Plainly they do this naturally without overthinking it, because they live mostly in the here and 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 is the innocence part of a two fold combination..wisdom merged with innocence felt. Working to ennoble the conduct of one's character helps bring their mind to order by fostering feelings of **oneness**. Psychological fear is the challenge, baggage in life, pain we're plagued by, suffering, a result of conflict, that is to say opposites manifesting as either dramatic highs or lows, a programmed life script and old mind patterns instigating conflict. Many are unconscious of the mind in perpetual conflict with itself. An initial outcome of observation is awareness of this. That said failure to see will jeopardize peace and subvert clarity. The fragmented mind resists stillness, needed to see ego seeks total control through emotion and overthinking. So one martialing observation is to notice and listen to their minds incessant self-talk, key to alertness. Consistent observation is vital to conflict being seen before it rises to a storm and one gets lost in thinking, inciting the conflicted mind, all of it fomented in opposites. Thought propagates overthinking in the form of stored images defining the now via memory. To really see this, a mind must be alert. Still, extreme life situations can and do reveal peace vis-a-vis the egoic minds collapse which dovetails into an illuminating peace never dreamed possible. Vast numbers live exclusively in their mind, or at merely varying levels of unconsciousness. Jeune, arid, of the world not in it, incapable of rising above thought.-A Living in the mind self-talk never ceases. Past memories and projected memory, are all accumulated thought controlling the mind, which uses the person instead of them using it, Whats worse is they're certain *they* use their mind which is Unconscious Dreaming. Rising to Conscious Awareness is one rising above thought, practical purposes being an exception. The corundum is to live in the mind.

The devil we know is to live in perpetual thinking or sink below it via drugs, thrill seeking and such. To rise above thought is key.-*A*—blocks dealt with. Summarizing—Adjust perspective, feel peace, an innocence, reconcile blocks necessary to foster wisdom, finally, merge wisdom with innocence felt inside.

This can be done? Rising above thought when not needed for practical purposes. One must focus, it comes to those with serious vigilant persistence—engage in spiritual study, attend work shops if it's possible, and observe all blocks. Initially, begin with the conceptual part, taking note of resistance, the back and fourth. The mind has been indoctrinated, as such it resists change. 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 maintain its hold. Live in peace, which 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 times perspective, time being the problem. There are 24 hours in a day. We are to focus upon wisdom, in addition to an awareness of a timeless Self as best as we can, all while the shadow self vies for total control of those same 24 hours. We cannot afford to loose awareness. Should forgetfulness take control the Self loses awareness of mind patterns and or social rolls. Reset, keep going, put one foot in front of the other and press onward yet do not ask why or the 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 demands—family, job, duties and so on, requiring a script, ego and roll play. If inner-source alertness is lost ego moves in seizing any available opportunities to repeatedly reclaim control. Focus, allow ego a sufficient amount of energy and no more. Functional, is to be in the world not of it. Basically peaceful observation of the life script and shadow self, one reclaiming energy from their learned overzealous programming so to reclaim freedom from an egoic mind controlling their 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. One sinks below thinking yet only temporarily. *B*—The self following the life script and ego, an indoctrinated mind caught in social rolls, old mind patterns, old 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 their egoic self—*thinking they use their mind when actually it uses them*. This is the mind on auto pilot programming.

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

Again thought creates problems then attempts to solve them with different sets of thoughts, it seeks to understand itself yet cannot—this is a mind using the person, succumbing to the you, me, an I identity, when they ought to use their mind—Self inundated with thought. Use thought, be present. Difficult prior to a change of perspective. Acceptance of what happens and adaptation to life helps one to flow with what is—freedom from incessant overthinking and corresponding emotion. A mind no longer clings to ego, or unconscious dreaming. Ego and the life script it follows, seeks to control us all. Watching ego brings us freedom if we are resolute, a commitment to listen and observe for whatever duration required. So then, I don't care what it takes, is now our mantra. Long ago ego took control and we struggle with the will to power, although ironically this may well be the key to spiritual awareness, so remain alert to what's needed to maintain alertness. Ego entered and it all went awry. *Thought watched and listened to, and for each the duration of time definitely varies in doing this, is ironically, in the act of doing this helps one to hold conscious awareness-the key to a mind having absolute freedom. Ultimately we hold the stream of conscious awareness extending it so it's normalized.*

Steadfast resolve brings one's mind to order, simple not easy. Peaceful in manner and speech, always guard against subjective thinking. Ego knows its host all too well, it is extremely cunning, patient, and clever. Ego knows its host and precisely what to do to control. It knows any and all desires, every little crack or crevice into the mind, knows every button to push so it can

maintain control of the mind. Ego promotes I as an identity-resorting to any means to control. This student's ego taunts him 'You didn't think this would be easy did you?' The retort is nice try. It can never choose for us, it deceives 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 peaceful 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 pride based. So then 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 becomes far easier to express ideas of enlightenment. *Ideas flow in the mind brought to order. There's clarity due to dis-ease having been dealt with or one working through blocks.* Again peace is energy we feel and spreads to others.-A It's not awakened to exclusively by way of the thinking mind. We transcend concepts, then peace takes primacy. Unification with inner-being gradually comes, words flow, peace is key. Turn attention into the body, feel energy radiating from the causal level to having awareness of the level of effect. Inner-being permeates life situations yet all anticipation of what should be, encourages fear due to opposites, all minds in conflict or thought trying to understand itself, no longer plague our mind.

Interesting to note how unbelievably clever an egoic mind is. A teacher antecedent to the spiritual event spent ten years plus studying enlightenment. A recent instructor devoted years of his life as well. Nevertheless each left their respective institutions claiming, they'd realized it was just a mind game. One affirmed this due to believing it was frivolous, the other had a somewhat condescending nihilistic view: "The faithful were sheep." Religion's without intending to, are divisive, notwithstanding most systems aim at truth. Often pointing to truth. And yet, pit their truth against others even within the same religion, A—The state of unconscious dreaming is a mind perturbed, anxious and or divisive. It must be still for innocence to arise within it so that wisdom and inner-being awareness flow into doing. Peace and wisdom merging, takes primacy, then spreads akin to a sort of positive virus. Life runs more smoothly, gradually one's mind creates space within itself, there's space and infinite clarity.

proclaiming genuine truth is theirs alone. Conflict ensues, merely blocking conscious awareness. The authors retrospective view of these men: Really questionable weather they did attain an enlightened state. They seemed to, at least intellectually. This is not to judge the intellectual, it's just a fact. So the purpose of this discussion is to avoid a potential trap, to learn from others mistakes. *The source is abstract, it's nothingness.* All intellect understands is thought, thought forms and the like, not nothingness. The mind alert and still is just there, having presence we do not proclaim enlightenment via memory, its attempts to describe conscious presence conceptually. These men seemed to missed the point, we **are** the world, **oneness, interconnected with all that is.** Condemnation abets separation. The mistake thought continues to make was misunderstood or was over complicated. In the final analysis perhaps ego won, persistence in knowing by way of thought, both settled for images in memory. A line from a song says it all: “You can't always get what you want but sometimes you get what you need.”-1 These men are wise, intellectual individuals. Good, kind, loving and unselfish, still egoic reason typically is a major block due to its endless conceptualization. A child like innocence, half the equation of simplistic innocence and wisdom, key to an extraordinary mind needed to maintain conscious presence consistently. Remember thought is limited, yet ego refutes it because this challenges its ability to control us. Less ego, more Being, is the key then to a mind brought to order which is the cornerstone of wisdom: refuting egos arrogance is surrendering to something greater than oneself.

Do children complicate things or loose themselves in concepts, or via an innocence, simply see what they see? Thought *knows* exclusively that which is of thought.-A Endless cases of spiritual awareness coming via the seeker broken down, stripped by life of all material world gain, bringing about total surrender. Nothing to cling to is conducive to maintaining awareness of inner-being. Brings alertness of inner-being to levels of conscious awareness being more-so consistent. Like a fan in the background, there is an awareness of it through one's mind stilled, it is 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 an awareness of it—ultimately awareness is all there is. Thought then, obviously is necessary to be in the world, although thought cannot know all that is due to its own limitations.

judgmental is challenging, still, it fosters an awareness. Unbiased judgment is obviously impossible 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. A persistent student fosters alertness or a daily focused attention as life reveals spiritual awareness, coming to those at the levels of Courage and Neutrality, beginning levels of truth and higher consciousness.-A Prerequisite to courage: persistence, yet this is difficult for us all once life reaches a certain stage—potentially detrimental to the mind subjected to a lifetime clinging to familiar patterns and a life script. Descriptive axioms are “A leopard cannot change its spots.” or “Old dogs cannot learn new tricks.”—“It's 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 inordinate elitist mindsets. We're fostering a daily decrease not a daily increase which merely fills one's mind with fear. Awareness of peace brings peaceful love to the world. Use thought so to raise alertness, then feel peaceful love, focus on wisdom, finally merge the two and ascend to this new kind of human-being spoken of here-in. There is no arrival in this, it is in perpetuity, an ongoing awareness via acute alertness.

Delve into intellectual study, then, let it all go. Additionally work on your blocks—for this student through 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 in peaceful love as a new lifestyle. A--The higher levels of consciousness are: Courage, neutrality, willingness, acceptance, reason, love, joy, peace and enlightenment and the lower levels: Pride, anger, desire, fear, grief, apathy, guilt and shame. 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. It is felt even the slightest degree of dis-ease within will disrupt peace and the student is then subjected to being pulled into rolls and old mind patterns, these veil awareness of the feeling of inner-being, i. e. The Ground of Existence—an energy is felt in the body which cannot be known, yet again we can be aware of energy. If the mind lacks a high degree of order, awareness of Being will fade to mere passing experiences. One succumbs to the life script and or varying degrees of unconscious dreaming, sink into its slumber, to be of the world not in it often for the duration. Be stalwart, reset and keep going.

A man who implored a master of martial art to give up his secrets to proficiency is telling. Told to come closer he whispered to him. “The more you practice the better you will become”—simple not easy. Calm speech and movement, focus attention inward into the body, feel energy in the arms-legs-hands-abdomen-chest. Vigorously consistently focus attention upon the now. Be in each moment. When not needed negate memory images of the present moment, allow the observed to impart unto us what is, don't define it. Always be respectful...kind...reserved...forgiving...far less judgmental and most of all humble. Yet always remember, the truly humble don't know they are humble. Proclaiming humility is still ego. Ego incites opposites. And pride, it forever prevents us all from seeing our subsequent fall; denial fed by self-talk is ego's relentless effort to control us in perpetuity. Looking good at the expense of another not doing as well, one of an endless number of ways pride manifests. Pride is generally seen as good in society. Still, watch and listen as ego subtly promotes its pernicious narrative, what it's up to needs to be notice. Of course the ego will shun humility—it diminishes its importance. So pure observation of the mind and non-resistance to what's happening in daily life situations, is essential. Cease incessant complaining, accept what is, never give up and feel energy, these are all absolute cornerstones of spiritual awareness.

A peaceful mind is clearer and stillness within, personifies peace to all. The unconscious are unaware, unable to see programming has unbelievable power over them yet they're no better or worse than others. It is what it is, so: 'Forgive them for they know not what they do.' See they are where they need to be weather accepted or not. Nevertheless, they'll learn in the school of life, all lessons they need to learn in their day to day daily life situations. It's akin to a spiritual sickness, being morose notwithstanding they as we all can, have awareness. We all have the power to choose where and when we see what we seek, we already are. So let the focus be an ongoing alertness of Inner-Being, not via fear of failure, which is the old way, this by seeing life situations as opportunities for growth as a positive thing. This totally new way of seeing is spoken of herein is the mind brought to order. Not by way of one forcing themselves to be a better version of the old, worse perhaps, through fostering the current bazaar reverence for science, the coming A. I. its push to trans-

humanism—this way we've done forever, it has yielded merely slow often short term gain, or two steps forward three steps back. It is more-so bringing to fruition seeing a paradigm of fear and choosing peaceful love. Let fear go through observation of it, not through seeing what is via memory. One seeing psychologically speaking, creations of thought as a cabal of accumulated fear in memory. Learn to instinctively drop it—be here and now or true reality.

Again love has no opposite and couldn't even imagine anything like fear, which again is created in thought controlling us via the mind identified state. Fear is born of attachment to psychological time. Love comes by and through living peace as a lifestyle yet this is relatively unfamiliar to most people. One seriously committed is alert but this requires an extraordinarily focused mind, potentially for years. Consequently we must observe for a duration unknown. However once committed to spiritual transformation there's no going back, so be careful what you wish for. Quintessentially, it is to 'Cross the Rubicon'...an idiom of Julius Caesar's no going back, even he would've found it difficult. A strong need to push onward is critical. When one speaks of spirituality they should choose words carefully. The unconscious tend to view it as feckless or absurd. Awareness of what we say and to whom, is important then. Simply to living peaceful-love is strongly suggested, especially in the beginning. In the beginning focus upon what is done, so to remain firmly in the here and now, i. e. being in the present. Focusing on energy fosters peace, a flow analogous to light shining from within and into the world. Peaceful love accepts what happens and flows with it. No negative energy. So resist no- thing, flow with energy—no longer blocked one flows with all life situations, adapt to what comes. Feel energy flowing throughout the body, then project its peace into doing. Having presence is to feel energy. It comes to fruition by remaining steadfast in the here and now.

Practicing martial art, often a vetting process for those ready to ascend to conscious presence-builds character, practiced for its higher purpose it fosters “Being in the zone”...the feeling one has in their sport of choice, it's helpful. Martial art ultimately is to see all aggression and violence as futile. It brings alertness so one sees that indoctrination and aggression, one's life script and

fear paradigm many seem strangely drawn to control us and yet little by little steadfast innocence when merged with wisdom emerges in a mind. However we are less motivated as equitable gain is upon the horizon in some specific undertaking. Seeing success is closest when resistance peaks. We're to press on steadfast so foreverness as a state of mind comes absent arrival nor a wish to arrive. Much is learned in endeavors which at some point we didn't wish to follow through. Who knows what gifts wisdom has in store. Yet in all we do, really focus and be deeply in the act of doing even for such simple tasks as in walk or brushing the hair or teeth. The last several sentences exemplify being present, i. e. to be in the here and now. Focus on the teacher within, follow no outside authority. Avoid attachment to methods or systems, go within for all answers where the truth ultimately is without boundaries. Accept and adapt to what is. Develop fortitude, without which little is gained regarding to a mind ordered. It leads to stillness rising above thought, freedom from attachment to opposites, to see life always new as love is always new. Once more resistance at its apex means you're closest to success. Warning signs resistance is on the horizon are extreme emotions along with thought weather good or bad, these tend to carry us all away into the situation, ego then seeks to reclaim control. It uses past future and time to control, so use time only for practical purposes. In the now everything comes alive as though one sees it for the first time yet only if one is ultra present and calm. The shadow self creates an anxiousness or ongoing obsessive compulsive behavior pattern, endless self-talk. So feel energy throughout the body it calms a mind. Yet egoic mind forever promotes ideas of: I have arrived and awareness tends to fade to a point we stop doing what brought us to where we were, negative thinking takes control again and the mind succumbs as our awareness recedes. Notice this then reset, refocus attention, clear the mind so to reclaim presence when you've noticed the mind slipping into forgetfulness.-A And there may be feeling of: 'Well shouldn't 'I' be ramping up focus'—inevitably leading to more overthinking. We all must at every step, allow our mind games to promote within, an alertness, fostering awareness, observation, not control. A—Loss of alertness results in lost awareness of Inner-Being, we are carried away into old habits and or preordained social rolls...patterns. Completely caught up in life situations one gets repeatedly lost in the dream of form. If this should happen reset alertness again. Be prepared for what may very well require as said, an undetermined amount of time to focus on dealing with the life script. Press on, keep going, be very alert and awareness eventually will come.

Ego protects us yet guard against being subtly lulled by egoic mind into the script—being overly controlled notice the ego uses the you identity. In so doing there is a back and forth in the form of extreme highs and lows, the ebb of tense anxiousness followed by a flowing sublime peace. Unconsciousness, then awareness. To be calm and focused is critical. Persistence is vital, key to shorter intervals between unconsciousness and awareness. Do not complicate or overthink this. An early instructor drove home this point: “When things get complicated always go back to basics.” Therefore monitor the ego, remember awareness is measured by the degree of peace felt within. Persistence fosters acceptance of what happens in real-time, through focus and adaptation. The slightest degree of tension within—any resistance indicates anxiousness pulls the mind into the scripted 'I' identity. Being present takes us out of time to an “oceanic feeling.” Focus on wisdom, let every situation reveal truth as something of itself, which shows us truth rather than us defining it with old stale images of what memory says truth is. Again seeing the here and now is to see everything new, as love is forever new. No longer are memories allowed to define reality making it stale, cold, old redundant autocratic reactions to life.

Expectation exists in time and foments memory created frustration. To be in time one must have two points of reference, opposing opposites. And 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 is not measured in time. Negate time so to rise above thought exception being for practical purposes needed to navigate daily life situations. A timeless realm, as some teachings posit to be no-mind, is where truth reveals itself, not memory defining it. So truth is realized in the here and now as a continuous stream of the present moment. Conflicting life situations once reconciled with no negative energy, is a peace undisturbed. Conflict normalized brings one to see in merely the past and future. A sort of seeing life from a lower dimension, unable to see the third from the second.

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

attached to programming, unbound to indoctrination, we reclaim energy from memory, which had formally defined here and now. Allot only enough energy for ego and programming to navigate life needs. Psychologically, to reclaim energy from ego. Innocence merged with wisdom brings harmony to life. We are allocating energy to the shadow self through awareness of patterns, habits and social rolls, bringing ego to serve its host. Basically, 'Learn how to be you in time'-free of the thought created I. Accomplished by focusing on the casual level while seeing the thought created I lost in duplicitous mind games manifesting as an egoic self trapped in the wheel of karma, fomented through ongoing pain pleasure cycles. Fear driven endorphin highs in the pain cycle, then endorphin highs of elation derived in the pleasure cycle. The back and forth, a common mind game deriving a bizarre satisfaction though admitting it reluctantly. We can't see what to do when caught in disconcerted extremes; seeing this is the prerequisite to an ordered mind. These first chapters were intended to answer basic questions to determine if any of it resonates or not, if not, fine. Should this be the case please pass the work on. In all attempts to understand this via thought alone *any actual meaningful progress spiritually, cannot be accomplished*. The quality of one's mind requires a high degree of order after which progression as a serious student of enlightenment will then accelerate. Alert and aware minds, relative to all life situations. Having steadfast persistence is essential then. Here-in described as peaceful acceptance in the here and now, alert, fostering awareness of Inner-Being, coming to a mind formally programmed to a paradigm of fear.-A Egoic mind then it goes without saying, is characteristically thought stored in memory, ginned up anxious negativity, all fear energy. What we're **feeling** in the here and now ought to 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 is fomented in a persons compulsive overthinking creating opposites, instigating a psychologically disordered mind. All due to excessively focusing upon accumulated memory stored in the brain which seeks to describe reality rather than allowing the now to show us in real-time, not us seeing it via the lens of one's images in memory. To live in the now is to see what happens now and react to life or adapt to whatever happens moment to moment, spending far less time in the past and or future which are to be used for practical purposes exclusively. Peace energy then shines loves light upon fear. This requires persistent alertness in a mind focused upon itself and with ongoing persistence the mind sharpens. And turned back on itself eventually brings it to order which implies one rising to the state of conscious presence or having present awareness. Generally, to live in the here and now. Observation of the mind then fosters wisdom, merged with innocence deep awareness of inner-being fundamentally fosters enlightenment. To see the egoic mind as a shadow self we must bring back to serve us, its host. And seen via awareness of the Natural Self—Observation fostering a deep awareness of ego.

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 ego-the life script and the mind identified who've been duped by their egoic mind—such cling to a thought created life script they follow. Unconscious dreamers identify as the self often exclusively, until observation of their mind reaches the point The Natural Self sees shadow self on auto pilot seeks control of them. One notices fear conflict and division, then a different person emerges, one who chooses peace. Still, many prefer the old one. Seeing one's shadow self as the separate thinker all of us are taught we are is difficult to do. It requires having consistent awareness by way of alert observation, one listens to the 'I' identity bound to a lifetime of old habits. Typically one notices day to day the ego and life script manipulating them. Far less reliant on scripted rolls and old mind patterns, spiritual travelers now see it all as impermanence to which they had capitulated. And it feels secure until listening and pure observation of one's mind and the life script are practiced. The shadow self came to be by way of psychological fear so many cling to. One is afraid of loosing who they are or who they believe they are, i. e. programming. Who one thinks they are is the programming. Useful for practical purposes albeit the 'I' identity and bizarre normalcy bias to which we capitulate brings temporary satisfaction. We fear the unknown and cling to the known because it's familiar. So if ignorance *is* bliss one then prefers the known and is basically a product of memory, just a

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

Countries..groups...our ethnicity...religions and so on, all have self-images yet unfortunately promote hopefully unintentionally, divisiveness. Ego loves this and feeds on it. It uses fear to keep us trapped in a divisive prison whose bars are concepts. Far too few practice peaceful love as a lifestyle. A majority simply remain at unconscious dreaming—vast numbers “blue-pilled” and are adhering to a program, living in the mind, following what the script dictates. In transcendence of it, this work will point to the four levels of consciousness discussed at length in chapter ten. Collectively not only do people adhere to programmed fear, they follow it blindly, it's familiar, all they've ever known. Pain the upshot, is preferred over the unknown and this, is human collective consciousness, all endless mind patterns and social rolls played out. Unreal generational manifestations handed down through our life script. And buying into this it becomes so totally normalized, peace as an alternative is not even considered. A minority have chosen to awaken and reclaim energy from their egoic mind using them. The dream of form controls imminence numbers via programming, this by its nature is pernicious. Such are trapped in the thought created egoic mind enabling one's shadow self. Awakened, those unconscious are seen. Awakening brings feelings of profound peace, contentedness, Being flowing into what we do. Side bar...those in the minority are no better than the majority, often the unconscious mistake enthusiasm those awakened have, for thinking they're better than those who are unconscious. We digress.

Plato's ancient Greek story illustrates unconscious dreaming quite well. “Allegory of the Cave”-1 tells of men who chained inside of a cave. Seeing shadows, hearing voices, they believed these to be the real world. Offered freedom they decline, clinging to the known they are used to—collective fear keeps them in bondage. Difficult as it is to transcend fear, freedom conscious presence offers is peaceful love, and consciousness itself would evolve without us should we choose to not rise with it. There is no other way to peace.

Native Americans saw the world differently than foreigners who came

here. They exemplified an interesting yet contrasting point of view, normalcy bias was strong, notwithstanding in a dissimilar way. So programming is to a great extent a script each of us are compelled to follow. Native Americans for instance had no concept whatsoever of land ownership. In the late nineteenth century Chief Seattle when asked to 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. We can't own the earth, the sky, rivers..trees..land..nature?' Obviously a contrarian point of view—likely they found inner-being easier to feel and see than we do. The River of Life was a paradigm of oneness with mother earth. All people tend to think their view is the right one. We are more intelligent than other trained animals and yet we're not all that different. So, are we programmed? Do we question our indoctrination? Is it detrimental to adhere to that programming? Inquiring into it, one listens and observes their life script at a far deeper level than before. The challenge over seeking others, or one's own programming to tell them what they should do.

A new perspective: One turns attention inward to a 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. Basically, peace takes primacy as fear is dropped. It requires a deep commitment many cannot bear or lack the persistence to bring it to fruition. It cannot be said how long it would require, it varies from person to person. So then is the 'you' sure? We're dealing with an unbelievable power, the egoic mind. For beginners it is best to not ponder specifics too extensively, simply characterize what's happening using a word: ***foreverness, it just is what it is. There's no beginning nor end in this, it is to have presence, thought quieten.*** Absolute stillness any person can achieve, arising in the here and now. When in close proximity to another further along in the journey one may to ponder: 'What is it about that person?' 'Something is different, they seem to be so peaceful.' In truth one is seeing their own light shining back at them, it is the same light. They see a mirror reflection of their own inner-being in one at conscious awareness. We're all inundated with self-talk, over-dependent on old habits, mind patterns or social rolls, also seeking others to save us. So conscious presence seems to approach the event horizon of the insurmountable. All unconscious minds are in disorder and don't see it.

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

As awareness rises the life script is viewed as an overzealous program. In Zen Buddhism it's the fifth ox herding picture, a point an effortless friendship with ego is established with one's own true nature.-1... Life then fosters peace if stillness is firmly rooted. So pure observation brings one to see their life script seeks to control their mind, freedom from it is being alert to clinging, anxiousness and dis-ease—via a mind quieten conflict slowly fades. Fear as a paradigm is overzealous emotion, thought and memory, the mind in disorder transcended through love coming by way of peace. Love has no opposite and when this is seen, peace is undisturbed. Still don't underestimate ego's resolve to control the mind to a point it capitulates repeatedly to the egoic mind.

What level of seriousness is required for real freedom? Search childhood memories, remember an innocence felt? Time stood still and the feeling within was present awareness, **the child felt an interconnection, which is the Oceanic Feeling, surrendering to a oneness.** Watch the mind to change its perspective, so ego observed is to reclaim energy, felt within the body. Now awake our world seems to make little sense, *a sign of alertness arising within one's mind.* And if awareness were to come in an abrupt way, one might feel alienated, at least at first. New students do tend to isolate or perhaps even

withdraw, because the world looks ominous, as if it has descended into global insanity. What's it all for really? Everyone fighting for more control—power, position, money, all the will to power. A chasing of the wind seems pointless to the serious spiritual student and yet this too is *a sign of awareness rising*. Grounding energy brings many surrender moments, accepted then nurtured, courage-acceptance-willingness-compassion-forgiveness-patience...realizing: “The Natural Self is a part of everything:”-*A Yet another sign of a spiritual awakening*. Noticing energy felt within, helps us see there is only one energy field. Life is now, always fresh, new. If awareness comes abruptly or subtly, grounding it is essential, or it will fade to merely a passing experience, *egoic mind then promotes ideas it was never real*. At points energy seems to have left all together, then abruptly returns. Its gift is peace, and out of peace love comes. Yet we must be alert, a total resolve to solidify this new paradigm of peaceful love so to see it as an energy vibration projected. Or one's egoic self reclaims control of the mind to only slip again into an unconscious slumber.

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 a single word, the energy of peace simply spreads like a positive sort of virus. Enlightenment's seed exists within all—in grounding it students feel the mind and body changing, challenges are a bridge to clarity, it is order out of chaos. The quintessential Phoenix Rising From the Ashes. Observation of the mind, listening to it intently, 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 ergo one must persistently watch the mind, have forgiveness..kindness..acceptance, notice daily life then 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? Remaining present so a mind sees truth awakened to in each moment. Akin to dropping pebbles in a pool, it is, the ripple effect. What we do affects the whole. Aware of time then 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 yet cannot be known via concepts, although one can have an awareness of it. It is felt as an energy flowing in the body and then into life situations we have.

It is a we are the world viewpoint, not separation. A totally new human-being then emerges and as said, is no longer simply a better version 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. Abiding in time brings only more fear and conflict. Can the reader see the present moment brings us peace? If thought enters, now is then lost to memory. Stop reading, look around, see what you see-hear-feel-smell and taste, don't think *about* it. What duration is the reader able to disallow thought entering the mind? e. g.—Just prior to writing this the author is sitting in a nature park. He stops to look out at the trees, a soft wind blows the leaves, birds fly by, looking into the sky thought doesn't enter to define. **Looking at the scene, no thoughts enter to proclaim it to be this or that.** He is present, it's to have presence. Try clearing the mind, allow what happens to impart unto you what is, not memories. Don't think well that's a lovely oak tree, soothing wind blows the leaves, what memory says. Getting lost in these images is to live in the past or future, it is to be mind identified which most people are a majority of each and every day year in year out. And future projected memory as well, outside of here and now, it's merely thought entering to define. Images identifying what is do not show us what reality is. We see memory images, we see only the past or future, unless it benefits the ego. Past and future are merely memories of the here and now. The present *is* actual reality. Beginning to see it or is the mind via an 'I' blocking it still? Not to see this is to live in the mind identified state, searching for reality in time past and future, again to be mind identified. The actual here and now, simply are random potentials observed moment to moment. Observe the mind, notice the next thought as it rises, when it comes, what it says. (Eckhart Tolle) Again thought seeks to identify the here and now, it seeks to identify itself with copious amounts of thought replacing the actual present moment. We are all lost in perpetuity to social rolls and mind patterns to a point the life script controls us creating divisiveness we succumb to, the mind controls us not the other way around. The actual present moment just is—*it's not known by or via thoughts memory images*. It is an awareness of truth here and now, revealing itself to be something of itself. To see now always new. See it? If not, simply keep going. The mind determined is consistently aware, always alert to the

Natural Self which sees in the here and now. Seeing through the eyes of ego is part and parcel to the egoic mind—Self never defines. Undefined the now is accepted, instantaneously allowed to fade into a memory hole—so memory is used for practical purposes when appropriate. Seeing now is analogous to a chalkboard wiped clean each moment through the mind stilled and ordered, calmly listening intently a mind creates room for each moment, revealing what's real not memory images defining it. The eternal now is one continuous stream not fragmented. Difficult to see due to past and the future having been so totally normalized. Normalizing the present moment, is a mind watching itself then. The mind seeks to identify the present, this is plainly a memory image stored in one's brain—the conundrum of opposites one's memory says is real. Consequently inauspicious to a mind used to watching itself. If alert one doesn't see images in and or of memory, they see only what they see or what actually is. If the scripted mind blocks it still, continue on steadfast.

There is definitely a normalcy bias factor in all this. Let us 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, they paid the ultimate price. Ergo normalcy bias is being controlled by one's programmed script and ego to a point 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 programming? We're all busy, lost, have become numbed by the dream of form. So many are of the world, live in the mind, can't or will not see their programming. Why stay in this dream, exacerbated by resistance habits and indoctrination? Simply because we have gotten used to it? If freedom is foremost, ponder, why is the negative goal so valuable? What's the payoff? Why is it too valuable to just give it up? Many conclude fear based egoic minds and the dream to be fine, settling for it. For those not ready, it's fine. Conscious awareness is hard work. It is to die before one dies, to die to time so one is born again metaphorically. It's not as though the egoic mind using its host was ever going to end well anyway. And being trapped in constant clinging to drama or pretentiousness, such as these should they remain trapped, upon their entrance into death should they embrace this dream of form and its paradigm of fear, refusing to see their egoic mind as it

clings to the world and programming in life all while resisting change, they'll see then what could have been. It brings into the soul great despair and often disappointment. It is the feeling of having made a great error. As if one's soul were saying: Now it must be done over again and again until they get it right, akin to a loop in the space-time continuum. The negative goal then is to be unwilling, clinging to the world, the cause of all suffering. It is fear, still, it's one's goal, limiting, negative yet familiar. Again one ought to ask what is the payoff? Humanity has a tendency to cling to familiarity, the devil they know is preferred to the unknown. Do a little soul searching. As the 'I' life may be considered to be okay, if so again it's just fine. This reformation is a part of humanity evolving. Truth is should everyone blindly follow programming we are not far removed from domesticated animals. So we're asking, are the eyes open to seeing truth via pure observation. Think it over but 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 one sees actions do indeed affect the whole—which the unconscious don't see due to the current dominant paradigm of fear, judgment is less, peace takes primacy. We concede getting your head around this is not easy to do. We must 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 inside to commune with the teacher within. Actual 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. We'll then question belief systems and see indeed they control the masses. To have an alert awareness absent forgetfulness, is to listen to the mind so it is absolutely still in quiet observation of what happens. To be aware of a timeless state as well as Daily Life tasks—'Clock-Time' used, and awareness of the here and now, all while maintaining awareness of inner-being. It is the chief aim of this work. And in doing this we press onward to an awakening of conscious presence forever.

CHAPTER FIVE

ENLIGHTENMENT ITS ATTRACTION AND CHALLENGES

Interest grows in enlightenment as a subject. It gains popularity because well, the world needs more love, which is food for the soul. Humanity is fear motivated. If you don't believe that just watch the news for proof. Our own mind deceives us via programming. We get caught in mind patterns and pre-established social rolls, nevertheless we feel as a thorn in the side something is lacking spiritually. We should focus on the spiritual side then. What brings this to fruition? Peaceful love as the alternative to a paradigm of fear. The aim of the work is to see psychological fear veils the Natural Self through egoic disguises/accumulated fear in the mind to a point peaceful love is rarely seen. Ego exceeds what's considered to be reasonable control of its host, i. e. the reader. It is the ego overly controlling, beyond what is considered at least here-in, necessary to keep us safe which is its fundamental purpose, to protect its host from physical and psychological harm. Fostering a spiritual side is to listen and observe the mind so to be aware of patterns in life compelling us to follow ego and life script exclusively. Ego and a life script are useful tools and help, this is what they do and yet seek absolute control to a point one's mind capitulates. If we monitor the life script its nefarious tendencies and ego which is supposed to protect us we'll start to see it controls to an excess and we'll see precisely why it's so difficult to actually reclaim energy from it.

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

whispers more love is needed. Conscious Awareness, an initial big step into: 'A final spiritual state marked by an absence of desire and suffering.' We have talked of being in the zone where thinking is markedly subdued. *Reduction of incessant thinking..remaining present..an acceptance of whatever happens ..silence between sounds..and empty space around all form.* All of these help to avoid living exclusively in a mind using us to using our mind, coming via observation of our mind—measured by the degree of peace felt throughout each day. Flashes of satori spoken of in this work can be extended to longer duration's if the mind is persistent and alert. The four doorways to awareness of inner-being in italics above, do help to feel innocence. Observation of the mind sharpens wisdom. And turned upon itself we then use the mind not the other way around, done via persistent focus upon innocence combined with wisdom, then hold its frequency longer. As gaps between ebb and flow lessen a steady stream of peace prevails. Uneasy tension brought about by excessive focus upon past or future melts away, there's room in one's mind for the fresh and new. The four doorways help to bring into focus the energy of peace, permeating the body, bringing us into the here and now. Far less reliant upon programming a spiritual traveler awakens peaceful love, it touches everyone empowering collective consciousness overall. An unwavering commitment to peace brings the ebb and flow illusion to consistent awareness of inner-being. Ebb and flow fades, alertness prevails. Compare alertness to busyness living in a mind bound to time and fear is. Alertness dissipates fear. Love is the bi-product of peace and is without opposite. Fear and its derivatives are rooted in the levels of falsehood, merely thoughts memory images, aberrations in the mind of one trapped in the state of unconscious dreaming. Lost to rolls they are controlled, in a sort of fog, failing to notice the program controls them. Inundated by fear they're unaware, lost in daily life distractions and dis-ease. Unconsciousness, a mind bound in psychological time-perpetual anxiousness. One consumed by thought is distracted and or lost in a dream of form, which strengthens egoic resolve. A big hurdle to awareness of peace enlightenment offers readers. We are saying here a major paradigm shift requires one see just how important it is to notice their life script..self-talk..social rolls and old mind patterns..old habits we all have gotten used to, ultimately to see these as the great obstacle blocking us all from peaceful-love as well as the ego's

trigger to the above controlling us. So focus and alertness is necessary for any meaningful significant progress. This is aimed at those who are serious.

Never underestimate the difficulty this poses. *The level of interest will match the level of success. One hundred percent interest guarantees one hundred percent success.* Read it again. Absolutely any serious student of enlightenment should deeply absorb the above four sentences, the powerful egoic mind and life script epitomizes this, not hyperbole. And yet if one isn't ready, it's just fine. That being said it's where we are all going anyway, so we may as well get on with it. It's being honest in say having an equal level of focus as ego is preponderant to conscious awareness. The ego is one hundred percent interested make no mistake about it. Reflecting on all this at deeper levels drives a point: Awareness via observation is the only way to see one's egoic 'I'—therefore to remain in here and now is certainly preferable to one capitulating to their life script. However it is a total change in perspective, a new way of seeing daily life. Side bar: Repeated focus on certain points again is necessary so one counteracts indoctrinated thinking. We digress.....Natural Self is quiet and still and it is felt not known. To assume this comes absent a deep commitment clearly is erroneous. One's egoic life script is relentless in its quest to control via thought created psychological fear and its intent is to diverting attention, a clever slight of hand says look here as it dupes its host, i. e. 'you'. Ego fights vigorously to protect the life script, compelling us all to follow its narrative. And again most people are totally unaware of any of this. An egoic mind continuously strives to identify its host as its they work to rise above thought so to not capitulate to past or projected memory. Furthermore an egoic mind foments separation propagating on-going conflict, enabling its nefarious agenda. So we free ourselves, accomplished via pure observation for the duration required to bring the mind to order, little by little the mind frees *itself*. Embrace ego's attempts to control, it fosters awareness through observation. Thank ego for maintaining alertness rather than condemn it. All paths lead to seeing that ego keeps us alert, motivates us to focus on ideas of: **foreverness, till one finally reach a point they see: *ultimately awareness and observation is all there ever is. All experience is still the dream of form we are attached to because of our fear losing who we are, or think we are.***

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, ergo exercise due diligence. We tend to think of ourselves as superior beings and of course ego propagates this egocentricity. We're really not that important in the overall scheme of things. Being very prideful as to elevate ourselves. Still, proclaiming we must rise to a state of alertness, so as to quiet incessant thinking, already implies its opposite creating resistance. Ego needs and uses divisive opposites through memory and concepts, which are used for practical purposes and are to be let go of. In the obtuse, memory defines the now and empowers ego, bringing a mind identified state. The I in clock-time, foments accumulated fear in a mind effectively pulling one out of now, i. e. actual reality. Enlightenment's seed slumbers in us, waiting for us to see, then awaken—the mind alert observes itself so to then awaken. Varying degrees of unconsciousness enable ego to hide its pernicious agenda—a precise reason for continued vigilant observation. Ego promotes false narratives, relentless in its fervor, and proficient at deception perhaps already propagating in the readers mind that: 'This is all nonsense.' Still, a thorn in the mind for those who *are* courageous enough, calls to an up and coming peaceful-love paradigm to negate all fear. Fear is a direct result of extreme emotion and or overthinking rearing its head when least expected, pulling one into its grip, they cannot see what to do when upset so remain calm, vital to seeing clearly. Once the mind is brought to order the shadow egoic self no longer uses its host. Persistent observation along with due diligence, frees the mind of accumulated memory images which had controlled, leading us to identify the here and now by way of old images stored in 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. Who then will protect us from them? It plays into their illusions of godhood preventing global elitist intellectuals from seeing peaceful love an alternative paradigm arising. “The Advent of a Great Awakening”. -1...is lost to their lust for power. They're really no better than anyone else, still, ego is proficient at disguising itself within the prideful who seek in vain only more power.

At personal and world levels the parallel is fascinating. A disconcerting fact--most world leaders live in the fear paradigm, it is the quintessential dream of unconsciousness the self portrays. A narcissistic lust for power has them. The unconscious leading the unconscious never ends well. Inundated by fear they are preoccupied with ego, along with worldly things, losing all awareness of inner-being they live in the mind which then uses them. Lost to illusions of grandeur they are unable to see they're no better than anyone else. Spiritual travelers, regardless of the level of interest—project conscious awareness or innocence and wisdom combined, as an infinitely better alternative than one adamantly clinging to power. 'A Will to Power'-*A* ends in being duped by the egoic mind, merely enabling propaganda and indoctrinated programming to strengthen its hold on one's mind. The challenge then: To observe the self all while alert to essential inner-being. The natural human-being works to forge a mind without boundaries, born of stillness, alert-quiet-listening, carved out of the indoctrinated shadow self. Empty the mind of unnecessary memory so it has infinite space for the now. It is a mind making room for present moments absent feckless thought created images identifying. This allowing life to lead the way, is not the self describing reality with memory, it is to see what one sees. Side bar: If this work seems overly repetitive, superfluous or even if it appears diffused, we must be focused, tenacious to endure all coming into the here and now or allow egoic mind and a life script use our mind. We digress. Being *of* the world foments division, aggression, and anxiousness. Being *in* the world comes through observation and awareness, then fostering creative imagination, self-determination and critical thinking, only then can wisdom flourish. Persistence brings it to fruition. Applied knowledge in addition to an innocence, absent wisdom, won't bring about conscious awareness or a mind ordered—the Self enamored in wisdom. Then one reclaiming energy from an egoic mind identified state sees just what ego and the life script are up to.

Technology and fear as a paradigm, goes awry absent the spiritual factor. The I foments denial-ego seeks merely to control its host. Observation fosters awareness. With spiritual forces productivity would surge, *A*--An idea addressed in Schopenhauer's writings as the: "Will to Life"—Nietzsche took the concept further in his work to a: "Will to Power"—positing an idea: that power was the driving force in all of human behavior. Yet it has little to do with conscious awareness--a conscious connection to Inner-Being accepts and flows what is.

economies would exponentially benefit if we focus on the spiritual. If enough individuals live peaceful love as their lifestyle, all fear filled psychological disorders would be vanquished from the minds of mankind and a shadow self would no longer drive us into despair. Imagine it, envision it in the mind. So then, Einstein's axiom is spot on: 'It's appallingly obvious our technology has surpassed our humanity'. As technology advances it is commandeered by all minds enamored with overthinking, egoic mind and a 'Will to Power'-often absolute love of money as well, is reason enough for enlightenment to rise. Ushering in positive energy brings to fruition, love without opposite, clearly the world needs more love.

This slumbering real power not force, a light inside beckoning us all to reclaim our birthright. A peaceful love lifestyle growing stronger, would then foster the use of rolls for practical purposes in the interaction with others and the rolls they play, simultaneously maintain awareness of Being, or succumb to states of perceptual unconscious dreaming. So water the seed of love, stay alert, see the Natural Self...foster wisdom...see ego runs on fear...think for yourself...and think critically...exercise self-determination, focus to rise above thought by quieting the mind. Capitulation to fear brings division and negates peace. Who would say they don't want peace? Why is fear dominate? To rise above thought is difficult, we live a life of crisis to crisis, cycles of fixing life merely to repeatedly self-destruct. Work to see personal and collective levels, it brings creative spiritual forces. Rise above the fear paradigm to courage, an initial step to higher levels of consciousness. Courage is contagious, it brings inner-beings light into daily life. And if love were to flower, should we work to see love as always new, an explosion of minds coming to order bringing fourth calm via living peace as a lifestyle, emerging as we collectively rise with consciousness. Awareness of a fear paradigm, dropped it would rein in peaceful love and the aforementioned new human-being. Quite difficult to do nevertheless should those spiritually inclined rise to the occasion they would see it as essential, perhaps even inevitable. Non-dualistic thinking fosters new ways of living as more are able to rise above thought and yet fear blocks this. Peace through pure observation comes if we listen intently. As aggression gradually leaves, in such a mind there is infinitely more 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, is the mind identified state, divisive, unseen. Such a mind cannot evolve with consciousness-only cling in most cases with good intentions to familiarity, allowing the script to rule. So we have only begun to scratch the surface of this. Endless possibilities await mankind should we have a willingness to 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 a reader see this as scattered its 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: Is there peace in life, or stress anxiousness and drama? The readers time is valuable, the authors is as well. The intent was not to waist the readers time, the hope is this is reciprocated. We digress. Once observation sharpens one's mind it is to be turned upon itself, it becomes quite an effective tool for awareness, ultimately helping one rein in the self—no longer capitulating to an egoic mind. Post spiritual event, it's apparent most people met are quite unconscious. Ego means to rule us by pushing buttons, it controls via the 'I' which literally is the wheel of insanity all crises to crises lifestyles are. Hold steadfast to a frequency of peace, it calms the mind, spreads love, not only to others but dare we say to the very cells within the body. Anxiousness fades to just listening, observing the mind we're free of a life scripts incessant need to control, it is the mind reclaimed from ego. Awareness is wonder initially, then onerous alertness to ground this energy. It is forever. Or, a mere experience in which the student is eventually lulled yet again into unconscious dreaming. Bringing all conflicted minds to order is difficult because we're so completely lost in busyness. Practice peace, forgiveness, limit judgment, these foster the new life view of acceptance; it is as it is, a non-clinging to what happens. So we are to accept what happens, or roll with the punches. One's 'good' or 'bad' perspective-is seen from the 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 to pain pleasure cycles are seen. The clever yet petty ego, merely wants us to succumb, watch it and listen, then life force flows, blocks then are dealt with. Resistance melts and social rolls played are now seen in real-time, one is determined to observe and forever rise above thought. *A* — Aggression fades replaced by love, literally changing minds by transcending programmings forever revolving door of memory images to a less judgmental feeling of peaceful loves energy felt within, helping others as well by way of example. The collective ego fears those who, via 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 an ascension to higher reason it helps to use and discard all concepts. There is 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 then takes primacy. Collective consciousness rises to merge with humanity—peaceful love as a paradigm. If oneness is felt by all humanity then finally we see we absolute oneness is the quantum level, we're 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 all separation. And with nothing left to hate humanity chooses a peace 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 to see what actually is, always new with no memory intervention. No longer merely images of what memory proclaims is real. To see life anew as love is always new. Use of memory for practical purposes, one 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 being the apex of the higher levels of consciousness then.

CHAPTER SIX

AFTER THE AWAKENING

Awakening could possibly be the greatest most rewarding and important accomplishment achievable in life, additionally onerous dealing with the life script and an 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 continuous 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 an awakening, true freedom from the mind identified state. Initially you notice everyone else still lives in the mind state as you used to, an inauspicious state of *Unconscious Dreaming*. A thought created pseudo 'I' identity, 'you' acting out a programmed life script. An actor on the stage of life—something we are all subjected to, taught by others, running the lives of countless people who cannot see they are unconscious. We all have a life script, analogous to a sort of hologram. If the **Self** awakens one then sits in the audience observing life. Watching theirs and others thought created **self** under pressure to follow a life script taught to them. Playing their part, attached, controlled by programming to one degree or another. Now seen, we forewarn others: 'Your mind blocks you, it traps you in the bubble your shadow self is, the 'you' in time.' Yet they simply cannot see or will not believe it's true: 'Though they see they do not see...hear...nor understand.'^{Jesus} For the awakened it's all too obvious and a bit frustrating that others don't see they're unconscious? Be guarded, this may be the spiritual ego rearing its head pulling the false thought created self back to imprison the mind in via a paradigm of fear created by thought. Programmed-indoctrinated..propagandized..the nightmare unconscious dreaming is with its unwavering need to control. Akin to martial arts training; students doing

something called tempering. Taking a stance (a horse stance) they allow their partner to kick and punch the body so to toughen it up. Of course this is for adults training for full contact matches in competition. Focusing on wisdom after a spiritual event can feel like being tempered. Post awakening students experience their own unique challenges. Ultimately all one can do is follow their own life situations to the teacher within. And holding the frequency of peaceful innocence, work at wisdom, finally merge the two into oneness.

This very grateful spiritual traveler will now articulate the path taken. The journey began long ago as a seeker lost in the mind identified state who *knew* there was something deeper, mysterious and elusive beyond thoughts ability to know yet it was veiled. A rebellious cocky young man sat in his Bible class at the private school he attended, brazenly thinking: 'They seem to be missing something. There's a deeper aspect to this.' Unable to put his finger on it he sought that which he already had although could not *know* because thought seeks to understand what is beyond thought—concepts can only ever point to spiritual enlightenment. Efforts consisted of on and off obsessive compulsive study yet merely on an intellectual level. Later a family and business to run. Responsibilities, busy busy busy, just what ego leverages to distract the mind. There was intermittent study for most of this period, still he clung to material gain and was caught up in a life script—*IT* was running his life. Additionally struggling to ennoble his conduct. It is to be *of* the world to a greater extent rather than *in* it. Even post awakening it was difficult to transcend being of the world to being in the world. -A Years have gone by sense a fortuitous event brought him to a sort of death and spiritual rebirth. Ongoing consistent work to ground conscious awareness continues. The great difficulty in grounding the energy has turned out to be interaction with the majority of people known or newly met who for the most part are quite unconscious. Surprisingly in the journey it has been noticed few actually know anything about enlightenment. Often he's asked 'What do you know of enlightenment?' -A-The hit bottom experience or spiritual event spoken of here-in, brought peace never thought to be even remotely possible. This the innocence part or half of the equation, was followed by consistent focusing upon wisdom through study. Innocence and wisdom, the two merged then fosters a mind brought to order. A peaceful state of mind and yet this will fade without persistent alertness bringing an awareness and wisdom which then is solidified. It is all too easy to get caught up in busyness daily life is, we're consumed by unconscious dreaming, lulled by the dream of form repeatedly. So we must be in it for the long run, it is foreverness.

generating responses of everything imaginable. Most know little or nothing at all, do not 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. There's a price it seems for awakening, for those who don't adhere to the status quo. They simply do not fit in similar to the born again Christian, ostracized by acquaintances, their friends and family. So it's wise to be guarded against who this is shared with.

The world seems to have 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 and or ridicule the self via rolls and life script they follows compels them to tow the line. Mind identified the Self is veiled at a loss of Inner-Being awareness. Awakened one sees ego to be far less important in the respect it is not all consuming—seen as merely a chasing of the wind. For *serious students* peace replaces the programmed self as Natural Self emerges. Clinging subsides, one is *in* the world not *of* the it.-*A* Yet it's different from student to student, still, there are days ego aggressively attacks and then to the other extreme. Pulled into the back and fourth by ego's voracious need for control via copious amounts of mind games. Peace arises gradually due to fear having been so very normalized—the back and fourth in grounding is challenging. Spiritual awareness is one thing, and yet to ground this energy permanently, very difficult. Mind games foment coveting and or becoming. Ego may partially fade yet it will always return to repeatedly lull a mind into unconscious dreaming. Loving honesty regarding the self, which is to say to observe the egoic self brings one's mind to order and helps ennoble the conduct a prerequisite to far deeper spiritual work. *A*—Gradually one's mind sees the paradigm of fear through steadfast awareness of Being and living peace as a lifestyle—in the world not of it. Fundamentally all there ever is, is awareness, still, the mind is clearer-more concise, all due to the student no longer being completely caught up in social rolls and mind patterns, unable to see their blocks, i. e. the dream of form. Egoic shadow self pretending it is you-fomenting die-ease via the projection of the now into the future. All of it created in thought and overthinking to a point it gradually challenges the very sanity of those who succumb, take the blue pill—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-being, i. e. to see life through the eyes of fear filled obsessive-compulsive thinking only brings more division. Again unconscious dreamers are virtually everyone known post awakening. Fear is the modus operandi of most people and likely part of the very DNA of homo-sapiens--all fear indoctrination controlling, akin to a mind fear-filled with no room for love. Fear pushes its way in although alertness to peaceful presence gradually elevates one to having presence. Initially peace comes in waves--an energy felt in the body. It is to create space in the mind so to see what is, not memories of what is. The mind must be ultra alert to observe itself. Reared to follow a life scripts narrative a nefarious shadow self controls us. Persistence brings an instinctive no, negative energy mind patterns are, will no longer be tolerated. Surrendering to what is brings an acceptance—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 lowered the egoic veil. Less memory fostered peaceful presence and piercing the veil it was seen now is all but problem free. It's so far outside the box, for many the ideas are scoffed at or go right over the head. Still, space created in the mind negates time. A tendency for all to follow scripted programming, if it's seen, in such a mind peaceful-love is stimulated. So then, grounding spiritual energy equates to: Whatever may happen the peace is not disturbed. It is to feel inner-being, a presence or present moment awareness. Nirvana or peace undisturbed which again is to have an awareness of: Inner-Being, God, The Ground of Existence, one's own 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: It is union with Brahman. *Out of the divine Ground of Existence, Natural Self emerges.* Having presence negates the egoic mind so it reclaims energy from ego. Ego needs past and or future to control the mind. Peaceful love in the present moment, or actual love having never know fear, 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 it is ineffable in terms of discursive thought, although it's susceptible to all human-beings awareness. And yet one cannot **know** it. It's felt within the body, a sort of innocence and merged with wisdom it brings us to more consistent conscious awareness.

felt here and now outside of time. Moksha, our release from suffering after a lengthy period of Bhavana.-1—one's spiritual awareness of the Natural Self. Developing loving kindness brings oneness with all creation.-4 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 listening, one gradually fosters peace merged with wisdom. Referenced in the system of Christian Mysticism or in Gnostic writings: i- “When you make the two one, you will become sons of man.” ii- “The Kingdom of Heaven is within you.” iii- “If you bring into being that which is within you then that which you have will save you. If you do not have it within you then that which you do not have within will kill you.” (i. e. the 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. maintain an awareness of inner-being.)...The quotes of others as well, all 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. And fostering wisdom it then grows stronger. So how can these people, never having known each other, all describing the same experience be wrong? Well, they're not. A--When one sees they are one with the observed, peaceful love has prevailed. Seeing love without opposite IS awakening to oneness. In this who and what is there to fear? We are the world, oneness felt within all people, what one does to another they are doing to themselves.

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

Seeing those on this merry-go-round of programming as unconscious, if challenged they'll fight to defend an oh so cherished script, normalcy bias has them. Unconscious, they don't seem to care if they're caught in pain pleasure cycles—crisis to crisis lifestyles referenced as karma in the east. Plainly they don't want to see this merry go-round of insanity nor the minority who are committed to move beyond it. Until more awaken to the merry-go-round of suffering it will continue. Again, why is the negative goal so valuable, why is it too valuable to give up, what, is the pay off? We've repeatedly said the ego challenges the survival of humanity itself. Especially considering our leaders, being egocentric elitists propagate mere propaganda designed to dumb people down so they're incapable of thinking for themselves, thinking critically—all while they project fear to the masses so to control them. These are those who have their fingers on the button of global thermonuclear war!? Oh they'll say they have our best interest at heart, always consider our constituents. Perhaps they shouldn't think so much, particularly about those they claim to protect, for who will protect us from them? Side-bar—Understand in speaking to this we promote of freedom as important. Without it spirituality is stifled. So, power corrupts believe that, it covets only more power. Firmly connected to inner-being or the teacher inside, whatever kind of spiritual leanings one may have, should be the only thing they capitulate to as opposed to looking for others to tell them what to do. Beings as how this for the most part is what all systems do, because, it's a means of controlling their followers. We digress.

As said repeatedly those who remain in unconsciousness ignore spiritual awareness and succumb to fear, a life script and ego, are then 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 egoic self ends. Only then will they see what was forsaken. Unable to see the will to power had controlled their entire life while simultaneously failing to see life was spent merely chasing the wind, all of it impermanence as Siddhartha Gautama The Buddha, repeatedly mentioned in

teachings and imparted unto followers. Its not over at that point. One is then confronted by a hard fact, they'd squandered yet another opportunity. Despair weighs heavy upon the soul as it accepts this and moves through the fires of purification on its way to another incarnated life as some teachings posit, or 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 moment and awareness of it.* Should it take two years for results, would not the effort be worth it, freedom from the burden of an egoic self, 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? Many people spend ten, twenty or thirty years, even more pursuing material gain, which brings mere temporary happiness. Or would 'you' rather endure the hang-over for your sole at death? Herein we tell it from martial point of view. 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 everyone is going anyway, so get on with it. And it is....., again thought using thought cannot describe it, yet is felt as we rise above or below thought. Ego and incessant thinking is the problem then. We're hard-wired for peace so we must see mind games block us all from seeing: 'A final spiritual state marked by an absence of desire and suffering' awaiting us. Watching the life script and egoic mind fosters awareness. Use the mind, not the other way around, listen in peace. Observe the mind to the best your ability, along with your life script as well—the 'you' in time diverting attention, enabling social rolls and old mind patterns to take over control of the mind. It is, one's mind reclaimed via pure observation, awareness of the self in daily life situations.

Coming full circle-enlightenment requires innocence and wisdom to hold awareness of its frequency. Merging these is a challenge, and should it be less difficult all the better, particularly for humanity generally. In any quest the more willing one is to undertake what seems difficult or even impossible, the more who will then believe it possible to tackle whatever specific aspects of spirituality challenging them. Some spiritual teachers paint a picture of

alertness and remaining alert as being simplistic or easier than it actually is. Some teachers are so laborious-so complex-so difficult to understand, seekers simply give up. That said the subject must be taken very seriously. Herein we repeatedly tout, especially in martial art, students should never underestimate the task in front of them. In spiritual enlightenment we're not looking at egoic mind, life script and old mind patterns, as opponents, we are observing them, listening, in doing this success comes. The essential goal, written above the entrance to the temple of Apollo in Ancient Greece where Pythia, the Oracle of Delphi made her predictions, quintessentially is the wisdom of the ages, it is obviously key to awakening to an enlightened state: ***'Know your self.'***

In early martial arts instruction by some in the United States one had to prove they were worthy of instruction. And corresponding philosophy, be it Zen, Taoism, or another discipline, was to know the Self, this was ingrained into training. Fostering awareness via alertness, a rigorous persistent practice, observation of the egoic self and life. Make no mistake these were committed practitioners. Serious, unfortunately many were also quite unconscious. Even for the serious practitioner's ego finds its way in. Worth while instruction in the art focused on training, essence and philosophy. Albeit this was gradually lost, to be replaced by money and a need for power over others, all due to an awesome power, our own egoic mind. Mind identified practitioners gave in to aggression and desire for mere status. Spiritual travelers must understand the commitment necessary to hold awareness is at far greater level than most are willing to endure. Now leaving the chapter we move to latter chapters where seriousness is definitely needed to see this—remember resistance is a sign of fear arising to trap the student again in their auto pilot program all life scripts are. Should this happen the student is slipping yet again into forgetfulness or unconscious dreaming. The Self or Natural Human-Being, is hardly there at all-replaced by an egoic mind and life script.-A The ego and life script seeks to control us all in perpetuity. One must be alert to endlessly clever ways ego distracts its host i. e. the reader. Turning attention into the body stimulates an awareness of Being through alertness, a mind adapts to the now and it brings lasting peace. A

—Most people live almost entirely in their mind, thinking they use their mind when actually it uses them. Following their life script and its Praetorian Guard the egoic mind. So sharpen the mind, then listen to it and turn it into a tool fostering awareness, and turning it upon itself one reclaims 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 a system without a deity: 'There is something chaotic yet complete which existed before heaven and earth. Endeavoring to describe It I call It great, endeavoring to name It I call It Tao.' Laozi—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 ever be a finger pointing to ideas in the mind. Words are concepts, tools, never the thing itself. Words and concepts ought to be used and let go of. The energy in one's body is inner-being, it is essence or nothingness, it is felt not known. We can never understand nothingness, ***only have an awareness of it.*** Nothingness can't be known via words in memory. Metaphorically the use of words, for instance the words here and now, points to nothingness and to seeing now is all there ever really is—the slate wiped clean moment to moment akin to hard a drive with nothing downloaded—the now prior to thought defining what one's life script says reality is. ***Idea's*** are known, they're concepts—thought has only thought which is limited so it can not know all that is. One rising above thought is more-so intuitive. Thought and its words of one's consciousness not nothingness, which are mere random potentials happening moment to moment—too abstract for thought to know. Thought can point to essence and often merely points to what it is not.

Pragmatism who's most notable disciple may well be William James, has proclaimed thought to be an instrument. Yet life scripts thought and emotion, controls a mind and it is subservient to fear-filled thinking. As an instrument thought and by extension words, point to more of the same, therefore process of elimination helps brings the mind to stillness, one feels essence or the state

of having conscious awareness. Why does a life script and ego seek control? -A A script programmed into us up to 5 or 6 years after which ego its guardian together protects us psychologically and physically. In the current situation ego has gained too much power over the mind. We aspire to reclaim energy from the ego, life script, and self-talk which controls us. Observation of the life script and egoic self fosters awareness of the Self so to free the mind of its bondage to programmed memory. The 'I' identity then, controls disordered and confused minds which become the dominant egoic mind controlling us. Freedom it to silence it by watching and listening to its mendacious rhetoric. Stop reading and focus, listen to the voice in your head and it will fade. No longer identify via memory, notice the life script and ego, extend alertness. Being, doing, and having exclusively what the ego and a life script projects in life makes it dull stale and feckless. Words stored in memory are useful yet we're inundated. In watching a point comes where scripted rolls along with fear are seen. Observed these no longer control to an excess, we then act and speak from peaceful inner-being and stillness comes into doing—'Be still and know that I am God'...conveys this idea. Essence is beyond concepts and all experience, yet we need to have a foot in both worlds. Practical interaction at the level of effect in daily life, simultaneously feeling causal level energy or **Being**. The mind ceases to define the present moment via perpetual memory images stored in the brain. Observation helps to bi-pass the egoic veil to see a mind identified state prevents us from focusing on the here and now, the only actual place that was ever real. Psychological time veils the here and now.

Laozi was leaving out of disappointment no one understood the Tao he was attempting to convey. A guard at the city gates insisted he write it down before leaving. Pious women and men of all faiths with the best of intentions aspire to God Consciousness through prayer and meditation 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. Here we are saying,. transmutation from self to Self is awareness of inner-being i. e. Self bringing Being into doing. Obviously we need thought although a mind which follows programming sees life via memory. This A-Vast numbers live exclusively in the mind and it uses them, defining life via the egoic mind and life script identifies the persons life via memory images of what the here and now actually is. Ego seeks to protect its host, in so doing it becomes overzealous in its need to control.

merely empowers ego's duplicitous nature—ego adheres to a life script rather than working with its host. Scripted rolls pull us into a state of unconscious dreaming repeatedly, this must be seen. Seeing rolls and old patterns awakens the Natural Self to reclaim energy from the ego—*one's mind comes into the now, sees what is not memories—ironically ego's duplicitous nature brings alertness.* Peace with ego is a sort of friendship, continuously reminding us to maintain the stream of conscious awareness so to remain present and subvert its attempts to control. Perspective changes to see non-resistance, surrender to what happens here and now by observation so to see our propensity for living in the mind. In watching we are present, rolls and patterns are noticed, these pass more readily precisely due to non-attachment to them. Noticing the self we adapt by virtue of non-resistance to life. We see ego dupes the mind to the point we're lost in conceptualization, comparison, judgment, separation and social rolls therein. Seeing this hereinafter we determine precisely how much energy ego needs to keep us safe so to navigate daily life, i. e. be *in* the world—dealing with life situations, subsequently allotting only sufficient amounts of energy for ego to do so. This points to realization of conscious awareness as far as words can convey. Concepts can never know love notwithstanding concepts we need simply for to be functional in daily life. Appropriately one successfully reclaiming energy from through observation via innocence and wisdom merged brings love into doing. So love, is power not force. Again all attention turned into the body, this fosters present moment awareness. We are engaging serious observation and listening and yet this is different for every spiritual traveler. To have foreverness which is merely a word depicting an ongoing awareness of inner-being, a tool to be used and discarded.

Being in the moment one is far less affected by mind patterns, self-talk or rolls. Like a song on the brain, unpredictable trains of ongoing thought. The mind suspends memory if not needed, holds an energy frequency of peace and is in the present moment, or actual reality, unburdened by past or future. In the here and now we see the life script and egoic mind is attachment to an auto pilot program so many capitulate to, unconscious manipulation so ego can control its host. To let life lead the way is similar in nature to us flowing with and adapting to life moment to moment. Surrendering to here and now

we see the script controlling us. We redirect energy. Suppose your're walking along and an ominous person approaches bringing to bear an err of caution, nonchalantly crossing the street to avoid a potential problem i. e. instinctive reactions, as potential danger passes reduce thinking, have present awareness. Scripted mind lives mostly in the past and future, denying the present other than a means for ego to pull one's mind into psychological time. Freedom is wisdom, and an awareness of The Ground of Existence. To be alert, no longer memory images vis-a-vis thought—a melee of concepts extended to the spoken word propagating anxiousness—a life script following programming passed unto us. Words and rolls there-in identify the now yet is not, stillness flowing into doing is. The ego panders to the life script and thought triggers old mind patterns, the mind identified attached to psychological time projecting now into the future denying us an ability to reclaim energy. Watching the mind it no longer uses us, key to rising above thought. So watching steadfast is one's beginning of using their mind as was intended, so it then no longer uses them. Yet this requires ongoing persistence few are willing to commit to.

We've said repeatedly a scripted mind is problematic, i. e. they use us. Religious metaphor handed down by Avatars spoke effectively of inner-being coming via present awareness. They spoke truth in the moment, reworded by followers over time in multiple languages actual profound truth tends to get lost in translation. Some never wrote what they taught, merely symbolically pointed via parable often to what it was not. The written word is limited because reality it constantly changing even as we speak—words are never the thing itself, moreover teachings moved beyond the present moment and were subsequently watered down in collective memory.-A We're inquiring into real truth coming in the here and now through a mind quieten. Words for practical purposes are just fine. The Avatars disciples wrote teachings down, disciples being mind identified, potentially missed the whole meaning-over time actual meaning were lost due to words diluting it. Enlightenment is beyond words. Once written words cannot be the thing because the A--We're saying here, memory is similar to computer hard drive defining present moments, i. e. the here and now. We've reiterated this yet it's necessary to counter programming, all due to copious amounts of indoctrination throughout life. We're countering the programmed egoic self and life script it protects, often its mendacious narratives. Or we could say it is brainwashing. Are we all not brainwashed, to a greater or lesser degree controlled by what is tantamount to programmers filling our minds growing up, our life script programming?

teachings had moved beyond now. Teachings understood moment to moment are seen in the now fostering an alertness, then awareness as wisdom comes. Each of us must connect to inner-being by walking our own individual paths to reclaiming energy from an egoic mind using them. To see times illusion is to hold conscious presence, one remaining in the present moment which is to see truth coming via inner-being. To see memory is of time frees the mind of fear energy, indoctrinated patterns, words, thoughts and or language, ***a mind rising above thought***. Communion is to feel The Ground of Existence, less dependent on a divisive scripted egoic mind controlled by fear propagating on-going opposites in a mind inciting conflict within itself, again one mind identified. Accept ego's job is to protect its host yet it controls to an excess. We need the life script to remain safe nevertheless egoic mind uses fear to do so while veiling love, which is to say the ego uses fear to control. Forged by merging innocence and wisdom, living a peaceful love lifestyle is unification with the teacher with-in. Alertness to Inner-Being daily fosters peaceful love. Conscious presence emerges, projects its peace into doing, alertness brings awareness of we are all one humanity. Not fear filled human-beings seeking to be better versions of themselves. Its been done in perpetuity with marginal gain. The time has come for something quite new, so question indoctrination. Frankly with all respect it's time for spirituality to grow up. We're tapping in-to great spiritual forces within us all so we can then rise with consciousness.

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. In choosing the fear 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 more power motivated by fear and an insidious agenda, a nefarious alliance with ego. The mind identified follow their script, complicated by the over-use of words, mere concepts stored in

memory. If we collectively rise above thought love would blanket the earth. Avatars spoke words of love: 'The meek who shall inherit the earth'. -1 live peaceful-love and value wisdom first and foremost. Elitist mind identified intellectuals insist we need protection albeit cling to the status quo again who protects us from them? They reinforce indoctrination as a tool, essentially for the purpose of control. They see themselves as superior and the majority of humanity as serfs. They personify pride, the highest of the lower levels of consciousness, solidifying ego's narrative and deluding truth, slumbering, not awake. Refusing to see attachment to opposites. Consistent observation is key to remaining alert and awake. An Avatar over two thousand years ago was asked: 'Are you a profit?'--'No.'---'Enlightened?'---'No.'---'Are you a god?' ---'---'No.'---'Then what are You?'---'I am awake.'-2 Awaken to observe truth as something of itself emerging in each present moment. See what is: 'See what you see' or choose to slumber in the dream, blue pill and or black pill.

As the life script forms the powerful ego adheres to it. The walls thicken, by the time one acquires their second set of teeth the innocence childhood is prior to five or six years begins to fade. The oceanic feeling is replaced with separation, the child becomes more reliant on patterns and social rolls taught by their programmers. Lost awareness of inner-being sets in, peaceful love is then veiled, gradually they succumb, capitulate, are commandeered by fears aggression. *Alertness leads to an awareness*, peace is extended to increasing duration's should we focus consistently on wisdom. Proselytized unconscious dreamers in bondage to programming, disrupt peace. Their mind is in conflict with itself and must be brought to order or thought will wreak havoc. Words are tools and yet must be let go of for the vastness of an eternal mind. Clear the mind, create space through observing opposites or us and them. Words are derivatives of thought, following a train of comparative opposites, leading to an erroneous belief that life scripts and egoic minds will bring peace when they only create more disorder via a psychological vicious circle resulting in distraction from inner-being. An American Indian tribe had a belief system claiming we're all born with a preordained number of words, when we used them all up in just that instant we will die. Intriguing, obviously suggesting a use of words sparingly and wisely. We should then, talk less and listen more. So perhaps there's a reason homo-sapiens have one mouth and two ears. Hum

Yet reclaiming energy from the egoic mind is challenging. Ego-words-the life script, used practically while maintaining awareness of Being, this is key. The mind no longer in conflict with itself sheds psychologically accumulated fear emanating from time past and future—a mind 'Freed from the known.' J. Krishnamurti

Quiet stillness, a prerequisite to pure observation, facilitates alertness but again most find this very difficult. Listening sharpens the mind, now clearer, anxiousness is then markedly reduced. We are to use words and methods as a sculptor uses scaffolding, abandoning the tool to reveal the statue, or here and now where peace is. As it says in song—'Stay right here cuz these are the good old days.'Carly Simon--Anticipation C. 1971 Ponder once again: 'What is missing in just this moment?'From Zen Take a day, abstain from the use of words, you'll see a new form of communication arising through Conscious Awareness, yet these are words pointing and 'the word is *not* the thing.'J. Krishnamurti Create space in the mind to rise above thinking fostering conscious awareness. Thought finds a way in so be alert. Indoctrination by way of ego and rote, subjects the mind to being taken over repeatedly due to ego's obsessive need for control. Sustained alertness is paramount, endless mind chatter seeks to inject its narrative into the here and now—notice 'clock-time', inquire into it. Use words then move beyond them, it enables travelers to see 'The kingdom of Heaven is within.' -1 All thought extended to the spoken word is past and future, lost in roll play egoic mind then uses its host. Focus, quieten thought, listen to the breath, allow life to present itself as opposed to endless analysis. See what you see, absent egoic minds biased descriptions or words forever analyzing everything seen. Listen and watch, analyze less-so—Natural Self comes to fruition and along with it belief in something greater than oneself. The thought created person then, is useful for practical purposes if it no longer veils the above. A mind stilled—space between sound and form—acceptance of what happens absent even the slightest resistance—remaining in the present moment—these then, are doorways to heightened awareness, once again measured by the degree of peace felt within. Side bar—The chapter exemplifies a random concepts approach in the hopes of speaking to the Self, which is to say the reader behind their mind identified persona, with respect taught to us and adhered to via a strong normalcy-bias. So be alert, vital to conscious awareness rising. We digress.

Daily life creates a conflicting *dual nature* due to busyness distracting us. In the now over-thinking is lessened. It's sort of an alert reception, minimizing attachment to thought and words is to negate memory if not needed. Everything's new in a mind not defining with memory—fine for practical purposes.

In retrospect this student views spirituality as a reformation. All religions vibrate at the level of love, having good intentions they'll foster good overall. The challenge is, us and them merely creates division, our truth is right, yours is wrong. Systems judge, create fear and separation fomented in its narrative and tend to create divisiveness perpetuating opposites. Whenever possible set these aside. Forgiveness rooted in peace, it's judgment nullified—a point one awakens peace and markedly decreases dependence upon systems by turning inward. Inevitably all systems judge—regurgitating a systems narrative when actual truth comes to fruition through one's connection with the teacher within. Rooted in peace a clear mind turns its attention inward, adapts and negates judgmental narrative. Unconscious dreamers lack a spiritual awareness, any objective listening and observation, resulting in further unconsciousness at a loss of conscious awareness. Unconscious dreamers lost the systems dogma, merely judge. “Forgive them for they know not what they do.”-1 will foster loving forgiveness not putting up with unconscious behavior which is one of a variety of mind games we play in an effort to go along to get along. Be on stage yet know you are—see and refute the mind identified state to be with the source. Alertness is key to seeing we must accept, change, or leave all life situations, the mark of an ordered mind. Still we talk when we ought to listen. Notice the word often foments anxiousness born in time. Difficult yet needed to stay in the now; again the word is never the thing, words are used yet they control us. For example a systems dogma pushes its way in via its adamant followers who adhere to its narrative. Awareness arises by using a system not it controlling us. Noticing words created in thought *about* the system or what Schopenhauer spoke to, (quoted herein) as being a tool to control the masses. Adapting to situations absent expectation is to negate words. An ability to see and let go of psychological time, to remain here and now where truth abides. In the now indeed truth presents itself to us each moment, so who could say what truth is—fear leaves replaced by intuitive love flowing into what we do.

This is the Natural Self referenced herein—alert, ever-ready for what life puts fourth via observing unattached—see ego as sort of a loosely worn garment, otherwise it binds us with endless dichotomy, patterns and rolls we loose ourselves in. Living in the now, words and memory help us and influence less.

A mind must see the advantage of watching itself engage in social rolls so ego doesn't gain excessive control. Once again sharpen the mind, turn it upon itself. ***Deliberate movement is helpful***, this is to focus on each aspect of what is done moment to moment, requiring *Willingness* who's process is *Intention*, corresponding emotion *Optimism*, only then can one really be present, otherwise memory commandeers the here and now. A teacher of martial art, asked for lessons illustrates present awareness. He agrees, his student interrupts him repeatedly: 'Oh, I already know that.' His retort is: 'Let us 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, begins to pour the tea. When the cup is full his teacher continues pouring until it spills, burning his student who drops the cup: 'You burned me!' He looks at him and smiles: 'I already know that.' The metaphor of course is the usefulness of the cup is in its emptiness. Empty your cup. Empty your mind of psychological fear so the life script serves, not controls. Peace helps to see the self. Free 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, the dream of form we're lost in. Actually, here and now veiled by words and memory is not seen. A mysterious invisible eternal something, beyond words we are to merge with, also found in the billions of cells we are comprised of, is not known, it is felt. With persistence one can step into this timeless space when they choose. A continuous energy field encompasses all, is essence, where we come from and will return to. Awareness is listening and observing, transforming homo-sapiens into something quite new. Can we live peace as a lifestyle and with wisdom transmute the will to power to having an awareness of: The Ground of Existence? This mysterious something-energy felt in the body should we choose to engage persistent observation, is having alertness to the point it is not known but felt, fundamentally is to awaken, to surrender and flow with life. Described as being still, an awareness of God,

or we could say, the void. Beyond indoctrination then, human-beings are hard wired for peaceful love, again hidden by egoic minds, currently the majority controlled by ego. A different form of communication, a different way to live by curtailing words. Conscious awareness, a personification of peaceful-love love projected through inner-being. Fragmented minds blocks this yet to see what we do to another we do to ourselves, who then would do harm to others. Holding fast to the stream of peaceful love one's mind is alert, to the point it's normalized, the mind is then *in* the world which is familiar, and *of* the world unfamiliar. The life script normalized, controls one's mind. Watch, feel Inner-Being, act and speak from present moment awareness, stop trying to control, let life lead. Roll with the punches so to speak. Peace if measured it would show a marked increase in endorphins and a greater use of the brain, bringing alertness and subsequent awareness brings one's mind to order. Ego and the life script no longer block peace—egoic efforts to control its host suspended, one is free of narcissistic drudgery, formally creating disorder and for many this is preferred to the unknown. Over-use of scripted thought merely creates misunderstanding. Simplistic innocence fosters via awareness actual freedom from being inundated by self-talk and social rolls continuously played in the interact-action with others rolls. Communion is being one humanity beyond good and evil, ultimately igniting the light of love within. And out of peace love blankets the world. Peace in the here and now is the alternative to a fear paradigm. Living forgiveness and kindness brings peace to fruition. Love is seen and felt within with the new eyes of peace, the new paradigm born of observation and listening so the mind rises above thought. We could say it is an idea long overdue. Peaceful love is one seeing the Self as omniscient, an energy field fostering a realization of something greater than the self coming by virtue of alertness, bringing awareness of again: The Ground of Existence. Word's, they point to concepts thought has created. The personification of the Natural Self, a mind free from the known thereafter unafraid takes a leap into the unknown, avoiding any and all redundant versions of a capricious fear-filled paradigm many continue to live in, seeking to make human-beings into a better version of the old feckless homo-sapiens. We point to something new and different brought into being through rising above thought when it is not needed for practical purposes in daily life situations. Adapt to life, roll with it.

CHAPTER EIGHT

THE QUALITIES OF THOUGHT

WILLPOWER AND EMOTION

Thought, the mind chatters away provoking anxiousness. A life script normalized is the mind identified state. If we live in our mind it uses us. In observation of the mind one sees thought is indeed a powerful tool and yet if unchecked morphs into a progressive monster, one's mind becomes the egoic mind. Thought observed and listened to for the necessary duration is required and is then freed of past, future and the paradigm of fear. Most of us yearn for peace, who would not? Always there beneath the surface the mind veils it via blocks formed early in one's life script. It is our psychological baggage in our scripted mind, unobserved it controls us. Unchecked, it's the shadow self we succumb to. In observation of the life script the mind comes to order—notice the thought created 'I' identity and begin to see it foments dis-ease. So who is the 'I' or self then, what is its *modus operandi*, in addition to mind patterns so many blindly follow? We're taught to identify as the shadow self, an I identity seeking control, yet most people are completely unaware that it is dominating their mind to a point in one sense they're not really there, the life script runs their life. Following the Pied Piper, locked in a perpetual state of unconscious dreaming. Programmed self-talk, over-thinking, overwhelming emotions, all compelling vast numbers to do what they do, similar to being in fog. Thinking I don't know why I do what I do, often investigated successfully only when emotion and thought are still. Consider as well the life script in all people is protected by their ego which clings to the blocks referenced as psychological problematic proclivities, one's baggage in life, exponentially controlling them by way of their life script, the quintessential apple that doesn't fall far from the tree is one's programming passed down generation to generation from

youth forming one's life script by six years. Thereafter the very powerful ego follows the script running in continuity. Learning obviously continues after this although we will never learn as fast as we do from birth to six years. The foundation of an egoic mind firmly in place instigates its mind games. This is programming and the fear paradigm normalized, to an extent one perpetually follows it, woefully adhering to indoctrination. Programming is then, the sum total of one's personal consciousness, the metaphorical hard drive. And ego is the life scripts guardian. Together these control psychologically, so to protect us and yet civilization has evolved to the degree much of what ego protects us from is no longer valid. Ego operates as a sort of overzealous programmed mechanism seeking as it does to dominate-compelling its host to capitulate to its demands. The mind sharpened and alert, consciously aware, it then keeps us attuned to egoic minds pernicious ways, the very thing helping awareness come to fruition. In summarizing: Life script forms, there is a shift, the loss of innocence, we succumb to psychological time and a shadow self thought created which now controls the mind. However via observation, listening and simultaneously remaining on the path of non-resistance, we reclaim 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 all went askew ego took control believing absent control, its host would be in grave danger, this is what ego does. The mind at some point capitulated to unconscious dreaming-subsequently ego took over. And people are oblivious to this. Side-bar, Intended 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 to all. We digress. Awareness of the reticular activating system helps as well and is problematic. It files all 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 a life script, one loses awareness of inner-being. 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. Obviously 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, ideally are developed simultaneously. Advancing equally enables a 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 a student 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 it can be seen 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 being **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. A tall order indeed, requiring an extraordinarily focused mind. Nevertheless this can and is being done.*

One can with an unwavering determination drawing upon inner-being, see and feel it. It's an awareness of: The Ground of Existence. One sees their ego and life scripts obsessive-compulsive need to completely control their mind. Awakens to see shadow the self or I, 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 us, one's mind using its host. 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—again “Something chaotic yet complete which existed before Heaven and Earth.” ^(Laozi) Ego relies on intellectual reason and with a mix of other self-deprecating lower levels of consciousness, incites the egoic minds nefarious idea that **it** takes primacy. People are enamored with egocentricity at a loss of awareness of inner-being, they become **of** the world and no longer **in** it. The problem with intellectual reason is it posits disorder via opposites. The void is far too abstract for intellectual reason to know. Quite often well intentioned intellectuals have limited success at alertness yet still, thought fills our minds 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 is essentially to transcend scripted thinking at will when it is no longer needed for practical purposes, yet ego resists vis-a-vis mind games. A mind sees to silence itself concepts are negated along with time, programmed memory patterns, habits and or projected memory. One 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, an alertness to thought propagating mind patterns and or preordained social rolls as authentic reality. They're not, only here and now is. Ironical, 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 all 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 dominance. There is now 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 a 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 via life situations, one adapts to here and now. A substantial reduction in resistance is vital for willingness. Curtailing judgment one allows whatever may come to show them 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 negates needless memory. Non-resistant interaction with energy life is, fosters peace in the fragmented mind negating memory combined with emotion, seeking to impose control, results in a mind being unaware it is limitless and can empty itself. Student's listen with their entire being. Alertness is one giving complete attention to the present so peaceful clarity arises and 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. Ergo, why resist what happens when it is what's happening? Should we flow with and adapt to life's lessons they will teach us wisdom. Essential to a mind stilled is to notice being in the mind, and having presence. Peaceful inner-being then flows into doing, it foster deeper peace. The idea everything must be controlled blocks energy and pulls a mind deep into duality. This creates opposition, propagating conflicted and or a confused mind. Enlightenment requires a peaceful, assured laser focus, watching life and its patterns or triggers so actions are then without conflicted anticipation, pulling one out of the now vis-a-vis past and future. In the now what is done is mere reactionary. Rarely done, while nervous anticipation is so completely normalized it is driving humanity insane. Similar 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 and flows.

*******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 the event and those 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 we see what to do—look at actions retrospectively. If we are carried away by life situations conceptualization distorts to a degree we cannot see what is or what to do, conscious presence fades because we're lost in the roll. Opposites come into play resulting in inability 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, pulling the mind into unconsciousness again. Similar an undertow 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 moving with a steadfast purpose resulting in freedom from resistance to life. So practicing peace takes primacy. Emerging from lower level blocks requires courage, the gateway to consciousness being aware of itself. Truth now is absent labels and or biased subjective concepts, to see in each moment. Furthermore concepts as tools do help, albeit can easily be a stumbling block 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 free 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 to unify these three qualities. Working together there is actual real freedom, one allocates enough energy for ego, life 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 is seen to live in unconscious dreaming is similar to a mind on auto pilot, life in the 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 they be held at all responsible then? They're indoctrinated, blinded by the mind identified state. Unseen their mind uses them and a far majority presently. When one is 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 indoctrination controls vast numbers of minds which woefully are then completely brainwashed, in such as these the mind dwells in perpetual states of conflict, this as said is 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 upon fear. Inner-being then, fosters a peace bringing loves energy to the world. Imagine no separation, malice or wars. Fearful scripted egoic minds, all thought trying to understand itself with more thought and or one's life script, images stored in the brain and these then, are no more than *metacritical* opposites. Imagine harmonious, joy filled, non-judgmental-*peaceful love without opposite then, realized*. Natural Self projecting Inner-Beings peace and truth expressing itself into the now as actual reality. Now to see love as our true nature, all fear thought created narratives in a mind too full of information, which is a mind without room for anything new, is key. Reality is in perpetuity here and now. Unconscious dreamers see memories of here and now. Identifying with the physical eyes through old 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 A life script running life then, *definitely does stifle spiritual insight*. Drop any ideas intellect is contemporaneously here and now. Thought Willpower and Emotion, combined with soul force, ushers in this 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? One's 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 one turning attention inward so to feel inner-being—to be alert, aware of self-talk. Again to observe actions and thoughts in movement through life day to day, 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. We now look to a deeper explanation of this work's view of meditation. Actually we are suggesting that observation is meditation, a form of it. The form advocated in this work.

The universe is integrated which is to say, one energy field. Meditation raises awareness to one energy field. We're a part of absolutely everything, all that is. Empty space i. e. potentials-projections into now so consciousness becomes aware of itself. Being in and observation of, one continuous moment where peace abides. Meditation then, is a steadfast alertness to now, the only true reality. To quieten thought...a mind stilled...creating space for the new. In the here and now meditation is passive listening, adaptation, we are flowing effortlessly without fear nor boundaries, then the mind sees there are infinite possibilities. *A* Conventional meditation is contemplation, mere thought, seen herein as inauspicious—traditional meditation helps, nevertheless alertness is key to maintaining the state of conscious awareness. One is then to rise above thought, exception being for practical needs it is used in “Clock time”...then awareness of a timeless state, no-mind where peaceful love is. *A*—A mind in the act of listening and observation sharpens itself, then turned upon itself it realizes its own 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 old patterns, rolls, as frequently as one is able to. With alertness we extend the duration of awareness. Ego then helps sustain focused alertness on patterns precisely due to its attempts at continuously pulling us out of awareness—being very 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, one's script itself fosters alertness. Awareness of Being, an energy felt within the body, to be grounded or initial awareness of innocence and wisdom merged, likely fades to be blue pill. Wisdom comes gradually, it is more intellectual in nature than the innocence part. Wisdom is intellect guided while Being is abstract innocence, or the ***oceanic feeling as felt in childhood, to be merged with wisdom.*** Its energy is fleeting, it must be grounded or busyness in daily life is, pulls one into social rolls and peace felt as a euphoric innocence is lost. It's a feeling had outside space-time intervals, not a process, it's one energy field; to hold its frequency requires alertness. In grounding one goes through extreme back and fourth swings where wisdom gradually comes in to ground its energy. A mind sees its disorder and aims at stilling itself, noticing when it gets lost in rolls which are stored images in the brain, old mind patterns observed, a mind awakens to present moments rather than attachment to old memory. Participation *with* life, this is a choice-less awareness fostering a 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. Absent all thought identifying, the now is accepted, flowed with, patterns are seen, social rolls are caught prior to the mind becoming possessed, which is to be lost in the dream.-A A mind stilled can see the dream so accumulated memory stored in one's 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 is done in 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 akin to a game we play, playing rolls in life yet now we see and do not 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 deceptions, 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 we focus upon timelessness. Being very alert one is tolerant with the egoic self when in unconscious dreaming. Others seek to distract alertness as well. Seeing we've been unconscious we reset and hold the peace energy frequency for as long as we're able to. 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. Those aware are a conduit for spiritual energy to flow into the world and ultimately holding its frequency so all people are touched by its peace even if they're unaware of it. Acceptance releases us from the need to control life, this facilitates alertness.

Meditation is to feel peace here and now. Difficult without inner-being. Fear has far less control it the here and now because it's of the past and future and thrives on thought. An unobserved mind is the veil to peace, so we must rise above thinking. To do so it's vital to focus on what is done in daily life. For instance walking...feel, hear, your feet walking...air flow in and out ...feel the body moving...the wind on face, bringing us to have present awareness. Ponder objectively the nature of the mindless plant world without an ego—all nature follows the pure passionless laws of growth and is peaceful stillness personified because it's below thought. Nature projects peace because it's not conflicted—no ego to contend with. Animals have an ego yet it's limited—in humans it challenges sanity itself. We speak here of a timelessness felt as one rises above thought, practical purposes in daily life again being the exception. Time is of thought, it is a prerequisite to conflicted minds. If alert, awareness now brings feelings of peaceful awareness, one in the state of -4 *Be mindful of the spiritual egoic self, it is the ego playing its game of being a spiritual ego. One's self, knows all of its limitations, a spiritual ego plays the enlightened game, let it all go to then see neither one is real.*

intertwined movement with life...unopposed to life. Ego blocks us albeit it is noticeable in oneself and others when mind patterns are seen to emanate 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 love in words: perhaps a wave sensation, it is to feel energy in the body. We can feel flashes of it watching a sunset or any sort of "experience" bringing us into the moment; we realize in a sense we are not our real Self, just a thought created I playing rolls. Then, the oceanic feeling, an energy felt as thought is quieten. Effortless gazing at stars. For a fleeting moment we stepped out of the bubble past and future is. Letting time go, an exponential contentedness, ubiquitous in nature felt arising within, a loving calm bringing stillness, kindness, compassion for those who are afflicted with unconsciousness. As if this feeling were love itself. A voice suggesting, the more peace projected the stronger love is. Oneness felt, not to identify as an I creating separation. No negative energy, slow movement, subtle in speech all interaction with others, fostering a peace similar to an energy felt, beckoning peaceful love into life—one form of meditation. Observation then, gradually negates the back and fourth illusion. Daily interaction while simultaneously aware of Inner-Being there in the background. Sporadic intervals of flowing peace within, an energy frequency extended. Interaction in 'clock-time'...then inner-being awareness. Take a few moments out of each day to focus on the doorways mentioned repeatedly in this work. It brings us to have Presence. A memory driven egoic mind and script are of fear. Focusing on the doorways spoken of, peaceful love emerges from within. Alert to a profound stillness creates sensations of, absolutely we are a part of everything. So, ultimately the Self and shadow self, are to be let go of. Love has no opposite and as such fear is nonexistent. Love couldn't even imagine anything like fear—love having never know conflict, has no opposite. A conflicted mind is lost and for the most part lives in the mind identified state. Far too many live the majority of life in fear at the loss of inner-being awareness, getting lost in rolls they play and old mind patterns, and bought into they'll cling the I, its patterns and rolls, seeing them as who they actually are. Let us then make an attempt in the here and now to reference a quintessential descriptive and an appropriate

axiom in this work. It points 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 life fragmented. Stress and its anxious incessant self-talk or overwhelming feelings, extreme emotions, all overthinking minds using the person, all fear energy keeping us in a thought created dream. Peace felt within is inclusive and brings fourth love into doing. An ineffable peace, if we have present awareness. Forgive the unconscious, be rooted in tolerance and humility. Ego controls with fear and division, separation, aggression, all created in and or perpetuated by programming. The mind identified don't see what's accessible by way of alertness, a consequence of the thought created I identity. Meditation is to live a lifestyle of peace then. If one holds conscious presence they'll see the 'I' uses them. Alert to inner-being, tenaciously move *with* the scripts prolific power to redirect its energy—the highest outcome of meditation. Meditation is to flow with life, a point programmed minds yield to the mind vast, fresh, laser focused on itself. Traditional meditation is fine, it definitely helps in grounding energy, yet we need to maintain focused daily alertness, reset again and again multiple times daily if need be till it's natural to do. Prior to conscious awareness taking primacy it can feel akin to a sort of obscure fading in and out while in the back and fourth—redundant disguises projected as a You/I/Me identity. ***One presses on at this point in the journey or are sure to fall into a slumber.*** The innocence begets deeper wisdom, yet absent alertness it and wisdom fades. Mind games now seen, with diligence we see ego itself fosters an alertness. Transcending mind games brings many tests. Resistance is indispensable for an egoic mind to control. Peace is felt in waves, once more similar to ebb and flow. Hold the peace energy frequency when it comes. See ego and spiritual ego dupe the mind. Alertness, with no boundaries to inner-source brings awareness, a mind free via Polar Thinking,

or: 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 and that ultimately we are all one, which is to say one energy field. Awakened to through quieting the mind, it then empties itself willingly, it sees it has no future, awareness is all there ever is.

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 then, this is possible and if accomplished is the personification of love in perpetuity felt here and now. The mind absolutely unlimited—a state beyond the known or an unwritten number abiding within each instant, that is this present moment.—A Seeing the futility of fear, are we ready to ask these questions? Can one be free of time? If so is the now where peace with one's ego is realized? Anything else accepted or not, is to be on a journey of becoming. Herein the path is 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 say, compelling one to ask: 'Who am I.' Firstly, perhaps an oceanic feeling or satori, innocence felt, which became the fragmented egoic mind.

*****BENIGN PERFECTION: A child like innocent state, pure love, one 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 brings one's mind to an idea of benign perfection. The programmed scripted mind distracts one's alertness to this. A—All there ever really is, is the here and now. Similar to a slate wiped clean each moment so the present moment can then write something upon it as one observes. And we, are spiritual beings having a physical experience, moving through this space-time continuum the dream of form is of. Depending on how persistent and alert one is determines to what degree they're able to see this. The mind must have a perspicacious quality, and definitely a profoundly deep commitment to take this at all serious.

Consider 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 pulled the mind into confusion, separation and dichotomy. Fomented perpetual duality....us and them..right..wrong..good..evil..pride and 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 awakening are 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 sees non-conflicted unity-not institutionalized guilt and separation posited within thought created 'I' 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 all humanity.

*****UNCONSCIOUS DREAMING: A mind identified indoctrinated self we're taught to be. In this egoic mind uses its host, living a perpetual crisis to crisis lifestyle. Where overthinking sways one's mind into believing that a programmed script is reality, one living in a mind identified state. Again: 'The apple that doesn't fall far from the tree'—the dream of form seen as reality 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 merely short term satisfaction resulting in what Buddha warned 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 one's lack of awareness. One observes their indoctrinated mind at this stage, they'll have inklings of Natural Self as inner-being beckons them. A—Most people think they use their mind when actually it uses them, in a majority of cases being completely unaware of this. A Normalcy Bias pushes people to cling to the known because it's familiar while the unknown they fear.

Peace comes periodically yet persistence and patience brings wisdom to hold its frequency. Furthermore everyone has moments of peace yet don't see it for what it is due to the duration being so short. Again Satori: Short glimpses of peaceful love, can be extended if the mind is quieten. It's to be in the zone as in the example of sports, **being** in the moment. Far too many identify as what they're programmed to be do and have. Distracted. Taoism references it as the ten thousand things and appears to be fate-living out a life script others taught us—the you in time or the mind identified state. There is an ongoing mind chatter, one becomes lost in concepts, separation, division, fear, pain, copious amounts of thinking, slaves to past and future when elementally actual reality has always been here and now in perpetuity. Randomness happening moment to moment, not memory images **of** the here and now. One's life script creating boundaries and conflict—overblown into paranoid delusion, all fear and its anxious dis-ease fomenting endless distraction. Alertness helps one to notice social rolls, old mind patterns and the triggers, pulling us into past and future projected memories of a pseudo present. As the watcher of a shadow self one is very alert, there's awareness of causal level inner-being energy felt in the body. One uses clock-time at the level of effect for practical purposes which is to say, real-time, while functionally dealing with daily life responsibilities, and have awareness of peaceful love, an energy. It is to be **in** the world not **of** the world. The unconscious don't see nor do they believe they're programmed then. Psychologically speaking normalcy bias has them. Programming is then ego's tool by way of 'fear conditioning.'-A Unconscious Dreaming, described as the quintessential: Drinking the Kool-Aid level.-B

*****CONSCIOUS AWARENESS: Finally we see a scripted mind has us all 'blue-pilled'—slavishly clinging to a dream the spiritual traveler now alert, sees the mind can free itself although there is still a vacillation between the scripted mind lost in rolls overthinking and old triggered habits, all inordinate mind patterns, and an unlimited mind. Strong emotions pulling Natural Self away from inner-being, limitlessness, peace beyond definition which thought cannot know yet seeks to. There's 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 the programmed life script, the mind watches so as to not be carried away, a point egoic self is worn again as loose worn garments, not clinging to it. Alert to why how and what a scripted mind thinks. Inquiry into social rolls, observing triggered responses carrying one's mind away into old habitual patterns. Initially, the alertness seems to ebb and flow from being controlled, in a mind identified state, to being here and now. Sort of a metamorphosis, the caterpillar struggling to break out of its cocoon, confused, pulled upon by ego. We need to play rolls, yet we shouldn't lose ourselves in them, we struggle to see this. Observation reveals roll play to be an acting out of the preordained life script program, an I identity taught to us. Post life script formation ego seeks total control. Hard to see not to mention we had little or nothing to say in regards to what that programming was to be.

*****CONSCIOUS PERFECTION: Persistent conscious presence few are able to hold, an energy frequency—in the world not of it, believing in something greater than oneself. To see the egoic effect. See one continuous present moment brings a mind back to the first level with deeper wisdom, the irony is not lost—ego's limitations maintain alertness. Yet can freedom from dualism happen individually or must it be collective? In the ebb and flow one's useful purpose is a personification of peace. Natural Self emerges should one hold the frequency of peace which spreads. If it all seems vague it's because words merely point to the door. Each must walk the walk to see it. Concepts point, so use and let them go. A mind freed is alert, determined, at times almost to a fault. The awakened foster others to believe they too can be free. The light of peaceful presence being here and now, others can see it in one awakened. *A* As an advocate for love they're on a path of Self discovery, transfiguration, where awareness of Being brings harmony with egoic self. Transitioning to peace they continuously die to time, the here and now, actual true reality, now takes primacy. Turning to one's teacher within they are via peace as a lifestyle seeing love, the fringe benefit of peace. Still, ego challenges us continuously, with alertness we see 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 live in their mind to an excess.

attempts to control yet only daily alertness reclaims energy so to free a mind.

*****At every level there's vacillation in and out of previous levels, it's the ebb and flow. Focus on courage, see psychological blocks, social rolls, old mind patterns and self-talk. Letting go of seeking allows life to lead. ***This moves spiritual travelers deep into an awareness of now.*** As alertness arises desire for control has less sway or significance. Normalcy bias, forgetfulness, obsession with success, money and power all take a back seat. Little by little life changes, the compulsive need to follow the life script, for those seriously alert keeps their egoic mind in check. Still, the proverbial apple not falling far from the tree is familiar, fomenting a rough ride which runs the gamut. One may experience a wondrous feeling of joy, felt as energy flowing in the body, yet even the best 'experience' fades so persistence is vital, stabilizing present awareness. Initially there are feelings of whatever this energy is, it's genuine, so how does one keep it? Hitherto there is nothing to keep, it's an awareness of essence, being aware of itself. We're all cast to be of the world and in the ebb feelings of great dis-ease or anxiousness comes and we struggle to rise above thought to peaceful love. Then out of nowhere peace arises of its own accord—in grounding work we consistently feel, *awareness being aware of itself*. Life scripts have formidable power and pull us back under its control repeatedly, egoic mind pushes back at an attempt to control the mind—self triggers patterns, or social roll play. Lost in rolls one can't see it and needs an ability to step outside of themselves so to see the effect this has upon them. Diligence softens emotionally charged thinking but only if we are persistent. Vigilance and patience is vital. Conditioning pulls us into attachment creating disorder, we succumb to unconsciousness from others and our own life script. If pulled into forgetfulness, focus on the breath so to reset.-A The life script is forged in thought and triggers endless trains of clever egoic mind games. In addition to the spiritual ego building on the less obvious egoic mind games, taught by programmers who themselves were programmed. Determined, one sees what was hidden and or blocked by their own mind, the life script and one's reticular activating system. A- Throughout each day notice when the mind is lost to unconsciousness i. e. rolls, mind patterns and overthinking. We must pause, reset alertness whenever even the slightest loss of it is noticed, it brings us into the here and now. Should one give in to the egoic I identity once again created by thought, they'll continue to live in the mind identified state 24/7.

So just when we are going through this, breaking out of our cocoon, we then see we are surrounded by unconscious dreamers. Patience and tolerance, needed to remain calm, keeps us from being swayed by others or a tendency to follow the status quo. Those known prior to awareness, or our unconscious acquaintances, may sense in those further along, a change. Peace radiates to unconscious dreamers. Some will view it as nonsensical, and yet who doesn't want peace? The nonsense is the egoic mind projecting divisiveness, patterns and aggression. Initially guard against who this is shared with. Being alert to egoic unconsciousness is difficult particularity initially so feeling isolated is common. Not sharing, especially in early the stages of awareness, is wise. Its energy like a thief in the night will come and go resulting in the unconscious dreamer looking at those in spiritual transition as if they've lost their minds. In one sense they literally have, the egoic mind, not a bad thing. Who would not want to discuss such a wonderful revelation? Others will pressure one on the path to be as they used to be. Deliberately or not there are those who will because of fear and normalcy bias, attempt to pull the awakened back into the dream because it is familiar. The unconscious follow the status quo and one's own ego comes at its host from all angles, for years if need be. Absolutely foremost important is to *never ever capitulate*. If we do we will sink into an unconscious slumber. Remember everyone the power of choice and choice cannot be taken from us, it must be given so choose to press onward steadfast and being stalwart alert awareness will eventually come.

Be vigilant as Natural Self emerges, simultaneously patient and tolerant of those unconscious. Others egoic selves are calmly noticed along with one's own. It is ego's game of disguising itself within one's scripted programmed identity so they lose inner-being awareness. Life scripts encourage thinking and one capitulates to ego's disguises. Ego wants no partnership except on its terms—nothing less than perpetual unconsciousness with an occasional satori experience. Just enough to keep its host mind identified or comfortably numb to the programmed self, the 'you' in time, still harmony with ego can arise if wisdom develops. Awareness in observation moment to moment brings the gradual seeing of egoic disguises, truth then reveals itself, not a programmed script running in one's head 24/7. Fascinating to see, additionally quite

intriguing—we're spiritual beings having a physical experience and a part of everything. That said even this ought to be transcended.

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?” Have patience—“Well sir, in that scenario you would abruptly transcend this consciousness to a different level of learning. We're all here to learn. We're on a spiritual journey, life is a school. Much can be learned in this reality.” Until a majority transcend the dream of form and a 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 a state of forgetfulness. Waves of joyous peace, and out of nowhere ego reemerges. Prior to realizing awareness is all there ever is, uncontrollable feelings emanate from the shadow self and lower levels of consciousness i. e. **pride-anger-desire-fear-grief-apathy-guilt-shame**. And this is certain until grounding work runs its course. We can't say nor should we ask how long this requires. The answer is stated throughout this work and is: *As long it takes*. Remember, this is forever, as said repeatedly—*foreverness*. Reaching a point one seamlessly uses the mind to then have presence is undetermined. Each develops alertness and gradually wisdom comes little by little at its own pace till doing emanates from causal level awareness, then wisdom and innocence merge. We must say definitively here this means highly serious attention. ***No mind altering substances in the students advanced training—it only clouds the mind***. Such behavior takes us below thinking *temporally*. Besides nothing could even come close to conscious presence. Why settle for merely sinking below thought temporally? Because due diligence is required to rise above it. Indubitably violent insanity unconsciousness humanity is would be far worse without drugs be they legal or otherwise, or all forms of mind alteration. Let it be said here and now it is the opinion of this work to alter awareness vis-a-vis drugs, thrill seeking and such has no place in vital alert focused awareness critical to a mind freed from unconscious dreaming. Alert and well adjusted-a students mind is brought to a higher degree of order. Such distractions would be inauspicious, any meaningful progress would likely be stifled. We already have our own ego to deal with as well as others who follow the status quo, all

ego's are cunning and clever. Illusory movement is a back and fourth between unconscious dreaming and conscious awareness states—we are easily duped by the ego. Rolls and a script distract us. Until steadfast awareness comes, it uses mind altering behavior against us and even beyond that. So why would any serious students of enlightenment alter awareness? Peace now realized is ultimately unmatched, it is alertness fostered to the necessary degree. Still, it requires one adhere 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 of their life.

Continued observation and or listening awakens one to mind games, they are noticed. Unconscious dreamers tend to react differently. Some will say it is crazy, others view the spiritually inclined as confused due to not following the status quo. In the extreme an irrational animus. They're in an unconscious dream state nevertheless notice those who *are* serious, have found something wondrous. Perhaps they're envious or caught up in a life scripts programming they cannot let go of. Or the focus required as well as the vital grounding of energy is simply too hard. We challenge the status quo obviously. Still, it's ill-advised as difficult as this often is, to speak of it, especially in the beginning. There is less conflict simply living a peace lifestyle. Having said that it's unwise for the aware to think of themselves as special. It's counterproductive to dissolving ego. A back-lash may well come from others: 'Well you just think you're better than everyone else.' Even being unconscious, the seed is within everyone. No different except those serious are observing. Still, this tends to create divisiveness. If one has cancer we don't blame them. The unconscious are spirituality sick, it simply is what it is, they live mostly in their mind. In alertness one sees mind games and methods, are copious amounts of patterns or rolls one looses themselves in to the degree ego controls their mind and life generally. Methods can be stepping stones yet must be transcended or ego takes over. A committed student helps all humanity see what they've begun to see. Indirectly, because we're all one energy connected, those who do see, are steadfast helping others to see dysfunction through their own awakening to innocence and wisdom merged, so awareness can become aware of itself. To see dysfunction, fosters peace, wisdom and forgiveness of those who are still

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? We see beyond any doubt, doing whatever is necessary will bring everlasting peace ultimately leaving fear behind. We would think no sacrifice is too great. How hard does one work to transcend not to better versions of the old human-being, but a new kind of human-being ushering in: “The meek who shall inherit the earth.” Matthew 5:5 and then 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. Spiritual forces are at work on the aforementioned bodies. Yet this we will save for another work. In conclusion we are the seven bodies above yet 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, peace then takes primacy. Watch egoic minds endless mind games, creating space, it no longer usurps the Self through triggers, rolls and or mind patterns. When rolls pull us into an indoctrinated mind identified self, simply notice it, then rooted in peace see thought created aggression. See one humanity, emanating from causal level awareness. Let fear go, have the courage to listen to the teacher within, gradually reclaim energy from the ego and the programmed mind. A resistance of nothing so the mind is lucid—observe resistance, a this too shall pass viewpoint. With new eyes see by observation of what is. Reclaim energy so the mind holds peaceful loves frequency. Resistance merely empowers old mind patterns. Rooted in peace it then absorbs all fear, coming to fruition via awareness and observation. Project conscious awareness to unconscious mind identified souls, they do not see, so forgive them, they are lost in rolls and old mind patterns, living in their mind. So be an example, be steadfast, accept all that life brings, no negative energy. Have presence, Natural Self then trumps the egoic 'I' personality, which views reality through the lens of memory. Act and speak from Being—consciousness becomes aware of itself, projects love to the world. Natural Self in a mind brought to order and awareness of inner-being. Food for all unable to rise above thought, such as these help by living peace as a lifestyle, expressed in the here and now. -A Social rolls and so on, are the very thing that helps to keep us alert so to develop conscious alertness, it spreads peaceful-love to all via awareness.

CHAPTER ELEVEN

JUST THE TWO OF US

From here on the material will be 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 hope is that 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 seen then. Intellect merely points to an innocence merged with wisdom or again-to conscious awareness. For this student innocence came through the hit bottom experience. With respect those who've never gone through this, without an extreme situation one surrenders to it's like explaining martial art to one who has never fought. One can study books about subject yet having never been in a real fight it remains conceptual. Many will say it's hyperbole although as a famous heavyweight boxer once said: “Everyone has a plan until they get hit in the face.” Initially to awaken is a feeling then spiritual awareness, peaceful wonder, a child like innocence felt comes via an extreme situation, lowering the egoic veil temporally, a profound peace arises never thought to possible. Persistent focus along with an alertness fosters consistent awareness of peace.

If there are two logically it would foment conflict between the two? If there is actually only one, it is then reasonable to conclude seeing this helps bring transformation to fruition. If so concluded one can infer that 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—intention being take readers deep into concepts, then an air of innocent abstraction.

Can opposites exist in peace—can a programmed mind transcend fear? Most fear is built up in the mind, often unwarranted it causes pain. In the current situation pain management is what people do. Unable to maintain persistent alertness, enough to notice the mind is in conflict with itself. Awareness is too difficult to hold so lesser levels of pain are accepted rather than work through baggage by holding conscious awareness. Extremes are an impetus for alertness. *A life shattering event breaks down the walls egoic mind guards. This is the abrupt approach—egoic mind collapses revealing ineffable peace.* Ego's collapse and subsequent veil lowered is precisely what reveals peace. Worked at one sees conscious awareness is a way out of conflict. A mind free then, is limitless. It is what one's mind as the Natural Self does—the self uses thought in an effort to understand what is beyond thought, this foments conflict. One sees the extraordinary harm caused by opposites, over-thinking, conflict and division, inciting only more of the same; to see this strengthens egoic minds resolve perpetuating further resistance. Egoic minds foremost concern is its own material world survival though controlling its host, it seeks total control. Observe and listen to the self, mind patterns or rolls played. Notice extremes, ego's subtleties and how it gradually controls us via unconscious dreaming. A mind can be alert to this degree. Persistent alertness fosters awareness if one is unconcerned with the time it requires. Opposites then, are a vicious circle trapping us in a self made purgatory. In perpetual conceptual thinking one is bound to past memory images and future projected memory. Ego blocks the seeing of this, taking us out of present moment awareness by veiling here and now, pulling the traveler back into a conflicted scripted mind preventing them from holding present moment awareness without mentally labeling. Natural Self is concern with the spiritual causal level, not the material world or level of effect, fundamentally, a single energy field. Genuine natural human-beings are able to blend awareness of inner-being merged with wisdom and projects what is done into here and now. Alertness fosters awareness of the self, or life seeking absolute control the mind, which is to say observation of one's life script. Akin to a computer hard drive, initially a blank slate our programmers fed information in which of course we had little to no control of, i. e. the sum total of one's programming or consciousness. The quintessential apple which doesn't fall far from the tree. Those who are willing and serious need great courage, and an extraordinary mind, ability to remain alert and aware of all of

this—such are *in* the world and no longer *of* it. Of it, life is ongoing states of perpetual unconscious dreaming, being at various levels of unconsciousness. Typically, plagued by this not only is one in bondage, they're addicted, unable to see they've lived perpetually in mind identified states, unaware. 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 this 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 similar to a computer hard drive full of information, yet obviously more complex. The egoic mind wheels formidable power and tasked with keeping its host alive it seeks total control. Yet in its need to control it's overzealous. Comparable perhaps, to a computer 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 may back off fomenting the belief one's mind is not controlled. An interesting and perplexing mind game. Sooner or later ego's need for its host to adhere to their life script rears its head again in its on-slot to regain its control. For this reason one would do well to draw upon the teacher within. It is deep and profound wisdom listened to in stillness as one watches their alter ego or the scripted shadow self. In a way persistently watching the egoic mind helps the spiritual traveler, helping by challenging us to see rolls and mind patterns as actual opportunities to go deeper into awareness. 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 and moves 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 becoming complacent ceases doing what had 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 caught up in the illusion the matrix is real, loosing 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. Being the watcher of the ego takes primacy obviously. Observe the I, its patterns used to control all minds through emotion and thought. A high degree of alertness is critical, and is to have presence. We need an extraordinarily focused awareness on inner-being. Sharpened focus enables one to allocate enough energy for past and or future projected memory so to navigate the self or the I in daily life responsibilities, used exclusively for practical purposes. It is present, alert, steadfast watching egoic self in the back and fourth between daily life demands and the timeless mind, to hold an awareness of inner-being. The ebb and flow may well go on for years. There is being in the mind and presence. Alert to feelings of what it felt like using memory for random tasks, then thought negated. The clever ego and script it follows are always ready to block awareness of this in the hopes it can reclaim control and given even the slightest opportunity it does so. The proverbial idle hands are the devils work, dominate those who are lost in absentmindedness, the state of forgetfulness controlling one's mind—consequences of not holding present awareness leaves us at the mercy of ego and life script, adrift, lost to incessant thinking we're unaware. Distractions come and often quite unexpectedly. Yet know when we are consciously aware resistance is at its peak, the ego foments absentmindedness pulling spiritual travelers back to unconscious dreaming over and over. Accept, adapt to what is, with non-resistance it will readily pass. Use thought ego and the life script for practical purposes yet do not cling to them. View it as a partnership with the life script rather than a competition. When one's blocks are dealt with the process they're going through is correctly seen. Ever-ready to let process go, helps alertness and awareness eventually comes. Let everything happening drive the Self deeper into inner-source, it fosters one's awareness of Inner-Being. Peace combined with wisdom fosters the new kind of lifestyle spoken of, i. e. peaceful-love. The by gone human-being living in past and future at a loss of the here and now, used force to bring about better versions of itself yet this has merely yielded marginal gain. By flowing with life, then adapting to what is happening moment to moment, one can remain present. And having presence gradually spiritual travelers minds are infinitely clearer and sharper.

The old way pulls us into times illusion, becoming lost in social rolls and or emotion used to distract. And if overwhelmed reset to observe again, just to realize this is to have presence. Forgetfulness comes although passes readily if one is aware. As the waters calm retrospectively look at what caused the storm and prepare for the next time it comes, and indeed it will come again.

Thought created fear pulls one into duality. Fear is of the levels of falsehood, love the levels of truth, both are seen should we observe life situations. To see conflict prior a storm rising, again to watch and listen. Noticing all mind resistance is key. Ego protects its host the only way it knows, through fear. Mind games create disorder, ego's preferred method of control. Should it loose control of its host it means they'd die anyway. If control is lost they're expendable. The Matrix is a film filled with metaphor. In an early scene the machine world discovers Neo, (the main character) has awakened, and must be disconnected, he's expendable. Reclaiming energy at any opportunity and monitoring ego's negative energy i. e. all thought created problems is key. All resistance, merely gives ego more power. It protects us yet observed it helps to redirect energy needed for it to control us. Awareness is the best defense to unconsciousness, along with acceptance and willingness, two levels of truth helping to rise out of the levels of falsehood to an intuitive reason which is a process of abstraction, a point wisdom flows into a mind freed, one is "In the world not of the world"—freeing the mind of resistance is deep peace helping it to notice its patterns. When the mind is still it curtails judgment, ennobles conduct and notices thought seeking to understand itself with thought. Space created for the fresh and new-a mind superseding memory, the up-shot is the life script no longer controls us, it is now used for practical purposes. Seeing useless information, much of it unnecessary, is a wast of energy and space we needed to store it. The mind willingly empties itself so higher reason comes, intuitive in nature it's to see real value in the mind rising above thought.

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

attention than ego employs yet just as aware. Focus, see mind games so to not succumb to resistance fomented in a mind fragmented. An expectation ego will capitulate is counterproductive then. One must notice and calmly redirect egoic intentions. Unconscious dreamers live in a mind identified state, it is a mind inundated, lost to scripted rolls subsequently a life script, is exclusively who one is prior to transformation, after which the ego and script are worn as a loose garment, unattached. 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 mind so any notion of ego and the life scripts exclusivity is negated, then inner-source/collective consciousness is seen as a tool and awareness/observation takes president.

Again we benefit looking at it from a 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. Two halves yet must work together. Left brain is one's shadow self, concerned with details in daily life. It focuses on the I..the Me..and prevents one's mind from seeing oneness. Right brain is more of the Natural Self, in the present moment and abstract, not of language, again *in* the world not of the world. A mind uncluttered, patient...outside of concepts, no-mind. The quintessential ripple effect, wholly inclusive, oneness with nowhere to move. Vastness, it is one energy field and is, peaceful love undefined, again no-mind. Silencing thought there is pure observation, aware, non-conceptual nor accumulated memory seeking to personify peaceful love to be a paradigm thought projects—forever opposed to the mind rising above thought. Yet without the left brain it would be impossible to live in this space-time continuum i. e. Minkowski space. Left brain is vital yet convinces us to be *of* the world not *in* it, i. e. it controls or tries to. Be the you in time, left, and when not needed step into present awareness, again one's Natural Self in harmony with the egoic self. Having presence the right brain then dominates, still, it's challenging to hold its elusive energy, misunderstood by unconscious dreamers, currently the majority who are utterly dependent on left brain and memory controlling them. And this being so normalized most know little to nothing of present awareness. Foreign to a point unconscious dreamers live exclusively in a bubble, life at various levels of unconsciousness, again mind

identified, the mind, controls them. Left brain is part of who they are yet if it controls, one is unaware of the greater whole, a point one believes they're the 'I' identity. Long ago ego gained dominion over the mind, the irony is, that it fosters alertness so that innocence and wisdom can merge. *Persistence then, is paramount, one patiently, peacefully watches the I and the life script we're inundated by. **Passively watching the I we gradually sees it and redirect the life scripts agenda, less control equates to the egoic mind negated.***

Once more if ego lost its sway it believes its host would die so 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, conscious awareness then can arise. Ego does not change, it is one's perspective that changes to see and redirect its energy. Such as these are: 'The meek who shall inherit the earth.' Fostering a mind quieten which acts out of Being not accumulated memory. Side bar: Should this be seen as superfluous, or tongue in cheek, just know a mind in conflict paints it so. Layman respond to simplistic repetitiveness, a serious student accepts it. Endured because the mind sees its own indoctrination. We digress. We are an advocate for this new way of seeing and living. Unfamiliar to one mind identified. Awake what was seen to be either negative and or unpleasant, is no longer seen as such. Good and bad are now seen as well, life. Adaptation modifies perspective, the mind clearer, renewed, reborn, fresh, alert to here and now beyond the boundaries of thoughts limitations. Watch what is happening without attachment, we roll with the punches. The seeing of fear redirects energy to peace. A domineering life situation then it viewed as an opportunity for growth helping us develop wisdom. A paradigm of peace is challenging in a world fear-filled. Still, as fear as a paradigm fades we see thoughts attempts to understand itself fosters alertness resulting in a marked increase in awareness of Inner-Being and the paradigm of peace these new human-beings spoken of herein personify. Love projected then redirects fears energy. As a caveat repetitiveness is necessary to counter years of indoctrination we have endured, please bear with it.

Without empty space between form, additionally silence between sounds, 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 space between the letters of words are necessary. They complement each other. Moreover we can see in endless examples we'll benefit from this changing perspective: The physical eye sees light reflected off of form. We see light exclusively reflected off of form. The essence or form is sub-atomic practicals, tiny interwoven strings. Essence cannot be known one can only be aware of it. All matter comprises roughly 10% of the universe, it appears solid yet looking at form while alert to surrounding empty space one sees in a new way the great significance of space created in the mind. Bringing one to have a fresh new perspective, gradually fostering this different view of space as the greater whole form arises out of. Not two, but one energy field, seen via pure observation. Separation seen, we are alert to essence/Inner-Being. Perspective changes from the current programmed I or egoic self to transcendent views of life seen differently. Yet to be intransigent is counterproductive. The universe exponentially expands. The hypothesis being the big bang, then it ought to be slowing down. What, is pushing it apart exponentially? Perhaps dark energy, or maybe it is dark matter. Seeing thoughts limitations, opens the mind to new possibilities. Plant these seeds in your mind. Empty space is still energy and has significance. Formlessness rising into form? Perhaps? Stillness brings on presence. Quiet the mind, it's to have presence. Beauty elevates the feeling 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 one's body are atoms, i. e. scaffold supporting it, mere form we see as the body—in a single atom if the proton and neutron were blown up to the size of basketballs they would go to the moon and back. We're mostly empty space in a form seen as a body. One energy field flowing within and throughout, the connection to energy any logical mind must admit touches omnipresence. There has only ever been a single omnipresent energy field interconnected. The religious system without a deity would call it: The Tao. We can see then all separation merely foments the ten thousand things of which Taoism speaks of when in fact once again all there ever is, was, or will be, is one single energy field, herein referenced plainly with the use of words, as: "The Eternal Tao which existed before heaven and earth."

There are flashes while transcending scripted thought and separation felt as peace in each moment. Alert to inner-being one may feel a shock of joy—a light within. For the alert these flashes become longer and closer together to a stream of presence. And holding this frequency is to taste what it is to be this new kind of human-being. Clearing the mind of memory interference is one intensely listening along with an awareness via pure observation of the mind noticing the ripple effects validity. Feeling deeper peace, on returning to the busyness the world is one may be apprehensive or even resist. As if they were home for a moment and had to come back to be of the world. It can bring on despair. Be cautiously alert and no negative energy. It cannot be said enough one's egoic mind would rather its host die than relinquish control. In the back and fourth illusion the ego may condone suicide rather than loose control of its host which is the you or I identity. It's important to work problems our and adapting to life know love is spiritual awareness and action as well. We are learning to flow with life, again rolling with the punches we remain peaceful in doing at the level of effect in daily life, Inner-Being bringing harmony into doing. Conflicted thinking subsides and the mind then sees, there appears to be two and yet only one is real. At night release all troubles in daily life to the source. Upon rising 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 universal life force energy, feeling one with it one could say, it is our higher power. Alert to causal level awareness is essential to bringing an ordered mind via acceptance. Letting go of becoming, alert to a mind vast, freed of obsession with the known through observation, we are seeing in the moment. Be vigilant, methods take us only so far. Follow no one then, neither systems, persons or books, including this one. Be the light of Inner-being within already waiting for our awareness of it. Focus and make space in the mind, shun conflict, even subtle aggression. Natural Self relinquished long ago, is being reclaimed from the egoic mind. Ineffable peace is transition, feel the oceanic feeling working forever as was meant to be, one's mind freed of fear. We are speaking here to the: *Learn to adapt psychology used in child-rearing -A being applied brings fourth one's higher Self.* To see mind games by surrendering to what is, in turn this creates space in one's mind and awareness of inner-being to a spiritual renewal. The two then blend to oneness felt in the here and now. *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 our programmed life script solely. Vast numbers merely projecting a life script. Thinking they use their mind when the opposite is true. Repetition then, inordinate amounts of concepts used to counter an indoctrinated life script, must be used in order to reclaim energy from programming. We aspire herein to awaken the reader, to have presence so to live less in the scripted mind, considered so normal by the majority. A process or method designed to point one to the door. One at conscious awareness follows no authority too closely, focusing inward they rise above thought to abstract timelessness reclaimed, an innocence merged with deeper wisdom.-A Again freedom from habitual mind patterns and social rolls we all play. The 'I' relinquished beginning 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 the present is a storehouse of old information in one's memory bank defining here and now for us, arising then disappearing 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 is of thought, a pseudo self describes now and the Self is hardly even there. 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 one can however, be aware of it. It is The Ground of Existence. Alert to innocence merged with deeper wisdom, the two blended together successfully-forges a new kind of human-being spoken of, love negating fear.

It foments division one clings to. Ego veils alertness the Self fosters and auto pilot takes over blocking observation of the mind. So the present perceived as a narrow space thought insists is the now actually is eternally vast. The actual present happens in the moment prior to thought defining with memory and concepts which are used, then let go. Ego veils this truth—an alert mind with persistent observation can see the Ground of Existence is not form, cognition, mental formations nor consciousness itself. It's the void of no-mind.

We're not suggesting to not use past or future as tools or for entertainment but kept it all in perspective. Relinquish past and future, exception being for practical purposes, be alert primarily using inner-source as a bridge to awareness, so a mind can create space. Peace then flows into doing as the egoic I is exponentially extinguished. Again all reality is each moment, not **of** memory. Surrender and see: To a greater or lessor degree we have been manipulated by what is tantamount to controlling scripted computer programs, numb to outright indoctrination, following the pied piper regarding much of what is done. If the 'I' controls, it projects images of the here and now, fine but for practical purposes exclusively. *In the mind memory images have then, taken control of us to an extent ideas of a "person" thought has created, then has take us over. Unconsciousness takes control and there is lost of awareness of inner-being, the loss of conscious presence too.* Paramount to developing presence is to be aware of this. So remain present, notwithstanding most see primarily via eyes of past and future. What mind games does the readers ego play to keep them under its control or mind identified? Alert to our mind having been controlled is part of present awareness or a mind brought to order. Intuition comes via awareness, a gradual alertness to seeing the I and its pernicious ways albeit there is a fringe benefit, it serves by keeping us alert, i. e. evaluation of the self through pure observation as we're able to do absent resistance, it's vital to having presence. Watch the mind and it stills itself, peacefully notice what the ego and life script it follows are actually up to so the Natural Self does not capitulate to egoic self. Unattached to past or future, 'clock time' is used for practical purposes only. A mind here and now fosters peace, there's adaption to the now as it unfolds moment to moment. Holding the energy frequency of peace projects its love to everyone interacted with by and through daily

alertness to the energy of inner-being: A consistent state of stillness, the mind being laser focus upon itself and acceptance of what happens from moment to moment. Maintaining this state often requires one leave for a time, all life situations disrupting peace, anything distracting or preventing observation of their mind. Observation fosters this peace energy, it helps to reconcile blocks, aggrandizes love, finally, emptiness. A mind pulled into concepts in addition to overwhelming feelings, simultaneously testing one's resolve. The present is life...it's 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 an emptiness that is the Self beyond consciousness. An intriguing and fascinating journey awaiting all serious students.

Can anything outside the here and now, which exists only in memory, be real? Outside the present does it have any significance? This begs then, 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 memory, 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. Where does reality exist? To what degree do people believe it either past present or future? The mind that negates thought as each moment arises sees actual reality born continuously moment to moment the here and now is undisturbed peace projecting love into doing all while maintaining awareness of inner-being. The egoic mind accumulates memory, it uses it to define the present moment making it cold and dull, redundant programming defining reality. Having a heightened alertness, or presence, one uses past and future for practical purposes yet aware of timelessness, as opposed to living in the mind 24/7. Having presence one lives peace as a lifestyle and in doing so love comes into the world through the doorway of peace. It's **Being**, alive-joyful-timelessness now all due to the past or future intervening far less-so. Absent time based concerns energy is less-so consumed by endless thought created problems, we see the now consistently. *Being present is this moment before thought entering. Peaceful inner-being projecting love which has no opposing thought created opposites, no problems fomented in time, i. e. no past and or future. Because love is without opposite it couldn't even possibly imagine anything like fear.* And should one be 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 is then increasingly subdued. Everything comes alive here and now, there's a peace, and fear which is of past and future, is dropped. *In this timeless space there is little to judge measure or compare, one reacts in the now, not using memory.* Each moment appears, fades and yet is actually one continuous moment without beginning or end. Seeing from this perspective the present is not memory images defining what we see. And acceptance moment to moment brings one serene flow. Anxiousness life scripts foment, are akin to a computer construct with lots of information defining making the now unreal. One has lived not in the here and now, but in accumulated memory images, the dream of form. A hologram...lackluster...devoid of peaceful love or actual reality. Mere thought accumulated in memory creating ongoing conflict or mind patterns and social roles too many lose themselves in. Not actually there, one is relegated to an actor on the stage of life playing roles, interacting with other people's roles.

Let us again use the perspective of the left brain. For so many people left brain ego and time have domesticated them. The unconscious sees the self and life subjectively or singular, separate from the whole. Unconscious dreamers live life in sort of a fog. They are being used by their mind. Reared by way of methods of punishment for wrongs and rewards for right doing, controlled by psychologically accumulated fear is a mind using us not us using our mind. Similar to how animals are trained. Ironical because nature's natural state is to be here for the most part here and now. That being said we've lived in a bubble of fragmented thinking—peace lost, it is an inability to see the present as one continuous stream. And except for occasional flashes memory defines *for* us. Memory practically used is all well and fine. All the same does it not control excessively? Are we exclusively memories? Can one distinguish the program from actual reality? Even though we don't see ourselves as being used by the mind filled with accumulated thought, or at best we are in denial, is it not so? Do we ever live free of indoctrination? Do we instinctively live vicariously in images defining life, the ego or self's storehouse of images in a brain? Or do we adapt to random possibilities here and now to see what actually is? Would it not be preferable to see what is, always new as love is always new?

Our consciousness accumulates information which at first is taught to us via our programmers. We are trained, programmed, indoctrinated, so, past and or future projected memory binds us to thought accumulated in our life script. A prerequisite to problems always seems to be, concern stemming from the past and or future dove-tailed into memory which defines the now. And problems, fomented in all disordered minds followed by thoughts designed to solve the very problems thought itself created how can we not see, indeed this creates problems? Programmed blocks are of memory, a few 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, why do we always resist the now? We're lost in thought, continuous roll play, unseen we plainly become them. What's it take to see the now is where energy is reclaimed from past, future, and ego? The here and now, where the mind sees it's been duped. Until we admit being in a unconscious dream which basically a sophisticated programmed computer controlling us 24/7 we are controlled or duped by it. Natural Self needs to rise to reclaim energy from egoic self. To really see the life script runs the lives of so many requires steadfast persistence, a duration required for times illusion to be seen and transcended. Nothing happens nor will happen outside here and now, is this students mantra. The intention here, is not to criticize or bore readers with repetitiveness, we are simply trying to awaken them from their slumber so that peaceful love, an energy felt within, will then bring their mind to order, peace is then projected more-so into one's daily life situations. And this with practice will come to fruition.

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, that 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 are driving humanity to live in past or future at a loss of the now. The prerequisite to problems usually 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 all fear is seen here and now—in the present moment. Awareness comes sporadically in short duration's. A satori experience often is merely enough to not inquire too deeply. For one to see this isn't all that easy, and yet is simplistic, happening instantaneously as one rises above thought to truth. Awareness gradually comes with ambivalence, regarding process, still it's too often preceded by unnecessary pain. *Again*, observing the mind fosters alertness to the mind identified state. As alertness comes ego works to foment fear. So, going within to the Natural Self fosters a non-fragmented mind, this results in space created so one's mind is new, fresh, again memory being for practical purposes only. Martial artist's know and see the toughest opponent is the scripted mind, who one is exclusively till it's observed. Watching tests us, and fosters wisdom. Side bar: *Repetitiveness is necessary to counter years of incessant programming, be patient*. Peace undisturbed, is something few ever accomplish. Presently most unable to see a conundrum of conflicted thinking, live in a mind bound to dualism, thinking intellectual pursuits primarily solve problems, including and especially one seeing this, it's egocentric intellectual pride akin to spiritual denial. Watching then will sharpen the mind and insight brings ego to serve its host not control. We digress. Of course technology is useful, albeit intellect is not the source nor is it spiritual insight. Arrogance is forged in programmed narcissism, and it 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 a will to power. Then turning our backs upon spirituality and our spiritual core awareness, it results in desire and suffering. Many scoff at ideas of spiritual essence and or label it merely mumbo jumbo, frivolous, nonsense or perhaps see it as feckless. Immersed in pride enamored with ego A. I. and the egoic self's intellectual accomplishments, it is a sort of spiritual Self betrayal of inner-being. Focusing upon the egoic mind, all the

while having presence, one sees the true nature of here and now. Alert we see unconscious dreamers saddled with responsibilities, lost in busyness rolls and habits. Therefore holding the frequency of peace helps others to see their own shadow selves. Those awakened radiate peace, raise conscious awareness in others even if they don't notice it. If they're aware they'll feel peaceful-love.

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

In intermediate training one adjusts to the illusion of the back and forth, tending to needs in daily life while maintaining inner-being awareness so that consciousness is aware of itself. Difficult and yet awareness of Being is in the background should consistent conscious awareness be held all while one is preoccupied with responsibilities—literately it happen instantaneously yet the mind blocks it so it's a slow back and fourth illusion. Feeling peace strongly or subtle at an intellectual level will not bring lasting presence. Inner-being is veiled by layers of programming, the frustrating dream of form at least until the energy is grounded. We often cling to the known even though it's painful. Fearing the unknown we languish at varying levels of unconsciousness, this prevent us from rising above thought. Pain management, is the alternative to

alertness. *Again a 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 up inside a cave who could see shadows of figures walking outside—thinking the shadows were real. One freed himself-fled and upon returning told 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 an illusion they declined, having been there for so long illusion became their pseudo reality. Overwhelming normalcy bias so strong they killed the one who tried to free them from their bondage. Programming propagated this negative outcome. Past, future and scripted fear, controlled to a point they rather preferred the known over the unknown. They'd embraced familiarity and the unknown they shunned. The known, potentially painful as it may be is 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? This way of seeing life is something completely new—human-beings transcending all limited memory images of past or future-the unbelievable insignificance of it. Ego forever touts: 'You need me.' And we all do, used practically ego assists us in 'clock-time.' Still, it vies for total control using past, future and fear to accomplish this end. The mind in disorder is forever concerned and worried, filled with fear, apprehension. Is there any problem now, in just this moment? Close the eyes-clear the mind-feel energy inside-discover this moment absent thought, it is predominantly peaceful. Past or future concerns are of time and programming incites negative energy. Thought identifies and the script, rolls and patterns intervene...**memory** then defines now. To see what you see is an acceptance of whatever arises. Peacefully observed, its wisdom comes to the mind. Acceptance of what is, brings a peaceful warm relaxed sense of, here is okay; the joy of presence flows, peace energy is felt throughout the body. In the zone one adapts to each moment, in this one's mind is far less fragmented. Energy felt within and merged to oneness, or conscious awareness, is inner-being felt with-in the body. Inner-Source flows bringing an awareness and we listen just in the here and now. Ego is a practical useful tool helping in life should peace be made with its limitations. With steadfast persistence it begins to resonate and moves the mind of a student, that is to say you, the spiritual

traveler, away from the very frustrating state of unconscious dreaming to the peaceful state of conscious awareness. Focus on conscious presence if 'clock-time' isn't needed. Imagine rising above thought at will to no-mind bringing peace into life, which fosters conscious perfection. So an effortless friendship with ego is a higher Self alert to the shadow self. Expect vacillation, levels of consciousness will tend to overlap. Levels are concepts, ideas, and along with conceptualization wholly if peaceful love comes into the mind, helps us. Life flows into the personification of one continuous present moment, Being then flows into doing. So water the seed, long ago lost to states of forgetfulness, a time immemorial when ego entered the minds human-beings. Still, love could never actually leave—we are love yet an unexamined mind blocks the Self from arising. How could something that is our essence, which is to say who we are, leave? A conflicted mind can't 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 programmed scripted minds no longer project now into the future. Unconscious dreamers are unable or simply won't see it. Still, should unawareness befall one at conscious awareness it will pull them back into the dream again—alert to anxious negativity it affects us far less. Functional, one operates and holds a frequency of peaceful love, there then arises tremendous feelings of freedom at this point in training. One sees thoughts mistake...old mind patterns, habits and or social rolls, i. e. emotional turbulence. Consistent alertness is a must, limit the energy given to ego. Alertness then helps reclaim energy from the ego. Difficult. Literally this student has cried out often: 'This cannot be done alone, please help, an appeal to the Source, (God if that word works better) carries us through. We are combining simplistic innocence with a deeper wisdom...humility...additionally fostering Socratic inquiry—diligent patience...practice, using process and letting it go, so present awareness of the Self brings a refusal to give up, key to oneness felt. A feeling of joy comes, a mind sees it in short flashes, extending then to longer streams...break troughs. Less time is spent in the past or future projected memory which will promote egotistical intellectual pride. Still, many will scoff at all this. Believe! Do not allow thought, the script or veiled egocentric ideology to block awareness of the 'Natural Self' just 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 tough as well, at least till the energy is grounded. If spiritual called do not disparage ego and the powerful life script it follows. It does what it needs to control us, and is relentless in this. Ego and a life script bends us to its will prior to sufficient observation. Yet if humanity were to awaken collective peace would abound and: 'The lamb will lay down with the lion.'-2 Observation, listening, having awareness of egoic self, all normalized brings peaceful love to fruition. When enough have a spiritual awareness and or rise above thought spirituality then accelerates. Significant to this as in all things, it happens here and now. One continuously dies to the mind fresh and new. Past and future intervene far less and peace is then sustainable. Overrun by incessant thinking and emotion in the form of subtle and or an aggressive forgetfulness one lives in a mind identified state. Social rolls and patterns go unnoticed, vacillation ensues and we're aware unaware or neither. Egoic mind commandeers one's mind fomenting extreme or subtle disunion from the Self, the life script controls and we are swayed into fear normalized to a point the mind is lost, dreaming—if 'blue-pilled' or 'black pill' we are the I or egoic self. Higher Self, veiled by past or future is to be lost in psychological time.-4 Observing mind noise, it diminishes. Having presence others feel it as well, yet relying on one at conscious awareness is seeking others to tell us what to do. So tap into wisdom by going within.-B Additionally, claiming to know is still the ego. Knowing is of thought and memory, this is the conundrum then. Who is the I that knows? The shadow self? -A..The continuous mental projection of the now into the future. **B**—The voice within or self-talk seeking control so be alert to it. Through clearing the mind and being still, listening intently it sees clearer. Still we can't 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 or having an awareness of: The Ground of Existence. And if it is lost, clear the mind and reset again.

An egoic mind is a mind fragmented. Alertness brings awareness and takes us above thoughts fragmentation by quieting the mind. Fragmentation mitigated one sees and has present moment awareness. Minds divided, concept ridden, are psychologically disordered—psychological fear normalized to a point it goes unnoticed. The mind emptying itself, makes room for the fresh and new, and happens in the present moment not in memories *of* the present moment. Reclaiming energy from psychological time is to use rolls practically, one eyes them from a far. So the axiom: “It is easier for a camel to go through the eye of a needle than it is for a rich man to enter the kingdom of God”-1--speaks to the difficulty of one attached to a mind controlled by the life script. Watching the shadow self is key. Stillness via ideas of stillness is memory, is exclusively being of the world or attached to time. Busyness distracts us from timelessness resulting in further loss of awareness of inner-being. We hold presence and a vicious circle of craving pulling us into time and mental noise where ego controls, (a formidable power), is negated if we are persistent.

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

alertness it sees depression...dis-ease..pride...anger, it sees indeed these foster deeper awareness so wisdom comes. Yet subdued by these we are again lulled to sleep...present awareness is lost and patterns control again. Situations then foment thought and memory defines, so passively observe. Be alert to each present moment lessening energy given to the self and Natural Self emerges to take primacy, albeit a deep commitment to alertness is essential. A famous football coach would drive this point: 'Quitters never win and winners never quit'---additionally---'Winning isn't everything it's the only thing.' Don't begin unless it is understood that this is to Cross the Rubicon, see definitively there is no going back. Or the spiritual traveler likely will be susceptible to slipping back into unconscious dreaming. So, to live peaceful love negates memory. Gradually a mind refrains from memory dependence, to now taking primacy. Memory serves as a stepping stone, its useful only as a tool. Alert to frivolous thinking, serious attention keeps one in the here and now, yet again energy is fleeting, unstable. So maintain daily alert observation of the mind and it will not capitulate a life script, self-talk, rolls and or old mind patterns. Persistent and unwavering observation, forges a mind laser focused upon itself and ego dissolves. Attention turned within reveals truth as a thing in itself following no system nor another which is to say, do not cling to rolls, thought or follow the status quo. Awareness is to see life as one continuous moment coming via watching egoic self and the life script it follows. 'The kingdom of God is with in you.'-1 is to rise above thought and its endless fragmentation. Again inner-being cannot be known. All this may be seen as hyperbole or at best abstract. Those having seriousness press onward no matter what the commitment and never analyze why they should do so. As such they'll eventually awaken to see it all come to fruition yet only if they're persistent.

Watching daily sharpens the mind and turned upon itself one is able to keep ego in check. *Unfamiliar at first because the fact is we are very used to being controlled—so conditioned to go along to get along with the status quo our own life script runs our lives. Adhering to this is one there anymore, or a programming our script projects?* Observe in stillness, let life lead, it takes us to where we're supposed to be—allot the self energy to do its job, the rest is redirected and is to reclaim energy from our script, which enamored with the

material pulls us into busyness. Life ought to be viewed as a school we are to learn from. This being the case ego cannot say who we are unless we allow it to, so, focus on the Self. The power of choice has been given to us all. Nevertheless it's easy to loose oneself in the dream of form, still, we are essence in form or perhaps essence is dark mater or dark energy rising to material form. It cannot be said what essence is with thought and words, it's beyond these.

In martial art when techniques were overly complex we would always go back to basics. One's refuge is simplistic innocence then, it brings one back to basics so energy is reclaimed. Children naturally feel oneness, part of everything or: *The Oceanic Feeling*. Prior to the child's life script taking over there is a window of opportunity so to teach them of holding loves frequency, to feel energy in the body and hold awareness of it. Children still remember. In conversation with a four year old boy he recounted going to his two year old brother in his play-pin and asked him to remind him of what heaven was like, he had forgotten. He mentioned a boy in preschool who said: 'You're dumb.' Asked if the boy told him it was okay to run in the street when cars drove by would he believe him? Without thinking about it he replied instantaneously in here and now where truth always is. In roughly two years, around the time he acquires his second set of teeth, his life script will begin to take over and was doing so as we had the conversation, most assuredly it then seeks to totally control him. That is unless he is taught to recognize peaceful love is energy and learns of it before his life script takes over. No one nor the shadow self, can sell us narratives unless we buy into them. The self through the 'persons' unconscious programmed narrative, cast us into an 'I' identity. Programmed by our programmers-again due to the apple not falling far from the tree. Their truth taught and subjugated by fear is it actual truth? Through no fault of their own they're following the status quo. It's an unconscious discontinuance with essence. The apple not falling far from the tree absent awareness of essence is to follow the Pied Piper. Observe patterns, rolls, the rolls of others interacted with, it then fosters alertness paving the way for energy to be reclaimed. All children or adults, having had a narrative pounded into their head will find it difficult to see it indeed controls especially when surrounded by unconscious dreamers. Once the life script is formed, around five years, it's extremely

difficult to see and life gets more complicated. The script governs, and ego its praetorian guard, uses linear thinking. Collective and personal belief systems veil the Natural Self which acts out of Inner-Being and is guided by random potentials happening moment to moment. Collective consciousness, personal consciousness as well, reinforce familiar mind patterns unconscious dreamers cling to. Time is where problems abide should scripted definitions of now are bought into. Reality is present moment awareness, not memory images our thought projects. Ergo we are to adapt to each new moment i. e. life's random potentials. Fundamentally one functional at the level of effect, simultaneously having a foot in both timelessness and 'clock-time.' There's vacillation, the illusory ebb and flow from Self to self when actually they're one. Fear energy via a fear paradigm, seeks to identify here and now via memory, 'you' prior to wisdom merged with a child-like innocence. All travelers have moments of clarity and their own personal epiphany, all stepping stones to the Self seeing egoic self as mere programming, then reclaiming energy, Inner-Being comes to us by going within and yet similarities in subsequent wisdom are common.

Those who do awaken abruptly tend to see an aggressive world. Peace descends as a whirlwind to obliterate mind patterns-then seems to leave-again it's the ebb and flow. We feel waves of peace but all too easily are lulled into unconscious dreaming again. A mind too busy pulls us in, then backs off only to repeatedly reemerge in this back and fourth, alertness, to 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 slowly, alert to all interaction. Notice the script tugging. Pay attention to detail, bring the senses to bear. Monitor the ego and, listen-look-touch-taste and smell each moment, focus, bring the mind to absolute present awareness. While walking, *be* each step. Or, opening the car door, starting the car, moving...driving...parking...waiting, all 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, live in the mind 24/7—the egoic mind then uses the person/'I'. Absolute persistence is a must almost to a fault.

Lights..pushing the cart...seeing colors...hearing sounds..listening unattached. Be the watcher of social rolls pulling the mind into programming and or forgetfulness. Noticed via staying alert. Be aware of the 'you' playing the rolls. Feel-see-hear, interaction with others rolls from the outside looking in, seeing all roll play in real-time. Pure observation induces a quiet and alert mind-very peaceful yet vigilant. Having conscious presence all situations then drive one deeper into peace. Freed of attachment to normalcy bias, this creates space in the mind—unaffected by memories of what is was or should be we're able to observe the mind without resistance. Side bar-Should this all seem confusing it's likely ego paints it so. If 'you' think ego does not seek to control, then stop reading, then please give the work to someone else. Ego needs the thinker to follow scripted narratives. And it would forfeit the life of its host rather than relinquish its control, it may propagate it as feckless, nonsense. Nevertheless for thousands of years many realizing peace never thought possible, such as these will have the last laugh. If the 'you' is 'blue-pilled' ignorance is bliss, if 'black pill' know all 'you' need do is to keep going. One's mendacious self, capitulates to endless programmed mind patterns and if not be seen it's fine, just know it is the mind using you. Each individual chooses the vicious circle of thought memory holed, and drawn back up merely manipulates us. If that's okay, well, if the status quo works and one is not ready, by all means continue to follow the Pied Piper. Yet know the puppet master is the readers own egoic mind controlling and foments on-going suffering. We digress. Psychological time projects the now into the future so be mindful of roll play, necessary in daily life yet if unaware one is pulled out of present awareness to mere rolls. This spiritual traveler has watched rolls more times than he can remember, has been caught up in them requiring a reset again and again due to a lifetime of programmed habits, rolls and all triggers to these. Again fine provided one sees it for what it is and does not loose themselves in the rolls. And so lost by definition it the 'you' in unconscious dreaming—doggedly reset continue forward. Let the present moment lovingly guide and life through observation of and listening to the mind sharpens it. In perpetuity be vigilant so the mind is not lulled to sleep again and again. Remain awake, always be one step ahead of the egoic mind. The following quote 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's dukkah.*** Calmly watch, in the here and now notice with no negative energy. Anxious dis-ease foment conflict while pure observation brings clarity. Ego follows a path of division, 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 capitulation rather, see they're conflicted, having the power to choose they can redirect energy. Noticing negative energy fosters peace if one is very alert. It's our choice, requiring extraordinary determination beyond what most realize is even possible. So we begin with the impossible. Always remember, as impossible as all this seems, it plainly must be done for collective sanity to return. Additionally a commitment to remaining present profoundly affects a majority of those who still suffer in a state of unconscious dreaming, those in bondage to learned, thought created, scripted programming. One sees or may not, but if spiritually calls never underestimate how important this is. Should one have what some reference as a core positive stubbornness, such are fore-runners of this great spiritual transfiguration. Moreover all collective human consciousness is affected by one having presence weather they're aware of it or not and observation brings peace, like a positive virus it touches everyone. Can the reader now see how enormously important success is then, for those called to spiritually awaken? Observation fosters peaceful love helping others pierce the egoic veil. The ego is slowly driving humanity insane due to fear, a paradigm fomented in the lower levels of consciousness. As the singularity approaches, spirituality lags, it must be developed or technology will become its pseudo replacement. Ergo, negative, limiting, self-esteem degrading input, ought to be set aside in fact countered with positive-constructive-contributive information bringing about a shift to the peaceful love paradigm. Humanities spiritual side must rise yet it's an enormous undertaking. The alternative is to follow the life script ego would have us all controlled by. At times it seems ego would watch it all burn rather than loose control. A positive stubbornness is necessary then to rise to the occasion and needs to grow. For this student it is an energy beyond intellectual understanding driving him to press on.

A mind in observation of scripted rolls, old habits and patterns, helps all humanity, it's an alternative to trans-humanism i. e. Neuralink. One now has a purpose, a higher reason to raise conscious awareness, to rise above thought. Courage merged with purpose fosters peace. Accomplished love's light means the dissolution of fear. Those serious see it as the most courageous significant and meaningful accomplishment achievable in life overall. Compare this to narcissistic drudgery, craving of power-money-prestige-adulation from fear filled-prideful-elitist egocentric sycophants. Lust for pseudo power, garnering temporary satisfaction. *All of it impermanence*. Rise above thought—again to the now where peace and the joy of Being abides. Be alert to present present moment awareness. Beyond thought-concepts-outside time the problematic is nil. Ego's game is distraction so it may drive disunion from the Natural Self, unconsciousness takes over and is relentless in this pursuit. There are endless distractions and it's all too easy to loose ourselves in rolls. Lost awareness of inner-being leads merely to endless coveting. So alertness is our best 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'll go down the rabbit hole to wonderland. So 'you' may wonder about this work, or perhaps question why scripted dreams manifested, one's programmers who indoctrinated with fear, didn't see it controls to the extent it does. Prepare for a ride completely debunking fear as a paradigm. The aim, simply to point the way, to foster resilience needed to go within. All systems merely point yet clearly this is not enough...we all must go within, only the teacher within, by way of wisdom, peace and love, can truth then show itself to us as something of itself. A disordered mind hides much from us all. Shouldn't we inquire? In the end, for all we know this school *is* the life script, *is* a mind identified self propagating mendacious materialism, *is* an opportunity for awareness to take primacy. Bringing a need retrospectively to share some of what the awakened have worked for with all who are unable to rise above thought which helps to facilitate a spiritual rise to conscious awareness to whatever degree one may be ready for. Helping to usher a Great Awakening of Mankind. A totally new kind of human-being, not better versions of the old Homo-Sapiens, one now chooses peaceful love as a new paradigm, a lifestyle of reclaiming present moment awareness, a mind freed through harmony with their own egoic self.

CHAPTER FOURTEEN

HOW DEEP DOES THE RABBIT HOLE GO

Lewis Carroll took us down the rabbit hole to wonderland, challenging minds. The pinnacle of consciousness outlined in this work then—Conscious Perfection. So let's begin the chapter by saying, thinking you ever arrive, well there is no arrival—impermanence...again unconsciousness...plainly another of endless mind games, when observation and awareness is all there ever is. We are in perpetuity, an expression of inner-being, 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, more mind games. The Ground of Existence, is beyond thoughts ability to know. It is nothing..nothingness..potentials, the moment prior to thought entering to merely identify what is through memory. We are all energy, one energy field. A mind freed of psychological time lives here and now—devoid of past and future. Imagine having had a spiritual revelation, the dream of form is revealed, very unfamiliar at first. To see love it the core of every human-being, yet an egoic mind blocks it. A script written-directed and edited by our programmers for us. The apple not falling far from the tree, is programming our programmers taught us to be beginning with parents, buying into it due to it being all we've known. So we're brainwashed, living in the bubble of experience, ego and our life script controls. Unlimited potential realities exist in a mind freed. Rising above thought we then mold the dream anyway we choose. Collective and personal consciousness projects memory images, manifestations of thought. A dream held together by a strong belief in accumulated memory fomenting psychological time. We're made of water and stardust, essence, is subatomic particles, mere possibilities guided by randomness. Observation plays its roll in randomness. At the sub-atomic level it gets very strange, notwithstanding quantum and spirituality can dance together if one is really focused. With an innocence and wisdom merged we then can see we're one energy field, these

complement each other as to observations affect on material form/reality. An intriguing idea..absent a collective conscious belief in form it would disperse. Atoms in form, subjected to randomness simply scatter. Imagine matter as a manifestation of incorporeal nothingness, essentially omnipresent, again one energy field. A rabbit hole beyond consciousness itself, random potentials. In physics the eleventh dimension, tiny vibrating strings all connected. Oneness we've spoken of here-in, seen as fragmented yet is one energy field—merely potentials guided by randomness. Sounds unreal? Well then what is real? Can randomness be defined via thought or explained in words, can anyone write a thesis on or about nothingness? It is beyond thoughts ability to know.

Let's take a look at the double slit experiment. Physicists fired protons at a wall with two slits in it. Behind the wall the protons hit in a spread pattern. They thought well that's strange and decided to record it, to watch. Basically protons behaved as they expected them to, or two vertical lines on the wall behind the wall with two slits. Randomness is merely a series of possibilities observation effects.-A Watching then, effects reality. We are suggesting there is merely one single energy field, seen as a truism in every mind transcending limitation, yet fear is the current dominant paradigm, it promotes the opposite to be true. An extraordinarily alert mind absent the slightest iota of doubt, in regard to the mind having no limitations is required, a mind able to rise above thought—an awareness of some mysterious ineffable something referenced in this work as: The Ground of Existence, a spiritual absolute, a completely new human-being, not better versions of the old homo-sapiens. One cannot know this mysterious something and yet, can have an awareness of it. In the current situation fear controls copious amounts of minds all manifesting as collective thought in the stream of consciousness, or space-time, and seems fragmented while in the mind identified state—the mind aware and listening, it requires alertness so the mind is always fresh. And such minds are limitless. One can now see ego subverts alertness needed to rise above thought, exception being for practical purposes. Observation then, is to needed to reclaim energy from the egoic mind. A- 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, is absolutely affected by a collective conscious belief that to observe has an effect upon form. A common denominator for quantum and spirituality may be the changing power of observation, watching then, is fundamental. Egoic mind sees its host as an I identity—clinging to the material along with fear as a paradigm we are all programmed to be. Spiritual beings having a physical experience affected by observation having an effect on reality, is observation here and now, the only place actually real. Form is energy flowing from the non-manifest into manifested form. Awareness of inner-being arising via pure observations effect upon reality, and yet who is the observer—our scripted egoic mind, life situations, the shadow self and its social rolls, old habits, or the timeless Self in the eternal now—another of endless mind games? *Ergo a mind observed can see there is nowhere to move, awareness is all there is.*

There was a colleague who studied to the point of falling asleep, and awakening he resumed, enamored with the subject we are speaking to herein. Intense spiritual subject-matter. Determined, in retrospect a first realization of what words can only hope to describe as oneness. Then, a sudden revelation. A profound yet brief peace. Not satori really, more akin to an elevator ride to peaceful clarity. A glimpse of the void. Gazing out the window birds flew by, a perfect beautiful day. In an instant the egoic mind collapsed as peace abruptly arose. An epiphany: This isn't real, the material world is just a manifestation of randomness. What came next was telling, ego reentered to reclaim control. Having none of it, intense fear ensued, a mind clinging to the material world of form, life script and its guardian ego—bringing him back into familiarity, his normalcy bias pulled him back to be of the world, thought then reminded him: 'You didn't think this would be easy did you?' Applicable axioms: 'The reason you suffer is that you cling to the world.' or 'Crossing over to the other shore.'-1 A slow back and forth process ensued, the illusion of ebb/resistance-to flow/observation. Once the majority of unconscious dreaming minds see it

is a dream ego no longer controls. Preceding this is actually there is no us and them, we are all energy, one with all—useful ideas in fostering an alertness to a peace lifestyle. Conscious perfection defies definition, the I can never know Being. To be freed from the known is boundless liberation, rooted in the now is being free of negativity. To see moment to moment actual truth reveals itself to be something of itself. The dream is and always was a paradigm fear created in thought. Consistent peace yet requires persistence and is worth any effort made. Unwavering persistence will bring this to fruition. One's great responsibility in life is a realization of the highest and most important thing any human-being can do—to foster, then personify inner-being awareness, so having presence projects peaceful love. 'Whoever believes in Me will do the works I am doing and will do greater than these.'-1 An axiom that may have tried to communicate this, coming from an established religious system, or an idea, a specifically named consciousness, limited only in the mind conflicted. Remember then: *'The word is not the thing.'*-A We're transcending division so to not limit the source. A new way provided one seriously inquires into it. So, remain steadfast, perseverance is key. Be careful what you wish for-this is not for the faint of heart, or one lacking great persistence. Challenges will come notwithstanding seeing from a totally different perspective. 'Problems' are all opportunities for growth, gifts should we hold fast to love's frequency. In the mind silent and unshakable, peaceful love emerges. Non-resistance brings clarity into doing. The spiritual traveler emerges reborn and flows *with* life. Peaceful calm emanates from Inner-Being, in turn it flows into doing, ***actions are now motivated by peace, this brings love into daily life situations.*** Then one attracts people and or life situations essential to peace, it is the law of attraction. Optimism rises, peace absorbs all fear filled negativity coming into one's proximity. Awareness of inner-being fosters a strong inner-core of peace and wisdom now takes primacy over ego—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 back to form or being in the world not of it. Ultimately benediction, one's realization of: our purpose being, to project peace and love to whomever we come into contact with. It is feeling energy within and shining the light of love into our world. Having presence we are in the 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, a peaceful random observing—love flowing into doing. Flowing **with** life allows **it** to guide us similar in nature to an exquisite piano solo by Bach, we are just in that moment. It demands alertness for an undermined period. In many cases more than most are willing to endure. We are developing the art of letting it all go the apex of this being, awareness is all there ever is--spiritual transfiguration. Inner-Being projecting peace into the now despite what happens, observation of egoic self and a life script, then problems are seen as opportunities. Absent past and or future what problems are there really—let Being flow into doing, peacefully observe what is...adapt while simultaneously holding awareness of Inner-Being, felt within the body.

To the degree we allow our mind to be controlled by a script is a measure of clinging to fear, trapped in the wheel of karma, forgetfulness, or repeated existence, a sort of variance of Nietzsche's eternal recurrence. Additionally, Nietzsche posits in his writings to the idea of a superman, he implies such are superior to current men. The author feels this superman, is similar to the new humans spoken of here-in, fostered by an awareness, by going inward to the teacher within us. All souls have the seed within yet the egoic mind blocks it. Be mindful too we 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 humanity to rise with consciousness while others are afraid to deal with personal proclivities. Should one not be ready they'll look to others to tell 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 alertness and subsequent awareness, often pointing merely to what it is not. The Self is an energy felt as the energy of love. It's a mind sharpened, turned on itself. For such as these it's their weapon of choice in reclaiming energy from a programmed egoic mind. And emerging from the ashes of conflicted, scripted egocentric thinking, they are freed through non-resistance by way of observation of their own programming. With persistence a programmed mind gradually dissipates, or capitulates so to free the mind of

stored information in memory, formerly conflicted the mind no longer blocks awareness of Inner-Being. Rapids or tumultuous times will come yet peace remains metaphorically as the rock embedded in a rushing riverbed nothing can dislodge. Peace and wisdom solidified, nothing circumvents it. Ego and a life script are governed by nomenclature—the linear mind. Love flows out of peaceful-loves inner-being awareness, coming through wisdom merged with awareness, a continuous eternal present moment. What is lacking then, in this moment? Problems need the past and or future. The present moment, being untouched by time is not a number or thing, place or judgment, for these exist in time having a beginning and an end. The now then, is all but problem free. Having presence, to feel the oceanic feeling. It is to feel part of everything. In random possibilities life leads the way, and life is as it is, is-ness happening outside conceptualization. If we attempt to label this feeling we're lost to past and or future projected memory, lost to psychological time. Enlightenment is here and now, foreverness..moving..alive..playful..blissful without attachment to outcome i. e. beginning and end—essence in stillness absent all resistance. It never opposes, it re-directs negative fear energy through peaceful love. So everything is energy flowing out of the void with the answers to whatever life presents, should one be listening. Time..mind..ego..are all mental constructs, mere images created in thought. Essence is energy yet it's incorporeal, Inner-Being yet clouded by life scripts and or veiled by egoic minds. The eternal mind is limitless—beyond anyones ability to know, infinitely less finite than scripted minds. The void voided—whatever it needs to be. Love projected into all form or Natural Self expressing the spiritual travelers essence in form, fostering truth, presented to us as something of itself, an awareness allowing those who are very seriously inclined, to see in the here and now.

Humanity is at a critical crossroad, we evolve with consciousness or, shun spiritual awareness. If we destroy ourselves, perhaps civilization itself then it, consciousness-continues. Presently technology exceeds our spiritual leanings, in shunning spiritual awareness the unintended consequences will come, with no guarantees. Millions are killed in unthinkable violence, war, malice, hate merely for the sake of hatred. The insanity of the egoic mind driving us into violence-judgment-divisiveness-war, again for 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, via etiology we see and let it go to rise above thinking. Noticing others don't see it saddens the awakened. Consciousness evolves with or without us, help to free the minds of mankind collectively, or do nothing. Yet know the latter is to choose chaos.

Energy never dies, it merely 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 all this for granted. Possibly watching us this very moment and wondering if humanity destroys itself or survives their own 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 spiritual traveler 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 Additionally: “If you have faith as a mustard seed you will say to this mountain move from here to there and it will obey you.”² Ultimately all of spirituality is to see truth, seeing Self rising to conscious presence. It requires going inside to one's core spiritual awareness. Or are 'you' a scripted puppet of egocentric intellectualism? The spirit of the age following the Pied Piper of A. S. I., which definitely ends not well. So inquire then who is the puppet master? All those seeking money, power and science as the pseudo god often do scoff at spiritual transformation—ponder this fundamental question: How will these two possibilities pan out? The author, with all objective readers hopefully sees importance of this. Surrendering to this perfect moment which is to say now, negates pain suffering and desire, one clinging to the world, a chasing of the wind, then one brings love into doing. Crazy, mumbo jumbo, or insightful with limitless soul force? A matter of perspective really. Do 'You' want peace in life, or an egoic mind controlling via life?

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 renewal of sorts, 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. 'No one can see the Kingdom of God unless they are born again'. -1 Initial first steps to renovatio are awakening to see basically unconsciousness is to live a life on auto pilot, programming taught to us by others, obviously parents being the first. Those spiritually inclined see they are in kind of a sleep walking state. A life script dictates who they are to be, the purgatory unconscious dreaming is. Alert we can see the mind indeed uses us yet shouldn't we use it? One may sense at a deeper level we've bought into indoctrination all life scripts are yet psychological time allows for little spiritual cognition. Lost in one's daily life busyness, social roll played and old mind patterns. Is the actual person there or merely programming they learn and follow? In a majority of cases people are unaware or lost at varying degrees of unconscious dreaming. Albeit inner-source, like a thorn in the side for many people, calls them to free their mind from disunion with inner-being awareness. Difficult, one must surrender one disconcerting fact: virtually all of us are plagued by blocks, psychologically dysfunctional and to some degree maladjusted and need to focus on bringing our mind to order. Having been commandeered by egoic mind to an extent we struggle to even see it, particularly concerning blocks to a mind freed of fear. Ego and life scripts subvert transcendence of blocks. Clearly one's mind needs order to rid oneself of fear prior to abiding peace. Indoctrination passed generation to generation so palpable it clouds one's mind, is the veil to seeing this. Renovatio is rebirth to a bygone state of mind. Peaceful yet unfamiliar, it comes to those who observe and listen to their mind, taking note of fear and roll play. Mind patterns and life scripts being mendacious foment division, so potentially can be counterproductive, gone unnoticed often have a negative

effect. Succumbing to fear the mind becomes the egoic mind—a *mind using the person who believe the opposite to be true*. Persistent inquiry, a refusal to succumb, necessary to transcend the dominant fear paradigm is to see we've been manipulated by psychological time. One sees a need then, to rise above thought. Even slight aggression is counterproductive to this, succumbing to it foments conflict, quintessentially the veil to peaceful love as one's paradigm.

Emerging from unconsciousness renovatio fosters peace within, directly due to passive observation; it's to reclaim energy from ego, to maintain inner-being awareness via watching the ego, other egos as well. Peace and wisdom, combined dissolves fear ego foments: “The will to Power”¹ leads to further aggressive behavior so prevalent that suffering to a point it's been normalized is accepted. Fear indoctrination runs the gamut, has power so prolific peace with egoic mind is a formidable challenge especially in the current situation, which is to say at this point in the evolution of humanities collective overall consciousness. Transfiguration requires a mind still so it extends the energy stream of peaceful love to be felt beyond mere flashes. Rolls and old mind patterns pernicious by their very nature, have unbelievable power keeping us in an unconscious dream state. With consistent alertness ego's control begins to wane. Peace only comes however to one absolutely refusing to capitulate. Once more the innocence part is fleeting. And often seems to come of its own accord, it must be grounded by the merger of wisdom and innocence. We feel energy in the body leading to sustained peace. Seeing life situations the rolls and patterns are noticed enabling us to catch them before rising to a storm, it helps us to avoid being caught up in them. We're freed of thought created fear stored in memory. Gradually all fear is seen merely as a conundrum of time, still it requires patience, steadfast alertness. The stream of peace then expands should one hold conscious presence. This is again measured by the degree of peace one feels day to day. Vigilant observation and listening to one's shadow self gradually fosters an alertness so peace takes primacy. Negativity fades, replaced by feelings of omnipresence. Peace presides and the mind is clearer as its ability to focus grows stronger. Anxiousness leaves, divisiveness is now put aside for peace. One can see their own egoic self had enabled problems in their life situations, which is to say the spiritual travelers mind created fear.

With grounding solidified little disrupts peace—the point peace is no longer superseded so the unconsciousness is seen. Challenges continue nonetheless a students perspective has changed in that challenges are now seen as 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 it. It may be seen as fate, perhaps fortuitous luck or inspiration. It is thought suspended, yet the dream lulls us still, persistent in its efforts to control. Psychological time, i. e. the mental projection away from the now along with overthinking evokes a dependence upon past and future, pulling one out of spiritual core awareness. Caught 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 akin to a crisis to crisis life style. Life running smoothly, is undermined by one's own ego mind and the life script. Constant sabotage of one's own success—consumed by habits, rolls and mind patterns, confused...unaware...conflicted. Reclaiming energy often incites an emotional and intellectual dependence in the back and fourth although this fosters peace by having consistent alertness. Vital alertness is observation of thought and corresponding emotion, it helps to see clearly. Forgetfulness then, is perpetual unconsciousness fomented in life situations and or others lulling us into an 'I' identity. Endlessly distracted the blocks are then not dealt with. Consequently unconscious, unaware, one is unable to see they sabotage themselves then; so failure to notice ego and the life script compelling us to do what we do, is the problem. Oblivious to a controlling life script, we are mind identified, lost in mind games rolls and habitual patterns, we vehemently defend the status quo. Watching unconscious humanity an advanced student sees it, nevertheless the unconscious do not see it. At a point all advanced students did not see, hear, nor understand either, forgive unconscious indoctrination if others repeatedly slip into forgetfulness of their Self. Persist despite the challenges, this is key to being undeterred without fail, only then will renovatio come to fruition.

Post spiritual event the world feels foreign. Gradually, as one notices fear energy, adaptation lessens the egoic minds control. Life situations then, are

opportunities for growth and development. Remaining humble, selfless with an acceptance, there's forgiveness of others unconsciousness wholly, bringing clarity. Inner-being, the greater whole of life is now less obscure, one chooses to either: '**accept, leave, or change situations.**'¹ Awareness of Being more-so consistent one sees the ripple effect playing out through observing situations so ego does not overly control. Adaptation to now becomes one's new way of living life. Having flow negative energy is negated along with all anxiousness and aggression. *It is rolling with the punches, a reactionary flowing **with** life.*

Peace then, is here and now. Fear deceives the unconscious mind because it's familiar—akin to telling fish they're 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 and draw upon an endless power supply capable of anything. Stillness brings a mind into conscious presence. Over-use of rolls, judgment and mind patterns, one sees these as detrimental, there's acceptance of what happens through observation of what is, nurturing adaptation, enabling one to see blocks and divisiveness. Why resist what is happening, when it's what happens? Accept and adapt to now via actually being in the moment. In pure observation we see an I and its blocks fomenting opposites, these imprison the unconscious in endless self-imposed mind patterns and or social rolls, all of it programmed generation to generation. Peace in real-time, is undisturbed personifying real love, not what society, media, the ego or memory projects, rather actual love emerging from within. An omnipresent energy felt as thinking subsides. It requires an intense focus to live a peace lifestyle, who's bi-product is love. Peaceful love requires alertness so it can enter the world. *For serious steadfast students peace then is undisturbed. The mind is sharpened to the point ego no longer deceives its host.* Such minds have observed ego to a sufficient degree and yet no one can say what amount of time it requires. It is foreverness where time is not and in this there is no going back, so then accept what life sends and adapt to whatever comes. Unconscious and all undisciplined minds block this, so we must

focus for an adequate duration whatever that may be to reclaim energy. One's mind is laser focused on itself till it uses memory for practical purposes, as opposed to ego controlling them. Not for lusk's. Diligent focus potentially for long periods is willingness, needed to hold conscious presence. Life as it ebbs and flows is accepted, good or bad life situations are vehicles for awareness. Should peace be disrupted reset alertness again. No life is all good or all bad. Learning to feel energy one then moves with it or redirects it. With stalwart, persistence and steadfast resolve to observe ego, gradually dissolves it. -A

Alert to conscious awareness we live and personify peace. Albeit children naturally do this prior to the life script taking control. Children feel a oneness prior to their script taking over, it then seeks to total control them. Children feel oneness, post life script formation the feeling fades. Learning happens yet comfort zones, belief systems or rolls rooted in normalcy bias, seem to be impervious. Excessive thinking and or extreme emotion posses one's mind—a life script then takes primacy, veiling deep omnipotent awareness, one's ego protects the life script. A paradigm of peace fosters awareness felt slumbering with-in, ergo children ought to be taught early. We're a part of a movement to rise above thought—practical purposes being the exception, to negate mind created fear. Those who are spiritually called focus on holding the necessary level of alertness. In rudimentary stages of this awareness, spread the ideas. If merely some sense of this is realized...the irrefutable fact or acknowledgment that indeed we're programmed from generation to generation, then one living peaceful love as a lifestyle personifies courage which is contagious. Even a subtle level of alertness will spread peaceful loves frequency and this helps to accelerate a rise in consciousness hastening the belief factor for oneself and others. As we've repeatedly said throughout, there are those who are called to make contributions on a gargantuan scale, that being said even a single kind word helps. Renovtio affects collective consciousness, a peace lifestyle has a significant impact on 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, this brings awareness to fruition.** Just doing this raises conscious presence such that it has a impact, simultaneously helping to accept the enormous challenge merely being on the spiritual path-also -A *This is to let go of the egoic identity, the arduous task of moving 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 views 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 to see 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 it not a 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 old programming. Peace energy is elusive, still, with work one sees and flows with what is. The back and fourth fosters peace, still it slips away as fast as it came, the mind struggles with alertness. One feels taken over or attacked by ego because it doesn't want its host to take spiritual awareness to higher levels. It means ego's lack of importance. Again, it is not for the faint of heart. It requires an extraordinarily focused mind, a discipline few currently can muster. This is quintessentially Crossing the Rubicon. Till a mind in conflict sees ego it consistently resists creating confusion. Diligent observation is vital to no negative mind and emotional energy. Acknowledge potentially, life script and ego, to be negative. Courage is a doorway to higher levels of truth yet we must transcend ideas of levels. Nature elevates peace as it abides below thought, it brings calm as it alleviates all mental resistance. Unconscious dreamers unable to rise above thought must persist, or abide in the mind identified state. If unable to endure unconsciousness any longer the mind will remain alert, still, it will demand 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 do come although peace supersedes them. Peaceful love repudiates all the problematic through acceptance, a direct result of having presence, so then press onward undeterred. Yet it all depends on the student, it can require weeks months or even years. Persistence must be part of one's core and resolve is to see it as a labor of love. So, be incredibly strong or ego projects the thought created 'I' identity, a shadow self, its rolls controlling those in a thought created identity.

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 rises awareness of Being is more-so 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 ego controls us less, by virtue of wisdom via the mind observed.

Egoic condemnation directed at the heart beckons resistance within one's mind continues as egos powerful leverage. The metaphorical caterpillar is the egoic self, watching it enables Self to use ego as an instrument assisting the butterflies awakening—its repeated attempts at reining in its host will fail if the mind is observed. The Natural Human-Being emerges—a spiritual being having a physical experience is seen, an effortless friendship with the ego is fostered—our true nature no longer veiled, acceptance of its limits realized, it becomes a free companion. Life prior to renovatio is reassessed and one then transcends to having presence. Though images of scripted life situations, all thought 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's realization of present moment awareness is love, fresh and new in perpetuity. Problems in time are of fear, are of judgmental, conceptual thought—all mind identified dichotomies outside the now. Without an I or us and them, separation is nil, we are freed of conflict. The present moment occurs as something of itself unless we cling to memory images in the brain, which is to say images in memory stored in the brain. Even the slightest iota of doubt or dis-ease felt inside the body or mind, and the dream continues to seem real because the mind makes it real. Time then controls should we cling to fear and ego. Drop it as if it were too hot to hold, similar to an instinctive reaction. So times truth is exclusively of past ..future..beginning and end, all of it impermanence. Timeless love is rooted in forgiveness, felt as *initiation* arising out of nothingness, it is no-mind, forever here and now with no beginning nor end. One continuous present moment *is* timelessness. Empty space the majority of what we are comprised of, actually one's essence, an energy felt as eternal Being, the source of us all, that is in perpetuity ineffable formlessness, and is: *The Divine Ground of Existence*.

The mind observing itself sees this by way of deep stillness. So then: “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 guilt existing in every mind adhering to the paradigm of fear. Stop and take a moment, feel energy in the body, it is love flowing within.

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

CHAPTER SIXTEEN

LOVE AND FEAR

“How quickly humans move from the feeling of affection, then to anger... scorn...hate...and back again.” Anonymous. Should we ponder the title of this chapter from a very simplistic point of view does not the world and life itself come down to these two states? Fear is of past and future and makes the now an enemy—accumulated psychological fear is stored in the brains memory like a hard drive. Images in memory along with overthinking, combined with extreme emotion, elevate fear to a psychological disorder, the mind will then control the person. Fear of danger is healthy only in instantaneous reactionary responses. A response to or perhaps reaction to for example eminent danger here and now. A reactionary response absent anticipation is instinct while fear is built up in the mind through concerns over what may happen or should be—concluding worry over life situations is thought created psychological fear. Love is the by-product of peace, it exists as all reality does in each present moment. Actually love couldn't even imagine fear. Actual love is fostered by one observing the egoic self. Love is nonexclusive. It comes in its truest form to a mind creating space so to rise above thought to conscious presence—in the here and now one can feel inner-being within the body which can not be known, it is felt as peaceful non-conflicted remembering of *'soul force.'* -1 Essence is an energy within. Inner-being, incorporeal, or perhaps it is Dark Energy.-A Peaceful-love projects energy into the world through our daily life situations. Inner-Being cannot be understood by the thinking mind, it is felt in rising to conscious awareness if one is able to hold its frequency. Most of the ideas in the last 9 sentences are repeatedly A--Dark energy, a name astronomers have given to that mysterious “something” which causes the universe to expand exponentially, it is unseen yet known to exist. The human body is obviously made of atoms. Atoms connected to the atoms the air is comprised of, which surround us, a bodies atoms are just more dense. Logically we can infer, we are and have always been a single energy field connected to all that is. Therefore one energy field.

alluded to in this work and is strictly speaking the total work. A scripted mind drowns us in redundancy, confusion one must exceedingly counter. Timeless love is felt instantaneously. The individual is aware of innocence, peace felt within, forged in wisdom is a personal personification of one's Self projecting inner-being, there as it is, awaiting all humanity to have an awareness of it.

As love exists in the moment which dies continuously, so too egoic I, a creation of thought needs to die as well in order for time to die so love arises in collective humanity. 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 been indoctrinated—all programming reiterated throughout life, we can see the magnitude of the task confronting us. It is what it is, self (fear) or Self (love), a matter of perspective who's success is again measured by the degree of peaceful-love felt throughout each day. If one sees what they see as randomness, i. e. the changing power of observation in all non-fragmented minds, it is an initial step toward awareness. The scripted mind and egoic fear pulls spiritual travelers, challenging them to remain focused on peace energy. And the energy is low while engaged in daily life demands or daily activities. Persistently remain alert and aware, it requires consistent attention so looking at problems it's again a matter of perspective—one awakens to see they're all opportunities to go deeper into peaceful innocence and wisdom through pure observation. It is to have presence in the here and now. Through observation of 'problems' they're seen to be creations of thought. One sees ego, rolls, their life script and patterns have used more energy than they needed to. Problems then, foster a mind alert, the catalyst for driving one deep into peaceful-love provided they're not swept up to a point they get lost in busyness. See, then accept that the scripted mind pulls us and yet a mind laser focused on itself brings peaceful love and clarity to fruition. Peace then, a door-way for actual love to enter here and now, is key. Very present we feel energy throughout the body and this brings the mind to order, if persistent peace is undisturbed and solidified it holds the energy frequency of love extending to kindness and humility...non-judgment circumventing aggression. A capacity to create space by way of marked reductions in unnecessary thinking, is a mind freed albeit the egoic minds continuous efforts to control its host works to keep all of us

in a mind identified state. Love never complains while fear does in perpetuity and once fear takes hold there's an endless array of things in which one fears, filling the days with anxious anticipation. Attention turned within enables us to feel energy which is everywhere. Willingness, as said in chapter 8 brings a mind to order. Love varies in intensity concerning loved ones as one example or a love of nature. The essence of love is oneness *or the same fire within us all*. If one is persistent this inner-light shines bright and others see it. In living peace as a life style love is personified, yet once more it's the same fire within all. The love inside is not exclusively for loved a one or for nature and so on, love coming from essence is eternal, arising in a mind able to empty itself of thought created fear. Love isn't lost when things or people are gone. All peace frequency is non-subjective, it's an energy immune to impermanence. It's not the word or thing or concepts, it is the beauty flowing in a continuous stream emerging from all creation. A oneness touching everything. Love is projected from one aware and if they remain alert it again can be felt by others. If we continue to live in fear currently a majority are trapped by, we'll be consumed and wrought with unintended consequences manifests unconsciousness. Lost in a dream we believe we're doing the right thing and in a majority of cases we have the best intentions. Nevertheless this will not prevent the calamities inevitably befalling those remaining at unconscious dreaming, or a mistaken belief that spiritual awareness is not essential. Thought is capable of understanding thought albeit it drives egoic mind to use its host should they look to intellect as the only answer to problems, problems thought itself created. The spiritual factor brings love into what is done. Love emanating through peace, felt in the present moment is to rise above thought manifested love. Consider too thought has created A. G. I.. Additionally all overthinking can pull us into the current dominant paradigm of fear. **Moreover A. S. I. is in the wings and must not be allowed to supersede the spiritual factor tech. oligarchs seek to do.** Sufficient alertness brings awareness, inevitably those who do persist will be the one's who prevent A. S. I. from becoming problematic. We're choosing then consciously or not, to live a life of peaceful love, or fear and thought created memory images filling the mind until there is no room for love which plays right into the hands of A. I. if we're overdependent on it. Love flowers in those rising above thought by coming into present awareness, it is then the

quintessential here and now. In thoughts mistake the mind dwells in ongoing anxiousness. *Its mistake: It creates problems and then with a different set of thoughts tries to solve the very problems thought itself created.* One can feel loves energy, perhaps while enjoying a beautiful sunset, or painting, a walk in nature as frivolous thinking subsides. The simplistic core of love felt in one's awareness of Inner-Being taking one into present moment awareness.

Awareness comes to those having presence which is to expand peace to a consistent stream of present moment awareness. So the present moment is all there ever is. Nothing one does or will do happens outside the now. Memory, past or future expectation, traps us and the newness of love is lost to images of now. We're to simultaneously focusing on inner-being and daily life so to be in the world not of it. Alertness is vital to having presence, a timeless state, all while a clever yet petty ego pulls us all into time and or overthinking, and combined with strong emotion we're swept away into memories of now, not the actual now, these feed each other and the present is then seen by ego as an enemy. Passive mindful watching of the life script, mind patterns and rolls we all play, takes us out of conflict to now and awareness isn't lost to memory images. Tension arises in the form of resistance to the here and now, bringing forgetfulness or prolonged unconsciousness. In awareness of Inner-Being one enters the here and now where they're less likely to be consumed in by rolls, mind patterns and social rolls, basically a life script and programming we are indoctrinated to be do and have. Similar in nature to left brain. Holding the energy of peace seems to be a narrow space refereed to as now, and yet it is infinitely vast bringing creative imagination to fruition. Again love is all there ever is rising in those with present awareness. Actual reality is here and now, this is one's mantra. Can the reader see this? The axiom: 'Whatever happened in the past or happens in the future only ever happens in the here and now' we have reiterated and is necessary notwithstanding it being repetitive is needed to counter endless programming. 'The path is narrow and beset on all sides' -1 is seen in a mind alert. Seeing thoughts mistake we rise above thinking to see indeed the path is beset on all sides by one's own egoic mind, its mendacious and capricious ways feeding its need to control its host, and this along with its constant deception by and through of copious amounts of the endless

egoic disguises. Past and or future, seems so vast and endless distractions, all 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, awaiting our awakening to see and personify love now so: '*Learn how to be you in time.*' and '*Make now a friend.*' Practiced forgiveness and limit judgment, we learn in the school of life through adaptation. Listen, see by way of observation what ego is up to. With new eyes see that fear can fade as clouds do in the sun. Love is the salvation of the world, in perpetuity it has been every spiritual travelers inalienable right, still one's mind blocks it from them. The mind on a auto pilot program run the lives of so many. To counter, persistently observe. Proclaim to the shadow self, I've had enough. Reclaim energy from ego. There is no secret and yet this could definitely be the most difficult work one could ever accomplish, because their egoic self, again you in time, must first be extinguished for the Self to rise. So then, love or fear? It is to be 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. With persistence alertness flourishes. Simple but not easy. Now coming full circle, examine it from an esoteric perspective: Psychological fear is built up in the mind, is accumulated in memory, manifestations created in thought, personal and collective consciousness, if believed in one adheres to the egoic mind. Fear then is a personification of separation...dichotomy...divisiveness...egoic chaos. An illusion believed to the slightest degree, seems real. The mind alert adheres to love truth and the now, able to negate stored memory images and mind patterns of no usefulness in seeing actual truth, it's the mind as it was meant to be. To see now is all there is, was, or will be is an awareness of being one with all creation, seeing the ripple effect in operation. Love is our true nature, it is every spiritual traveler who expresses their core causal Self. Focus then on alertness which fosters awareness, truth happening each present moment where freedom is. Love always new, it is this moment outside time, non-attachment to concepts, images—simply a blank slate for the present moment to write something upon it. The peaceful present is love in perpetuity, one's mind no longer in conflict with itself. A mind alert, aware, and such minds are truly freed from the known in present moment awareness.

CHAPTER SEVENTEEN

A DIALOGUE ON SPIRITUAL ENLIGHTENMENT

This chapter will be a retrospective look at the journey. Interaction from Q and A excerpts in talks one on one, work shops, and online. Early on the author is asked about a past filled with chaos in childhood and the subsequent personification of anger via pride and fear among other blocks dealt with post spiritual event. We all need to accept the hand we're dealt in life and work to make the best of it as we can. Dealing with transgressions, making amends if possible. The spiritual event was the result of accumulated programmed fear throughout life which blocked peaceful love, that said we're all hard wired for peace—those who are serious awaken loves light within. The journey began in earnest on 2-16-2014, culminating in a fortuitous hit bottom event. A point unconsciousness could no longer be endured followed by intense study and profound states of peace ego resisted, then the illusory ebb and flow which seemed quite real. After a year or so the innocence faded and alertness was necessary to hold an awareness—innocence and wisdom if merged bringing to fruition unyielding focus, fostering wisdom necessary to hold awareness of Inner-Being. Inner-source as is characterized herein is the sum total of one's consciousness used to nurture spiritual awareness. Remaining aware of Inner-Being requires a focused dogged persistence, fundamental to awareness and along with the power of choice is gradually solidified—Parts of this chapter and the overall work have been edited modified and or changed for 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 the event on, or the 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 mind created problems unconsciousness brings to life. One surrenders to what happens despite whatever it is. So through surrender, opportunities for change come. Observing the self helps one to work through blocks—hitting bottom brought spiritual alertness, a prolonged focus needed to hold an awareness sufficient to remain on the path. Observing social rolls and mind patterns exposes the egoic mind. Reconciliation with the egoic 'I' or pseudo self fosters a deep clarity so to see love with new eyes. Acceptance of what happens brings adaptation so 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 if it helps, if not, it's okay. 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 true. Life for this student was filled with rage violence and fear from early on, which became part of the life script. Passive aggressive behavioral patterns were the vent for unhappiness, a consequence of a paradigm of fear. The hit bottom experience revealed a profound peace, life nearly ended—necessary to foster the event. This student engaged in self-destructive behavior prior to the event. No one is perfect, which is one reason we are here. Living life, learning, growing day to day awakens change if one is persistent, enough to have the courage to face indiscretions. Suspending judgment when possible helps us all to be a better example. Living peace as a lifestyle spreads peace. Pain then, fosters peaceful love. Shouldn't we all look at ourselves and work to change what we can, have serenity so to accept what we cannot change and wisdom to know the difference as Reinhold Niebuhr's prayer suggests? Awareness of the egoic self is the very thing making change possible—a window to bringing spiritual awareness to fruition. Seeing via an interaction with others all the rolls we play, mind patterns, habits—if more were to do this, well, they may find out by looking within themselves, that all

boredom-fear-judgment-aggression and violence, are precisely the reason life is so short. Peaceful love heals all minds, yet requires sustained awareness.

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 peaceful love. Peace spreads love without saying a word, this 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, in present awareness you'll notice thought—focus on Inner-Beings timeless eternal essence. Time implies two reference points—we are here, moving to there. If we seek essence, it foments duality. Meditation is to focus on this moment unfolding here, now, in life and in relationship. It is to drop instantaneously 'psychological time'—one uses 'clock-time' for practical purposes bring the senses to a high state of alertness. There's an acceptance of what is, with far less desire to control. Flow with life, adapt to all situations. Observation in stillness quietens thought, one's mind is able to empty itself of insignificant memory. Confident that if a response is needed here and now all necessary action will come, freed of egoic minds need for conceptualization. Peaceful love is energy, it is an alertness grounded with deeper wisdom, then persistent awareness. At times peace is strong, at other times merely an echo. Grounding is difficult, one needs to see the rolls played are in 'clock time', simultaneously feel inner-being—thought defines the here and now, we must rise above it to then observe reality. Grounding spiritual energy fosters deeper wisdom and merged with innocence is quintessentially, peace 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. Inner-being *is* love. Oh, challenges come they simply do not disrupt peace. Out of peace comes love, 'problems' are then seen as opportunities to go deep into love not psychologically created fear thought provokes. A loss in life does not equate to the loss of love. Simplistic albeit challenging. Love is one's true nature born of peace. Psychological fear exacerbated by egoic mind games, furthers anxious tension. Consider the miracle of the human body, its infinite complexities in addition to the earth we call home. Are these not all expressions of love? Awareness of Inner-Being has a healing effect upon the very cells in one's body and brings order to the mind. People, planet earth, the light giving us life, is love personified. We can feel it inside whispering love heals, and peace fosters love. The material world can offer us nothing close to peaceful love if we're alert to it. And dependent on neither thought nor anything outside, loves essence is of of itself. When spiritually attuned, one feels actual love, or living in fear more pain and loss. How much of the questioners attention would be offered for peace? Spiritually speaking, if we're not ready fear continues to control us. All humanity suffers due to such unconscious minds. With persistence, consistent peace is possible.

A- Time is of past and or future projected memory, i. e. stored thought in memory, and all too often the prerequisite to problems. What problem is there in this moment, in the here and now? Thought creates problems and in vain seeks to solve the very problems it created with a different set of thoughts. The source of most problems coming from accumulated memory, or past concerns of what may come—'physiological time.'

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

A: Loving honesty-the Self watching egoic self as an I plays its rolls, follows patterns and so on. Pure observation of the shadow self then, exposes hidden fear. Reconcile blocks, baggage, one's psychological problematic proclivities, drama. Additionally notice how really clever and cunning ego actually is as it instigates its mind games in an effort to control its host, i. e. you. Alertness brings conscious presence, watching the mind focuses attention, energy felt in the body, that is to say Inner-Being. Natural Self reclaims control from an egoic mind, additionally the mind identified state. Observation of one's mind unattached to outcome is adaptation. Blocks transmuted into peace sharpens a mind so one can see what to do. Swept into life situations, anxious confusion blinds us. There will be days the life script and ego foment over-thinking and creating deception overwhelming fear then distracts a mind and one needs to

accept this may happen. Ergo, 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 by continuing forward. Where focus is directed there results will be. In trying times it's enough to simply keep going steadfast, yet don't ask why or the I, that is to say the you identity, will 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 is empathy sir due to a disturbing and abusive upbringing here. A question in training was telling: “Can people heal through love, forgiveness, and non-judgment?” What happened wasn't the child's fault. One engaging in abuse usually is unconscious, often they don't see it, project or may refuse to acknowledge or justify it. Guilt haunts such minds—cycles of indoctrinated behavior passed generation to generation control the mind. See idiosyncrasies for what they are, challenges to be dealt with reasonably, logically. With love and forgiveness much can be worked through acceptance of the hand we are dealt in the school of life, making the best of it. Moreover deep blocks, one's baggage in life worked through is accomplished through alertness. In non-resistance there is a surrender to what is, we adapt to life all while remaining in the strictest sense present, having present moment awareness. Grieving and breaking down in addition to movement through pain, transmutes it to peace. One feels energy in the body strengthening their resolve. Observation brings wisdom, combined with innocence oneness comes and helps those who suffer with unconsciousness despite an inability to see programmed blocks. They're lost in daily life busyness, certain that they're using the mind when it is using them. Remember the source we all emerge from, love felt within. Awareness of: The Divine Ground of Existence is not known although one can be aware of it, bringing flow to daily life situations—*ergo, accept, leave, or change all life situations*. Most important choose to keep going no matter what happens, adapt, it is to feel the synchronicity in life, to flow and allow life to guide us.

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 see ego lays in wait, causing us to think it has no affect. Ego is patient, it is your ego, it knows precisely when you are vulnerable and its reemergence is inevitable, so too does peace come of its own accord. This is the ebb and flow. Lulled by worldly desires the egoic self foments anxiousness, one cannot see what to do, or looks for someone to tell them what to do. It's easy to be lulled into programming and or Self disunion. Forgetfulness intercedes, noticing it, immediately reset by focusing on peace. It brings the now into view where truth and the joy of Being come into doing. We are reclaiming energy. Preempted peace comes by way of past or future, a mind fear filled foments problems. Those alert see wisdom developing as fear is gradually negated. Then family job and life itself, are more fully enjoyed.

Q: How do I stop the voice in my head? And sometimes it drives me crazy. At times it just seems as if it will never stop.

A: See the life script seeks to control the mind. Simply notice it and it fades. A life script pushes its narrative, be alert and it will dissipate, be steadfast and don't succumb to resistance. The shadow self, akin to sophisticated computer programs, is indoctrination fomented in one's life script seeking to control the mind. Yet energy can be reclaimed through watching the script provided one is resilient, consistent, and unfazed by the potential time it requires to do so. Remember foreverness is an on-going awareness to reclaim energy requiring sustained alertness. Awareness of inner-being merged with wisdom is needed so the feeling doesn't fade to a passing 'experience.' See and feel Inner-Being, little by little present moment awareness extends, Self watches the mind life script and ego. Gradually Self will emerge to take primacy then perspective changes, the mind engages in critical thinking and slowly is more-so intuitive—formally programming had controlled, now it is used for practical purposes exclusively, ego is then a tool serving its host no longer controlling them.

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 belongs the Kingdom of God.”-1 First-we may be surprised at what they can comprehend. Second-their indoctrination hasn't completely taken over as yet. They are in the here and now, they learn at an accelerated rate till around five years old. Adaptation and imagination comes easy. They're forgiving and loving. Ego follows a life script we're all taught to be albeit hasn't taken over prior to five or six. Lastly-they have an innocence described as an oceanic feeling herein, these combine helping them to remain primarily in the here and now where actual reality always is.

Q: What is it to die to each moment?

A: It is to die to times illusion, past and future projected memory. Being ultra alert and in the moment we see what is, not memory images of what was or should be. So to unify with love through living peace as a lifestyle, surrender willingly to what happens, adapt to here and now. Yet ongoing anticipation of what may be or should be disallows seeing the now as new, or actual reality. Imagine being incapable of experiencing past or future—just present moment awareness exception being 'Clock Time' used for practical purposes. In such a mind fear is gone along with concern over past and future projected memory interpretation, which is to say ego's need to inject itself into what happens or fear of what might happen—fomenting 'psychological time' at the loss of the now. Wouldn't it be, that memory or projected memory in this scenario weals less control? Ego and time control, for the good of us all is ego's view. Can a mind lessen ego's use of past or future in real-time? One continuous stream of now would then be seen as actual reality. Controlled by 'clock-times' memory images defining reality would have far less if any significance then. Memory programmed into a brain is similar to a hard drive seeking to control a mind. And seeing this, space is then created for the new, with out intervention from past or future. We are saying freedom from the known is to be in the here and now. Old mind patterns social rolls and the life script are creations of thought in those who are mind identified, in turn this foments disorder and incites the life scripts control of the mind or lost awareness of the Self. Freedom comes to those who are alert to a point consistent awareness is normalized.

We speak of timelessness not an 'I' in one's memory or one mind identified. A script possess one's mind 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 the here and now is speaks to just how mind identified they are. Thought tends to create more division, images of a me created in thought, conflicted scripted rolls we all play and repeatedly loose ourselves in, is problematic. Far too many live life mind identified, live exclusively in the mind, making it all the more difficult for a traveler to move from unconscious dreaming to conscious awareness. Seeing through the eyes of memory, rarely if ever does one rise out of unconsciousness, the exception being occasional satori experiences. This is a majority, who are plainly mind identified needing to die each moment so thought no longer creates and seeks solutions to problems it created. In the present moment thought and memory images are negated so we see what is. An ordered mind watches ego, a non-subjective seeing of the egoic self disguised as an I and its veils, all created in thought. Egoic mind knows via thought alone, it seeks to understand itself, an exercise in futility. Practical use in daily life is fine, albeit used excessively thought confuses. One looses themselves repeatedly to mind identified states 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 man in the front steps forward: "The English are too many, we will run and we will live." Wallace retorts: "Fight and you may die, run and you'll 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 in perpetuity is one hundred percent interested and so must we be to have any significant success at awareness. 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 be alert 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 done for freedom from bondage to one's life script? The answer for any serious student is whatever it requires. Press on steadfast albeit don't ask why or you'll overthink the whole thing—such a mind often will find endless reasons to not 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 a metamorphosis. Indulge the attempt to describe it metaphorically. A caterpillar does not want to let go of its life. It is confused and there's resistance to letting go of the old life which dies, as the new one arises. The old life was familiar, perhaps a family...job...friends, i. e. the mind identified person separate from the emerging butterfly or Natural Self. The caterpillar clings to its life—the self trapped in psychological time fomenting resistance to the new life. Part of the student wishes to remain as the old self which is familiar to them. They are afraid in letting go of it all they will lose themselves, i. e. lose who they are. We could say this is the thought created shadow self Dr. Carl Jung wrote about. The student is going through a very

difficult struggle breaking out of the 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—now dying in the arms of the Natural Self. A butterfly holding the dying caterpillar in its wings proclaiming it's okay the egoic self is not who you are exclusively, let it go, do not resist. One's mind now freed of programming, is reborn to peaceful love through consistent pure observation of the egoic self. The caterpillar basically is the brainwashed controlled mind, it won't see hear nor understand what is happening. Most of the unconscious people it knows will not see hear nor understand either. The egoic I or self knows only that it's dying. The emerging butterfly brings with it an ineffable peace, deep wisdom fostering awareness via Natural Self. Ironically this is the very thing fostering alertness to conscious awareness. Yet the caterpillar must let go and in many cases family and friends as well, let it die for this to happen. It's a bitter-sweet irony. Presence awareness felt in conjunction with inner-being and wisdom in a spiritual context, seems to want this. Accomplished it is the genie free from its bottle. The reborn Self sees a controlling egoic mind had overly controlled the mind via thought and programming in the life script of its host, the you.

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 as real or as we see and know it to be, additionally humanities collective belief in it. Ergo, collective consciousness is a sort of belief system and personal consciousness one's own personal experience as it relates to the collective. Those who remain in a state of unconsciousness are not ready, spiritually speaking—a mind dominated by normalcy bias and a controlling fear paradigm, ego and life script—shunning all who embrace the status quo they'll defend the position directly due to fear and familiarity. They're unconscious—resist what is felt to be something not for them yet sooner or later everyone gravitates towards. In divisiveness they see themselves as separate or caught up in opposites every fragmented mind promotes, it's what they're used to doing. They are trapped then and for

whatever specific reason unwilling to endure the arduous and studious work necessary for spiritual rebirth, once more an innocence merged with wisdom. Fearing the unknown they'll cling to the known—it's far easier to remain in a state of unconscious dreaming. Spiritual speaking, having willing acceptance, such will undermine those on the path. So be mindful who this is shared with. Know it counters the status quo. Forgiveness of collective unconsciousness wholly and including ourselves, notwithstanding the fact others may well be in bondage to their scripted egoic mind controlling them, is key. For many rather than admitting they're unconscious they'll defend their cherished dream and an unconscious participation in it. Even though it's impermanence it is what they're used to. Fearing the unknown a mind if 'blue or black pill'.

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, the following came to mind: What is transfiguration? Natural Self is hidden, veiled by one's own mind. So fostering an awareness fundamentally is: My egoic mind has controlled what I am being doing and having, one sees it requires wisdom combined with an innocence, peaceful love then rises to embrace this new paradigm. Leaving the old fear paradigm behind, this in effect is to live here and now, little in the past or future which is clock-time. Problems are fomented in times opposites exemplified by us and them, right-wrong and so on, arising in past or future, all negated in the here and now. Moreover being in the moment, which is to flow with what happens here and now before thought enters to define with memory, we no longer see the now via memory images. Memory defines the now and opposites create division. Working to bring the mind in disorder to awareness of peace within, there's deeper wisdom unfolding, we're coexisting with ego. Exemplified in Yin and Yang: Two fish harmoniously occupying the same circle. The futility of thought trying to understand itself is now very apparent, rising above thought we listen to our self-talk dictating its narrative, originating from overthinking and programming. An egoic mind clings to the past and future, to control. Truth, is here and now, not in memories defining the now. It is to see everything new. And again if present moment awareness

is replaced by memory defining there's lost of awareness of Being suggesting the questioner still the mind so to see in the now—undefined by the life script and memory images. The mind sees what is, no longer what has been or what should be. One empties the mind willingly and sees what actually is.

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 and you're fortunate in that. It is not to suggest not to think per-Se, rather engage in observation of compulsive overthinking and psychological time projecting the now into the future. An over-reliance on thinking encourages images stored in memory *of* the present moment, making it dull, stale, repetitious and unreal—pseudo images of what each moment is not the actual moment in real-time. All conjured up by an I identity, in worse cases manifesting as redundant memory thought affirms as real. *Is the now exclusively memory?* Memory for practical purposes is fine, still, it projects memory to replace the now. Without past or future projected memory labeling now there is only awareness. In the actual present one sees what is, not images. Memory is a creation of thought the life script and egoic mind. In the narcissistic egocentric world copious amounts are unconscious, i. e. people who live in their mind—for such as these doing and thinking does appear very similar indeed. A programmed mind and ego enamored with its accomplishments, touts one's life is their consciousness only, what life scripts say one is, a play on attempts at making old versions of man better. We have tired this in perpetuity with only marginal success. We've turned our backs on spiritually, we seem very proud and clever however this never ends well. The twentieth century being a good example—millions needlessly slaughtered in aggression-violence-malice and chaos, all the egoic minds insanity. Memory trapping us in time, a thought created scripted you, further complicating it via opposites and indoctrination. So let us tap into our computer memory bank, the brains programmed memory intended for practical purposes yet via unawareness we lost control. Something simplistic as in solving math problems. We ponder it, try to figure it out and getting fed up or tired of looking for the answer which all too often is our own mind getting totally controlled and

lost in overthinking walk away in frustration—one's mind overwhelmed with concepts. Going back to it the answer jumps out in an instant, in the here and now. Often we wonder why we did not see it before. Again it is the result of overthinking. When we saw it we did so in the very moment before 'you'..the 'I'...the 'me' identity...the 'person'...all merely creations of thought we get lost in, we saw it instantaneously in a moment of clarity. Truth was seen here and now, it is to see in the present moment. Not seeking, which merely foments opposites furthering dichotomy. In overthinking we see through memory. The mind filled with concepts, unable to see in the now, a mind trapped in a box prior to observing itself. In the here and now a mind still fosters clarity and anxiousness leaves. *Prior to concepts entering for one moment the mind rose above thought.* A mind empty taps into limitlessness, it is there, conflict free, observer and observed blending into one. There's room for the fresh and new, not memory images. Freed of concepts, real truth shows itself, not our truth nor others telling us their truth, nor any systems truth. Freed from the known one's mind abides in peace, the joy of Being expresses itself into the now not memory images of the now. A mind freed transcends to a profound stillness, truth shows us, by revealing itself to us. To see the now is not ego's nor its hosts enemy, still, ego sees it as such. Watching the egoic mind and present awareness will eventually come to fruition if one is persistent.

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 are wrong even in other denominations in the same system. Viable religions posit love albeit as with all organizations be they religions...political parties...unions or particular groups or systems, obviously do perpetuate an us against them dichotomy, merely fomenting separation when oneness is about unity. As for the faithful it is possible, likely at a distant future point yet we can hope it comes sooner, mankind will see love in all creation. The faithful each to their own will develop innocence and wisdom so to maintain a state of consistent conscious awareness referenced. Homo-sapiens will awaken to a new paradigm of peace which fosters love, no longer will we 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 is 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 a 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, yet it's gotten out of control. Reclaiming energy from it is to see ego, to watch it, alert to its manipulative pernicious ways. Programming induces a thought created shadow self. The immaterial is not known, it is felt by turning attention inward, feeling inner-being, energy felt in the body. One can never know The Ground of Existence, it's beyond thought which again is limited. A lifestyle of peace is to be peaceful, out of peace love comes. It's the doorway to presence, fostering love; Inner-Being expressing itself through students so consciousness can become aware of itself. One consistent energy stream of the now—constant movement from the old into new. Immaterial is incorporeal. Most of the body is immaterial, empty space in a form the I sees. At the atomic-level everything is connected by tiny vibrating strings. Natural self arises to be the watcher of egoic self, a life scripts programming seen and used practically is a mind freed from the known. Observation and listening are key components of awareness. Ego is a tool which seeks to control us all.

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

A: In the present moment one feels part of everything. For children their idea of time is very different, in a mind stilled thinking is negated. Some scientists possess an unique ability to reason deeply yet also are able to shut thinking down—when many of their greatest ideas come...Srinivasa Ramanujan is the perfect example. An intuitive thinker who once confided to his mentor G. H. Hardy by saying: 'Do you want to know how my ideas come to me?' 'My God places them upon my tongue as I sleep.' He was a pious and very devout

Hindu. Point being of course, he used thinking yet it he likely was able to rise above it, perhaps instinctively knowing thought was limited. Thought cannot know all that is. Some spiritual teachings posit there is knowledge, then there is knowledge coming out of the ***Ether*** directly into the minds of people. So innocence is one's 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, a Self assurance all children feel until their taught to do otherwise. As the fear and divisiveness is programmed into children innocence is lost to overthinking, a point the egoic mind and life script programming takes control, around five or six years old.

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 not to forgive only perpetuates more of fears negativity into life exacerbating the problem. Awareness of love emerging through the window of peace dissipates fears darkness. Those who instigate aggression then, 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 is done to another is done to themselves. Difficult yet the consequences for one's unconscious actions will come. The mind must be brought to order for peace to flourish. Logically-forgive or capitulate to fears aggression and violence. A different perspective would be Karma, or the ripple effect. Embracing peace unconscious dreaming dies out so conscious awareness can rise—the self lost in concepts about unconsciousness, all words yet the word is never the thing. Forgiveness is unconditional love in its truest form, one's deeper compassion. Unconscious, one is not really there, just a program controlling them so much so the ripple effect is rarely if ever seen. In such minds love is not seen. Real love is to have no enemies. In this mindset 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, some challenge sanity itself. These are tests and as such opportunities helping us all to awaken peaceful love within. As to anger looking objectively one can see its futility. One might say in regards to the source of anger: 'Well that just isn't fair' or whatever specific response the situation invokes. One can see anger within, catch it before it rises to a storm taking over and yet only through remaining calm can peace absorb it. To feel anger within, prior to it rising to a storm, we are then able to transmute it into peace. One may respond perhaps by saying: 'Can you believe that?' Laughing at mere situations that 'you' adhering to programming a few moments before had gotten caught up in. Laughter helps us to neutralize extreme situations. It requires one develop an ability to negate negativity, to flow with whatever is happening—observation of the mind in conflict is key. An unobserved mind foments opposition, then anger going on inside is used by ego to control one's mind. The Natural Self is then distracted from watching thought, i. e. a mind in psychological time. With persistence thought created extremes fail to pull one into the roll they get lost in and succumb repeatedly to unconsciousness. As tension arises be alert, having presence calms the mind, notice the self, be aware. When observation of mind patterns is practiced we're no longer caught up in them. Sharpen the mind to focus intently on thought and emotion, these trigger mind patterns which take over. If anger seen and caught prior to rising to the level of a storm one no longer reaches the point of no return.

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

A: Yes, incessant thinking or emotion triggers psychological time. Rolls we act out necessary in the interaction with others, are fine for practical purposes yet we need to notice in real-time the playing out of rolls so as to not get lost in them to the degree we are simply a roll interacting with other peoples rolls and unseen are baneful—ego's leverage to control its host. Alert we are not lost in the rolls. Even a slight degree of anxiousness warns we're manipulated by fear and its derivatives, to name a few anger-grief-forgetfulness, failure to have an awareness of inner-being leading to desire, despondency, shame, disease, resistance, guilt, conflicted mind-chatter afoot, sadness, elation, elitism, pride and such. Words pointing to distractions which is to say the questioners mind succumbing to ego, mind games, old habits-patterns-social rolls, the 'I'

identity or thought created shadow self. On the other hand steadfast alertness, requiring consistent focus, and one's mind then observes its own fear created psychological disorders, or one's blocks—noticing the scripted I so it doesn't undermine Natural Self's awareness of unconscious dreaming so to rise above thought to conscious awareness. The 'I' can't see what to do when upset, or its opposite, elation. Living peace as a lifestyle fosters loving forgiveness, one flows, accepts and adapts to situations. In one significant religious system the Avatar is referred to as The Prince of Peace—implying peace is fundamental to conscious awareness yet don't get attached to words. Jiddu Krishnamurti said: 'The word is not the thing.' Conscious presence is in part, observation of thought and rolls; fostering courage, neutrality and willingness, rudimentary levels of truth and higher consciousness. For instance anger is within. Until this is seen anger can't be transmuted to peace so to keep it from taking over, and if it does one must ride it out till the waters calm again. Not to see what to do when upset or again over zealous is one's programming, compulsion to follow its truth; yet when seen the now then is always new. The actual present moment is viewed as a blank slate, so how could one be angry? A blank slate has nothing on it. The mind has a sort of refresh button, moving one into new present moments where anger is non-existent, problem free, without memory defining clinging to the known is minimized. Forgive unconscious dreamers, their programmed life script and egoic mind controls them. Two choices then, unconsciousness time and fear, one's life script running life, or life as choiceless awareness, one adapting to what is, this is to have present awareness. In peace the patterns are seen as ebb and flow in life. Be alert to the voice raised even slightly, it is dis-ease arising, patterns fomenting the egoic 'I'. Practicing peace reveals a scripted shadow self, this gradually dovetails to a continuous stream of the here and now—finally, see life situations are either: “Accepted, changed or one leaves the situation, no negative energy.” (Eckhart Tolle) With work rising above thought comes to fruition. Beyond a mind conflicted is ultimate freedom, so to be in the now one is comfortable in their own skin so to speak and far less reliant upon memory images stored in the brain, are clear minded and think outside the box, engage in Socratic inquiry and or critical thinking.

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 at Being in an attempt to speak to the Natural Self behind a mind identified self, i. e. a mind blocking awareness of Inner-Being or presence felt. A state outside time, ego and life script. Once more thought can't know Inner-Being albeit one can be aware of it. Knowing via abstract thinking is still thought attempting to understand itself. Alertness fosters observation, egos intentions seen-memory images no longer define the here and now exclusively. Thought is limited, so it creates opposites through memory images stored in the brain and defining now one loses themselves in patterns, social roles, and must reset or excessive thinking creates ongoing divisiveness—the present seen in images merely brings opposites into play, it creates a mind conflicted—each new moment is seen as mere images stored in memory disallowing that observed from presenting itself to us. So again is the observed a thought in memory? This moment is new, something of itself, not a memory. Alert one sees the self fosters awareness yet it shouldn't be our master or define the now. To see the I-Me-You, (again words pointing) help to expose the self or 'you' identity thought has created—and that 'you' is one's consciousness, a part of who they are, yet if not watched will take over. The I cannot see beyond the limitations of thought, i. e. thought identifying itself. Natural Self has an instinctive awareness of now. Thought seeks to **know** it. Natural Self sees egoic self in roles interacting with others roles, all thought identifying the now. In watching, innocence merges with wisdom and we rise above thought. Slowly rising above thought becomes normalized and yet to the unconscious dreamer it's either impossible or they see it as nonsensical. A life script pulls travelers into unconsciousness repeatedly. Lost awareness of the Natural Self distracts us. So ego is to be watched to a point one uses it. Slowly one learns to use roles and life script for practical purposes all while maintaining conscious presence. In so doing focus on here and now, long ago abdicated for dualism. Mind identified one has been commandeered by their own ego and psychologically accumulated fear, thought then morphs into the 'Will to Power'—*The spiritual traveler attached to constant material striving then gains the world and loses their soul. It is for a traveler, a fundamental*

truism then, veiled from time immemorial, the point ego entered the minds of mankind to protect yet sought total control, the consequence of paradise lost. Awareness is an innocence...peace...love...nothing ego nor 'you' can aspire to know. Albeit the Natural Self within can be aware of it. We feel this, we have glimpses yet we struggle to see what it really is because the egoic mind and a paradigm of fear has block it from us. It's peaceful loves continuum of the old into the new, the quintessential 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, an oceanic feeling felt in childhood—love emerging from the doorway of peace. Not easy to do for one lost in concepts about concepts. Turn attention inward, feel energy in the hands, arms, legs, chest and so on. Conscious awareness of the immaterial negates conflict, attention rises to foster conscious presence. Some teachings proclaim the material is thought projected into form people are conditioned to believe in. The mind alert and in the present moment, *uses time as needed*. This being functional concerning daily needs is being at the level of effect, yet simultaneously needs to reclaim energy from ego and life script. In feeling presence thought is still—resist nothing and adapt, the mind then sees value in silencing itself. In thought stilled intervals are transcended to one continuous stream. Empty space is indistinguishable without material form. As in sound indistinguishable absent the silence between sounds. Space between the letters of words in a book enables one to see the words, these are doorway's inducing oneness coming through stillness. Viewing material and immaterial as complementing each other brings us to feel energy which mater is at its essence. Some teachings proclaim we rise out of essence and return at death—the omnipresent macrocosm felt as essence. This new way of seeing allows energy to flow effortlessly. Yet we adamantly cling to what is familiar, what we knows at a cost of being controlled and manipulated by ego and life script, then mind identified we play our rolls and awareness of Being is lost.

Trapped in psychological time there is separation. Yin and Yang-symbolically the black fish and white fish in a circle, must live in harmony. One's Natural Self helps to focus on harmony via watching the self and life generally.

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

A: Meditation as one is able to do consistently is recommended. Inner-Being, measured by the degree of peace felt throughout each day, when lost one is unconscious. Psychological time takes control and we think we use the mind when actually it uses us. Present awareness helps to see this. Awareness is the greatest defense to our mind using us. So meditation is awareness moment to moment, unfolding in life situations. Having present moment awareness life express itself, observed in real-time not seeing life through images stored in the brain. We no longer identify life through programming only. Egoic self in an effort to control can be the very thing helping us see, then reclaim energy from the life script by sharpening our awareness. In sleep below dreaming we unify with source energy to recharge. On awakening there may be sensations of being lulled into the world—as if one were home at the causal level then pulled into the I identity, inundated by ego, life script and old mind patterns. Here we will say dreams too are creations of thought, the now is not which is a blank slate. Focus on the breath, imagine breathing in positive energy and exhaling love. Being *in* the world no longer *of* it, yet the slightest movement away from programming and ego the scripts praetorian guard, compels us to tow the line yet again, adhering to the life script. When unconscious one gets lost in rolls. The use of traditional meditation is fine and helps the spiritual traveler to merge with their source as well as helping stay consciously alert. Yet one needs to have a consistent awareness. Copious amounts of resetting necessitates alertness which is needed for persistent awareness of Inner-Being and containment as well of forgetfulness. Similar to absentmindedness, this is a great challenge. Still daily life busyness, if passively observed fosters an alertness bringing inner-being into what we do. This is conscious awareness, once again measured by the degree of peace felt throughout each day. So to hold this peace energy and extend the stream of alertness, brings awareness, necessary for the spiritual student to have any measure of success, is vitally

important as well. Remain present, flow with what happens, adapt to what is, roll with the punches. Is there anything missing in this moment? In the here and now there is no past or future, again it's a blank slate. Should needs arise they're instantaneously dealt with, absent analysis. Most needs are already in memory, similar to martial art the techniques to preform themselves, one is here in the present. Whatever happens is dealt with effectively if we let it go and react in the moment. See it? Now, is not memory. And if it is, it's not the now. Thought is used to write the program. Outside that past and future bring conflict—distorting what is into what ought to be. A prerequisite to problems is time or memory intervention. Pure observation brings us into the moment, allowing techniques to preform themselves we no longer anticipate what may happen or should be. A mind still is peaceful helping to let it all go which is an ability to adapt to what happens absent thought injecting itself into doing. One now sees that clinging to the known taught from birth, is past or future concerns denying the now and merely blocks true reality. Mediation holding the frequency of peace energy through remaining 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 doing—watching all emotional reactionary responses to life situations. Energy felt through remaining present, observing thought-rolls and patterns. This fosters conscious presence, one now navigates the above while bringing awareness of inner-being into doing. Endeavoring to describe it, we could say it is a warm soothing energy felt in the moment when very alert. As thought enters to define resistance arises. Up-swelling extreme emotion this collaborates with overthinking giving ego power. Daily life, or one's daily life activities, foment ongoing concepts and 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, one's light within or essence, beyond this the void of foreverness. We've lost awareness of spiritual essence to merely become more secular. If we were to waver from mind patterns and our life script programming it would point to ego's lack of

importance. Ego needs its host to be dependent upon it—the script and ego needs its host to continue living in unconscious dreaming they're in bondage to. A sectarian point of view succeeds in duping us—ego believes if the 'I' identity used to control us all, loses control we'd be in danger. Ego's job is to protect us in the material world yet seeks absolute control—doing its job to excess similar to an overzealous advanced computer. Its M. O. is to gain total control of its hosts mind. A mind stilled extends the stream of awareness and corresponding peaceful love as a lifestyle. Through a change in perspective observation sees ego indeed seeks to control. Its need for control is insatiable, we are to adapt. We've had dialogue on the spiritual event and subsequent hit bottom experience and aforementioned letting go of pain unconsciousness brings via surrender, additionally the loss of virtually all material gain. If all is lost there is nothing to cling to. This travelers path led to a reconciliation with blocks fomented in a script ego held fast to. Negating thought created patterns resulted in the death of the self and spiritual rebirth. Notwithstanding the self's death and ascension of the Natural Self has required onerous alertness to ground the energy and this continues still, perhaps never completely subsiding. A subtle approach may ground awareness, still prepare to play the long game. Fostering wisdom comes slowly, having consistent focus requires resolute persistence. Shattered painful lives at the level of effect catapults spiritual travelers into awareness at least initially. Slow consistent focus upon wisdom brings innocence and wisdom to merge necessary to have sustained conscious awareness otherwise it's relegated to a passing experience. A subtle approach may seem to be more difficult although typically because the you, a creation of thought personified by the egoic self, seeks to mitigate extremes via pain management. Never allowing the 'you' to go too low or high. Never rising out of unconsciousness to the Natural Self—mere vacillation at varying levels of the state. And this has been so normalized it's a challenge to see our mind is controlled. The partial breaking away of egoic mind may happen only to be lulled to sleep again. One must press on undeterred. Considering this students hit bottom experience occurred well over four years ago a fortuitous sustained alertness a perspicacious nature has fostered the necessary wisdom. It can't be said enough awareness requires far deeper serious commitment for one to see beyond mere satori flashes so to say. As more people accomplish deeper awareness it is easier for others to believe it possible for them to do.

In the abrupt approach it's as if one is drug into their 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. Usually it depends on our own individual level of resistance, often outside forces-family-job-friends-worldly influences and so on not to mention the life script. Utilizing a subtle approach may demand deeper alertness than that of the abrupt approach. This need not create apprehension if one takes into consideration the shadow self/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 move forward whatever effort it demands because we must rise with consciousness or be left behind. The old life and fear should be set aside for peaceful love, a world more-so spiritually attuned. Steadfast alertness, patience and fortitude is almost always associated with a spiritual rise to any relevant and meaningfully consistent state of peace. Ego arouses within great resistance and along with the life script it follows has an unbelievable power over collective consciousness, extending to the personal consciousness of mankind identifying us all as what we've been taught to be, brainwashing if you prefer. In the future as awareness arises, more consistent seeing will emerge as more people see thoughts mistake. Surrendering, along with consistent daily alertness accelerates one's awareness beyond the egoic scripted minds flawed reason. Let fear as a paradigm go, surrendering to this new paradigm of peace so love comes through the doorway of peace and into the world. To put this in perspective consider in early space exploration there were those who actually believed firing rockets into space would anger God. That God was sitting in up in the clouds. Additionally before Roger Bannister broke the four minute mile in 1954 it was thought and commonly accepted that a four minute mile was all but impossible to break. Bannister broke the four minute barrier and inside of six months an Australian runner broke it as well. The point relative to spirituality is, as conscious awareness rises in more minds the belief factor will hasten wisdom and global peace. A fear paradigm then replaced by peaceful love brings more to see and reconcile with their own ego. Simply put if they can do it so can the rest of us will exponentially foster in the minds of others that this is indeed possible to do, fostering the

extraordinary mind needed to do so. It's a numbers game. As the numbers rise so too will progress accelerate towards peace as a lifestyle. Akin to the snowball rolling down a hill, the 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 to point yet finally we must let it all go. Then attachment to concepts is seen, they're used and discarded. A number of endless mind games arise via overthinking—thought trying to understand itself in addition to resistance then challenges one's dominating life script, all blocks to rising out of a state of unconscious dreaming. Consistent focus on present awareness. The egoic mind uses memory—is memory all one is then? Also the powerful reticular activating system is in play, it filters all incoming information from the five senses. We're consciously aware of input seen as a threat or value. If one were aware of everything coming through five senses there would be an overload of information. As the indoctrinated life script is challenged the dominant fear paradigm sees it as a threat, i. e. overthinking combined with emotion. One's egoic life script up to and including patterns one tends to loose themselves in, band together and mount an all out attack so to protect the current dominant paradigm of fear. Different people experience their own varieties of surrender, still we all go through our own challenges. Clearly it is one's own journey. Nevertheless spiritual travelers can through sharing what they've gone through or road traveled, do help in one on one conversations or in support groups—breaking down walls blocking the mind from seeing and feeling peaceful love within via a heightened alertness to conscious awareness. Metaphorically speaking there's cracks in the dam, one works daily at alertness one sees the walls all scripted minds foment and ego guards. Unquestionably the individual experiences unique breakthroughs on their own. Often there's a partial awareness, which is to say one has flashes of insight, and neutralizes resistance for a time all coming by way of extreme life situations, or near death experiences, a life shattering hit bottom event or perhaps the death of a loved one or a failed relationship. A life situation in which one looses all control and surrenders at a specific point in life. Often pain brings this surrender to what is happening, directly due to having lost all control of the situation and this often is followed by insight or a deeper more

profound peace literally as one's egoic mind collapses, an abrupt awareness. Situations in which one feels deep peace via some sort of extreme event and surrendering brings acceptance—feeling an 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 knows all too well which buttons to push. Ego is very clever, patient and relentless, we must match this. Conventional meditation brings us peaceful love as well. Be aware of being lulled into ideas of arrival. All this sharpens alertness to ego which seeks in perpetuity to control. Accept it and awaken peace in spite of this. The Natural Self is veiled by the egoic mind, observation sharpens one's alertness—turned upon itself a mind sharpened to this degree will foster wisdom. So ego, life script, and mind patterns ideally bring the Natural Self to fruition. Ego uses time to lull minds repeatedly into unconscious dreaming, learned behavior, a conditioned mind on auto pilot seeking to run people's lives. Typically one isn't conscious of this at all. Let past future and time go to remain here and now in the present moment where peace abides. Truth then reveals itself in each present moment. Refrain from defining truth via concepts exclusively, all mere images, expectation, perhaps anticipation or future projected memory. In letting life lead one allows the unconsciousness of others to deepen their peace. Let life's extremes foster an alertness then awareness of Being brings peace into doing, dissipating fears darkness. Ego then reminds us to always be alert to peace-which fosters love. Living peace as one's lifestyle is surrendering to the here and now, to focus and feel energy in the body, slowly it is felt everywhere and in everything.

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

A: To change the world implies the force of our will upon it. Life is as it is, if not resistance is inevitable. Flow with energy life is, let it guide and adapt. In alertness we are no longer consumed by life situations, reacting in the now a choice is made to: ***speak out, accept, or leave situations***, no negativity. Pure observation awakens one to see divisive egoic minds use fear to perpetuate overthinking and just accumulates memory which defines. Fear has been so completely normalized one can't see what to do. A mind in stillness sees and uses 'clock-time' as a tool for practical purposes. Steadfast alert we project an

energy vibration of peaceful love, unattached essence or who we are. Fear is mind created. Akin to a positive virus love emerges from peace and spreads to those coming into its proximity. The energy of love is light within. Hold its energy frequency and combined with wisdom we move through conflict and resistance. It drives one deep into peace should they allow life lead and flow. Feeling programmed fear, anxiousness or any dis-ease arising, fear energy is triggered by extreme situations which combines emotion and overthinking. Ego leverages resistance, surrendered to is how one sees it. In martial art non resistance enables practitioners to redirect energy which is power not force. Love has no opposite and is actual power while fear foments opposites. And mind created fear controls anyone lacking discipline, enough to rise above thinking. This is not to say if attacked not take action, playing the roll of a pacifist. *Whatever action required rises in the here and now without endless anticipation emerging out of accumulated memory.* **Situations are dealt with in each present moment when thought is transmuted to reaction.** From a different perspective: All knowledge of what will be done in a given situation is for the most part already in memory, then techniques preform themselves because we're not thinking which complicates the situation. So the energy of peaceful-love solidified, fear leaves us, there is no longer anticipation of what may happen nor should be, we thinking; what is to be done...~~we~~ don't even know. We could say it is peaceful assurance, it's to have present awareness, confident whatever action is taken will be the right one without past or future entering. Unbound to time the mind is freed of anticipation regarding actions taken. Being in the moment there is no anticipation via memory experiences. Accumulated memory tends to confuse. The mind is very calm..silent and peaceful, going with the flow, what happens moment to moment is dealt with moment to moment, rising out of the levels of falsehood to levels of truth, or higher consciousness—Natural Self simply reacts, not via ego. Ascending to courage-neutrality-willingness-acceptance, finally intuitive reason in the now is intuitive action, not images in memory deciding what now is or might be.

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

A: It can be extremely frustrating. The short answer is to forgive them. If we forgive a weight is lifted via acceptance of what is. Yet unconscious dreaming erodes peace to a point it seems to have left us. We follow the status quo and its normalcy bias, the proverbial I don't know why I do what I do. Obviously with so few at conscious awareness it's a challenge. At the point this dialogue occurred its been 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 us have patience. Let us say one in their thirtieth year experienced the situation bringing about the spiritual event, that is to say when they awakened to conscious 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. Programmed early on prior to five years we learn fast, nevertheless we're not really aware of the life script while it's being formed. The apple not falling far from the tree gradually took control of us as we adjusted to fear as a paradigm. Peaceful love is unfamiliar, the dominant fear paradigm is veiled due to indoctrination. Innocence combined with wisdom is a totally new way of living, in the current situation such are in the extreme minority...it requires ongoing patience...a monumental adjustment. Coveting, judgment, aggression and so on, slowly subsides as egoic self dissolves. The newly aware spent life mind identified and were deluged by their unconsciousness as well as others unconsciousness. Persistence is clearly needed to merge peace with wisdom, one must endure yet years of intellectual study in and of itself won't bring a new way of seeing other than to point the way. In fact intellectual endeavors often merely point to what it is not. On going mind games trap one's mind in unconscious dreaming vis-a-vis blocks and social rolls associated with one's blocks. Those unconscious loose themselves to habitual behavioral patterns. This student lacked enough conscious presence to bring on spiritual insight exclusively through the subtle approach. It required an extreme life shattering event. In point of fact multiple years of sinking down to hit bottom prior to the aforementioned event facilitating conscious awareness. Having said that based on this students retrospective view inner-source and awareness of Inner Being rises with unwavering persistence. Unconscious dreaming veils it, the programmed egoic mind blocks the seeing of it. Nevertheless enlightenment's seed is in everyone already. One must see that to be productive even to basic fundamental levels requires being ultra serious in order to feel this 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 alertness fostering order in the mind. Accept this is so, adapt to life situations, deal with blocks so to then focus on reclaiming energy from the egoic self. Most people interacted with are to one degree or another unconscious with few exceptions, they adhere to the status quo undermining our awareness. Often they'll make light of it or even worse, ridicule it. Endure 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, makes the best of it which is to say, adapts to all life situations. Ultimately all unconscious dreaming acquaintances if we're focused facilitates via alertness, awareness then comes to fruition. Unconscious resistance in the life script or from others is a stark reminder to remain alert. Then comes the arduous task of maintaining alertness, remaining vigilant if we are confronted by subtle unconsciousness, put forth by others in addition to our own mind. Notice all disruptive mind patterns, be alert through passive observation of egoic self or others mostly unconscious efforts to dislodge any and all peace. Hold a peace frequency through forgiveness of those unconscious by seeing they will not, or cannot see it. Observer and observed slowly blend to oneness, peace then flows into doing through a mind rooted in stillness. Words cannot describe it. It's overwhelming when it's strong—the weight of judgment lifted peace then is felt within enabling students to see unconscious dreamers are incapable of seeing patterns control their mind. Logically then forgiveness of unconscious dreamers negates judgment and in the extreme retribution for their projection of fear as a paradigm to those aware. So take care who this is shared with.

Q: What is truth?

A: Truth is inside, some will 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 seeing through eyes of love is in the here and now. When observed the mind then surrenders 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 and truth enters because thought has been stilled. Transcending conceptualization reveals truth which comes into a mind no longer in conflict with itself. It's not of past future or memory, nor of time. Having presence the mind is quiet, empty or no-mind, again truth is a thing in and of itself revealing moment to moment actual reality. Socratic inquiry then trumps mendacious concepts and truth again is seen in each moment—actual timeless truth seen through eyes of peaceful love in the mind non-conflicted. This is veiled by thought, memory images and confusion via overthinking. So we must focus to see in the moment, real actual truth comes prior to thought entering and memory defining here and now. Thought will say truth is what *it* says it is by way of past or projected memory. Observation in the moment is without preconceived notions of what truth is. Bringing the mind to stillness it sees truth here and now, once again as something of itself, not our truth nor any other positing biased memory images which only create opposites, or any systems truth. Partaking of systems is all well and fine yet to let it all go and see what you see in the here and now help us to suspend psychological time.

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 alert and focus the five senses on what's happening in just this moment. This fosters oneness yet not for those who live in their mind. A mind free of times illusion sees the life script to a degree its no longer controlled by unconscious dreaming. Presence then, simply put is attention now, slowly fear dissipates and with it psychological time. Perspective changes, gain or loss are of less concern, the now takes primacy over time created concerns. To have presence one steps out of time, the Self in pure observation. Presence is not increments in time which cause us to see life not as one continuous present moment but fragmented. With awareness a single continuous moment rises with nothing written on it, we observe in peace, life leads the way, one sees everything as fine if we're able to flow while passing through the school of life. Opposition merely foments separation when programming pushes its way in and fills the mind with disorder. Noticing gradually causes it to fade. See and smile at the egoic self, it helps us to see ego is the very thing that fosters alertness and

subsequent awareness. Presence is simply being aware and not controlled via indoctrination taught by our programmers, i. e. expectation forged in the life script or regret over past and projected memory defining life. So the key to a mind unattached is seeing ego pulls us into past and future where duplicitous mind games have controlled us forever—seeing unconsciousness cures this wouldn't one do whatever is necessary to remain alert if it fosters wisdom and frees their mind? Focus, see the self is in time where we tend to overthink everything, where one's mind is using them—notice in passive observation as the mind reclaims energy from ego. Presence is to rise above thought, often this requires one have a perspicacious quality, comfortable now. Negating expectation brings this to fruition. Courage is key to rising out of the levels of falsehood into the levels of truth. The doorway to using the mind not it using us is having conscious presence, to hold and extend the duration of alertness fostering observation so 'problems' all fomented in past and future projected memory are seen and calmly dealt with. What problems are there in the here and now if memory images are suspended? Use memory and let it go to step out of psychological time or actual reality, not what thought proclaims is real.

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

A: The ability to commune with peace is within us all yet one's egoic shadow self blocks this. Alertness to blocks via Being is veiled prior to an ordered mind. Observe life situations, good and bad, they'll come and go. Daily life ebbs and flows like the waves or the ocean tides. 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 all to have presence; the greater whole in life, the immovable rock of peace undisturbed by life situations, the daily life we get distracted by and lose ourselves in. Reclaiming energy is to hold an energy frequency of peace regardless of what comes. Blocks emerging out of fear often undermine peace. Situations are what they are, so accept, change or leave them, flow with life. Peace arises in a mind able to still itself. Working to anchor peaceful stillness we're assured that no matter what happens peace is undisturbed and life will be okay if one flows with it. The Natural Self is of peace and one rooted in peace moves through life situations because they've transcended fear. Holding a peace energy frequency brings love into doing.

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

A: Many experience this, at times all one can do is just walk away. Notice it, accept it, learn and move on. We cling to ego, programming and social rolls. For the serious living peace as a lifestyle challenges not only their own belief system but others as well who are following 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 a minimum of intervention from the egoic self's fear energy, gradually they 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 serious students. Advanced students live very little in the mind, which is to say time past and or future. Far less affected by memory and or indoctrinated behavioral patterns, others, unaccustomed to non-reaction to truth as they see it, often will push buttons. They're still at unconscious dreaming but they feel a difference. Often they're out of their comfort zone to a degree. The person they've known has changed, their energy is at conscious awareness, others at unconscious dreaming with two possibilities. One at conscious awareness is pulled into unconscious dreaming by others, or they are pulled into conscious awareness. Dedicated students bear a great responsibility. Living peace as a lifestyle vibrates at conscious awareness, holding a frequency of peace one's raised consciousness negates negative fear energy resulting in a progression toward global awareness, the reclaiming of paradise lost but at a deeper wiser level. A mind freed of duality through a child like innocence, combined with a deeper wisdom—such are the forerunners of man-kinds transfiguration to a new human-being rising out of the ashes of the old homo-sapiens i. e., 'The meek who shall inherit the earth.' Ego desires to control the mind of its host. Reclaiming energy from it elevates conscious awareness equal to the degree one embraces peace as a lifestyle. However this challenges the status quo and abets fear—resistance to peaceful love as the new paradigm. 'Blessed are you when men shall revile you persecute you and say all manner of evil against you.'-1 So unconsciousness can be a catalyst for conscious awareness to rise. The more others push buttons the deeper it drives us to profound peace which absorbs all fear energy. Notwithstanding avoiding unconscious acquaintances until one's peace is strong enough, rooted to the point it is entrenched enough to absorb fear coming into proximity, it is wise for the questioner to consider

choosing not to speak of it at least initially. In addition acquaintances may not be seen for extended periods yet all are affected by one's peace often at an unconscious level by being around one at conscious awareness. Love rises in all who live in peace. From a spiritual perspective unconscious dreamers may want those at conscious awareness around them, which is not to say they are better than others or special. They simply don't see it, yet yearning for peace they feel it from those on the path. Who would not want peace? Unconscious dreamers will commit or will not, 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 of fear unconsciousness is, see a value in it and won't give it up. What's the payoff? When fed up with the conflict of unconscious dreaming, others benefit from one on the path, still many subsist on pain management—never allowing themselves to sink too low or too high, they are caught in pain pleasure cycles, i. e. the endorphin high created from extreme opposites. And inevitably shun those at conscious awareness, strange as it sounds they do not want them around. The reason—conscious awareness doesn't mix well with those at unconscious dreaming, it forces them to look at themselves. Talk of it if appropriate but be mindful of other ego's. Living a lifestyle of peace, projects love's light. A paradigm projecting love's energy to everyone, similar to negative energy projecting fear. The dominant paradigm of egoic fear drives unconscious humanity insane because of over-thinking. Awakening is one's gift to all then. Free of the need for identification as mind patterns and social rolls life has actual positive meaning. In oneness emerges feelings of unity with everyone met, and the earth upon which we live. Again referenced as the oceanic feeling merged with deeper wisdom. This then is a thumbnail sketch for the questioner to help deal with unconscious dreamers.

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

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

is so completely normalized that 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, only progressively worse. Also light is all one sees. We see only the light reflecting off form. We see light only. See anxiousness won't extend life even one day or transmute fear in daily life to peaceful love. We could see a far majority of our body as empty space. All form, for example atoms making up one's body, are a fraction of the body. Most of a body is empty space in a form the eyes see as a body. We could see guilt is tantamount to a slow death brought on by perpetual self-loathing. One could see surrendering to what is brings us to see present moment awareness where peace is liberating 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 and embrace the new up and coming paradigm of peaceful love, to then awaken peace never even dreamed possible which is within us all yet blocked by one's own programmed mind—working to be alert inner-source will come help us to have an awareness.-A Conscious awareness is to see peaceful love everywhere, to see in the now, the only place actually real. To see we are one planet one macrocosm. We can always see things differently if we objectivity observe life, so notice life ego and the thinking minds process.

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. That being said most people if they're totally honest with themselves can find something if changed it would enhance life. Observation of the egoic self and life script. If for no other reason in the interest of stress reduction fostering a peaceful mind. Peace in life and the world. *A-Inner-source, the totality of one's consciousness or what we've been taught. The task, observe the self redirecting energy so ego serves.*

Q: Awakening from unconsciousness seems very difficult. Do you personally know anyone who is fully at conscious awareness?

A: Not personally yet serious students help everyone else. A serious spiritual commitment is each traveler's own journey and there are similarities in what's experienced, notwithstanding it is one's union with the teacher within or the Ground of Existence. Spirituality, in part is to live the peace lifestyle, by and through awareness of inner-being via daily alertness, this fosters wisdom. To hold conscious awareness effects everything and everyone coming into that energy field including especially any serious student. Nevertheless for those unconscious the effects are not consciously noticed unless alertness is keen. For one spiritually inclined awareness of peace energy is at a far deeper level when those further along in their journey are in close proximity to one who is unconscious by exuding present awareness. One at unconscious dreaming if slightly alert feels peaceful love's energy radiate in spite of their unconscious autocratic programming. We, all of us, need to have courage and persistence. Systems help to some degree yet are merely a finger pointing, often to what it is not, so don't get too attached, go within. Conceptual thinking transcended is ultimately an innocence blended with wisdom fostering a mind free of the known. Then the mind lets it all go to receive universal wisdom via intuition, i. e. timeless eternal essence we're of. Ego repeatedly rears its head, so watch it and rise in perpetuity to intuition and adaptation. Zen's ox herding pictures first appeared as a teaching tool in 960 AD. -1 In dialogue on the subject of enlightenment those interacted with seem to understand what the ox-herding pictures seek to convey. Levels of conceptual understanding for some have a greater effect and others less-so. It tends to vary from person to person. Those who are serious hold conscious awareness. In conversation with unconscious dreamers they'll hold conscious awareness yet must extend or it fades away. They see use of concepts helps albeit at some point the egoic mind kicks in and touts: 'We're not having this.' Other times it resonates deeper and they'll transcend the egoic mind for a period. Yet this energy frequency is elusive, difficult to hold and requires persistence for an extended duration. Inundated with back and forth swings akin to a metronome metaphorically, the ebb and flow, aware, then unconscious, often repeatedly, from the state of conscious

awareness back to the awesome power unconscious dreaming is. A tendency to experience periods of incessant overthinking dissuades a student: e. g. 'You cannot do this, your ego and life script are in charge and literally would see you die rather than loose control.'—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 is a possibility. With a sort of positive stubbornness one presses onward and refuses to belabor: 'Why should I press onward.'—it comes to fruition slowly. Yet egoic mind, life script, old patterns and social rolls definitely have something to say, stifling one's progress. This requires persistent awareness of inner-being, observation of the egoic mind. Ego is 100% interested, aware of opportunities to control its host. A spiritual traveler must be 100% interested as well and if they are success is inevitable. Awareness of forgetfulness, social rolls and old patterns is necessary for one to avoid loosing themselves in the dream—it's all too easy to be *of* the world. A concept filled indoctrinated mind limits the Self. The quintessential apple not falling far from the tree are those following the programming. It's ironic, the script is part of our consciousness. Prior to observing ego for an adequate duration one is plagued by divisiveness created by over-thinking. Obviously ego is necessary yet relied on to excess, to a point one lives exclusively in the mind, they repeatedly become distracted—if at unconscious dreaming we reset immediately. Ego vehemently seeks control so awareness of Being takes primacy. Even more of a challenge is that virtually everyone encountered is unconscious with rare exceptions. It makes us feel isolated because we are in the minority and this can result in clinical depression. If persistence one sees everything has essence, expresses consciousness from people to the simplest of forms. Walls, tables, consciousness is in everything. Consciousness knows itself through us then. In those very alert it's seen, noticeable in light reflected off form or in spacious emptiness...in silence or in nature through the mind quieten, being in the present moment peace is felt emanating through Inner-Being. Listening intently feelings of oneness whisper we're more than merely a body, we are one. Done via turning attention into the body feeling energy within. With steadfast alertness all fear leaves. Peaceful loves energy then pervades. For one able to forge a mind consistently still truth will reveal love as the essence of who they are at their core. A mind quieten helps all souls to

expand awareness-fresh new insights not generations of programming merely propagating conflicted minds. Whatever words used don't get carried away or lost in concepts. Love is quite abstract then. A fear filled mind, bought into is then baneful narratives and duplicitous confused disunion from Natural Self. Yet this can be an incentive to press on. So few are really committed. We're at a critical point in the evolution of humanity as a whole, much is at stake in all this. Is it important that we know of others serious to this extent? Isn't it good that those who are serious are scattered across the globe fostering peace and love? It is conceded that to be around unconscious dreamers is an enormous challenge yet surrendering to even that, allowing it to drive us all deeper into peace is part of this new way of living. All in all to not see that which causes resistance within is merely playing into mind patterns and rolls, surely then we only destroy our own brotherhood. If there more who did 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 collectively would expedite every minds return to sanity. The meek who shall inherit the earth then 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 we must still deal with anxiousness the life script incites in ourselves and seemingly everyone, it indeed is quite the provocation. Observe scripted responses in others as well as your own programmed mind. It helps maintain alertness and subsequently an 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, or God if you like. One is then alert to aggression felt arising within. Energy emanating from causal level awareness sustains us if we pause throughout each day, reset and observe patterns with a renewed focus. Ergo remain very alert..still..focused on kindness, love and or forgiveness, see ongoing mind games test our resolve. Inner-Being energy we speak of in dialogue seems to want us all to develop awareness. The deeper we submerge into peace the more we're able to let go of conceptual thinking.

Just to feel this energy helps all collective consciousness. Or a way to say it differently is, it's the same fire; those alert shine brighter yet it's not exclusive to anyone, it's the seed of love found within all. Still so few *are* serious, those able to hold the energy frequency help others to see their own programmed selves but it's unwise to assume ego or the life script it promotes will cease in attempts to seize control of people's minds. Again ego 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, and it's accepted. Even the spiritual student acutely aware of egoic limitations will be severely tested, additionally the script they're programmed to follow. Fascinating-the degree egoic mind is analogous to intellectual elitist ideology. The mind in disorder, unable to endured it any longer is incessantly inundated by opposites-fear-anger-pride-etc. Surrendering to this, enlightenment is there in that moment awaiting. Of course biased conflicted minds project a thought created I as who they are and likely will continue until alertness is more-so consistent. Fostering this new perspective brings into being energy felt within the body—noticing the Self in conscious awareness we see overthinking had consumed our mind. One feels energy change in places or in others, it is now seen. Let's say an angry person leaves, notice the energy change. Negativity has left the room and literally has. See peace calms while fear promotes ongoing anxiousness. In the present energy is felt. Observe negative thought created fear, acknowledge it and positive energy too. We feel fear and anger in others or in ourselves, goading increased anxiousness due to life situations. Be *of* the world not *in* it. Feeling energy then, is a part of spiritual awareness. Ego and the life script pulls us all into old redundant patterns which are old habits, and gone unnoticed will control us resulting in daily life defined via images. Memories accumulated then stored, used to identify life via memory. If persistent alertness fosters the seeing of conflict before it takes the mind over and carries us away from seeing in the now to states of for instance anxiety...nervousness...uneasiness..stress...restlessness...obsessive compulsive people glued to their smart phones, impatient-busy..anxious..stressed out..lost in the past and or future, all of it in ourselves as well as others. So then listen

and notice self-talk takes us out of the here and now to an overthinking I lost in absentmindedness, experiencing extreme uneasiness, the I lost in daily life experience. All images in memory. Egoic minds cling to memory. The actual now is then lost the very moment thought enters to define it, all of it memory images stored one's brain. See-hear-smell-touch and taste whatever happens now, not memories defining now. Observe situations, really be in the now, be each moment. This brings peace of mind by allowing the situation to define as we observe it. In busyness we're lost in rolls, old patterns or a mind using the person. Having presence brings peaceful loves energy into the equation. A mind lost to rolls needs to see it and repeatedly reset if awareness is lost. The alternative is life in a crisis to crisis mode of behavioral patterns—a loss of awareness of the higher vibration conscious presence is and its subsequent wisdom. In those not mind identified peace disseminates love. Unconscious dreaming blocks our seeing and acceptance of when mind identified our own mind is using us. Unconsciousness is to live in a bubble of normalized fear, an auto pilot program controlling us. Can a person be held accountable for acting out unconscious behavior? And denying it they are literally in a prison for the mind created in thought and often challenges sanity itself. Identifying as the script distracts a mind. A movie line from 'The Matrix' sums it up well: 'You've been living in a dream world Neo.'¹ Endless redundant interactions with programmed mind identified people at nconscious dreaming runs countless lives fomenting indoctrinated reactionary responses to life running on a program in memory. And mind identified to what degree does one's normalcy biased brainwashing and their indoctrination control life overall? What we're saying here is at unconscious dreaming people are more-so than not unable to see or accept this yet needs to be seen prior to even the most rudimentary step into their journey. Rolls and patterns then, are seen in the here and now not in time. If one is in the dream how can they know with thought? Making the effort required to sharpen the mind it begins to focus upon itself, then we see. Not to do so violates the Natural Self. We could say unconscious dreaming is a baneful position to be in for a mind, the self, controlled opposition through coveting...aggression...conflict..violence, an egoic minds ***will to power***, all of it impermanence with a beginning and end. Focused observation is alertness then awareness suggesting to the speaker, the questioner should work then at

fostering peaceful love, the coming paradigm on the horizon replacing the old fear paradigm. In so doing a new human-being then emerges. It is conceded to be difficult, a seamless shifting from mind to presence. In giving birth the pain is unbelievable, after the child is born memory of pain is replaced by a realization of having given life to her child. Spiritual rebirth is one's Natural Self remembered. The pain experienced is replaced by peace innocence and wisdom, love born each moment. Forgoing the necessary arduous focus for it to come to fruition is to be relegated to pain pleasure cycles, psychologically: '**Repetition Compulsion**'—to observe the programmed self is critical. Watch and the necessary alertness develops, situations lulling one's mind into states of forgetfulness extending to the egoic mind, are lessened. No longer duped into being *of* the world—thought created perpetual unconscious dream states forestalling ascendance into peaceful love—watching the mind then, is done from here on out. Do not expect patterns and rolls to capitulate. Be thankful they're helping maintain alertness. Earn this, work to be aware of blocks via total acceptance, surrender and adapt. Have presence, a willingness to move through life situations. Acting through inner-being projects peaceful love into the world. Rising with consciousness in perpetuity one abides in the state of peaceful love, then awareness of the now grows stronger day to day.

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

A: In completely surrendering to life's will to a point gain or loss are simply viewed as what is, good and bad is then accepted and peace is undisturbed. In acceptance of what is, the mind's no longer fragmented, there's freedom from mind identified states, monotonous definitions of the now. Surrender to life—situations are peacefully flowed with and adapted to. Once again roll with the punches. Accept life and learn what it has to teach. A mind sharpened sees its programming-lessening its control. Ego adheres to the life script. Observation is critical in seeing this, ego is inclined to suspend its efforts lulling a mind in observation into complacency. Being acutely focused is watching the minds patterns, old habits, rolls played and triggers to these, then the mind does not succumb to auto pilot programs running life and blocking the Self. Ego is

clever..patient..steadfast. So a programmed scripted mind seems to rule those materialistically inclined, like a hologram they seem destined to live in. And egoic minds are pernicious in an effort to control—undisciplined minds self-talk insists ego must control to fulfill its purpose of protecting its host—an egoic mind is overzealous and may challenge sanity itself. Excessive thinking and extreme emotion foment disorder. And overwhelmed one simply notices it absent labeling, remaining peacefully present is to having presence. One sees thought creating problems and seeks to solve them with a different set of thoughts creating resistance, conflict ensues due one's need to solve problems thought itself created. It's one's ego pulling its host into obsessive compulsive behavioral patterns, such minds become egoic minds because ego veils here and now from them. Substitutes now with memories of now, thought defines, memories of now foment conflict and create additional problems. Then with a different set of thoughts solves the very problems thought created, inciting conflict. It is the perfect catch-22. Serious students use their mind to then see thought creates opposites. Surrendering to this is difficult yet accomplished it awakens alertness to conflict ensuing. Developing conscious awareness the mind watches itself precisely that which enables a mind to see ego, to notice what it is up to. Problems are seen to facilitate deeper wisdom and helps us to hold awareness. Observing, listening with an acceptance of what's happening, we adapt so needs are met in clock-time for practical uses, while succumbing to psychological time only encourages memory use. One holds inner-being awareness so that peace expresses love into what one does. A lot to get your head around, a reason repetition is used. Ego is doing what it believes it must and we must have a strong need to develop consistent presence so our mind is clear and sees ego's need to control because ego believes it must control or its host would die. Precisely why it is so determined to control. 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. Willingness is paramount in letting life lead—an enormous adjustment for the mind, a new paradigm. We're all a part of collective consciousness coming together to rise above thinking, once again the exception being of course, our duties, or daily life responsibilities. Thought used for practical purposes, is to preform the rolls to meet our needs in daily life, all while being consciously aware of the fact we are actually 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 rather than being there, in the moment we allow it, to present itself to us? Obviously mostly due to one's memory which traps them in time. Yet it doesn't have to be that way. Seeing what you see, *is* observer and observed blending. Psychological time projects now into the future, memory then defines what is seen. Should the questioner observe something, thought knows the observed through his memory. In this context one could say these are mental images of the observed. It then is seen defined through memory, yet this is actually stored thought suggesting mere information in one's brain is defining it. We identify through memory and the observed appears to us as what memory says it is. Yet these are images, we're seeing through the eyes of thought, that is memory identifying in such a way we are attached, seeing it as actual reality. Analogous a Zen story of the snake eating its own tail, it tastes good but it's painful. Attachment to the observed seen via memory, the mind veils awareness of the now and strengthens ego. Attached to what is observed we identify it with what memory it says now is, images, stored information in the brain, programmed images of a former now. Ego negates the now, lessening Natural Self's importance. If the mind is still and does not engage memory to define it sees, **observer and observed as one.** A student sees what they see or actual reality. Unless of course times images reenter, identifying via a memory bank of experiences, the 'I' who observes through the life script, mind patterns or programming, subjective definitions of biased judgment along with the egoic self's strong need to be. This brings to the forefront of a mind these following questions: Can the mind use 'clock-time' exclusively for practical purposes only so one can maintain conscious presence? Can the mind see and accept that it has no future, can it see past future and time itself are not actually real, see here and now is all there really is was or will be? See nothing ever done or experienced be it in past or future projected memory was ever outside of the here and now, that is to say actual reality? If one accomplishes this, slowly their ego devolves so Natural Self can take primacy, or ego as it was meant to do, serves its host not controls.

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 are using their mind when more often than not their mind is using them. Observation of the mind proves indeed it uses us. We are asking can the mind see truth 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 we at will, be aware of the level of effect, then causal level awareness should 'clock-time' no longer be needed? In dialogue we have had discussion regarding surrender to what is. Absent surrendering to what is, can observer and observed blend to oneness? It seems then, separation set aside a mind becomes absolutely still. A prerequisite to the observer and observed blending to oneness. In this the questioner must be very alert. Going along to get along with divisiveness, is another mind game. We accept what happens, if not we must go back to do the work of dealing with blocks i. e. observe the mind and focus, bringing it back to order, observe psychological problematic proclivities or baggage. The mind stilled is no longer in conflict, again it goes without saying this is a prerequisite to observer and observed blending to see observation is all there is. Observation of a mind in conflict with itself helps to see indeed thought is the creator of problems and seeks to solve problems it created with a different set of thoughts. An exercise in futility although ego uses this to control us all. It is the fundamental mistake thought continues to make. Thought can point and it helps us, yet thought 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 deal with daily life responsibilities such as an appointment. This would be an example of the time bound realm daily life is. Attending to needs in life as forgetfulness inevitably tries to hold us in bondage to times illusion. Life tends to keep us very busy, lost in mind patterns and social rolls we all play. And again is unconscious dreaming—unnoticed the Self gets lost in the dream of form, endless rolls the I or self plays all while interacting with other people's rolls in daily life interaction. Lost at varying levels of unconscious dreaming, never rising above thought. It is most people we met then, who 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, it then creates space for the new. Closing the eyes one can feel stillness, energy moving through the body. Perhaps in appreciation of beauty, a beautiful painting or a simple ketchup bottle. Feeling inner-being in each moment is listening intently, coming into now a oneness is felt and ultra present one is aware of space created in the mind. To calm the mind brings us to have presence. Everything comes alive, peace is felt arising within, one feels energy in the body, the mind is very still, alert. Then a random daily life situation requires attention and peace recedes to a low hum in the background although awareness remains. It is observation used to ground peace energy. A point comes where there is an effortless friendship established with our true nature, ego becomes a free companion and this then balances movement;-1 as Zen's ox-herding pictures depict. We are observing movement in and out of, or in between states of timeless causal level energy, the mind in stillness, and peaceful loves energy flowing within as busyness life is and the egoic 'you' navigate daily life responsibilities at the level of effect. A sort of illusory back and fourth until grounding work is solidified. The functional you or I identity, then no you where 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 is more-so as a state of mind. *A frequency, an awareness felt, with work ego gradually dissolves to nothingness or no-mind.*

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 on our own focuses on inner-being. All anyone else can do is to point, not to memory, to being present. Surrendering to the idea life is what it is. Feeling as children do who feel the oceanic feeling, life as wonder and love is always new. Be in the moment absent labels one is intrigued with now—foreverness..forgiveness..oneness.

The simplest of things come alive, peaceful contentedness felt, still, one must be stalwart. To live peace as a lifestyle is to see fear, then let it go, simple not easy. It's the art of watching rolls, old mind patterns and interaction in one's relationships, to engage critical thinking. We've discussed the doorways and as a recap: Suspended thinking...remaining in the present moment...noticing silence between sounds...empty space around all form and surrender to what happens...adaptation. Noticing movement in 'clock-time'...be 'In the world not of it.'-1 Quiet the mind, calmly focus upon inner-being at every opportunity throughout each day, this is key. Should daily life require attention focus on awareness of 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 each of them. Noticing what is felt we can when preoccupied with daily life situations still hold and have awareness of Being while attending to needs in daily life. It is conceded this is difficult. Simply keep at it again: "Do it sir." Perhaps it requires a kind of positive stubbornness. Peace *seems* to fade yet if steadfast one fosters sustained awareness within so the duration of lost awareness and frequency of the episodes is exponentially less-so, one is increasingly able to maintain presence. It requires sustained observation of the mind. We need to be in it for the long run, and is virtually: 'Crossing the Rubicon.' Back and fourth swings test us and foster one's co-existence with ego. Sustained alertness enables sustained conscious awareness, one acts and speaks from Inner-Being, a point conscious presence takes primacy. Enabling us to hold peaceful love as a frequency for longer duration's. That being said don't be credulous, the majority of people find this extremely difficult to do. Perchance are we the doorway then to a common denominator for conscious perfection to rise to innocence combined with deeper wisdom? Perhaps the source wants us all to shine the light of love. Inquire often then: Who am I? What level of work is done for peace? "Do it sir." as K said to do keep at it, let fear go to 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 in the fear paradigm and an insidious shadow self? Additionally unconscious attachment to thought memory images, capitulating to conflicted subjective thinking which traps us in impermanence? A point comes for us all where we can no longer tolerate being mind identified, being slaves to the You..I..Me..the Mine..generating deep attachment to ego and state of endless cycles of crises to crises, all of it

unconsciousness. Making room in the mind for love empties it of fear, we see what had been collectively denied for eons and inquires into finding the path to our teacher within. Discipline the mind by way of observation, then turn it upon itself. Focus on this. It is the only way out of clinging to habits, the life script and thought created anxiousness, collective/personal unconsciousness. Once again as Jiddu Krishnamurti suggests in one of his talks: “Do it sir.”

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

A: Sometimes all one can do is plan for the future yet now is where it comes to fruition. The mind quiet empties itself and because it's no longer cluttered or in conflict truth comes. Upset one cannot see what to do so to notice self-talk, mind patterns and so on is key. A mind quieten has far less resistance so if the insanity of unconsciousness rises, surrender to it. When life is shattered, surrender. If there is no money, surrender. If there is loneliness-homelessness-sleeping in a park, hunger, surrender to it, be still. If broken down to nothing and sanity itself is challenged, in that moment see it is a blessing, accept and adapt. Be still and listen, just in the background stillness is felt, peaceful-love coming from within, energy felt in the body and slowly it is felt everywhere, ego, the I quieten, conscious presence. Loving and nurturing, it is our source. Say this in quiet reflection: 'This cannot be done alone.' Little by little the ego or I fades, there's an awareness of the life script and egoic self clinging, pure observation, to be *in* the world not *of* the world. Appeal to the source, and the energy of peaceful love comes, surrender to this new paradigm and it extends enlightenment's gift, eternal essence comforting, guiding, it comes into every mind surrendering to peaceful love which is projected to all. Capitulation to resistance merely gives ego more control of life and empowers it. *In present moment awareness there is no experience, there's only awareness. The here and now is this timeless perfect moment with nothing written upon it.* Be very alert and pondering words of those who came before: 'Do it sir.' **1**—'Put aside your personality for essence.' **2**—'Subdue the enemy without fighting.' **3**—In addition ponder the following axioms: '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, these can help us. Still the
point comes, having gone into it Natural Self lets all teachings and words go,
including ideas of the Natural Self to see the light within us all. We are not
suggesting not to 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 done or done
in the future, happens only in the here and now. The mind identified struggle
to see that past and future projected memory controls them because they live
in the mind. Seeking to understand with concepts often leads to overthinking,
opposites. egoic fear people cling to. Go inside, it comforts if we surrender to
feel peaceful love. Many view this as frivolous or impossible to do. One must
be stalwart. Every step forward spiritually was taken by those who held fast
to peaceful love, and people need peace. So if others are yelling stay calm.
When others are filled with anger aggression and hatred be peaceful. Notice
programming traps them in a time based mode of fear, habits, social rolls and
old mind patterns. Awareness of love which has never know fear, breaks the
spiritual traveler free from their cocoon of fear to be a peaceful butterfly. The
personification of love through surrendering to what life leads us to do be and
have. Our world pounds the drums of fear, malice, hate and war so steadfast
hold onto peaceful love. Focus inner-being, God or the Ground of Existence.
Consistent alertness brings to bear awareness, needed to bring mighty forces
into doing. Liberation from clinging is to see life will be okay if one adapts.
Pure observation brings this to fruition. Living this pulls one out of fear and
chaos to be peaceful love, light within us all. The highest endeavor anyone
could ever hope to achieve on the physical plane, actual love can be summed
up in the selfless act of spreading peace. We see love in the faces of others, in
truth here and now, our omnipresent connection to absolutely everything, it is
peaceful love personified..bliss..is-ness..faith..joy..eternal source energy. The
spiritual travelers inner-most Being or the Natural Human-Being personified.
Freedom from systems, beyond good and evil, beyond thought forever trying
to understand itself with more thought or: 'The absolute freedom of the mind
of mankind' a proclamation by Jiddu Krishnamurti so long ago who said was
possible to do. Yet only if one is persistent and stalwart, so, never give up.

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. All the teachers quotes are paraphrased and can only be a finger pointing. In this chapter J extends love and thanks to the teachers. Actually they are everywhere, in life as it unfolds: People-the sky..trees..clouds..wind..in all seemingly insignificant form, in life situations, in feeling energy. The teachers mentioned in the acknowledgments section helped point the way for the author. So let us begin there. We'll focus on the affect teachers had which ultimately fostered peaceful love. Once a wise teacher was approached by a seeker who had devoted his entire life in pursuit of enlightenment yet it had eluded him. He found him and asked for a meeting. Agreeing he proclaimed: 'Your thought is trying to identify itself.' A lengthy dialogue culminating in him closing his eyes. Opening them to tears: 'How do I keep this?' They talked further and he closed his eyes again. After which he proclaimed I will never come see you again. That teacher was Jiddu Krishnamurti. Followers affectionately used 'K'. As years turned into decades K proclaimed to followers: 'You have been coming to see me now for fifty years.' As if to say when will you get it. The man who came to see K seemed to get it and didn't see him again. J wonders if K was pleased with that ardent meeting. Jiddu Krishnamurti seemed frustrated at the fact so many followers didn't seem to understand what he trying to convey, periodically commenting in his talks, paraphrased from his many lectures: 'Do you understand what I'm saying?' 'Are you sleeping?' 'It requires an extraordinary mind to see all this.' Listen to the internal voice additionally self-talk, and observe the egoic mind. Spiritual awareness comes gradually, has a deeply significant and meaningful impact on the mind yet indeed requires an extraordinary mind. An arduous persistence regardless of what duration it potentially requires is key and deep commitment to the idea of: Foreverness, i. e. there is no turning back.

In 1929 K proclaimed his commitment to: 'The absolute freedom of the mind of mankind.' In life he wrote volumes of profoundly significant words. Now a grateful student soliloquy humbly addresses a few. K knew and would say as any wise teacher concerning spirituality 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.' *** In observation and listening one is ultra aware, the present then is our teacher, the present moment being 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, all while observing the thinker so rolls do not take over, use time for practical purposes exclusively. Being present or having presence, the thinker judges and defines far less-so. All of one's energy is not needed to be functional in daily life situations. We can maintain some degree of awareness of inner-being while engaged in meeting life's demands. Bring the senses to bear, focus on what is done and simultaneously feel Being, having conscious awareness of: *The Ground of Existence-which cannot be known yet we can be aware of it.* If we remain in the here and now it can be done. As one works at it forgetfulness will come in. Abruptly or subtly, one slips into the state, it's a sort of absentmindedness. Taken over by it one must ride out the storm until the waters calm again, in retrospect look at what happened, make necessary corrections in preparation for the next challenge which is sure to come again and again until one's mind is brought to order. Persistence is imperative albeit clearly one must press onward no matter how often the state of forgetfulness takes over. This is paramount. It's strongly suggested not to ask how long this will require. Ego and a life script it follows along with old mind patterns, is programming used to subvert awareness. Listen-look-smell-taste and touch as you're able to do here and now. Vigilance reclaims energy from programming and feeling inner-being in the body, peaceful stillness is felt as the thinker is observed. Mind patterns are noticed. Listen, observe, gradually inner-being is felt as an energy in the body. Wisdom and a child-like innocence felt, fosters clarity should one inquire into this. Asking who am I and does the ego control life or serve is key, for many it controls their life. A Great Avatar's axiom

describes genuine freedom: 'Your whole body will be filled with light.' Words pointing the way, still the word is not the thing. The mind quiets and in pure observation gradually feels, then sees love in the faces of others, in nature, in trees...plants...light...flowers...in all form..additionally formlessness-seeing all fear exists in time. Sustained focused awareness on peaceful love-forgiveness of those unconsciousness, non-judgmental compassion, brings us to oneness.

George Gurjeff wrote: 'There is a growth of personality at the cost of essence.' *** Personalities are one's progressive I in time, personifications of fear dominating a majority which ego traps in an insatiable craving—satiated although happiness eludes them, contentment followed by only more desire. Happiness derived from the material inevitably foments opposites resulting in impermanence. Peaceful love arises in the present moment which are random potentials in the now while unconscious dreaming rises out of memory, this is the totality of one's consciousness. Observe the personality, which blocks us from rising above thought to No-Mind, accomplished here and now. Timeless minds able to empty themselves, or a mind prior to thought entering to define here and now. Rolls are derivatives of thought and memory is the 'I' thought has created so consciousness can be aware of itself. No wonder it controls us.

Sun Tzu once said: '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 the mind of genuine martial artist's, it is fundamentally to see ego, defense is secondary. Martial art as a sport has rules keeping its participants safe. Actual war is the dark human experience at its lowest level. The highest skill of a martial artist is to reclaim energy from egoic self, then 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 being alert so awareness comes. The world runs on aggression fear and violence. Genuine martial artist's feel violence on the horizon, read the air and feel the energy of aggression. And alert to situations perhaps leading to violence see and disengage from it. Ultimately the genuine martial artist values peace. Clinging to a script we need to reclaim energy via observation. In steadfast peace true warrior's choose to avoid aggression, hopefully done

preemptively, negative energy aggression is and many are addicted to, causes the build up of fear in the mind. Pure observation disassociates the mind from fear and all aggressive behavior, one observes drama outside looking in. And yet few are alert enough to do this. Those who are can redirect old habits and negative behavioral patterns of aggression to peaceful-love by watching the mind. That said make no mistake, genuine martial artist's are very 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, except to defend.

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 people it is a matter of perspective. Riches are not measured in money alone. When the thinker is used as a tool for practical purposes, presence is felt within, one finds treasure unequaled, peaceful love. So alertness is required to give birth to that which is within. Unimaginable peace arises, one is **in** the world not **of** it—using 'clock-time' for practical purposes they're aware as the watcher of a shadow self. It carries with it a blessing: enjoy the world to whatever degree you're so inclined yet not be of it or consumed by it. The source of peaceful contentment and joy coming from within albeit we're no longer dependent on things of the world. Peace and love are then foremost, peace is undisturbed. Spiritual travelers watch and listen to the mind in the now, no longer in 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 the self, is just another

egoic mind game. Likely a game ego plays upon us all—the mind trapped in *unconscious dreaming*, even the description suggests we are oblivious to the dream of form. Well said: conceptions of 'god' and 'sin' will be less important as unconsciousness wanes, the point we move away from fear as a paradigm to abide in peace and its love—learn to negate memory and or concepts when not needed for practical purposes to feel presence so mind patterns and so on, do not disrupt peace. Rising to unify with all people and life itself there is an awareness of one people...one planet...one together..living a lifestyle of peace fostering peaceful love within. This is not at all dependent on anything of the world. Assuredly we will then usher in peace undisturbed. Peace is within us yet is blocked...veiled if egoic mind and the life script rules its host, currently the majority of people in the present situation.

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, awaken to the Natural Self, it will save you. It spreads if we do and that is how the world will change, 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 or time for practical needs. Use the script for life situations, allowing memory to assist all while feeling presence. Inner-Being fosters peaceful love one's 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 well ride it out, analyze, 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 is the reason we suffer, because we cling to the world. Fear is utterly ingrained into humanities programmed minds and identification as this 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's plain to see here one must have the willingness to hold conscious awareness for as long as it requires. Forgetfulness is being lulled into a sort of absent minded state and overwhelmed we are controlled by fear and busyness, to be *of* the world not *in* it. Truth is, fear sooner or later goes badly. Despite egos efforts to foment fear it cannot stand up to the light of enlightenment's love if we're persistent.

Adyashanti propagated: 'The nature of consciousness is that it undulates like the waves on the ocean.' *** Indeed it undulates, for this traveler in the beginning it came of its own accord and left just as quickly. As if this was not something done but predominately a familiar energy we've lost awareness of. That said we can regain awareness, this comes to fruition by living peace as a lifestyle. Having awareness one feels energy in the background beckoning. Unconscious dreaming is sort of a 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'—having awareness of the present moment yet only if we watch the mind and extend watching as best as we can all while simultaneously holding peaceful loves energy frequency. In this we're reclaiming our birthright—that which was abdicated to find ourselves in the divisive overthinking nightmare of dualism. A point long ago when egoic mind life script and its unconscious dreaming, entered the minds of human-beings. Opposites came in fomenting a paradigm of fear controlling the mind, therein was the creation of dualism. By its very nature this gave birth to pernicious opposites, the conundrum of egoic mind, a life script and reticular activating system seeking to control all minds.

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 body is composed of up to 95 percent water. The rest of is stardust, ultimately connected to the vast immaterial. -A Water has three states, a solid, liquid or a gas. Water is quintessentially non-attachment. It peacefully accepts its environment. Water is unique. No other substance has the same molecular structure. It's everywhere, there is nowhere it can't reach. When at conscious awareness we're 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 one sees only one race, the human race. Aware of—indeed what we do to another is done to the Self. The source of who we are is like water. Flow with life 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. Assuredly it is why the 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, 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 our 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, yet is 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 the mind is quiet and free to see truth, the mind creates space, we are then collectively one unified with our source. Unbelievable peace fills the heart. Whatever happens in daily life situations then is accepted, adapted to. Nothing worldly offered, neither...possessions...relationships...power or what have you, can ever replace what exists inside. And then the outside has less significance-peace is undisturbed. Inner-Beings is-ness, all-ness, The Ground of Existence or love within us all, one sees what had 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 awareness only.

Don Miguel Ruiz put fourth an 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. One becomes their own light shining peaceful love, the light existing in every soul.

David Hawkins put fourth an idea: 'God is the absolute subjectivity that underlies existence and the capacity for awareness. God is beyond time

place or human characteristics.' *** How is that to be better said? Perhaps: 'The Alpha...Omega...Beginning and End.' The timeless eternal Self emerging from 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 daily life many challenges come yet if peace energy is undisturbed there arises: 'The Advent of a Great Awakening'..from the book: 'A Course In Miracles'--described there-in as: 'The beginning of our return to paradise with deeper wisdom.' When people take awareness seriously, Heaven on earth will usher in the seeing of we were meant to be peaceful love in perpetuity.

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 Steiner in approximately 1909. Symbols foretelling our future? Use things of the world as tools weather it is thought or symbolically focus on whatever it may be if it helps. Then transcend symbolism to pure observation and awareness. We're on our own journey. There are often similarities in people's 'experiences'—we believe 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? Or we're no-thing? The now is where freedom from the known is. In that state is a quality of peace unparalleled. In defining we are 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 a dream of another kind. 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 in pure observation of this moment, allow it to be what it is and show us what reality is while reacting to it without the slightest expectation of what truth is? The present moment—do we let it to show us genuine love inside? Defining it seems to create more divisiveness. For if we define it, its opposite inevitably comes in. To say it's good can only be done by comparing it to its opposite. Real love is within us now, seen as peaceful-love with no opposite.

Generally true in any life..good and bad can only be seen through distinctions of again good next to its opposite and so on with everything, a play upon endless mind games fomenting more division. So again as we've said in the work no life is all good or bad. Peaceful love as a new paradigm along with a new kind of human-being spoken of throughout, is the source of who one is and awakened via consistent observation of the present moment, it is the observed undefined by us. A mind in stillness..listening intently..seeing in this timeless space peace comes to us...comfort...the eternal now...love...essence...who one is at their essence. *** The following quotes are from several of the favorite Avatar's..."The Kingdom of Heaven is within." -1 "The reason you suffer is because you cling to the world." -2 "The one then became the ten thousand things."-3 ... "Cross over to the other shore."-4..We now wish to thank all the teachers, focusing on never having to come see them again. Transformation is the personification of alertness to peaceful love, then awareness of Being. By extension living a peace lifestyle, it's having conscious presence. The gift of a spiritual traveler to all of humanity, a state of awareness. One sees personal enlightenment we all can ultimately do. Following no other outside of the source found within. Teachers point the way to courage, a doorway to higher levels of consciousness. The hope is the work help the reader to see and walk through the door. Authoring the work helped this student who's very grateful. Finally some quotes from a teacher who was flawed yet was gifted as a writer and taken before his time. As a 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'.....John Lennon. -A---A—These ideas have positive affects on 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 then personify love. We won't need to be forced into right action. We'll see what is done to another is assuredly done to the Self. Yet guided by higher reason, a doorway to the higher levels of consciousness, truth reveals itself to us. Only then can global peace prevail, one people one world, or perhaps we could say the meek who inherit the earth. Again this won't come to fruition until the paradigm shift from fear to peace comes to us all.

CHAPTER NINETEEN

OBSERVATION

In chapter one we went over 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, (one's 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. one in a mind identified state? Observer and observed then cannot blend because thought ceaselessly promotes opposites merely resulting in conflict. Who is the thinker then? The world has forever run on what's tantamount to a pandemic of fear handed down generation to generation—unconsciousness is one's mind in disorder resulting in a loss of awareness of inner-being creating dis-ease in the mind. A mind must be alert so memory images do not gain too much control. Memory images seek to identify life rather than observation of life. The fear paradigm perpetually keeps us in the past and or future and this provokes anxiousness making the now an enemy unless it benefits the ego. *Psychological fear is accumulated in the mind and worry about what might be or what has dominates which by its very nature is pernicious leaving little room for love coming through the doorway of peace.* Drama and aggressive behavior, along with divisiveness feeds this parasite. Egoic need for control creates perpetual fear inciting the idea we must know every aspect of life. An overthinking mind foments dis-ease and one's mind is unable to clear itself of unnecessary memory. Observation will negate irrelevant memory—egoic mind in an ongoing propensity to analyze everything, Conscious awareness is little known and practiced even less all due to overthinking, one's life script patterns and rolls contribute to ego's obsessive compulsive need to control the mind of its host. One must focus to rise above frivolous thinking—so to see unconscious dreaming and awaken conscious awareness, or ego will continue

to slowly drive humanity insane. Pure observation rises in a mind freed of its attachment to divisive dualistic thinking—rolls and mind patterns all born of fear is fuel ego uses to control. Each of us must see this on our own. No other nor any system can do this for us—to awaken is to see our own mind has used us or has at least blocks us from seeing that our personality is a part of our consciousness. A mind silent and in peaceful observation rises above this to observe itself with consistent awareness and slowly space comes. Images in memory no longer consume the mind's attention, i. e. thought and memory entering to define the observed enslaves us in psychological time. Acceptance of what's happening each present moment absent analysis enables us to see what we see in real-time not collections of thought generated images defining what is. We actually see what is. So the here and now is fresh, new, as love is always new. This somewhat aberrant behavior is to see in the present moment—to see...hear...feel...smell...and taste in the here and now as if we had never done so before. The void of timeless space, the mind freed of accumulated memory controlling it. Psychologically freedom from the known, then Being projects itself into what one does by observation of what is—Being, flowing into doing. To reclaim energy from an egoic mind and programmed life script it is compelled to follow is to see thought identifies the observer via memory so the two can't harmoniously blend. The symbolically meaning of Yin and Yang blending. If we see the observed via memory time had entered, dualism, opposites, or separation pulling us into the past and or future, goading any mind psychologically conflicted. Observation through the eyes of love slowly fosters a state where one notices what is in the here and now, there's unbiased observation of life situations with no memory images, an impartial nihilism of a sort. Noticing...listening...with no attachment we no longer allow what is seen to impart memory to define. Dutiful alertness, serious awareness, slowly it brings resolute oneness with that observed. Little by little one sees observer is the observed—*observation and awareness bringing one to see reality*. One sees in the here and now with no memory intervention. -A An example of this, one in the interaction with another. When two or more individuals engage in this simultaneously they're firmly in the present moment, the observer A- It may be described as oceanic feelings merged with wisdom, one continuous present moment. Observer is the past. In the mind quiet the observed reality not of memory. It's not past, nor future projected memory projecting its images of what the observed is. This is to see what one sees all of it in the here and now.

fades, *memory yields, awareness is left*. Observer and observed are then one. Programming follows mind patterns, old social rolls in the interaction with others and life generally. Once again, are we so immersed in memory we fail to see ourselves lost in *its* reality? If so lost we are then rolls interacting with other peoples rolls, they take president and conscious awareness is lost. If not actual oneness is a real possibility not codependent relationships playing end less mind games, a tendency to see all relationship via memory demanding of the other what can you do for my ego. Observation without memory sees the now always new. Alertness lessens dependence on memory, it is then used for practical purposes, one begins to draw on Inner-Being and there is harmony with memory and life script—seeing the world via the scripted mind alone binds us to psychological time, divisiveness and separatism. Conflicted it will take one out of the present moment. So now is a clean slate with nothing written on it projecting the here and now in real-time, no redundant images, mind patterns and or social rolls or stale, unreal conventionalizations *of* the now. -A One sees that conditioning had been triggering fear, a major cause of anger..pride..desire..guilt..judgment..grief...shame..separation—observed they bring awareness to fruition. Observe rolls unattached to see they control us. Alertness along with persistence fosters a focused attention, necessary to see rolls. The dream is attachment to memory defining, attachment to thoughts error i. e. the mind in conflict with itself. Resistance prevents students from transcending opposing positions. Clinging to memory enables psychological problematic proclivities to remain in control. In loss of awareness one loses themselves to rolls—conflicted minds are thought trying to understand itself. The present moment is this moment prior to thought entering to define with images in memory making the now unreal. A—Try to understand, the reader must have patience with the continuous repetition. Once again considering the sheer volume of indoctrination all of us endure blinds us, the current situation we are utterly programmed. It's understandable repetition is necessary to counter this. Observation of one's mind requires acute alertness and willingness to try and fail again and again to the degree it's normalized, to the point of ad-nauseam. Rising above unconscious dreaming to conscious awareness is potentially an arduous undertaking and extremely difficult at least for this spiritual traveler it has been. As serious as this is taken devotion to it resulted in capitulation to unconsciousness countless times, so reset. Death is preferred to capitulation. It requires embracing this famous idiom: "Crossing the Rubicon." Books on the subject have been read countless times and the need to press on frustrating as it may be, is a must, see this as a labor of love or the willingness needed to press on diminishes. Whatever the price paid it must be a price paid willingly. This is a persistence outside what is felt to be possible as well as willingness necessary to do this will be severely tested.

Psychologically disordered minds resist observation without identifying memory images of that being observed. A mind must be rooted in peace, only then can one bring the mind to order. Adaptation and a level of persistence unfamiliar to the unconscious, currently the majority who vehemently defend the status quo who prefer the known over the unknown, is key to an ordered mind. Living this is to normalize the practice of refraining from what memory says is real so to remain present and feel Being. With two participants whom with consistent present moment awareness are able to limit memory, this then being normalized one sees another by virtue of seeing them in the here and now, the self centered individuality transmute to peace and oneness will take primacy. Awakening to be one with another memory no longer defines who they are. Viewing them always new. We're conditioned to individuality, again there is enormous difficulty transcending a paradigm of fear to peaceful love. Old conditioned mind patterns, a life script and rolls we all do play, trigger.. anxiousness..depression..anger and so on, all programmed blocks one needs to transcend. They tend to be viewed at the personal or individual level again as "problems" rather than a total human condition. If a mind doesn't embrace oneness, each in observation of the mind having an awareness so blocks, a 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 do transcend unconsciousness to live conscious awareness the more it expedites oneness so all psychological problematic proclivities are seen as baggage, and dealt with not exclusively at the individual level. One must first have acceptance of then move through problems which brings order. As long as we're looking at life from an individual perspective we'll miss the bigger picture. Observation by and through a mind laser focused upon itself then turned upon itself is once again a powerful tool for remaining at conscious awareness. Non-attachment is not focusing upon images of what is observed, rather focusing on feelings generated without thinking or judging them, i. e. pure observation. Focusing upon 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 happening in the present moment which is to say in the here and now. Observer is the observed not the sum total of one's consciousness, or the one who observes via memory identifying the now.

So the observer is one who sees through memory. When memory is negated the observer then blends with the observed. To really see it there is far less of a need to define the observed; attached to memory mitigates the need for it. Ego uses fear energy, quintessentially the lower levels of consciousness that control all unconscious dreamers—clearly all mental formations, cognition, attachment to thought and extreme emotion—manifestations of psychological disorders.-A Endless arrays of different perplexing possibilities: ethnically... racially...nationalistically...professionally and so on, all varieties of the same egocentric mind game. These by design keep us under control, this because ego feels it must control or its host-the person, would die without it. Now we can see the importance of observing the egoic mind patterns so one gradually can reclaim energy. A mind observed brings alert awareness, needed to foster wisdom...discipline needed to normalize consistent awareness of Being. One able to reconcile their life script and work with ego not be controlled by its rolls and or mind patterns. Abiding peaceful love is within everyone now still it is beyond thinking and emotionally corresponding feelings—derivatives of memory or projected memory, the past and or future. Once again of thought which defines the observed in perpetuity—rising above thought to peace or a void of emptiness...presence...forever one's true Natural Self. Now is all there ever is, the oneness we've spoken of throughout this work. Via stillness one is alert and observing programmed behavior peacefully watches, this brings us freedom from overthinking. This is passive observation of what each moment brings to life, the key to non-resistance—abstaining from mental attachment which fuels psychological fear or a mind trapped in perpetual unconscious dreaming. Fear foments negative energy and merely enables the egoic mind. Listening and noticing ego is key. The ripple effect is a testament to oneness. To be mind identified is clearly mind created fear, a dream world, an illusion blocking peaceful love. Focusing on pure observation through awareness of the up and coming new human-being brings peace and love, forever new it is to be in the world or here and now. A mind reborn is a clean slate consistently existing in each moment as it unfolds or liberation from the known, the love inside forever and always new. A--Images in memory defining what was or what one feels or ought to be in the future yet it is not the the actual now which is to say reality. This merely foments additional conflict. Now is all there ever is was or will be, it is something of itself, not the mind identified state nor stored memory images in the brain. When one looks at another do they see them by way of old stale memory or see them actually in the here and now, always 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 mind being overly emotionally and or intellectually invested in whatever it observes. All creations of thought decimating peace. Let us say again that the degree of peace felt is the measure of an ordered mind. An ordered mind observes via awareness. To know is one's mind still in the troughs of thought trying to understand itself with more thought, again 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 tries to solve them, i. e. it tries to understand itself yet cannot because it is the creator of problems. It can't know love which has never been in conflict. A mind negating conflict sees the above and brings peaceful stillness so it can silence itself. Adapting to life one accepts what happens, this is the very thing bringing the mind into awareness and observation. It sees and accepts ***it has no future***. In that instantaneous moment it makes the leap into the unknown—coming into now it finds itself in a completely unfamiliar state which never knew of fears conflicted vicious cycles. This comes into the mind able to rise above compulsive thinking to conscious awareness. Awareness of egoic self through observation of the mind. Seeing what happens through noticing as said psychological problematic proclivities, residual baggage in the life script handed down generation to generation. There is no process, no system nor another telling us of this nor what to do...no religion...philosophy...belief...method...or whatever, these are thought created and thought can't know no-mind, it is beyond the limitations of thought. Love is, pick one: one's source, inner-being, The Ground of Existence, God, Tao and so on, all words thought has created. *This is consciousness transcended, the mind having nowhere to move. Freedom.* Being of the world foments fear and being in it fosters love. Use thinking for practical purposes and drop it to be unnameable essence, the Natural-Being within us all. Fear is created in thought and seen observer and observed blend, a mind surrenders to ***it has no future***.^{-A} “The total freedom of the mind of mankind” comes.-1 Imagine love without an opposite.

A- 1. Advaita Vedanta: This ancient Hindu philosophy teaches that Atman (the individual self or observer) is identical to Brahman (the ultimate, universal reality or the observed). It argues that the perception of duality is merely an illusion (Maya) and that the true nature of the universe is a unified, singular consciousness.- 2. J. Krishnamurti's Philosophy: The 20th century thinker extensively explored the dictum “The observer is the observed”. He argued that when you observe a feeling like fear, the “observer” trying to analyze the fear is actually made of the same memories, conditioning, and past experiences that created the fear itself. Therefore, the subject and object are the same psychological process. 3. Zen Buddhism: Zen relies heavily on the “co-arising” of experience, meaning that an object doesn't truly exist independently of the consciousness observing it. The act of seeing, the eye, and the object arise simultaneously, meaning the seer and the seen are two sides of the same event. 4. Quantum Mechanics/Philosophy of Science: In modern physics, the “observer effect” demonstrates that the act of measuring or observing a particle fundamentally alters its state. This philosophical implication suggests that strict objectivity is impossible, as the properties of reality depend directly on the presence of an observer. Understanding this unity is often described not just as an intellectual exercise, but as a shift in direct experience where the psychological friction between “me” and “the world” devolves.

CHAPTER TWENTY

BLOCKS TO AN ORDERED MIND

This final chapter will address some blocks to a mind brought to order. For those alert enough to hold conscious awareness freedom awaits. Copious amounts of blocks in vociferous psychologically conflicted people—a mind programmed-conflicted-controlled via fear as a paradigm we need to see, are fundamentally then, derivatives of fear. Unconsciousness manifests in endless forms. For this student fear created nine specific blocks challenging spiritual awareness, definitely proving difficult to transcend. One must be ultra alert, very present, with serious focused attention on inner-being so not succumb to the egoic mind and its unconscious dreaming. The chief aim of this work is to foster a perspicacious quality and serious focus needed to see this. *A* In the work the intent was to use concepts to help those spiritually inclined or those who are able to raise awareness enough to rise above thought—to go within and find the path to peaceful love so to move through the: “Dark night of the soul”—dissolve ego bringing the mind to order, and awareness of energy felt within. Otherwise it's merely a passing experience and one is relegated to a mind identified state. We must be stalwart with a willingness to walk through what some reference as the fires of purification. To truly see this requires an ability to ground energy and wisdom, a mind making space to reach even the most rudimentary states of seeing there is nowhere to move. It requires long periods of focus, likely for years, the courage and willingness to endure back and fourth swings between unconscious dreaming and conscious awareness—combining in order sustained and profound courage-neutrality-willingness-acceptance and reason at a spiritual level. Ascending all levels of truth or a conscious commitment to a state of peace joy and an ineffable state of pure consciousness..... *A*—One chooses to be serious, it's different for every spiritual traveler. It requires courage, an initial step into the levels of truth. Willingness, so to see awareness is all there is. In addition to unwavering persistence, daily focus on wisdom necessary for alertness to endure beyond anything more than a passing experience one clings to. A mind laser focused—then it's turned on itself.

The Kingdom of Heaven is within yet spirituality is persons own path. Inquiring into concepts is key to using concepts for practical purposes, while to the best of one's ability hold awareness of Being. For the author the hardest endeavor ever undertaken. The ultimate result being freedom from clinging to habits-patterns-and social rolls—it is to listening and watch life intently, all situations triggering blocks fomented in minds bound to memory and over-thinking. Peace comes to those who hold fast a stream of consistent peaceful presence or Being. Bringing the mind to order it is seen that clinging merely foments additional conflict. A mind ordered is joy-love-kindness-forgiveness-compassion-non-judgment, and gradually brings disorder to states of peaceful presence by nurturing inner-being awareness. Peaceful love is a oneness with everything, the spiritual equivalent to ripple effects and influence there-in on what we're being doing and having—seeing what is done actually influences the whole which implies, we are the world. To see all 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 so to help the reader gain deeper understanding of the overall condition. Firstly life script and egoic self for most people at this point in evolution controls so completely we are totally unconscious of it. To be blunt it is denial in a mind unwilling or will not or cannot see it due to normalcy bias and an inability to maintain alertness. We are simultaneously holding awareness of Being while meeting life responsibilities, necessary to function *in* the world as opposed to being *of* the world. So repair for what we'll describe as, the back and forth. In typical cases it brings order to the mind. Having a foot in both worlds so to ground peaceful love which is having an awareness of energy in the body and observation develops wisdom—alertness to unconsciousness lulling the mind repeatedly into redundant life situations necessary to operate and function in life yet we're lost in them. Ego and the script observed through a mind stilled is to be alert to a shadow self, its endless mind games. Elementally peaceful love is Natural Self taking primacy—surrendering to our source we all come from and return to. An extraordinary mind is needed to reclaim energy and

transcend ego. Forgetfulness is similar to day dreaming, being lulled into life situations—lost to busyness there is a loss of inner-being awareness. A mind susceptible to distraction is lost to egoic self via daily life's rolls and old mind patterns. To actually see whatever life brings is okay is to simply be aware of distractions weather navigate or positive and simultaneously maintain inner-being awareness. A sign of forgetfulness encroaching are copious amounts of thought and corresponding emotion resulting in abrupt disunion from Natural Self yet often manifest subtlety as well. The endless distractions life brings requires embracing peace. Forgetfulness descends, one's mind is pulled into a sort of fog, perhaps a lack of alertness, inadequate observation of the shadow self. Overthinking metes out a shadow self's pernicious objective, effectively trapping us in divisiveness. Alertness must be very keen, highly alert absent mental labeling otherwise the programmed life script reclaims control pulling us repeatedly into busyness our world is. An alertness typically different from the usual variety. One focuses on using 'clock-time' for practical purposes and still aware of being susceptible to falling prey to endless types of reactionary responses to mind games, social rolls and lost alertness of these, seeking to regain control vis-a-vis all life situations. We are saying here to be absolutely present, alert, focused, passive yet vigilant and determined. In this emptiness is paramount, one's mind able to markedly negate memory. The mind alert focuses upon itself and transcending psychological time and blocks inner-being awareness comes, ardent alertness necessary to bring order to the mind—adequate conscious presence so to avoid slipping repeatedly into states of unconsciousness. Holding peace as a frequency, that is to have awareness of inner-being. One monitors ego, the life script pulling the mind into situations triggering uneasiness. Initially shorter flashes of conscious presence come—aware of one's shadow self caught in social rolls we all do play. Forgetfulness pulls one's mind repeatedly into unconscious dreaming. Notice it and reset. *A* In the back and fourth from being lost in unconscious dreaming to conscious awareness focus on the now, still alert to deviation—a formidable challenge. Described herein with a word used often...'foreverness' no beginning nor end—words use as tools to, *A*—One ceases to do whatever they are doing to focuses on alertness to their mind being pulled repeatedly into unconscious dreaming. In a manner of speaking they then reset so to retain their conscious awareness. With alertness, gradually awareness is then more-so consistent. This act of resetting likely will go on an undetermined number of times, to a point it gradually is normalized. Just as fear and unconsciousness had been through endless amounts of indoctrinated programming throughout one's life.

point to the resolve necessary to press on regardless of how long it requires to hold alertness yet many do fall prey to unconscious dreaming, often for life's duration. The serious student faced with what may seem to be impossible, accepts and presses onward steadfast. With persistence it is seen observation is all there ever is.-*A* Those spiritually inclined to a degree referenced herein, helps others believe it's possible—resolute focus on persistence and stalwart hits a wall realizing there is nowhere to move.-*B* Thought suspended, one is more in the here and now or actual reality. While in the midst of being overwhelmed by ego and the usual suspects we may well find ourselves touting: 'Nice try ego.' Similar to catching 'magical thinking' prior to it pulling us into unconscious dreaming that is one becomes lost in the dream of form again. Forgetfulness veils awareness of space in the mind. Martial artist's know how to create space—similar in that one creates space in their mind through pure observation of it. Thought, day dreaming, or the busyness life is often injects memory—present awareness is lost only to find oneself in a mind identified state again. With persistence awareness of inner-being rises yet awareness we find unfamiliar, now brings consistent alertness, the mind now sees thoughts mistake and gradually rolls have less control over a student, they're now seen as tools, ego challenging us to remain focused. Little by little the duration of alertness extends until times illusion is seen as one continuous moment, that is conscious presence. Noticing patterns one uses them practically, no longer losing themselves in the dream. Mind games observed one is more in the here and now no longer in past or future and no longer lost in the social rolls there-in. Additionally no one can know exactly how long it requires to reach a point forgetfulness and blocks are transcended. Peacefully and patiently one watches the life script, egoic mind and blocks as best as they can. Emerging from forgetfulness one sees and accepts it had controlled them. In most cases an awareness of: The mind had been ensnared in forgetfulness. Intermittently awareness while in the state yet unable to transcend it. With persistence one's awareness is more consistent and finally a more continuous state of conscious presence. *A*...As more people have alertness to consistent conscious awareness the belief factor will exponentially increase the number of those who are spiritually inclined. The up and coming shift from a paradigm of fear to the peaceful love paradigm, all minds freed of times illusion so ego subsequently dissolves. *B*-All experience is of thought and including dreams, awareness and observation being outside of the here and now, here and now is all there is, was or will be—the only place ever actually real.

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

Obviously a common block and the difficulty in transmuting it to peace is just as common. 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 conversation of those dealing with anger: 'Do you see that you're angry?' In many cases they are so completely caught up in it they can't see—anger has been so normalized one is unable to see how intensified it is. Obviously the life script of an angry person demands anger reactions to most aggressive situations which are propagated by fear. Problem is, situations are seen to be the cause of one's anger. We need honest objectivity after anger has subsided—the waters calm enough for one to see their own thoughts, actions or feelings associated with what had happened, then see anger carried them away, proving it's all too easy to fall under its control. Caught in anger many are infected by, often only apparent to others, not to the afflicted. A back and fourth endorphin high is definitely in play here—the wheel of insanity we've referenced. Anger intensifies and rising to a storm the afflicted are caught up in it to a degree they simply cannot see it till they calm down. Indeed it seems as if some life situation had caused the anger which there are no shortages of, yet this creates an implausible or at least extremely improbable solution. Let us say another did something to cause the anger. A tendency to see it as the other persons responsibility to change for us to transcend the anger is strong. And in the majority of cases unlikely because anger is the person, it is inside of them. One can see anger more-so than not are flippant responses to life situations. We choose to be angry-admitted or not we choose to remain angry. A cornerstone of emotional intelligence is acceptance, alertness is important as well. The four cornerstones to higher levels of consciousness are Courage, ascending into neutrality, willingness and once again acceptance of what is. Similar to any block to an ordered mind, anger is accepted to be something in side—we feel anger then allow ourselves to be angry. One must be absolutely focused, very calm to see it. When upset one cannot see what to do. Calmly watching anger arising, it can be felt welling up in-side, we are catching it before it possess the mind so the ability to see it is not lost, or it, enslaves us.

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 and not the situation felt to have caused it, so 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. Originating from within we are alert to what is felt daily, this is absolutely vital. Alert to anger welling up inside one sees it as an egoic mind's programmed reactionary response, this is key to catching it before it rises to a storm and takes over. -A Caught up in past or projected memory, a prerequisite to triggering all problematic situations, pulls us away from awareness to now and into psychological time. Calmly focus, see anger and responsibility for dealing with it is one's own. In reflecting upon anger episodes, intensity and duration are lessened, gradually anger as a condition fades. We need to work at it regardless of how difficult it seems to be. Consistently listen to the life script filled with programmed anger, remain calm this is key. Holding a peace frequency one avoids being swept into anxiousness. Life flows when peace pervades. An ordered mind sees anger's futility and catches it prior to it taking over. Anger as a condition ought to be seen from this perspective then, so its negative fear energy is vanquished from collective consciousness. Blocks are derivatives of fear, should anger well up, notice it. Watch old habits of egoic reactionary responses furthering anger and transmute to seeing it before the mind gets caught up in it. The mind watches without attachment to the anger programmed into the life script, transcended through peaceful love. We're all taught by our programmers who themselves were programmed. Have resolute persistence in watching a life script and rolls—mind patterns, all mere triggers to emotional responses fomented in over-thinking egoic minds if steadfast we see and reclaim energy from the egoic mind, the praetorian guard for all life scripts. Focus on alertness and see anger is negative fear energy rising to take over. Focused consistent observation helps to see anger, consistently do it and anger dissipates. Extreme emotion, thought and aggressive behavior warns us. A--Even the slightest uneasiness felt within is a sign of patterns and triggers taking control again. Be rooted in peace and they are seen prior to them taking control. And when taken over by them one then must wait for the waters to calm once again to reflect on the situation so to prepare for the next time. Engage in pure observation, passively watch the ego and patterns so to see that egoic mind seeks to control the mind. As said here—in the mind using the person not the person using their mind as intended.

resistance is building up within. Extreme emotion combined with aggressive scripted thought takes hold, triggering programmed reactions compelling one to follow their life script ego adheres to. Unconsciousness lost in denial, is to live in anxious dis-ease, 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. We don't see we're about to fall, we get so full of ourselves we no longer see the value in selflessness and humility. Many succumb to perpetual unconscious dreaming. Alertness is critical to spiritual awareness, it helps spiritual travelers remain determined so to watch and listen to ego, seeking 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 one's auto pilot which takes control of life, one's mind becomes the egoic mind. Unconscious dreamers then, are not ready, so they need ego to control. Conscious awareness comes to those who see the mind had 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 so to reclaim 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 upon us all and distracting life situations then become the focus. Pride finds its way in, we are all lulled by dissension and ironically this keeps the mind alert. Pride comes before a fall, it's the apex of the lower levels of consciousness or levels of falsehood. Beyond pride is the first level of truth, i. e. courage. Pulled into the scripted I, pride as in most blocks is typically a mix with other blocks making ego's job effortless. Pride says you've arrived, alertness is no longer needed then. Pride dominates egocentric intellectuals who tend to embrace it and often proclaim spirituality speaking intellect absent the spiritual factor always fosters a peace and or contentment. Resulting in additional loss of alertness via inner-source through overthinking-thought based intellectual reason. So this being the case resistance ensues and with it a total failure to see that yes indeed pride always

comes before a fall. Pride touts: Look at 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, in such as these ego dominates. Humility, key to seeing pride, this nurtured devolves the ego. Ego loves pride, feeds its pernicious and nefarious objectives. Ask often each day, who's the I enamored in pride, who am I? Ego is the recipient of pride, or for that matter all blocks to an ordered mind.

.....GUILT.....

Often having an abundance will bring on guilt. Guilt as in all blocks, is learned. In much of academia a tool for indoctrination. Typically fomented in childhood in one's conditioning, it's a part of the life script. Guilt is a peculiar block in that it's stealth-ensconced deep inside similar to a symbiotic parasite, as blocks do it feeds upon its host. The guilty are trapped in unconsciousness, tending to accident proneness feel undeserving of love or unworthy. Self-talk repeatedly touts who do you think you are? Get down off of your high horse. Guilt fosters a need for repentance or is a repercussion of pride, a 'Fall from Grace.' Blocks propagate underlying tension, anxiousness, stress or resistance—generally a lack of peace and joy in the lives of those acting out individual scripted programming ego compels us all to be do and have. Guilt nurtures a belief you've done something wrong or will go wrong, again all time past and or future—a prerequisite to guilt as a block taking over preventing us all from having consistent inner-being awareness, guilt fomenting feelings of shame and or apathy. Blocks promote problematic, indoctrinated, self-centered over thinking or baggage we tend to cling to. Creating an uneasiness or dis-ease, often resulting in a general dread for life. All negative energy bred in thought, tends to drastically weaken the immune system due to thought created stress, the mind creating drama emanating from blocks, then projected into one's life situations. Guilt may contribute to disease setting in. Accumulated thought, a result of psychological disorders are psychological time using memory and or projected memory to define life experiences. It's necessary go within through pure observation of the mind, then sharpen it into a tool, turning the mind on itself helps in rooting out guilt—if we're feeling guilt, ego uses it to control the person via an egoic minds experiencing it so its host then projects it.

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

Desire is the proverbial carrot on a stick tied to the head of a donkey. It traps us in time-past and 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 only wants more and more. With desire too much is never enough. It pulls one's mind away from 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 then value is seen in the idea of: "Crossing over to the other shore"-1 presently coming through pain. In desire we are: "Chasing the wind."-2 It's clearly a mind that "Clings 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 comes via inner-source, then awareness. An innocence and wisdom merged, then peaceful love transcends 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, a 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—afflicted students tend to wallow in clinical depression. And all too often aware, yet cannot do anything about it because the feeling simply will not subside. The more they resist feeling it rather than accepting it and moving through it, the more power is given to the egoic mind. Life makes no sense. There is not even the energy for one to

complain which is anger and vibrating higher has more energy than apathy. An underlying anxiety like a cancer eats away at them. Any idea of peaceful love seems as if it was just not in the cards for them. Intensified pain appears to be the only way to crack thick walls of mind resistance blocking 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 gives the student more energy to combat apathy. Some of the authors fellow students have a large degree of apathy plaguing them. One who is spiritually aware, shines projecting peace. One wants to be around them because they're far enough along in their journey to help although can only point the way. No other nor any system can do this for the student. At this point in the spiritual evolution of humanity pain from intensified blocks does catapult students into spiritual awareness. A more subtle way is needed. A long game perspective or foreverness. In the final analysis travelers must keep going yet not ask why or the egoic mind finds ample reasons to capitulate.

.....SHAME.....

Very difficult and often is fomented in childhood. To shame children is among the most egregious things one can do. What children need is love. As we all know the 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. Only exasperated by suppressing it, it is a real catch 22 to deal with. What one was shamed for usually comes via someone else or self loathing repressed deep within one's psyche. Spiritual travelers only by way of courage look at shame logically. Often not their fault and yet is generally 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 too painful psychologically speaking to do so. Death seems a welcome alternative to looking at and dealing with the shame. Severe abuse often is associated with shame. Suicide, a result of deep clinical depression is common due the energy level of the afflicted being low. Clearly life force isn't strong enough similar to the physical immune system not being able to fight of a virus. It requires focus and forgiveness of the shadow self.

The catch 22 is, feelings of not being loved which children or for that matter anyone wants needs and longs for deep inside, this is denied by 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 aspire to spirituality. Awareness of unconscious dreaming grounds conscious awareness and shows love is not only the most powerful thing in one's life, but is actually the core of every human-beings soul, their essence or as said repeatedly inner-being, one's light inside is love. The feeling of not being loved is a result of deep blocks and corresponding drama in the lives of those struggling with shame. All drama projected and sadly programmed into us, is difficult to let go of. Plainly too painful to look and therefore ironic because this is required to transcend it. Identification as the drama is resisted because it's a part of the script. What they'll identify as until their mind ego and blocks are observed. It's a potential horror movie life. By grace or through sever painful surrendering moments in which one totally breaks down and surrenders to what happens—this is key to walking through pain to inner-being awareness. Going inside to the source, the powerful love inside and ask for help. Love is blocked by the shame one feels. In rising above thought love comes. A mind in disorder is incapable of fostering discipline needed to observe and listen. A disciplined mind turned upon itself, one then uses their mind as intended bringing the life script, mind patterns, rolls played and ego itself, all auto pilot programs, into the fold so to reclaim energy. Ego in a benign way then serves through a mind alert. Having done 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 new human-being rising to live a paradigm of peaceful love without opposite. A monumental change indeed, accomplished not only shame but all blocks are transcended to: A return to paradise lost as A Course in Miracles suggests.

.....**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-waiter-attorney-janitor-politician-teacher-philosopher-sales person -wife-mother-father-husband-happy-sad-good-bad and so on, too often one

exclusively identifies as these. Potentially, interaction we have at the level of effect are rolls in our script. So ask the following questions, serious inquires: Who are we? Who am I? Who is the me? Can the rolls we play, a you identity thought has created, be dropped when not needed? Can we transcend the life script instantaneously, books, religious systems,, methods, consciousness and excessive adherence to these? Even though we acknowledge the rolls are who we are partially can we as best as we're able observe and not become deeply attached to a thought created I identity we get lost in? Can this be done? Can rolls we play weather good or bad be observed without attachment to a point we loose awareness of it—can we notice to an extent we see ourselves caught in unconscious dreaming? Should rolls be transcended? And judgment, who is qualified to judge? Should we all rise above judgment whenever possible? Can others be forgiven for being unconscious? Is this possible at the level of effect or must humanity collectively awaken to vanquish fear from the mind? Can the individual who suffers be unattached to a propensity for aggressive behavior and judgment? It requires a mind absolutely focused, in the now. In unconscious dreaming roll play is perpetually unseen and traps one's mind in dualism. Should readers ponder these questions they have taken rudimentary steps into spirituality. We are inquiring into rolls we play and mind patterns controlling us. Consider the advantage of going beyond it all, to put one foot in front of the other and project love the bi-product of peace, not fear. Again ego and rolls are necessary to be functional in daily life. That said alertness to rolls and simultaneously noticing the self playing them, they have less control over us. Perhaps the level of attachment to rolls could be reduced lessening the tendency to become them so to not loose oneself in them. Yet if lost one is relegated to playing rolls that inevitably interact with other people's rolls, e. g. in having your car repaired the mechanic plays his roll, 'you' the roll of a customer. Yet this requires unwavering daily alertness to see in real-time yet many have admitted their ability to focus on this lasts mere seconds, holding conscious awareness beyond this is difficult at best. A spiritual student must via alertness hold awareness so to observe itself and rise above thought. If we work at it the mind is freed from getting lost in social rolls, fine for practical purposes in life but again we get lost in them. Mind patterns, rolls, life scripts are precisely what keeps us from seeing ego and should be watched or the

egoic mind enslaves us and challenges sanity itself. Can observation of rolls be an impetus for remaining here and now? The present moment then, fosters awareness of peaceful love and mitigates fear. An alertness rises to foster an awareness necessary to step into timeless inner-being so we no longer get lost in rolls. Rolls are needed to function yet can we via pure observation, see the back and fourth, being aware so to see the 'I' playing rolls? Inquire: Is there awareness of rolls as the I plays them, simultaneously peaceful love's energy flowing in the body? Do conflicted minds give rolls and thought patterns too much control which affects collective consciousness? Obviously negativity overwhelms us yet do not resist this. Watch unattached and it transmutes to peace via awareness so we do not carry on in rolls beyond practical use. This awareness of the egoic I on the stage of life is one's mind having conscious presence, obviously preferable to unconscious dreaming. To the degree there is unawareness will match resistance, i. e. negative fear energy pushes its way in and one's mind becomes lost in rolls, again to see the I playing rolls. In this work referencing the spiritual event had—alertness is developed individually. Alertness and subsequent awareness when focusing on obtaining one's goals or thinking in the form of concepts is not the awareness referenced here-in. We're saying to be here, now, present, very alert and never anxious—a mind engaged in pure observation of what happens without memory labeling what is being observed. As thought enters to define the observed, it then is stored memory in one's brain not the actual present itself. Ideally these are stepping stones to awareness via observation, so awareness is all there is—transcend memory experiences defining the now. Preoccupied with daily life, awareness may be at a low hum yet the feeling of Being remains. Awareness of it is just in the background as something we feel yet not know. To hold a peace energy frequency one extends duration. Although the current situation shows us that few can do this consistently day to day. Again inner-being is felt within, one is just here and now not lost in memory images. A logical followup question may well be: “So if all interaction are rolls and awareness of what happens moment to moment is the only reality, why any give energy to rolls?” As the old saying goes: No man is an island unto himself, speaks truth in this regard. There must be interaction simply to be functional in the world yet we aspire to be *in* the world and not *of* the world. Difficult in an unconscious world.

Rolls are necessary yet create attachment if we get lost in them. On the stage of life is where consciousness becomes aware of itself. We could say, playing rolls is useful as long as the student is aware of it and does not cling to the I's mental identification of it, sinking repeatedly into unconsciousness. This can and is being done, playing rolls for practical purposes, simultaneously being aware of Being. When the roll's are no longer needed, go deeper into states of as Tolle describes it: "In joy in my Self." Yet considering the extent we cling to rolls or patterns is a measure of being lost in forgetfulness, lost awareness to mere images of now. Can the mind be alert and observant to the degree a stream of conscious awareness extends? Unattached there's present awareness to a level required to maintain awareness of Being. Can a mind observe rolls and peacefully from a far feel energy in the body analogous to a low hum in the background all while simultaneously playing the rolls? We are asking can alertness to rolls played be done while engaging in them, is this possible? If there's no interest in seeing rolls we all do play as useful, all the while alert so we do not loose ourselves in them, we may just as well remain in the dream. Allowing life to lead the way, in pure observation one sees life situations are opportunities to adapt to whatever arises in the here and now where peace is, helping us to hold inner-source and thus awareness of Being. In awareness a new kind of human-being rises. *We have tried making human-beings merely better versions of themselves albeit this is something completely new.* In this quest ego in a peculiar way is essential, not via thought defining, all fine for practical purposes, perspective changes so challenges seen as an ego blocking the way prior, now are seen as opportunities to go deeper into peace. Our mind begins to see ego testing us. Thank it and rolls we play for enhancing awareness, it fosters presence to a point we are alerted to wisdom presenting itself—a deeper state of conscious awareness. It is to see 'problems' facilitate conscious awareness. This is not to say that students at this stage will always be happy. Surely there are life situations bringing grief, pain, sad feelings and so on such as a loved one passing away, the turbulence in all people's lives. Daily life situations do foment dis-ease or at least create attachment, although these no longer disrupt one's peace—life is now seen through eyes of causal level awareness, one's mind sees its programming and ego controlling it and this as a necessary step towards awareness of ego and programming in one's

life indoctrinating us. Peaceful love is now seen everywhere albeit plainly not by unconscious dreamers, those who live in the mind identified state. A daily continuous chipping away at the rock of the students indoctrinated 'I' and all psychological baggage, brings peaceful love through observation or the mind watching itself. A beautiful statue gradually revealed ego unwittingly allows to come fourth, Natural Self arises, a profound state of conscious awareness. A personification of basically innocence and wisdom combined. Akin to the Yin and Yang symbol of a white fish and black fish in the same circle. The white fish has a black eye and the black fish a white eye. The idea being they must live in harmony, Self and egoic self together within the same circle. Consciousness becomes aware of itself through us, no longer ruled by a life script observation and awareness then become a powerful tool bringing us into now, the present moment, extending to a stream of now or observation, an awareness transcending consciousness itself. Spiritual lessons are seen now in doing what life leads us to do. Opportunities to observe rolls in life: again **in** the world not of **it**.-1 Play rolls if need be yet see them for what they are, remain consciously aware while doing so and in awareness of Being all life situations flow. When there's no longer need to play rolls to satisfy daily life demands go deeper into peace, to pure awareness. Be patient with the I, who sees it as the back and fourth, resist nothing, adapt to all that comes into here and now without anticipation of whatever it may be. In this who can say what a spiritual traveler will do? They don't even know. Don't allow life situations to incite the 'you' into being lost in rolls which is to say, the dream of form repeatedly lulling us back to sleep. Emotionally charged thinking warns, we are being pulled into drama rolls foment. Listen to the 'I' and the 'I' in others. Increasingly you'll discover playing rolls often exceeds practical use of them. Natural Self sees it, can read the air when the tone of theirs or the voice of others begins to rise. A sign a conflicted egoic mind is triggering the 'I' within or in others, ego then controls its host. Watch and listen, notice and silently acknowledge: It is what it is. Monitor 'the you' as if standing outside a room watching yourself playing rolls. One can notice it in themselves and in others too, recognizing rolls as either fears aggression or prideful elation. Two sides of the same coin ramping up emotional investment in the situation and along with it overthinking the mind often will capitulate to and then losing vital

alertness of the Self, the point old habits take control again. Ergo ego and roll play manifests as extreme highs or lows. The best and worst of a students life situations. Be the watcher of 'you' via peaceful alert attention, notice, calmly be just here, in passive observation see without preconceived notions of what may or may not be the outcome. Spiritually speaking one is adapting to the situation through and or by way of the energy of peaceful love and not fear pulling us into triggered mind patterns, that is a mind lost to busyness rolls foment. ***Ask, is the roll necessary or merely small-talk.*** Watching the shadow self therefore is obviously vital to alertness. One sees egoic 'I' helps to remain alertness. Through honest objectivity the higher Self sees the 'you' in rolls, overthinking and extreme emotions felt—concepts are mind patterns, the life script taught by programmers, which helps consciousness have awareness of itself. Then in a greater sense the spiritual traveler is free of all that ergo truly freed from the known.-1 *Transcending the above, oneness is then felt, having presence we're at liberty to enjoy rolls without being unconscious of and or controlled by them. One's mind focuses on essential needs as it sees much of its activities had been frivolous. Doing less to satisfy ego there is less thought more intuitive reaction, thought mitigated.* In observation far deeper wisdom arises, freedom from attachment to what is or ought to be. Now is as perfect as an unwritten number. Life situations actually seen, not memories of life—one moves deep into peace as a lifestyle. Attachment to emotional or mental concepts absent intellectual labeling resistance arising within seen awareness of it transmutes it into peace—'*Learn to how to be you in time.*' 2 Dedicated persistence, key to awareness. Should that be so hard to do? Is not peaceful love derived, beyond all description, worth it? We can be free of bondage to mind games, finally using our memory for practical purposes. So basically enlightenment is: 'A final spiritual state marked by the absence of desire and suffering.' We've come full circle now to a merger of wisdom with simplistic innocence, together these will hold the energy frequency of love, i. e. one's serious commitment to remain alert to ineffable stillness, glorious peaceful love, once again innocence merged with wisdom. It's simple, just ask a three year old child, do you want love or fear? In innocence they'll choose love in perpetuity. Love is the light of the world, that which psychological fear can't stand up to. Peace with-in, alertness, a doorway for love, only then the mind

come to order so to awaken to opposites seen then negated. You..I..Me..are all constructs of thought, fomenting merely ongoing disorder in the unconscious dreamers mind. Seeing this, peace love comes into doing. Alert and observing fear then no longer injects itself into what we do and we are just here, 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 others as well. So now we move beyond it all, beyond movement and analysis. *If this work helps to awaken the teacher within, realize there is nowhere **to** move, all analysis of now ends*—since hitting bottom..2-16-2014, this work has been a vehicle for seeing then letting go of it all. Should the work enable readers to see they can do the same, they will let go of all previous chapters to be truly free, it is then liberation from the known. The mind listens without attachment to ideas of becoming, or arrival, or of knowing by way of thought and memory images. Learning the art of moving beyond it all is observation then, one sees they've followed ego and their scripts aggression, forever living in fear...striving for arrival...understanding...moving from here to there, seeking to forge merely better versions of man, having diminutive success. Endless mind games the ego plays upon its host i. e. you. We are born into a divisive world, educated..trained..programmed..propagandized, all subverting awareness of and to feel Inner-Being, exception being occasional fleeting flashes of an up and coming peaceful love paradigm. Steadfast seriousness then, fosters this new paradigm of unlimited peace via realization of a deeper awareness, *and yes even this is the movement of thought when there is nowhere to move*. Dye to knowing and memory images defining; it is a profound state beyond time itself, born anew. Conscious Awareness, here and now, free of bondage to overthinking or what The Buddha referred to as: 'Impermanence.' As technology grows humanity approaches exponentially the point of no return or cross road. With solicitude we can see humanity being manipulated by mortal oligarch puppet masters of technology, purveyors of the fear paradigm—such as these worship at the alter of science and fear, elevating themselves to levels of godhood, all a will to power honoring the ego. Yet paying homage to the self inevitably comes

to an end and their illusions of godhood, along with the archaic way of man seeking better versions of themselves, will give way to observation or present moment awareness. Realizing George Gurdjieff's visionary teaching of: 'The Natural human-being' via observation and awareness. Fear and technology is the road we're on presently. Clinging to the known is filled with irony. Should the current situation of filling the mind with fear-filled thinking, a paradigm of darkness along with technology inundating the mind, also being trained for generation's to fear, is trans-humanism inevitable then? As A. I. moves to the singularity it's already happening. Should the masses be feared or will this reformation to peaceful love grow faster? Akin to a metaphorical snow ball rolling down a hill canceling out fear. Again we're at a cross road wondering which way to go. Presented as a question to children one can imagine as they approach the fork in the road they'd naturally gravitate to their source, having been not far removed from it they'll still remember from where they came. Each day the child is pulled into the paradigm of fear sadly our world, at least in the current situation runs on. Does the reader feel this oneness with source energy we're of and will return to is for the few awakened through great pain, or can it happen to all human-beings? The dream of form may be the catalyst for profound ubiquitous oneness. The source of life or all that is, is timeless essence. Feeling peace is oneness, beyond thoughts ability to know. Desire to know plays into egoic mind games. A clever mind game of dualism, the great illusion veiling the source of all that is. Feeling essence is not a process, it's done instantaneously vis-a-vis a mind stilled, aware, one's mind unattached. It is conceded that transfiguration is an utterly unfamiliar way to see life not to mention living it, quite possibly the most difficult undertaking one's mind could ever undergo. So absolutely foreign, so completely contrary to what all thought says is possible that we've lived in perpetual unconscious dreaming. At present opposite of what most of us can even fathom—we're conditioned-indoctrinated-educated-programmed-propagandized into the fear paradigm so much-so a serious inquiry into oneness with peaceful loves energy frequency being one's new paradigm in addition to living peace as a lifestyle it demands spiritual transfiguration be taken extraordinarily serious. Simply to reach the most rudimentary initial first steps we must have a seriousness beyond what is believed possible. Clinging to time and overthinking, a life script and ego, the protectorate of the above, makes this all a monumental task indeed.

We've barely scratched the surface using fear and thought memory images. Fear leads down the road to over-dependence upon technology and likely will not end well if those who perpetually live in the fear paradigm project fears directives believing they're doing the right thing. Oh tech. oligarchs for the most part often do have good intentions yet their trapped in fears unconscious dreaming, it's mendacious by its very nature while peaceful love is courage-neutrality-willingness-acceptance, additionally having a perspicacious nature this work has repeatedly pointed to as promoting truth, then fosters 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 prevail, there are no guarantees. Should we destroy ourselves consciousness will rise without us. It speaks of two axioms: one, we're not all that important in the overall scheme of things. Two: Remember pride comes before a fall—we're advocating a different direction, one of peace. Which road-love or fear? The world is fear motivated. To live peaceful love one must be focused. Fear energy dominates and sadly is what martial art all too often foments. Much of martial art instruction is fear motivated. Students become good at martial art via fear manifesting as anger and a desire to harm another. The insanity is all too clear and fear is a reason countries go to war. Quintessentially us against them. The author respects two martial art instructors he mentioned in the acknowledgments section. First Grand Master Terrill was like a father to him. Secondly Sifu Trent, a dedicated and lethal martial artist. Recalling Sifu Trent as we sat eating lunch some years ago, in our conversation the question came up: "What is the future of traditional martial art?" The author suggested a return to Taoist and Zen monks original intent, awakening peaceful-love, a paradigm for all humanity, innocence merged with deeper wisdom, to know oneself. The Xin-Tao style of martial art, a personification of this ideal, uses martial art as a vehicle.-A Humanity must endure spiritual rebirth, a great shift in consciousness to the peaceful love paradigm. Yes it's conceded to be so far outside the current box an extraordinary mind is necessary to make the shift. Therefore with continuous persistent determination we should as K suggested "Do it sir"-1 motivated by peace out of which love comes into the world.

Acceptance of the realization that there is nowhere to move.

A- The Xin-Tao style was disbanded due to a lack of interest in seeing its value as a vehicle to peaceful love. The authors country is a melting pot with much divisiveness, students spiritually inclined were far and few between, if at all, a point they could not get past the egoic mind games to see their life script and old mind patterns controlling, or simply didn't care, many felt it was frivolous. The authors journey has made him aware that spiritual awareness is so difficult people will not make the necessary commitment. Outside of martial art being used to bring spirituality to fruition, the art is not necessarily bad per-se yet it no longer served the authors fundamental purpose. Hesse the reason he disbanded it. He presses onward and at times it's felt that spirituality is something he must do in spite of the fact that often due to it being an enormous undertaking, awareness of Being for many including him, is something he often doesn't want to do on the surface yet must do. A caveat to this 2026 revision.

EPILOGUE

This work has visited many of the same concepts repeatedly and is key to reaching the actual Self behind egoic self veiled by undisciplined minds which is to say one mind identified. Repetitive practice is key to successfully 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 see life and our part in it. Being proficient is learning to let it all go. Requiring extensive inquiry-loving honesty and the total willingness to move through pain which at this point seems necessary for most people to break down blocks a life script foments. Ponder the following: imagine it was possible to go back into childhood before age six years and take control over what one was taught, over what their programming was. To plant the ideas contained in this work in the life script, psychologically speaking plant the seeds of love prior to the egoic minds fear paradigm taking control—how would our world and people be different, how much easier would peaceful-love have been absorbed into a mind? The future of enlightenment's success isn't the hands of adults alone, but also is in the hands of children as well. This may point to an axiom: “Let the little children come to me for the Kingdom of Heaven belongs to such as these.”-1 It brings a smile to the face considering that in a generation should one start with their own children, giving them a real chance at freedom, ushering peaceful loves non-aggression, that our own children, the greatest gift anyone can leave the world and future generation's along with the rest of the children, would then be the one's who saved the world. It fosters an already vivid imagination and with it a bit of humorous irony, a feeling that perhaps one day all schools will teach spirituality as they do any other subject. As said herein children prior to age five or six years learn faster than they do thereafter. Their hunger to learn without bias or resistance is unmatched prior to the life script taking hold. In innocence if allowed to use critical thinking they'll then think for themselves fostering self-determination, having not as yet been indoctrinated into a fear paradigm the world is. Does this not bring a smile to the face and a glimmer

of hope, faith and love within? It does for the one who writes this. One's transfiguration fundamentally is a choice-less awareness, the mind freed from division..bondage to the known, attachment to concepts, including this work. It's here, now, in the moment. It can happen for anyone, especially children if they're taught early enough and worth whatever effort made. We close then 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 a 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, or 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 then 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.' ** This grateful student sincerely believes it can be done via teaching spirituality to children before their life script is solidified, plant seeds of love rather than fear so peaceful loves energy frequency is seen. Children are the future, from this perspective they literally are. Finally our world is going to do what it does. The best way to change the world is to see the you as a thought created identity, adhered to through ego's awesome power. Go inside, focus attention into the body, listen to breathing at first. Watch the mind, notice the next thought as it arises, what it is and when it comes. Is it necessary for practical purposes in life situations or is it unnecessary thought pulling the mind into patterns and or social rolls to a point once again we're lost in unconscious dreaming? In pure observation a mind takes on an increasing order and clarity. A mind sharpened into a tool and then turned upon itself enables one to see peaceful love offers genuine freedom. Be the example to others then..live peaceful-love as a paradigm..be kind and forgive...be one humanity...non-judgmental..peaceful...unattached. It is Inner-Being projected into the here and now where peace has always been. Then observe the affect that will have upon the world: 'The Advent of a Great Awakening.'-1 Being stalwart and steadfast, with persistence it will come.

WHAT DO YOU KNOW ABOUT ENLIGHTENMENT

For J, his spiritual vehicle was martial art

Martial art can foster the necessary alertness

Please share your own personal journey with others

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

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

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

as a Great Teacher once said suggested.*

The peaceful love paradigm is needed now.

The seed of which is inside every human soul.

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

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

Watch for more works to come. The next work will be: “The Subtle Approach To Enlightenment”—the work focuses on the day to day development of the wisdom—examples to help all 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 prior to succumbing to the script and fear indoctrination all of us are programmed into. As their life script develops before suffering the loss of innocence...innocence being one's foundation of the enlightened soul and this merged with far deeper wisdom ushers in the—“Meek who shall inherit the earth.” The 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 do, we do to our own Self. Then feeling actual love without opposite, sees now as the only true reality. Rising with consciousness as it evolves, we will then 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 no longer needing to be told what to do. Then at long last paradise will 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 ideas contained in this work or at least seeks to explain the authors meaning and or to help convey his point of view.

REFERENCES

Page V--1--In the authors forward---The Bible--Jesus / Page 5--1-- The Bible
 Page 7---1---Webster's Dictionary / Page 17---1--from The Power of Now, E.
 Tolle --2-- from the film The Matrix/ Page 22--1--The song Imagine-Written
 and recorded by John Lennon/ Page 27---1--"You Can't Always Get What
 You Want" From the album: "Let It Bleed" The Rolling Stones / Page 28--1--
 The Bible---Jesus/ Page 33—1--A Zen proverb / Page 35--1--"Allegory of the
 Cave" From Plato's work: "Republic"/ Page 37--1--"The Elements of Zen"
 David Scott & Tony Doubleday- Barnes & Noble 1997 / Page 38---1---Bill
 W.----"The Big Book of Alcoholics Anonymous"/ Page 45---1---From "A
 Course In Miracles"--Foundation For Inner Peace (Publisher)---/ Page 54 and
 55...From Internet Sites in the authors research / Page 63--1-- Implies the
 meek have innocence and deeper wisdom choosing peace; source The Bible
 —2- Gautama The Buddha/ Page 64--1--The Bible/ Page 65 The Bible / Page
 72 "The Bondage of the Will" by Martin Luther, Published in 1525, it is his
 Theology: "The conviction in which human beings are totally dependent on
 God's omnipotent grace to rescue us from a bondage of the will by creating
 and decisively fulfilling every inclination to believe and obey God." *** To
 decisively fulfill every inclination is still a process, creates opposites and thus
 duality. The author suggests in this there are opportunities for the egoic mind
 to use this against a student. That if the student attempts to think this through
 they will become trapped in concepts. The student will not awaken by way of
 the thinking mind exclusively because thought is limited. Thought, simply
 and obviously be transcended to shift into the here and now, the only actual
 reality. Outside now is past and or future/projected memory, which are mere
 memory images of the now. And even to say that is to have lost the state to
 concepts. For this reason the author suggests that students must surrender to
 see truth as something of itself presenting itself to each of us, what truth is, to
 each a surrender to an omnipresent higher power. / Pages 77 and 78---1---2--
 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' Echhart 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, the paradigm of truth. Awakened to by going within, then, help spread these ideas to others. Spreading them is not all that different from spreading ideas a fear paradigm foments which are dominant in our world today and growing exponentially. Let us see if peaceful love energy would do better than fear energy which has never seemed to work. Fear is created in the mind by and through excessive thinking and or extremely emotionally charged feelings, all programmed into us pushing all people to further engage in unconscious acts of aggression and violence. Ergo usher in this new paradigm of peaceful love, one world so all peacefully coexist. By simply seeing the path of fear for what it has become, then choosing to drop its insanity—it's that simple, the innocence aspect of spirituality. Yet the wisdom part will require arduous day to day work, notwithstanding it's where we're going anyway so we should get on with it. So there it is, now make a difference, live peace as a life style, awaken to the current dominant fear paradigm to then be the peaceful love paradigm.

A special thanks and much love to A. B. C. J. J. K. M. Z. and Jeff. 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. A dear friend, Kate, 'K'---for her loving and unwavering support year after year, it inspired J. A friend and enlightened soul who helped him press on to a spiritual transfiguration—reaching out shortly after J hit bottom. Never met outside of social media and e-mail, nevertheless instrumental to awakening. Lost contact—most fall back into the dream again. Very few are able to remain awake, ergo, keep going.

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