

ENLIGHTENMENT
A MARTIAL ARTIST'S
VIEWPOINT

ONE POINTING OF THE
WAY—AWAKENING TO
ENLIGHTNEMENT

JEROLD KEELER
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ENLIGHTENMENT A MARTIAL ARTIST'S VIEWPOINT

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FOUNDER OF THE
XIN-TAO
MARTIAL ARTS STYLE

For Kate—never capitulate to ego
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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 martial art and then eventually taught, finally developing the Xin-Tao Martial Arts style. The training, it was felt potentially can foster spiritual awareness similar to Taoist priests and or Buddhist monks practicing the art sought to do—it's felt martial art can be the vehicle to spiritual enlightenment. Ultimately a new kind of human-being rises not better versions of the old homo sapiens, by way of a paradigm shift from fear to peaceful love. **SCIO TE IPSUM.**

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GLOSSARY OF TERMS USED

as seen from the author's perspective

Spiritual Enlightenment--A final spiritual state marked by the absence of desire and suffering. Awakened to by turning attention inward, into the body, fostering 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 the work—not editing nor precise writing. The author is a martial artist, intrigued by philosophy, then emerged to be a student of enlightenment. Martial art the exception, there has been no formal training in psychology, philosophy, nor any of the sciences spoken of herein. Blocks, a word used often in the work, was chosen to describe psychological problematic proclivities plaguing people, baggage, pain suffered in childhood and throughout life. Intellectual reason, just one of many blocks referenced, complicates the reconciliation with other blocks. In states of unconsciousness programmed memory works hand in hand with the ego strengthening its hold, adhering to an awesome power: the life script and unconscious mind we're all compelled to follow. Lost in concepts about concepts at the loss of seeing the overall bigger picture. Zen's idiom: 'You cannot see the forest for the trees'—is similar in that the apple that doesn't fall far from the tree we're all subjected to is our own ego and life script taught to us by others—referenced in this work as our programmers. Beginning with parents, then moving to peers, academia and so on—the totality of one's consciousness is programming narrating what we are to be do and have in life—a formidable power with few irenic leanings.

The unconscious conundrum is baffling, painted herein as an inability to see the forest, or the bigger picture—the feeling of being one with the entire macrocosm. An 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 then, is spiritual denial, adherence to a paradigm of fear currently a majority, those unconscious seeing themselves as separate, not at all part of the whole—fear and every egoic mind's separation and divisiveness. Relegated to thought as it tries to solve problems thought itself created, or intellectual reason fomenting overthinking. Thinking is useful nevertheless one mind identified capitulates to obsessive compulsive thinking—living in the mind problems solved only create additional problems because again thought itself created them. So to be clear, thought creates problems then attempts to solve them with a different set of thoughts. It seeks to understand itself and in so doing opposites come in. We all tend to think we use the mind, all too often it is the opposite, until we observe it—*the mind identified think they use their mind when actually it is using them. And is the mistake thought has made which ego adheres to.*

The author has great admiration for the founders of his country who were devout pious men who believed in something greater than themselves. *-A* With respect religious systems foment divisiveness—to know with thought what is beyond thoughts ability to know is an exercise in futility. Enlightenment is extraordinarily controversial or misunderstood. Prior to the hit bottom event the author was: *'Of the world and not in it.'* *-1*—clinging to the world makes it hard to see unconscious dreaming. With respect mind identified people are unconscious and conflicted, programmed to follow their life script and ego or some systems dogma. 'The Will to Power' Schopenhauer and Nietzsche wrote of epitomizes humanity. Mind identified one clings to ego and the life script with a herd mentality preventing a rise above thought to conscious awareness. *-B* Psychologically speaking life scripts and egoic minds control to an excess, and do so by way of fear built up in the mind to the degree peace is merely an after-thought. Again unconscious dreamers think they use their mind, actually it uses them and this hardly ever seen. They are unconscious and in a slumber are blue pill or at best black pill. Controlled by their life script and ego is ignorance bliss—turning a blind eye to their unconscious dream state.

As a martial artist the author is no stranger to hard work. This helped in fostering peaceful love as a paradigm spoken to here-in. Should readers grow uncomfortable with the work not being well edited or the format is seen to be unacceptable, perhaps peace is not of greater importance. If so pass this work on. The dominant fear paradigm running the majority of people's lives at this point in evolution, is an enormous obstacle to a peaceful love paradigm upon the horizon exposing fear and facilitating humanities shift in consciousness. So we must bring more to peaceful love. We're utterly programmed into fear, to a point love is difficult to even see much less hold its energy frequency for long. For many it all simply goes over the head or is seen to be feckless. The author has worked individually and at points with groups. Excerpts given to those who worked daily to live peaceful love as a life style were embraced, yet virtually all of them slipped into unconsciousness again. *A*—Religion is often in conflict with others i. e. our God and theology is right, yours is wrong. Yet religion played a crucial roll in the forming of the USA with no shortage of miracles, as in the fog which descended to cover Washington's retreat or the countless bullet holes in his hat and other parts of his clothing. *B-* Being mind identified is for the most part to live in the mind—a mind is unable to quiet itself gets lost in overthinking keeping the student trapped mostly time, that is to say past and or future projected memory—sure they use their mind when in fact it is using them.

In conversation all serious students straight away see who is open to the subject-matter because they feel energy and able to read the air aspire to feel enlightenment's energy via random spontaneity, energy flowing in the body—being in the present moment helps quieten ego. Then all random spontaneous conversations reach the Self beyond the egoic veil so Inner-Being comes in-to doing. A programmed mind resists, follows patterns and or rolls fomenting conflict, it takes a mind out of here and now to live in the past and future i. e. projected memory. One's mind sees egoic needs first and foremost. A shadow self plagues those with a conflicted mind, who sees ego fighting to protect its host, at least until the merger of wisdom and innocence solidifies—it's having awareness yet most see it as feckless. In the back and fourth from concepts to simplistic innocence for those stalwart spiritual ideas are embraced—thought or intellectual reason absent simplistic innocence blocks conscious awareness making transfiguration a monumental challenge. Intellectual reason in and of itself sees in concepts—thought itself can never know simplistic innocence or *the oceanic feeling* -A—and lost awareness of Inner-Being results. Thought is limited and relied on to excess creates dis-ease and overthinking, rising above it, *the precise moment prior to thought entering or true reality, not memory defining it.* Ego loves thinking as its way to control its host via the I identity thought has created, preventing rising above thought. Ergo, Enlightenment a Martial Artist's Viewpoint suggests one look past their programming they are subjected to—a Natural Self behind the pseudo shadow self, i. e. the thought created 'I' identity. Conscious awareness in the here and now transcends one's normalcy biased programming—indoctrination—over educated, brainwashed minds duped by the ego. Ego's perspective: Control the mind of its host so to protect them from danger. Ego is relentless in an all out effort to control its host i. e. the reader. Therefore the mind must be extraordinarily focused for awareness comes to fruition. A--A term used in a 1927 letter written to Sigmund Freud from Roman Rolland describing the 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” with the innocence part of enlightenment. A feeling of innocence often seeming to come of its own accord, at least initially. Nevertheless conscious awareness brought about by the authors hit bottom life shattering experience revealed a peace never even remotely believed to be possible, that being said without arduous work, needed to bring wisdom into the equation-and this often does take years-the awareness fades merely to allow the egoic mind to reclaim control repeatedly, often for the duration of one's life. Hence the need for students to take this very serious. As will be said often herein: It is not for the faint of heart or for those who capitulate to the prolific power of an egoic mind.

To be frank people are trained unconscious mooncalf's. To the point it's a quintessential dream world, one reason metaphor is used, including a favorite movie line from: "The Matrix"....."You've been living in a dream world Neo."—the epiphany of this spiritual transfiguration. First of all notice that virtually everyone is unconscious, all but oblivious to *Inner-Being*, they are manipulated by systems—life scripts-rolls-mind patterns, not actually there, programmed mind patterns and social rolls run their life to a point they're lost without even questioning it. How then does one by-pass their shadow self to the Natural Self, how is one freed from programming? Awareness of energy within—a perfect catch-22. How is thought which creates endless problems via opposites, to possibly know love which has no opposite? Notwithstanding concepts, images stored in the brain, obviously are necessary, still concepts merely point. Consider the magnitude of this. Programming seen, necessary to by-pass to the Natural Self is one's own mind and knows everything about them yet has been given too much liberty. Initial conceptual pointing of the way is to be let go as **Conscious Awareness** arises—simultaneously one must navigate daily responsibilities and or duties. Life situations requiring the use of thought and memory, seeking to exclusively define here and now through images in life of situations stored in the brain. Long ago ego took control. A time immemorial, it commandeered the minds of people so to protect them from danger. And yet those who are perspicacious and persistent, can free themselves. *An extraordinary mind is persistent, bringing ego to unwittingly work with its host.* In this ego assists by fostering a mind alert. Prior to this a back and fourth ensues as ego vies to control. Disguising itself in most, it promotes endless roll play if bought into potentially keeps the mind in check. For most people should the ego loose control they would die so it protects the 'I' thought has created. And it is true, it protects albeit seeks total control prior to observation via one's raised awareness. Here the reader may wonder how long before 'my' conscious awareness rises—*merely as long as it takes.* Ergo, arrival then is just one of endless mind games the ego plays upon its host to maintain its control over them. Should the reader find this to be confusing or misunderstand, sees it as feckless or has the condescending tongue in cheek view, it often serves their need to validate their own unconsciousness, it's all too easy to stay blue pill'd, which is to be trapped at unconscious dreaming.

Normalcy bias touts: It's just pointless-scattered-unorthodox-absurd. Prior to spiritual awareness arising there was intermittent study skewed by thought, information and a pseudo shadow self—ego and the life script preserving its I identification. Persistence drove the author to hold Inner-Being awareness, it continues, ***the spiritual ego*** has nearly won the day countless times and fights vehemently with its mind games. Breaking free of deception to the Self has driven many into despair all due to fear and endless normalized indoctrinated behavioral patterns. There's been work with others in a mutual-ism capacity, where there is no teacher nor student, merely two or more helping each other to maintain alertness—it helped bring awareness to fruition-*oneness* referenced repeatedly. Additionally, humility keeps one's ego in check. Ego does not like humility, it means its lack of importance and loss of identification as its host. Throughout this work we'll tout: at best enlightenment is challenging for any minds to see—precisely due to the fact we're caught up in busyness and tend to get lost in social rolls—blindly cling to ego and the mind identified state only to loose awareness of Being—the fear of loosing who one is programmed to be. To let the 'I' go, frankly it scares people. Lost to the mendacious I identity, leaping into the unknown abets fear. The hitting bottom experience brought a partial collapse of the ego reveling deeper peace never remotely thought to be possible. The use of concepts and corresponding emotion takes one just so far then must be transcended. Working with a select few, at times they simply got confused. So this format was chosen to speak to the Natural Self behind their programming we're virtually taught from birth, sparks an intuitive awareness necessary to see their Natural Self. In the final analysis, steadfast alertness is essential to solidify the vital and significant spiritual transfiguration—*clearly persistence is the key*. Footnote: The authors intent was to focus on the deeper aspects of the nature of spiritual enlightenment. These first chapters then, are a prerequisite to this end. We'll address several of the common psychological disorders born of conflicted over-thinking minds. That said the reader should go through the entire work thoroughly bearing in mind most seekers—up to (97%)—capitulate to their life script and its praetorian guard one's own egoic mind, i. e. likely most people will be either succumb to being blue pillled or at best black pillled. Copious amounts of people go along to get along with the status quo, i. e. merely vacillate at various degrees of unconscious dreaming.

INTRODUCTION

This work speaks to enlightenment as a state of awareness, or one having presence—living 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 their 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 ego-its praetorian guard. Random and or at points seemingly redundant ideas, are used in an unorthodox attempt to illustrate concepts only point at enlightenment and as such are to be transcended, if thought is quieten information is better absorbed. *Random concepts then-effectively speak to the Natural Self behind one's programming, which seeks to define here and now via a mind conflicted, referencing those in the mind identified state.*-A Current estimates suggest 10% are inclined to pursue spiritual enlightenment, *yet far fewer are serious*. If one is called to usher this new kind of human-being via the very significant peaceful love paradigm, they will bear in mind this is an enormous responsibility. Those called find the need is immediate for spiritual progress as currently the majority are unconscious dreamers. 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 bringing in opposing ideologies, this propagates conflicted thinking at the level of effect in one's daily life. And all thoughts attempts at understanding itself clearly only enable fear to dominate, distracting one from the here and now. Yet don't assume there is no positive impact 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 but all coming together as one is the the key to success. Merely a single kind word or act will have imminent and important consequences.

In this work the aim was to reach seekers more-so randomly than other 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 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 in youth fosters infinitely deeper wisdom needed to enable them to hold the peaceful love energy frequency and not succumb to indoctrination. Practical use of the life script and egoic mind is fine albeit a majority are controlled by their ego and life script. Adults gradually are beginning to see this, in spite of having been stigmatized. Seemingly an insurmountable task—peaceful interaction with an overzealous life script, reticular activating system, and the controlling egoic mind. Forgoing this results in lost awareness of Inner-Being which is to say: *The Ground of Existence*. Holding awareness of Being one finds it is a quite important and meaningful accomplishment in life-persistent awareness rising. Yet likely it's merely a passing experience unless one grounds the energy. So where attention is directed there is where results will be. The mind alert is a challenge due to the prolific power of ego and script it follows. So we aspire to help those who have felt deep peace, to see the adversity opposites create. Fear literally controls people to a point they're unaware of it—a direct result of overwhelming busyness in life—indoctrination into the 'I' identity. One's enormously powerful egoic mind adhering to their life script. Ego compels vast numbers to follow preordained social rolls in the interaction with others rolls; the dream of form humanity struggles with in their lives. One focuses until there is awareness of the 'you in time' or 'has presence' the practical use of one's life script, then when no longer needed puts the tool away—see the mind identified state and its ongoing negative influence on us—rise above it.

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 would be quite possibly, a different reality—never having been dominated by the egoic mind and its paradigm of fear—love emerging through a window of peace. Peaceful love is the inner-most core of a child. Subjected to aggression the egoic minds fear instigates division through indoctrination. From early on aggressive behavioral patterns were seen as detrimental yet fear subsequently ingrained from childhood through programming took control—measured by today's standards it was a disturbing life indeed. The father was a drinker who became enraged at the drop of a pin, and the mother was very pious. Life was capricious prior to the hitting bottom event. There were suicidal tendencies interspersed with extreme highs, yet unrecognized as such at the time. The upbringing programmed overwhelming fear guilt and shame, blocks suppressed at unconscious levels—masked with false pride and anger. In retrospect pain manifested in childhood fomented guilt and shame, masked with false anger and pride, continued into adulthood. Herein we refer to the author in the third person because it's felt there was a spiritual rebirth, seen as serendipitous. A feeling of: *Pax Per Renovatio* Latin—metaphorical death of the self and rebirth to the Self. The passage: 'Perhaps you were born for a time such as this'. (Esther 14:14) comes to mind. Surrender to spirituality became ineradicable at an enormous personal cost viewed from the former life. All material gain was lost and the author had a spiritual experience he surrendered to—fundamentally copious amounts of pain in life were due to unconsciousness, the point came it could no longer be endured. This broke ego's hold on the mind, the apex of hitting bottom; deep despair brought an abrupt collapse of ego.-A A sort of abstruse surrender, the result of an uncontrollable situation fostering a seeing of the aforementioned collapse of ego. Profound peace never thought possible, then revealed itself, the Natural Self awakened. Little else mattered. Long periods of study ensued, an effort to understand the event, what exactly had happened to him, what the 'experience' was. A—Ego protects us psychologically and physically. Hitting bottom brought the collapse of the author's ego for a time revealing a peace he never believed at all possible, as though his mind had hidden it. Yet much work remained and continues.

There was an interest in martial art as well as the philosophy associated with the art—on and off study on a level of fanatical compulsiveness was the result of the mothers influence. Additionally another side, the self-destructive compulsive side—a result of the fathers influence. Martial art was used as a vent for anger and depression-inciting rage, fomenting pain in life prior to the spiritual event. Looking back there is much he regrets. Even so it became the impetus for practice, this quailed intensified suffering. Prior to the spiritual event there were extreme highs and lows at the level of bipolar disorder. As the unconscious life drew to an end there was a spiraling down, resistance to life in general as ego and his life script 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 he was a stranger in the world was strong, with the desire to go home. And in retrospect to one degree or another this had been felt sense childhood. Prior to hitting bottom it intensified exponentially. Please take me home was a common request. This became progressively worse and feelings of life no longer wanted him dominated—'Why go go on.'—This came to a head bringing about a bottom hit event. A period where death came close many times. Prior to the aforementioned event enlightenment was studied on and off but only intellectually. Hitting bottom brought on a profound spiritual awareness which fostered inner-peace, stillness felt yet ebbed and flowed. The illusion of back and fourth from peace to disorder is a testimonial to the awesome power of ego. -A Awareness of Natural Self as an energy felt in the body faded in and out. When it faded there was a lonely pensive feeling, then the peace returned often of its own accord. The innocence part returned randomly in the mists of his struggle to keep old feelings of depression at bay. Overwhelming forgetfulness fomented periods of repeated unconscious dreaming. An intense resistance—a block now seen as the quintessential mind identified state ego foments. Typically formed in youth programming and indoctrination results in a painful and chaotic life script the ego protects. Ironically these extremes were the very thing bringing the random deeper peace to fruition—energy felt within the body was gradually noticed and awareness of it grew stronger. A- The back and fourth is illusory due to it being thought generated when awareness is all there ever is.

It requires tremendous ongoing focus to remain alert. Ego wields prolific psychological power, all brought about by blocks, creating thick walls in the mind as ego protected his life script. The spiritual event brought peace never dreamed possible and once it was felt there was no going back. A steadfast commitment to peaceful-love still his egoic mind blocked this—peace took primacy. For a long period after the initial event he owned little. A complete lack of interest in anything the material world offered. There was much time spent just sitting in nature settings libraries and book stores, engaged in talks-reading-writing and meditating. A honeymoon period of peace and wonder, a feeling of Presence. Peace felt within the body was awareness of Inner-Being—an oceanic feeling—stillness interspersed with the old feelings of his egoic self tugging, trying to reclaim control of him. Noticing ego there was space in the mind for the new Self to emerge. An onerous road remained ahead to hold the energy of peaceful love as well as.....his surrender to life leading. Outside of teaching martial arts a lack of interest in anything other than awareness—observation of social rolls, alert to old controlling mind patterns and seeing forgetfulness via persistent awareness. There were days without basic needs, it simply did not matter. Yet through the kindness of others and surrendering to what happens, a Teachers axiom always reassured him-'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 only further empowered his blocks, especially desire, it built thick walls protecting a life script and its praetorian guard, his egoic mind. Negating judgment whenever possible gradually the awareness deepened along with a belief judgment was something no one ever really had the ability to do accurately. To judge accurately one must have all knowledge absent error, of the past and future regarding that being judged, free of all personal bias—what person can do that? Bias reared in a fear filled programmed life script made any accurate judgment impossible. An egoic I judges in perpetuity—compelled by the life script one does what they do in a fog and typically with little to no understanding of why they do what they do. Attachment sowed seeds of craving—clinging to the known weather it was painful or pleasurable tended to end in the loss of awareness of inner-being. Hence the need to suspend judgment whenever it was possible—God judges and He's infinitely more qualified than feckless homo-sapiens are.

Perhaps there's a less dangerous path, a less painful way than his journey spoken of here-in. His commitment to discovering it is strong. Ultimately any of us keep going steadfast to conscious presence. Methods and systems albeit useful at first take one only so far because frankly they divide. This cannot be grasped exclusively via intellectual pursuits. Intellectual knowing, moves one to observation, one must be stalwart and aware. Pure observation brings an alertness—awareness comes to fruition, one feels Natural Self's energy and with persistence awareness via peace lifestyle is stronger. To be very present. Otherwise it's just a passing experience. Consistent focus, critical to passive observation, is to see rolls and the life script control one's mind. Patterns then seen as creations of thought, and going within he communed the teacher with in, a personal journey through observation of life and for the author, *fortuity*. Ultimately bringing to fruition personal enlightenment via vigorous Socratic inquiry he followed no authority. It fostered alertness so his mind could see a mechanical dependence upon stored memory images. Transcending this there is emptiness, then emerging back into the dream of form—a light from within shining forgiveness-peace-love-Bodhisattva. His journey has brought quite strong feelings of inner-being awareness, as well as many subtle states. The nature of consciousness and life itself is movement. All memory images are of thought, pulling us into forgetfulness so to control to the point we're lost in mind patterns and social rolls we play and must play to be functional in life. All continuously rising into collective consciousness, i. e. the sum total of all programmed experiences so that personal and collective consciousness may know itself. Alert and aware one observes thought and feelings, uses alertness to foster awareness of the egoic self. The 'I' and life script propagates ideas of arrival which lull the mind away from noticing thought and or feelings. Ego backs away in response to persistent alertness, feelings of peaceful innocence combined with wisdom, yet will return. Peacefully and stoically watch then, watch all patterns and social rolls played—the I's egocentric leanings towards intellectualism. Little by little ego no longer lulls a mind into time, the dream of form by and through forgetfulness—sinking into unconscious dreaming or psychological time—the projection of the now into the future. For the author it has been the hardest thing he's ever done and he has worked at it now for over thirteen years and continues at it daily. Ergo, exercise due diligence.

CHAPTER ONE

THE DISEASE OF UNCONSCIOUSNESS

THE CURE OF ENLIGHTENMENT

What is unconsciousness? It is defined as: “A state of being not aware of something, not intended or planned, not consciously done.” Enlightenment: “A final spiritual state marked by the absence of desire and suffering.”-1 For those who seek spiritual enlightenment answers may seem vague or merely raise additional questions. An obscure and opaque subject, and is difficult to delineate. Nevertheless let us together inquire into enlightenment as a subject, delve into this mysterious subject with a deep seriousness. Unconsciousness is the state of being unaware we are programmed, which more often than not controls most people, who simply cannot or will not see they're programmed. Vast numbers cling to this pandemic of fear, it brews divisiveness because it's familiar. As a prerequisite to spiritual work fear must be negated and peaceful love, an all together different paradigm felt in turning attention into the body, requires surrendering to this ideal: Actually we never really had control. Still, it is conceded: 'Faith without works is dead.' So perhaps surrendering to life leading the way fosters peaceful love—basically allowing life to guide you. Enlightenment is in a nutshell, innocence felt along with a deeper wisdom. Concepts **about** enlightenment, won't foster the state nor can it be understood by the thinking minds processes. Although we can be aware of it as an energy felt within. A seed of enlightenment exists in us all, a slumbering birth-right for those serious and to some degree perspicacious. Peaceful love comes to everyone sporadically, when it does the vast majority for the most part do not see nor know it to be what it is. Stop reading, shut the eyes, clear the mind, be just this moment. Can you feel energy inside the body? It's difficult yet at times is a random feeling most often dismissed as a merely 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 demands alertness or consistent focus to hold, and it can be done. Vast numbers live in mind created fear defined here as: **Unconscious Dreaming**. *They're in bondage to a life of crisis to crisis, in a state of molded programmed fear-filled unconscious behavior.* Following a personal Pied Piper, an abyss of fear and completely unaware of it. To put it differently one gets life running smoothly merely to repeatedly sabotage their own success. A vicious circle referenced herein as: The Pain Pleasure Cycle. This revolving door delivers 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 as a conundrum is one in bondage to a life script followed blindly, all programming fomenting fear filled behavioral patterns in one's scripted egoic mind. Redundant mind patterns acted out, or social rolls interacting with others rolls, merely accumulated memory projected akin to being an actor on stage. Slavishly clinging one is compelled to follow narratives their life script projects. Is indoctrination played out in collective humanities lives even seen? Virtually all of us to one degree or another run on auto pilot yet most are oblivious. Again currently the majority of people living in an Unconscious Dream state, life running on an auto pilot program literately controlling what they're being doing and having. It is a life script and egoic mind, blue pill or black pill, they live in a dream world.

Our world runs on fear, a motivating factor for what people think do and say. We're inquiring into this via observation the life script and rolls played. -A Before we get into solutions a deeper understanding of the underlying cause is necessary. On average one either will not or they can not see it...adamant enlightenment is not for them they won't see the life script controls their mind to the point it exclusively projects who they are and they don't questioning it. Following a life script they cling to, often painful yet familiar. Pain runs in cycles, often for long periods—unconscious fear we succumb to takes center stage, sooner or later it goes bad. A- We all play rolls, they're necessary in life for practical purposes although many fail to actually see social rolls we all do play, mind patterns run life to a point we get lost in Unconscious Dreaming, i. e. one's own mind is using them. One's life script runs their life and often does go unnoticed prior to spiritual work or one having an intense life situation awaken them.

Ponder the forever wars or us against them fomenting malice and lust for power-sold disguised as nationalism. Senseless but profitable. Brimming with aggression and violence human-beings are involved in all manner of conflict at personal and global levels fomented in thought a script and an egoic mind,. It's frivolous concluding humans as a species harming each other, is indeed insane. Perpetual wars—in the last millennia alone millions slaughtered in a blazing fire of fear-filled hate and malice, all the egoic mind and paradigm of fear, globalists seeking money and a deplorable lust for more power. Once again we are a cruel species. We justify it by proclaiming '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. This is all: ***the will to power***—conflicted fear-filled scripted egoic minds propagating suffering. Vast numbers simply won't see it. We deny-minimize-or pretend nothing can be done, and yet we all play our parts either directly or passively. And on a personal level most relationships are dysfunctional, in cycles of break up to make up. Interaction often either expressed as contentious dramas or as pretentious comedies. A life script that forms even in the womb. If the parent programmers fight it is then imparted unto the unborn child. The aim herein is to help the ill-inclined unconscious dreamer to awaken peace with their life script and egoic mind. On a global or individual level literally most people perpetually used by their own mind and unaware. It seems impossible to see much less deal with so we begin with the impossible. Peace as a life style demands resolute attention upon 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 In preliminary work ennoble the conduct, bringing the mind fragmented back to order. Initially one notices baggage, their psychological problematic proclivities conjured in the life script. Mind patterns and social rolls controlling life, the minds accumulated psychological fear, all images in memory projecting the self, denying here and now as being actual reality, the here and now is actually all there is. Being unable to rise above thought one is relegated to their programming, projecting the here and now into the future blocking their mind from seeing the above, the conundrum of overthinking or one's own egoic mind and life script controlling them and 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 are fleeting. Zen Buddhism references Satori which are flashes of enlightenment. For instance the feeling had in an appreciation of beauty, the sunset or gazing at a mountains majestic beauty, captivated. Perhaps nature walks or just sitting in stillness, engaged in physical activity while in the zone. Additionally, relationships at the sexual level, a seeking of love yet a mere flash. Unconscious egocentric on and off codependent superfluous relationships typically fail. Satori is fleeting prior to alert focused awareness. Otherwise the anxious egoic mind returns yet again to reclaim control, repeatedly denying consistent peace. Described here-in as a stillness occurring moment to moment, satori, the result of thought quieten, coming to those aware and very present. Here and now we're present without mentally labeling now. Yet just a taste of enlightenment, brief moments of peace absent thinking. Time slows and alertness to here and now is noticed, everything comes alive, radiates-we see-hear-smell-feel-taste just the moment without thinking about it or defining. One watches the egoic mind, rising out of unconscious dreaming and thought seeking in perpetuity to define virtually everything in life. Referenced in the work: "A Course in Miracles." It's a state described therein, 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's all they've known—we are taking readers into the unknown, literally. 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 the spiritually inclined to see longer duration's of satori, alertness akin to peace as a frequency, awareness bringing serene calm emanating from inner-being, fostering a mind freed from the known. -*B* Focus your attention on the breath and peace comes to fruition. A peaceful mind then transcends all mind patterns. It's the mind freed from its compulsion to follow scripted autocratic programming-a life script-stored memory images in the brain influencing life and normalized one is unaware to the degree it actually does control them. It is one's scripted I identity projected, taught generation to generation now *A*—On-going self-talk, old mind patterns and old behavioral habits, social rolls to a point we become these. *B*-This comes to fruition when the mind is quiet, very still so the stream of peace becomes longer. It is to have conscious presence and is one stepping into the here and now where peaceful-love is, not forever trapped in the past and future—reclaiming energy from a mind ego had formerly controlled.

begins to subside—'The apple that does not fall far from the tree.' now seen, one is compelled to ask should people be held accountable for following their script? Consequences for actions inevitably do come so one needs to focus on themselves and let life take care of the rest? Transcending to one's higher Self rather than trying to change others. Blaming others for projected unconscious behavior is to proclaim: ***They*** need to change. This is unlikely. Remember the programmers themselves being indoctrinated into fear passed it generation to generation, characterized by a beloved martial arts teacher as: ***Unconscious Incompetence***.—A Here-in referenced as: ***Unconscious Dreaming***. Therefore how much of the programmed mind, which promotes the shadow self, would the “you” say that “you” are? To what degree does this pseudo I commandeer your identity? And, is reconciliation with this shadow self even possible?

Thought seeks to understand enlightenment through intellectual means, a futile effort because again thought is limited. Recall for a moment that sunset, referenced here-in as being in the moment, observing the now in peace. For a moment now took primacy, thought quieten brought stillness felt within the body. Feeling peace is one measure of being here and now where thought is less intrusive and time is negated. Now arises and thoughts shut off switch is found, it is the state of: ***Conscious Awareness***—ergo the mind still and alert is comfortable here and now. Obsessive-compulsive mind patterns, ***are*** the I playing rolls, this pulls us out of the now, e. g. “I ought to be elsewhere or doing something else.” One observes, listens, and it fosters an awareness. Be alert, present, see the now is a energy field. Zen asks us: “What is missing in this moment?” Taoist's suggest: “Freed from desire you realize the mystery.” Here and now we use past and future for practical purposes and flow with the situation, again rolling with the punches. So notice life situations in real-time. Watch thought and emotion, be just here and now and all anxiousness leaves. Not to succumb to unconsciousness is essentially being calm in all situations, doing this one watches life, not to do so is to be controlled by patterns, social rolls, the life script and egoic mind. And ***identification*** as these exclusively is to loose oneself in the dream of form. A-The term ***unconscious incompetence*** references one's lack of conscious awareness of a task one is incapable of doing. Next is ***conscious incompetence***, to be aware of being unable yet still cannot perform the task. Then ***conscious competence***, one able yet must focus on the task in order to accomplish it. Finally ***supper conscious competence***, one can preform the task without thinking about it, the task becomes second nature. Think of this in the context of learning to tie your shoes, then apply it to all.

Life situations come and go, still to see them as memory prevents one from reclaiming energy in real-time—one is consumed by images in memory, scripted habitual responses to life. In an unconscious dream state then, life is preordained—adhering to images stored in memory ego compels us to do. -A Why does a pseudo shadow self / I / you, control people's minds? Because of programming. Ergo, is ignorance bliss? Observe thought and rise above it. In many conversations it's been asked: What do you know about enlightenment? The answer: Little to nothing at all. Often there's merely misunderstanding or confusion which begs the question: Why aren't we teaching children of this? Likely it's unconsciousness, the dominate fear paradigm. To be controlled by one's shadow self and fear paradigm typically morphs to a progressive need to control, creating resistance forged in an egoic mind via overthinking—we fail to see thoughts attempts at understanding itself blocks deeper wisdom. Intellect is all well and fine yet without wisdom a progressive doctrine enamored in pride typically comes before a fall. So a high degree of seriousness is needed to notice fear is ingrained collectively into all minds. Martial art trumps fear, if it's practiced as originally taught. Countries continue to go to war because they're afraid of each other, it's the paradigm of fear personified, brewed in the nefarious egoic mind. Fostering a different directive of peace, natural human-beings relative to martial art haven't a need to prove anything. A genuine traditional martial artist is quite capable-confident in their abilities. Difficult to provoke, they'll choose peace over conflict. Yet if attacked they'll react in the moment and do what needs to be done without anticipation, ever-ready and aware albeit prefer peace in all things. Such as these are the: 'Meek who shall inherit the earth'.—here we are redirecting energy. The aim is the transmutation of fear to one single conscious humanity rooted in observation, awareness, alert to non-judgment and forgiveness. Living a lifestyle of peace which fosters love in all things. Is humanity ready for this? It works when the paradigm of fear has been replaced one of with peaceful-love. Watching in the here and now one sees ego and their life script seeks to totally control the minds of all people—ergo be alert and aware of this. A- Metaphorically life akin to a holographic reality. Egoic mind controls completely yet it's all we've ever known, we believe it to be reality. As in: “The Matrix”—a film full of metaphor—'The mind makes it real.' Herein referenced as a mind in disorder or the mind identified state. The self is one's life script and blocks. The seeing of unconscious dreaming as denying freedom to be the actual Natural Self. This work aim is to help those unconscious to see this through reclaiming energy from their egoic mind to a mind freed of its programming, i. e. to use our mind, not our mind using us.

CHAPTER TWO

A MARTIAL ATTITUDE

A martial attitude is the state of mind warriors carry into battle. Imagine the horror war is. Death may come at any moment—one must be absolutely in the moment—in the now where acute awareness keeps one alive because death is so very close. Here and now is all that matters. Distracted from the moment often results in death and for the team as well. An interdependence, everyone involved is a unit. Time stops, distraction via past and or future is gone, here and now *is* reality. If not the team will perish. Be prepared to have such focus in the observation of programming. Hopefully it doesn't require a level of determination, still the life script propagates disorder. Ego guards the life script and foments a 'you' identity thought has created, veiling the natural Self. Harmony comes to those who sees the rolls we all do play yet failure to transcend past and future traps them in a false sense of reality or unconscious dreaming. Lost in mind patterns and social rolls ego adheres to and its host suffers for it. It's all too easy to cling to the known rather than stepping into the unknown. We all tend to kick the can down the road, proclaiming it's not my problem, what can 'I' do? So blue, black or red pill.-A A difficult choice exemplified in a story, speaking to the level of commitment necessary to see this. In the authors case, an enormous challenge. It doesn't have to be albeit letting go of fear as a paradigm and mind patterns seems like war. To bring an egoic mind into harmony with its host as intended, very well could be the hardest thing ever done. Still, the more who rise above thinking, exception being for practical purposes, the easier it is for others to do. We aspire then to be completely honest as to exactly what the level of seriousness required is to bring the mind to order so one can see then rises above thought. For many it is just too difficult to do—relegated to capitulation they take the 'blue pill' or 'black pill' merely to go along to get along with a herd mentality. A—From the film: “The Matrix.” A metaphor use herein to describe Unconscious Dreaming and Conscious Awareness.

Let us now look to a story depicting the level of commitment needed to awaken: A wise man of ancient aristocracy was approached one morning on the shore as the new sun rose by a man asking to be his student. He agrees, the first lesson begins: "Very well then, follow me out into the water." Somewhat apprehensive the apprentice followed anyway. Abruptly grabbing him he pushes him under the water. The young man nearly succumbs and with a last effort, frees himself. After regaining his breath he yells: "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 then for a serious level of commitment. It's unwise to underestimate the ego. Most successes come after intense pain and prolonged practice. Normalcy bias so strong it seems pain is the prerequisite. Fearing the unknown one succumbs to habits or opposition, resistance ego uses to force one to adhere to a life script and roll play, all of it opposing thoughts, or ideas creating dis-ease within the mind. Ego means to control its host through a thought created I identity stored in memory and if it relinquishes its hold ego serves its host. It foments a crises to crises lifestyle going from one extreme to another, preoccupied with past or future projected memory. Denying now, veiling the Natural Human Being or **Self**. What we're eluding to is, the mind identified live almost entirely in their mind which uses them, follow patterns, social rolls, i. e. indoctrinated programmed behavioral patterns. A life script formed by age five or six years with little to no say over what programming was to be, this then is ingrained into one's mind. Typically one identifies as this life script and the egoic mind or **self**. Ironically, partially it is who one is and is their stored experiences in personal consciousness. The majority are completely unconscious of any of this or at best are in denial. This is to dwell in a **Unconscious Dream** state, to live in a paradigm of fear and to one degree or another oblivious. Often hopelessly 'blue pill'd' one cannot nor will not let it go, they cling to the known because it's preferred to fear of the unknown. The Natural Self reveals unconscious dreaming to be a mind capitulating to the egoic mind. For awareness to come about one must see it. Nevertheless in resistance to seeing it one tends to follow their programming and are controlled by ego and their life script, indoctrinated by programmers who themselves were programmed to follow this often nefarious life script.

One's mind becomes the egoic mind, a shadow self veiling the Natural Self.

We surmise one aspect of awareness is observation of consciousness so we all see this individually. In this we undergo subtle as well as many drastic changes. Others cling to a fear paradigm, obviously this poses an enormous challenge due to programming still holding sway over them. The spiritually inclined often gravitate toward discovering new ways of living or seeing the world. The unconscious fail to see in the now and understand that it presents additional challenges to a new paradigm unfolding within. The unconscious follow their egoic shadow self's programming and must be forgiven. *So, they either don't know why they do what they do, can't help themselves or project blame to others and situations there-in*—an indoctrinated auto pilot program, unaware and in denial. Programming, runs their life. As awareness comes the life script kicks in addition to a world dominated by fear, fomenting ongoing resistance. We're taught to be fearful. As a matter of fact fear is programmed early on and passed generation to generation is normalized, psychologically accumulated in the mind to the point sanity itself is challenged. Especially in children, yet in adults too the work of transmuting fear to peaceful love is to redirect fear rather than resist it. Fear foments trains of aggressive thinking—in worse case scenarios fear will abet violence. Fundamentally, a dominant fear paradigm adhered to is an unconscious choice over a peaceful love paradigm, clearly most do not see it as the only choice one has to spiritually awaken. All this being the direct result of a lifetime of indoctrination into fear over love.

Martial art helps one to focus and remaining present grounds conscious awareness. Peaceful practitioners awaken to inner-being awareness—project its energy frequency into life. So we're being doing and having peace—out of which 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 on a feeling of peace—being there is a state of mind coming via intense activity, a glimpse of what it is to rise above thought, that is to say situations fostering presence. In the zone can be likened to profound joy, it's a feeling one wishes would last forever. So, satori experiences or flashes of an enlightened state, are an initial step to deep spiritual peace available to us all.

Albeit the egoic mind persists in its attempts to seize dominance again. Egoic mind's goal, indeed its purpose, is to totally control its host. And to this end its commitment is absolute. Achieved via keeping a mind preoccupied, focused on the past and future projected memory. Old mind patterns and social rolls constantly defining the present moment—veiling one's Natural Self through programming. *This then, is perpetuated by on going self-talk, thought and or feelings forever pulling us into busyness daily life is.* Programming traps us in a 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—where we originate. Time past and or future is what ego and the life script uses to control its host. It fills present moments with old mind patterns, redundant self-talk, images in memory defining now. Alertness is key to conscious awareness, a peace bringing love into daily life situations via holding peace energy as a frequency, yet alertness lost is ego reclaiming control. One must potentially then, reset again and again for an undetermined duration to counteract years of indoctrination. Similar to fear taking hold, an ongoing persistence brings peace as a lifestyle to take primacy over fear.

Eternal source energy from within and by extension universal energy or inner-being born to each moment, takes one's mind above thought by way of alert observation and awareness. Absolute listening and observing, one holds present moment awareness. A mind no longer cluttered is vast, open. As some teachings profess awareness comes straight out of *the ether realm*. There's no direct intermediary level between ether and the mind, it is one able to still the mind through observation of it. Along with totally listening one sees the now is all there ever is-was-or will be. This doorway to insight simply arises in the mind serious, initially seemingly out of nowhere. Scripted minds override the seeing of this by proclaiming what now is via memory images. Consequently awareness being lost—obscured due to memory having already defined now. If one is very serious, focused and persistent they begin to via acute alertness, see their mind had been using them not the other way around. One must be watching and listening so their mind is still and clear, alert, aware and very

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

One at unconscious dreaming sees the world as awakened students did formerly i. e. **of** the world making it more of a challenge because ego still has a hold on them. Unconscious dreamers pull upon the awakened student and along with their own shadow self will foment psychological time.-1 Similar to instinctive unconscious reactions, normalcy bias via unconsciousness pulls those at conscious awareness into unconsciousness, it is the awesome power of the ego and a life script followed. Unconscious dreamers distract those at conscious awareness. Here we will say one conscious awareness, alert and observing, are no better than one at unconscious dreaming, clearly those who are *very* serious, press onward steadfast which can and is being done. We are programmed to one degree or another and fears endless mind games blinds us from seeing our own mind uses us. Fear and unconsciousness passed from generation to generation unknowingly, quintessentially the apple that doesn't fall far from the tree. Fear controlling the mind which vast numbers capitulate to and often are unaware they do. This then is unconscious dreaming.

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 one acts out a life script and social rolls, an indoctrinated 'blue-pilled' life. -2 And in the extreme causes fear and aggressive behavior, the result of programming seeking to control. Martial art practiced for awareness of the Self is relatively rare. A majority of instruction doesn't honor martial art for its higher purpose. Aggression diminishes the art to nothing more than brutality, an egocentric unconscious projection of outright bullying. It's a mind set of fear, division, conflict and war. Ego hijacked the art with an emphases on aggression, power over others. Ironically this can help to bring awareness of the Self to fruition. The Natural Self reclaims energy from the self via non-aggression. Honoring martial art is to be non-violent so to awaken peace, we prepare as a deterrent to war and to be very aware of the Self and egoic self. Satori, again flashes of enlightenment in the lives of people, are a testament to persistence being key to extending the state. *Working at awareness how much effort is too much for*

peace? Teaching children peaceful love breaks the chains of fear. Suppose the work was harder than anything ever done. Looking at life we can see material accomplishments have garnered mere short term satisfaction. As an I created by thought materialism doesn't bring lasting happiness. It is impermanence, it never lasts. Break the chain and the apple not falling far from the tree is then seen as mere pain pleasure cycles to be scrutinized. Anything outside that is to live at unconscious dreaming. Being honestly objective, seeking happiness through material world gain is an exercise in futility absent deeper spiritual awareness. Let this be the case for supporting the spiritual factor in life.

Most problems are of past and future. *What problems are there really, in just this moment?* Without past or future projected memory which makes now an enemy unless it benefits ego, what problems are there really? Problems are in memory past and or projected. Peace is felt in the now, we are to merge it with wisdom, but memory, a prerequisite to problems, veils it. Using memory for practical purposes is fine. And when needs are met we focus on conscious awareness. Martial artist's feel danger via staying present. Scripted minds see the now exclusively via memory images, and is the 'I' identity, self relative to psychological time. To reclaim energy from the shadow self will propagate resistance and dis-ease within. Time and egoic mind, a life scripts praetorian guard, enforce scripted narratives and programming keeps us focused on past future and incessant thinking. All intended to help people, for many the script and its egoic guardian controls them. To reclaiming energy one **accepts what happens**—flow with energy don't resist it. Consider too there is a trump card, the power of choice, choosing peace in life one focuses upon inner-being so “clock-time” is seen, then normalized awareness of now supersedes the need to control everything done. One lives in the here and now, far less in past and future. Flow with life—feel energy flowing through-out the body. Live more in the now, the only true reality. Stop reading, seriously ponder the following question: Is there a problem right now? Consider the prerequisite to problems *is* the past and future. In the present moment the Natural Self sees everything anew as love is forever new. Actual true reality is this moment *before* thought enters identifying the present moment—the actual now is the stream of one ongoing present moment. To see it counteracts others unconscious attempts at promoting the status quo they cling to at a loss of present moment awareness.

Stored memory (past) and or projected memory (future), fills one's mind with images denying infinite space in their mind. Create space, listen and empty it of all unnecessary memory. Use memory for practical purposes, as in sparing—a martial artist clears the mind so techniques preform themselves. Extreme situations such as war are ironic, conflict fosters present awareness. Steadfast persistence brings presence—rising above thought one simply reacts and will not think about outcome i. e. what is, was, or should be. It is to be in the now.

History points to conflict forcing warriors into reactionary responses and into having presence, so the energy is potentially destructive and or creative, fleeting and scattered. We must be rooted in wisdom or awareness fades to a mere passing experience. All disordered minds foment merely resistance so at times it can seem like all out spiritual war with one's ego. Observation brings wisdom, necessary to keep ego and the script from taking over its host. Yet ego has an insatiable need to protect its host physically and psychologically. Autocratic in nature ego believes its host, 'you', would be in danger should it loose control and literally it would forfeit one's life rather than loose control. Ergo ego viewed as an adversary is counterproductive, listen and watch it and it then helps but make no mistake it reinserts its control if given the slightest opportunity. Now the goal is not to defeat ego, but to calmly watch and listen to it without resistance thinking processes or emotions it uses to control one's mind. Watch, what's it up to? Catch it before it takes over via the 'I'. For all intents and purposes ego entertains ideas that its host is inept or incapable of managing life so it manages it for them. Should the metaphorical unconscious dreaming shoe fit, it's safer to simply remain unconscious. Ego keeps us safe, notwithstanding being enslaved to the point it challenges sanity itself. So if conscious awareness is a state of mind, it is to be free. Currently people are at various levels of unconsciousness, an enormous challenge to seeing the crisis to crisis lifestyle. Lost to unconscious dreaming to a staggering degree they're unaware. So much so that they'll fight those who tell them about it. The 'I' is familiar to them so they cling to the life script and egoic mind which is to say programming. Now we can laugh at ourselves for having been utterly duped, it helps in letting it go. Not to see this is one remains in a preordained state of unconscious dreaming and ego life script and old mind patterns control them.

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, the chalkboard of memories wiped clean moment to moment is time negated. As the 'I' ends The Ground of Existence is left, 'Split a piece of wood I am there. Lift up a stone and you will find Me there.' -*A* In the mind completely still awareness comes to the forefront. Resistance observed one flows with what happens, sees their patterns unattached, watches the movie a scripted self is, others as well. One observes their egoic life script and its pernicious agenda. So inquire then, bring the mind on auto pilot to ordered stillness. Metaphorically sit in the audience, notice the 'I' as it plays rolls with other people's rolls—Finally seeing: 'All the world's a stage and all the men and women merely players.' -*B* *This is an accurate axiom describing it well.*

A commitment to awaken rarely happens and yet such have been around throughout the ages. When alert one can see them, they personify peace not anxiousness, calm-relaxed-content-peacefully flowing with whatever happens now, it's to see differently. Such engage life peacefully moment to moment—consistently aware. Formerly in the past and future observation brings now to fruition. Serious focus fosters conscious presence. Freed of conflict it is no-mind...alert..awake...observant yet requires one hold this energy frequency. A mind alert remains here and now, peaceful-still-quieten, and negates useless thinking. Creating space in the mind truth is seen here and now; everything is new then the present moment says what is, not continuously defining now via memory. Difficult, repetitive and is often frustrating. In rare cases awareness comes sudden and complete. Although often demands persistence for a long duration interspersed with feelings of inadequacy. *A*—From: The Gospel of Thomas. The author interprets this which came from dominant western Christianity, as: Christ-Consciousness. An energy felt with-in the body then ultimately seen everywhere. Fundamentally enlightenment is plainly a child-like innocence merged with deep wisdom. Persistent and alert anyone can feel energy in their body, it fosters an awareness as the mind creates space within itself. Absolute listening and very alert one peacefully with the whole of being feels energy. It's peace as a lifestyle, out of which love comes into the world. And as said is a completely new kind of human-being ultimately fostering peaceful love as the new global paradigm. The spiritual student completely lets the old fear paradigm go and there's sort of an emptiness i. e. no-mind. *B*- From William Shakespeare's pastoral comedy: 'As you like it.' Suggesting we are merely actors on stage, the stage of life projecting and egoic 'I' as real? Seeing this we foster through observation, alertness and awareness.

This, the awesome force of the egoic mind projecting the back and forth. **One must press on and not ask why, this is paramount.** In present awareness time is negated—in one's preoccupation with psychological time there's the loss of awareness, so use clock-time for practical purposes. Lost awareness of Being is one lost at the level of effect, enslaved, attached to the world. Attending to daily life needs doesn't require all of one's energy. Address all responsibilities using 'clock-time' and simultaneously have awareness of Inner-Being. We've stated now is all there is, it may seem like an oxymoron or just mere platitude prior to the necessary changes in one's perspective. Practicing peace then, the mind is clearer and gradually leads us to inner-being awareness. Unconscious dreaming is to be *of* the world rather than *in* it. Being of it, is the egoic mind's modus operandi, to reclaim energy from ego comes with consistent alertness. Should the mind slip into forgetfulness, the very moment one realizes it has acknowledge the loss of conscious awareness then reset conscious presence. Stay focused and when focus is lost accept it and simply press onward.

A retrospective point of view—success has much to do with the number and severity of blocks the student has. Blocks, pain suffered due to programming, basically attachment to the world, can be the catalyst for change. Adults are awakening to feel inner-being but once again consider children as yet have no blocks. Having the sensation of eternity they're feeling an oceanic feeling yet it fades around six years. Prior to a script engaging them to the extent it does in adults they feel part of everything, this is a window unspoiled by fear. We seem destined to learn through extreme life experiences. Undeterred by ego a life script and the mind identified state one can reclaim energy. Tenacious and alert one listens to their script and rolls, this is essential. Natural Self sees ego through inner-being awareness, notwithstanding we seem to be inundated by existentialism, to see unconscious dysfunction within demands great courage. Those willing see one humanity through living a peaceful-love life-style, this ushers love into daily life. Others see in a serious student the mirror image of themselves, ergo it's non-exclusive, it is the same light within all. A child-like innocence merged with wisdom abdicated from time immemorial—as we return to peace, a doorway for love to enter the world, the current dominant fear paradigm exponentially begets more fear aggression and separation so be

an advocate for love. Those who control continue to divide using fear to do so. A lifestyle of peace exposes hidden fear. It is not as though love turned its back upon fear, a creation of thought, love is our core Self rising from within and couldn't imagine fear. Loves light vanquishes psychological fear. A egoic mind accumulates fear and uses it to identify the now, it up-swells images in personal and collective consciousness, fomented in thought. If fear takes hold it promotes the egoic self. If one is attacked or is in a danger situation there is awareness..adaptation..reaction, not anticipation, not psychologically created fear. Martial art exposes accumulated psychological fear. Practitioners reach a point they have nothing to prove and peace then takes primacy. We live in a violent world yet true non-violent martial artist's see in choosing peace they'll see unconsciousness violates inner-being. Consider too that desire...excessive gain...power over others...material possessions and fear of a loss of these go hand in hand. If spiritual students go within all hidden despair is exposed by seeing its cause, to search for happiness in material possessions, in vain pride filled egocentric relationships and elitist desires for more power all ending in impermanence, mere vanity. Isn't the course clear then? Consider spirituality brings lasting peace and combined with a mind consistently alert manifests peace within and in the world i. e. The Great Awakening of Humanity arising so to dissipate fears darkness through loves light. So then: "Imagine all the people living life in peace you may say I'm a dreamer but I'm not the only one."-1-- Live it. Inquire then, will egoic minds and A. I. extending to A.G.I., then A.S.I. along with trans-humanism exceed humanity as Einstein posited? Will humanity loose its freedom or woefully gradually burn it all down? Not if collective consciousness transcends to peaceful love as the new paradigm. Essentially we speak to love in perpetuity, which is without opposite and the personification of actual truth. Fear is one of the darkest levels of falsehood in consciousness nevertheless has only the power we give it. Ego needs us all to be fearful so it can continue to control the minds of humanity. Fear is the modius operandi of the lower levels of consciousness. Little children see love through their child like innocence simply by living in the here and now where peaceful love is. Children do this naturally without overthinking because they live for the most part in the here and now and not as yet in the past or future projected memory. The life script and ego has not taken over before six years.

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. To have 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 our character helps in bringing our 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 opposites manifesting as either dramatic highs or lows, a programmed life script and old mind patterns instigating conflict. A mind in perpetual conflict with itself. An initial outcome of observation is awareness of this. Failure to see it jeopardizes peace and subverts clarity. One's mind fragmented resists stillness needed to see ego seeks absolute control through emotion and overthinking. So one is to martial observation, notice and listen to incessant self-talk, alertness is key. Consistent observation, vital to seeing conflict before it rises to a storm, one gets lost in thinking, inciting conflicted minds, all of it fomented in opposites. Thought propagates overthinking via stored images in memory defining the now. To really see this the mind must be alert. And yet extreme life situations can and do reveal peace vis-a-vis the egoic minds collapse dovetailing into an illuminating peace never dreamed possible. Still, vast numbers live exclusively in the mind or at varying levels of unconsciousness, jejune and arid, of the world not in it, incapable of rising above thought.-A Living in the mind one's self-talk never ceases. Past memories and or projected memory are all accumulated thought controlling the mind which uses the person instead of them using it. And whats worse is they are certain *they* use their mind which is Unconscious Dreaming. Rising out of Unconscious Dreaming to Conscious Awareness one rises above thought-practical purposes being an exception. The corundum is then, living in the mind the actual person-The Self, is no longer even there.

The devil we know is to live in perpetual thinking or sink below it via drugs, thrill seeking and so fourth. Blocks are dealt with in rising above thought. -A Summarizing—Adjust perspective, feel peace, (innocence), reconcile blocks necessary to foster wisdom, finally merge wisdom with innocence felt inside.

This can be done? To rise above thought when not needed for practical purposes one must focus and comes to those with serious vigilant persistence. Engage in spiritual study, attend work shops is possible, observe all blocks. Initially begin with the conceptual part taking note of resistance in the back and fourth *illusion*.-B It is one's mind indoctrinated, as such it resists change. Complete all goals. Turn attention into the body, it helps to develop a strong foundation. Observe the mind trapped in its self-made purgatory and 'you' in it.-C 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. Time then is the problem—looking at it from times perspective there are 24 hours in a day. We are to focus upon wisdom in addition to awareness of the timeless Self as best as we can all while our shadow self vies for total control of those same 24 hours. We cannot afford to loose awareness. Should forgetfulness gain 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 being in the world not of it. Basically peaceful observation of one's life script and shadow self is to reclaim energy from their learned overzealous programming, to free the mind from a egoic mind controlling one's life. A—A feeling of dis-ease or dissatisfaction with life due to living in the past or future will foment anxiousness often satiated by drug use thrill seeking, etc., temporarily we sink below thinking. Nature abides below thinking, here we are focusing on rising above it. B- Present moment awareness is reality, the back and forth is still ego and memory. C- The self follows a life script and ego an indoctrinated mind caught in social rolls, mind patterns and old habits controlling life till we observe these for an undetermined period or as long as it requires. Mind identified we project an indoctrinated life script, one's egoic self thinking they use their mind when actually it is uses them.

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 foments resistance. We speak here of one's 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 a 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 one ought to use their mind, Self inundated with thought, to use it is to be present. Difficult prior to a change in 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 clinging to ego or unconscious dreaming. Ego and the life script it follows seeks total control. Watching ego brings freedom if one is resolute with a commitment to listen and observe for whatever duration required. So then 'I don't care what it takes' should be one's mantra. Long ago go ego took control, still, we struggle with a will to power, yet ironically this may well be key to spiritual awareness if we remain alert to alertness and hold fast to awareness. Ego emerged, it all went awry. *Thought listened to and watched, and for each the duration of time definitely varies in doing this, ironically in the very act of doing this helps one to hold conscious awareness, the key to a mind absolutely free. Ultimately to hold the stream of conscious awareness and extend it so it that is then normalized is the key.*

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, is extremely cunning, patient and very clever. Ego knows its host and precisely what is done to control. It knows any and all desires, every little crack or crevice into one's mind, it knows every button to push so it can

maintain control of the mind. Ego promotes an I identity and uses any means to control. This student's ego taunted him: 'You didn't think this would be easy did you?' His retort, nice try. It can never choose for us, it only 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 to peace and Self awareness it uses feelings or thought in very clever ways akin to water it finds a way in via distraction and 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 value in doing so. As wisdom develops it's far easier to express ideas of enlightenment. *Ideas flow in a mind brought to order. There's clarity due to dis-ease having been dealt with and one works through blocks.* Again peace is energy felt and spreads to others.-A It's not awakened to exclusively by way of the thinking mind. Peace takes primacy in a mind quieten and via unification with inner-being bringing love into doing. Turn attention into the body and feel energy radiating from the causal level into the level of effect. Inner-being permeates life situations yet anticipation of what should be or the concern over what was encourages fear due to opposites. So conflicted minds i. e. thought trying to understand itself, plagues others by way of negativity.

Interesting to note how unbelievably clever egoic minds are. A teacher antecedent to the spiritual event spent ten years plus studying enlightenment. A recent instructor also devoted years of his life as well. Nevertheless leaving their respective institutions they touted it all to be mind games. One affirmed this due to a belief it was frivolous, the other had a somewhat condescending nihilistic view—the spiritually inclined are sheep. Religion's, having the best of intentions are divisive notwithstanding they aim at truth. Often pointing to truth yet are pitted against others often within the same religion, A—The state of unconscious dreaming is the mind perturbed, anxious and or divisive. It must be still for innocence to arise within so wisdom and inner-being awareness flows into what one does. The merger of peace and wisdom takes primacy then, and peaceful-love spreads akin to a positive virus of sorts. Life runs more smoothly, gradually one's mind creates space within itself so there is infinite room for clarity and truth.

proclaiming genuine truth is theirs alone. Conflict ensues and merely blocks conscious awareness. The authors retrospective view of these men: it's 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, we learn from others mistakes. *The source is abstract, it is nothingness.* Intellect understands only 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 or attempts to describe conscious presence conceptually. It seems these men missed the point, we **are** the world, **oneness interconnected with all that is.** Condemnation abets separation, it's the mistake thought continues to make, is misunderstood or we complicate it. In the final analysis the ego won the day, persistence in knowing by way of thought they settled for images in memory. A line from song says it: "You can't always get what you want but sometimes you get what you need."-1 These men are very wise intellectual individuals. Good, kind, loving and unselfish, still egoic reason typically is a major block due to endless conceptualization. A child like innocence is half the equation of simplistic innocence and wisdom, key to an extraordinary mind needed to maintain conscious presence consistently. Always remember that thought is limited yet ego refutes this because it challenges its ability to control us. Less ego, more Being, is the key then to one's mind brought to order which is the cornerstone of wisdom: refuting ego's arrogance is surrendering to something greater than oneself, yet transcend even this so to see awareness is all there is.

Do children complicate things or loose themselves in concepts, or via an innocence simply see what they see? Thought *knows* exclusively only what is of thought.-4 Many cases of spiritual awareness coming via seekers broken down and stripped by life of all material worldly gain bringing about a total surrender—nothing to cling to is conducive to maintain awareness of Being, bringing alertness to the level of conscious awareness to a point it's more-so consistent. Like a fan in the background there is awareness of it through one's mind stilled, an energy felt within. To be less 4-Thought can write a dissertation on The Ground of Existence albeit The Ground of Existence once again cannot be known. One can only have an awareness of it—ultimately awareness is all there ever is. Thought then, obviously is necessary to be in the world not of it although thought cannot know all that is because thought itself is limited.

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 merely pulls us into drama, away from unity and peaceful love. In the present situation what we can do we will do. A persistent student will foster daily alertness and focus attention so life reveals spiritual awareness coming to those at levels of Courage and Neutrality, both being levels of truth and higher consciousness.-A A prerequisite to courage is persistence yet this is difficult. Once a certain stage of life is reached it can be potentially detrimental to one subjected to a lifetime of clinging to familiar patterns and their life script. Descriptive axioms “A leopard cannot change its spots.” or “Old dogs cannot learn new tricks.”—“It is easier for a camel to go through the eye of a needle than it is for a rich man to enter the Kingdom of Heaven.”-1 Especially in cases of inordinate elitist mindsets. We are fostering a daily decrease not daily increase which merely fills a mind with more 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 ongoing awareness in perpetuity via acute alertness.

Delve into intellectual study, then let it all go to work at resolving all blocks—for this student through fortuitous loving honesty. Ennoble conduct and yet don't try to be better than you can be. A calm demeanor brings order to the mind by and through sustained onerous alertness via 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 from bottom up: Courage, neutrality, willingness, acceptance, reason, love, joy, peace and enlightenment, and lower levels top down: Pride, anger, desire, fear, grief, apathy, guilt and shame. From Dr. David Hawkins books. We equate lower levels here-in to be the blocks and 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 felt in the body which cannot be known yet again one can be aware of it. If the mind lacks a high enough degree of order awareness of Being fades to a mere passing experience. One succumbs to their life script and or varying degrees of unconscious dreaming, sinking into a slumber one is of the world not in it and often for the duration. Be stalwart, reset and keep going.

A man who implored a martial arts master to give up his secrets to proficiency is telling. "Come closer" he said as he whispered "The more you practice the better you'll become"..simple yet not easy. Calm your 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. Here, in the moment. When not needed negate memory images, be present, allow what is observed to impart what is without defining what is. Always be respectful...kind...reserved...forgiving...less judgmental and humble most of all. Albeit always remember the truly humble do not know they are humble. Proclaiming humility is *the spiritual ego* inciting opposites, pride and forever prevents us all from seeing our subsequent fall; denial fed by self-talk is ego's ongoing effort to control all minds in perpetuity. Looking good at the expense of others not doing 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 seen. Of course ego shuns humility which diminishes its importance. Pure observation of the mind and non-resistance to what happens in daily life situations is essential. Incessant complaining should be curtailed, 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. The unconscious are unaware, unable to see programming has unbelievable power over them and yet they are no better or worse than others. It is what it is so: 'Forgive them for they know not what they do.' See they're 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, they are morose notwithstanding they as we can, rise awareness. We all have the power to choose where and when we see what we seek we already have. So let the focus be ongoing alertness to Inner-Being, to see life situations good or bad as opportunities for growth, as a positive thing. This totally new way of seeing spoken of herein is the mind brought to order. Not by forcing oneself to be merely a better version of the old self, we have done this in perpetuity and it has yielded slow and often short term gain, that is to say two steps forward three steps back. Or worse through adherence to

the current bazaar reverence for science and the coming A. I., A. G. I. and finally A. S. I.—pushing us to trans-humanism. It is more-so the bringing to fruition the seeing of a fear paradigm and choosing peaceful love. Let fear go through observation of it, not through seeing what is through memory. We see psychologically speaking, creations of thought as a cabal of accumulated fear in memory. Learn to drop this instinctively—be here and now where truth is.

Again love being without opposite couldn't imagine anything like fear, which is the creation of thought and controls 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 serious is alert, still this requires an extraordinarily focused mind potentially for years. Consequently one must observe for an unknown duration. However once they commit to their spiritual transformation there's no going back so be careful what you wish for. Quintessentially it's to 'Cross the Rubicon' a idiom of Julius Caesar's no going back yet even he would have found this difficult. A strong need to push onward is critical. When speaking of spirituality just be mindful of the words chosen. The unconscious tend to view it all as feckless or absurd. Awareness of what is said and to whom is important. Simply living peaceful-love is strongly suggested especially in the beginning. Focus in the beginning on what is done so to remain firmly in the here and now, i. e. be in the present. Focusing on energy fosters peaceful flow analogous to one's light shining from within into the world. Peaceful love accepts what happens and flows with it. Ergo no negative energy. Resist nothing to flow with energy—a mind brought to order flows with all life situations and adapts to what comes. Feels energy flowing throughout the body then projects its peace into doing. Having presence one feels energy coming to fruition via remaining steadfast in the here and now and negates the past or future when not needed.

Practicing martial art can be a vetting process for those ready to ascend conscious presence—it builds character and practiced for its higher purpose it fosters a “Being in the zone”...the feeling had in one's sport of choice, this is helpful. Martial art ultimately helps one see aggression and violence, is futile. It brings alertness, one sees indoctrination, aggression, the life script and the

fear paradigm so many are strangely drawn to control us, yet little by little if steadfast innocence merged with wisdom comes to fruition. Beware of being unmotivated when equitable gain is on the horizon in a specific undertaking. Success is always closest when resistance peaks. We need to press onward so foreverness as a state of mind is normalized absent arrival or desire to arrive. Much is learned in endeavors which at some point one didn't wish to follow through. Who can say 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 walking brushing our hair or teeth. The last several sentences exemplify being present, i. e. being in the here and now. Focus on the teacher within, follow no outside authority. Avoid attachment to methods or systems, go within where truth is without boundaries. Accept and adapt to what is. Develop fortitude, without it little is gained in regards to a mind brought to order, leading to stillness so to rise above thought which is freedom from attachment to opposites, seeing life always new, as love is always new. Again when we resist the most we're then closest to success. So warning signs resistance is upon the horizon, is extreme emotion along with thought, weather good or bad they tend to carry us away into situations, ego then seeks to reclaim control using past future and time to do so, use time for practical purposes. In the now everything comes alive as if one sees it for the first time yet only if one is present and calm. The shadow self foments anxiousness obsessive compulsive old behavior patterns and or endless self-talk. Feeling energy in the body helps calm the mind. And yet the egoic mind will promote notions of arrival, then awareness tends to fade to a point one stops doing what got them to where they were, negative thinking takes control, alertness succumbs and then awareness recedes. Notice it, reset to refocused attention, clear the mind, reclaim presence when you've noticed the mind had slipped into forgetfulness.-A And ego often promotes the feeling of: 'Shouldn't 'I' be ramping up focus'—inevitably this leads to overthinking. We must at every step allow mind games to promote within us alertness, so to foster awareness coming by way of observation, not control. A—Loss of alertness results in the loss of awareness of Inner-Being, we are then carried away into old habits and or preordained social rolls or old mind patterns, the life script controlling our mind. Completely caught up in life situations we get repeatedly lost in the dream of form. And should this descend reset to alertness again, usually this must be done for an untold duration. Be prepared for what may well require as we've said an undetermined amount of time focusing on dealing with a life script we are all programmed into. Press on, keep going undeterred, be very alert and awareness eventually normalized is a powerful tool.

Ego protects us all yet guard against being lulled by the egoic mind into following the life script, overly controlled, just notice it's a you identity. In so doing there's a back and forth in the form of extreme highs and lows, the ebb of anxiousness and flow of sublime peace, unconsciousness, then awareness. To be calm and focused is critical. Persistence is one's key to shorter intervals between unconsciousness and awareness yet do not complicate or overthink this. An early instructor drove home the point: "When things get complicated always go back to basics." Therefore monitor ego and 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 a scripted 'I' identity. Being present takes us out of time to an 'oceanic feeling.' Focus on wisdom and let all situations reveal the truth as something of itself which shows us truth rather than defining it with old stale images of what memory proclaims truth to be. Once again seeing in the here and now is to see everything anew as love is forever new. No longer do we allow memories to define reality, making it stale, cold redundant autocratic reactions to life.

Expectation exists in time and foments frustration created in memory. To be in time there are two points of reference or 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 isn't measured in time. So negate time to rise above thought, exception being for practical purposes needed to navigate life situations. A timeless realm as some teachings proclaim, it is no-mind where truth reveals itself, not memory defining it. Truth realized is in the here and now and seen in a continuous stream of the present moment. Conflicting life situations reconciled with no negative energy is a mind brought to order then. Conflict normalized, we see through lenses of past and future. Akin to seeing life from a lower dimension—unable to see the third one from the second.

Again martial art's techniques perform themselves when a student is very present. Repetitive practice frees us of concepts, simply be there. This is the same then albeit it's 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 energy, just enough for ego and programming to navigate life's 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 the ego to serve its host. Basically: 'Learn how to be you in time'—freedom from a thought created I. It is done by focusing on the casual level, simultaneously aware of the thought created I lost in duplicitous mind games manifesting an egoic self trapped in a wheel of karma, fomented in 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 yet reluctantly admitted to. We cannot see what to do if we're caught in disconcerted extremes; seeing this is a prerequisite to an ordered mind. So these first chapters were intended to answer basic questions so to determine if it resonates or not, if not it's fine. Should this be the case please pass the work on. In all attempts to understand with thought alone, *actual meaningful progress spiritually will not come*. The quality of the students mind needs a high degree of order, after which their progression as a serious student of enlightenment will accelerate. An alert and aware mind relative to life situations, is essential to having awareness. Herein described as peaceful acceptance in the here and now, alert, the mind fosters awareness of Inner-Being coming to one programmed, formally controlled by a fear paradigm.-A Egoic mind then, it goes without saying is characteristic of thought stored in memory, ginned up anxious negativity or fear energy. What we are **feeling** in the here and now should be asked throughout each day: '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, for the most part fomented in a persons compulsive overthinking, creates opposites instigating a psychologically disordered mind due to one excessively focusing on accumulated memory stored in the brain, seeking to describe all reality rather than allowing the now to show them in real-time, not the seeing through lenses of old images in memory. To live in the now is to see what happens now and adapt or react to whatever happens moment to moment, and spend far less time in the past and or future which it 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 is sharpened, akin to a tool. Turned back on itself eventually brings order which implies one rising to the state of conscious presence or to have present awareness. Generally to live in the here and now. Observation of the mind fosters wisdom. Merged with innocence this is awareness of inner-being, fundamentally fostering enlightenment. To see egoic mind actually is a shadow self, which must be observed so it serves its host. It is seen via awareness of the Natural Self observing the ego fostering a deeper awareness so one can reclaim energy from egoic mind.

CHAPTER FOUR

IS THE YOU SURE

Are we ready to spiritually ascend? Alert minds can foster awareness, shifting from judgment in life to observation of life, Natural Self then arises. What was seen to be valid, from comfort zones to the life script itself, is now examined...scrutinized...observed...transcended and quite possibly completely abandoned to make room in the mind for peaceful love. We aspire to nothing less than a completely new human-being 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 to be subservient to an ego and the life script, to be mind identified. Duped by our own egoic mind we cling to the thought created life script we blindly follow. Unconscious dreamers identify as this I, the self, until observation of the mind finally reaches a point The Natural Self sees a shadow self on auto pilot seeks total control. Noticing fear conflict and division, a different person emerges, one choosing peace. Yet many prefer the old one. Seeing the shadow self as a separate thinker we all are taught to see ourselves as, is difficult. Consistent awareness requires alert observation, one watches the 'I' identity bound to a lifetime of old habits. Typically noticing day to day ego and a life script manipulates. Now less reliant on scripted rolls and old mind patterns spiritual travelers see it as merely impermanence they had capitulated to. It feels secure until listening and pure observation of the mind and life script is practiced. The egoic mind and shadow self came to be through psychological fear to which many cling-they're afraid of losing who they believe themselves to be and all of it indoctrination in the form of one's programming. so who one thinks they are is taught to them from childhood on. Useful for practical purposes albeit the 'I' identity and a bizarre normalcy bias most people capitulate to brings merely temporary satisfaction. We fear the unknown and cling to the known because it's familiar. If ignorance *is* bliss one prefers the known and basically then is a product of memory, simply a

collection of scripted belief systems running one's life 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' adhere to programming, they live in their mind and follow what their script dictates. In transcendence of this the work will point to the four levels of consciousness discussed at length in chapter ten. By and large not only do people adhere to a paradigm of fear, they blindly follow it because it's all they've ever known. Pain is upshot and preferred over the unknown then is humanities collective consciousness, endless mind patterns and rolls we play. Unreal generational manifestations handed down in the form of life scripts. And buying into this it becomes so totally normalized peace as an alternative is not even considered. A minority have chosen to reclaim energy from a script and ego using us. The dream of form controls imminence numbers through programming, this by its very nature is pernicious. Trapped in the thought created shadow self merely enables the ego. As awareness comes the unconscious are seen to be virtually everyone met. Yet there are feelings of profound peace, contentedness, Being flowing into what one does. Side bar...those in the minority are no better than the majority, all too often those unconscious mistake enthusiasm the student has 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 are chained inside a cave. Seeing shadows, hearing voices, believing these are actual reality. Offered freedom they decline, fear keeps them in bondage because they cling to the known. It's difficult transcending fear as a paradigm—freedom conscious presence offers equates to peaceful love albeit consciousness will evolve without us should we choose not to rise with it. There is no logical alternative to rising with it.

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 life script we're all compelled to follow. Native Americans for instance had no concept of land ownership whatsoever. 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 the 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 modern man. 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 yet we're not all that different. So, are we programmed? Do we ever question indoctrination? Is it detrimental to adhere to programming? Inquiring into this 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 be and have in life.

A new perspective: One turns attention inward to peaceful cohesion, the stream of clarity extended. One's mind as well as their over-all life 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 this requires as it varies from person to person. So then, is the 'you' sure? We're dealing with an unbelievable power, our egoic mind. For beginners it's advised 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.*** An absolute stillness any person can achieve arising in the here and now. When in close proximity to another further along in the journey one begins to ponder 'What is it about that person?' 'Something is different, they seem so peaceful.' In truth they are 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 and social rolls, also seeking others to save us. So conscious presence seems to approach the event horizon of the insurmountable. The unconscious mind is in disorder and cannot see it.

Resistance merely abets 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 those 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's virtually a case of pain so unbearable one in the mind identified state temporally surrenders—disorder 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 must be one's mantra. Ego aspires to control the mind of all people literally by duping them into following their fear motivated life script. The mind is sharpened by watching itself, one sees and frees itself from its dysfunction. Natural Self observes the scripted self, little by little one reclaims energy from their 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 with firmly rooted stillness. So pure observation brings us to see life scripts seek to control all minds and freedom from it is being very 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 repeated capitulation 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 to say an Oceanic Feeling, a surrender to oneness.** Watching the mind changes its perspective. So ego observed is to reclaim energy felt within the body. Now aware, the 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 tend to isolate or perhaps they will

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 any serious spiritual student and yet this too is *a sign of awareness rising*. Grounding energy brings many surrender moments—all accepted and nurtured, courage-acceptance-willingness-compassion-forgiveness-patience...realizing: “The Natural Self is a part of everything:”—*A Yet another sign of the spiritual awakening*. Noticing energy felt within helps us to see there's a single energy field. Life now is 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 the idea it was not real*. At points energy seems to have left all together, then returns abruptly. Its gift is peace and out of peace love comes. Yet one must be alert with the resolve to solidify this new paradigm of peaceful love, seen as an energy vibration projected to all. Or one's egoic self reclaims control of the mind only to 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 spreads akin to a positive virus of sorts. 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 very intently results in one's mind being transformed. Born by way of knowledge wisdom and innocence combined, often through a difficult life or some challenging life situation. Resistance is ego's tool therefore one must persistently watch the mind, so with forgiveness..kindness..acceptance, notice daily life and ask often: Were there kind acts today? Was there consideration of others first and foremost? Is there something which could have been done differently, 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 one's mind sees truth awakened to in the moment. Like dropping a pebble in a pool, the ripple effect touches everything, awareness of time and consciously aware of here and now. *A--'Be still and know I am God.'* Psalm 46:10 The Ground of Existence is our source, the source of all that is yet can't be known with concepts. An awareness of it happens if one is focused—energy felt with-in the body and observation without judging that observed.

It's a, we are the world viewpoint, not separation. A totally new human-being emerges, as said no longer simply better versions of the old homo-sapiens.

In the mind alert to each present moment life simply is and now is where peace comes. Nurture these ideas. To abide in time foments ongoing fear and conflict. It's seen present moments bring peace to life yet when thought enters one is lost to memory. Stop reading and look around, see what you see-hear-feel-smell and taste, don't think *about* it. Disallowing thought is key, e. g. just prior to writing this the author sits in a nature park. He stops and looks at the trees, and wind blows the leaves as some birds fly by. Looking at the scene thought does not enter to define it. It is having presence. **His gaze drifts skyward yet thought does not intervene.** A clear mind sees what actually is, not memories of what was or should be. He doesn't think what a lovely oak tree, the wind is soothing as leaves dance with it, this is memory. Getting lost in these images is to live in the past or future, it is the mind identified state most people are a majority of each day, not unattached awareness. Outside the here and now thought is past and or future entering to define identifying now with images, this is not reality. One sees past and future are not now unless again it benefits ego which are mere memories of the now. Each present moment then, *is* the only actual reality. Beginning to see it or does the mind by way of an 'I' identity block it? Not to see this, weather accepted or not, is to live in a mind identified state, searching for reality in time past and or future when all there has ever been is the now in perpetuity, mere random potentials observed moment to moment. Observe and aware notice the next thought as it arises, when it comes, what it says. Again, thought seeks to identify here and now so to identify itself with copious thoughts that replace the actual present. We all get lost in social rolls and mind patterns to the point a life script controls us, this creates divisiveness we succumb to, that is one's own mind controls them not them using their mind practically. The actual present moment simply is... ***it cannot be known by or through images in memory.*** This must be repeated over and over to counter a false narrative so awareness of truth here and now reveals itself as something of itself—the seeing of now as always new. See it? If not keep going and with the power of choice eventually it comes. A mind determined and consistently alert fosters an awareness, one's seeing of the

Natural Self which sees in the here and now. Seeing through memory is part and parcel to egoic self identifying, Self never defines. The undefined now is accepted and instantaneously allowed to fade into a memory hole, then used for practical purposes. Analogous to a chalkboard wiped clean each moment to through the mind stilled and ordered, calmly listening intently one creates room in it for the new, not images defining. Now, is one eternal continuous stream, not fragmented. This is difficult to see due to past and future having been so completely normalized. Normalized present moments comes through a mind watching itself. Thought seeks to identify the present, these memory images are stored in a brain and a conundrum of opposites memory proclaims real. Consequently inauspicious, a mind comfortable watching itself. If one is alert they see what is or actual reality. Should the scripted mind block it still, continue forward steadfast, do not capitulate and it will come.

There is definitely a normalcy bias factor in all this so a good example 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, shut off lights computers or other such insignificant tasks who paid the ultimate price. Ergo normalcy bias is to be 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 their indoctrinated life script egoic mind and identification as programming? We're all busy, lost, numbed by the dream of form. Many are of the world, live in their mind, can't or will not see programming is simply the dream of form exacerbated by resistance habits or indoctrination. Why? Because it's what they're used to. If freedom is foremost why is the negative goal so valuable? What is the payoff? Why is it just too valuable to give up? Many conclude fear based egoic minds and Unconscious Dreaming are fine and settle for it. If one is not ready that's fine. Conscious awareness is hard work, and is to die before one dies, to die to time so one is reborn metaphorically. It's not as if egoic mind using its host was ever going to end well anyway. The drama of continuous clinging is pretentious. As such if one remains trapped by it upon their entrance into death, having embraced the dream of form being a paradigm of fear they adamantly refuse to see the life script and egoic mind actually use them, they see they had been clinging to the world, hopelessly caught up in desire for only more and more, caught

in their programming all the while resisting change and will see what could have been. It brings disappointment into one's soul, often great despair. It is the feeling of having made a great error. As if the soul were saying: Now it must be done over again, and again until one gets it right, a sort of loop in the space-time continuum. The negative goal is the unwillingness, clinging to the world, a cause of suffering. It is fear and yet is one's goal, limiting, negative, but is familiar. Ask again what's the payoff? Humanities tendency to cling to familiarity, the devil they know, preferred to the unknown. So do a little soul searching. As the 'I' life may be considered okay, and if so it is what it is. This reformation is a part of humanity evolving. Truth is to blindly follow one's programming they're not far removed from a domesticated animal. With eyes wide open truth via observation fosters one's awareness. Think it over albeit know there's no going back. *So inquire then, is the you sure?* There are risks. That said it's a risk to walk out the front door too. So initial awareness comes through painful life experiences, a very difficult route. As we rise in numbers ushering in awareness of innocence combined with wisdom such souls put an end to all separation division and the craving of elitist power. We see actions indeed affect the whole something unconsciousness cannot see because of the dominant fear paradigm. Judgment is lessened, then peace takes primacy. We concede to get your head around this is very difficult. In pressing onward one transcends living exclusively in the mind. Historically spiritual teachers used metaphor to teach, often teaching orally. Perhaps because it forced followers to go within to commune with the teacher within. Actual meaning was lost as teachings were written down by their mind identified followers, and typically unintended yet in many a case intentional. Blinded by unconscious dreaming generation to generation a gargantuan commitment is required for the daily decrease of obsessive compulsive thinking. Questioning belief systems which are used to control the masses. Having alert awareness absent forgetfulness is to listen to the mind, it's absolutely quiet in its observation of what happens. Be alert to a timeless state, awareness of here and now all while alert to time, so to deal with Daily Life tasks—'Clock-Time' used while one maintains their awareness of inner-being. This, the chief aim of the work, and in doing this there is an awareness of conscious presence in perpetuity. 'Freedom for the mind of mankind from the known.' Juddu Krishnamurti

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 it simply watch the news for proof. Our own mind deceives us via programming. We're caught in mind patterns, old pre-established social rolls, nevertheless feel like thorn in the side something is lacking spiritually. Shouldn't we focus on our spiritual side and what brings it to fruition? Peaceful love as an alternative to a paradigm of fear, is the aim of this work and helps to see psychological fear veils Natural Self through egoic disguises/accumulated fear in the mind to a point peaceful love is rarely seen. Ego exceeds what's considered reasonable control of its host, i. e. the reader. Ego controls beyond what is necessary to keep its host safe. Its fundamental purpose is to protect its host from physical and psychological harm. Fostering the spiritual side is to listen to, and observe the mind, in this we are aware of patterns compelling us to follow our life script and ego exclusively. The life script and ego are necessary, do what they're supposed to do yet seek absolute control to a point we capitulate to this. Monitoring the life script, its nefarious tendencies and ego the Praetorian Guard of all life scripts, one begins to see indeed it does control to an excess, and then see precisely why it's so difficult to actually reclaim energy from it, due to its need for absolute control.

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

proclaims: More love is needed. Conscious Awareness, an initial step into the 'Final spiritual state marked by the absence of desire and suffering.' We have talked of being in the zone where thinking is markedly subdued. *Reduction of overthinking..remaining present..an acceptance of what is happening..silence between sounds..and empty space around all form.* These help to avoid living exclusively in a mind using us, we, then use it, coming via observation of the mind again measured by the degree of peace felt throughout each day. Satori, alluded to in this work is extended to longer duration's if one is persistent and alert. The four doorways to awareness of inner-being, in italics above, help to feel innocence and observation brings wisdom. Sharpen the mind then turn it upon itself, use the mind not the other way around, done via persistent focus upon innocence combined with wisdom, hold this frequency longer, it will reduce illusory gaps between ebb and flow so peace prevails. Uneasy tension brought on by excessive focus on past or future, melts away, there is room in the mind to see the here and now. The four doorways help to bring into focus peace energy which permeates the body bringing us to see here and now. Far less reliant on programming the students awareness of peaceful love touches all empowering collective consciousness overall. Unwavering commitment to peace brings ebb and flow to consistent awareness of inner-being. Ebb and flow fade and awareness prevails. Compare this to busyness, one living life bound to time and fear. Awareness dissipates fear, love a bi-product of peace, has no opposite. Fear and its derivatives are rooted in the levels of falsehood, mere thought memory images, aberrations, one trapped by ego in state of unconscious dreaming. In this rolls control us, we're in a fog, failing to notice programming controls. Inundated with fear we're lost in daily life distractions and dis-ease foments unconsciousness, the mind bound to psychological time —perpetual anxiousness, consumed by thought, distracted, lost in a dream of form which merely strengthens the egoic minds resolve and further enables it to control one to a point it rules them. An enormous hurdle to awareness of peaceful-love and yet this can and is being done. Still, a major paradigm shift requiring the seeing of just how important it is to notice the life script...self-talk...social rolls and mind patterns, habits one succumbs to ultimately seeing the great obstacle these are, blocking us from peaceful-love so to enable one's extremely powerful egoic mind and triggers to the above to in perpetuity

control the mind. Therefore persistent alertness is essential to any meaningful and significant progress. This is aimed at those who are extremely serious.

Never underestimate the difficulty this poses. The level of interest will match one's level of success. One hundred percent interest guarantees one hundred percent success. Read it again. A serious student of enlightenment deeply absorbs and takes to heart the above because the powerful egoic mind and life script epitomizes this, not hyperbole. For those not ready it's fine just keep going and remember it's where we're all headed anyway, so may as well get on with it. We're being honest in saying an equal level of focus as ego has is preponderant to one's conscious awareness. The ego is one hundred percent interested make no mistake about that. Reflection at a deeper level drives the point home: Awareness/observation is the way egoic 'I' is seen, so therefore to remain here and now is preferred over capitulation to one's life script. That said it's a major change in perspective, we see in a totally new way. Side bar: Repeatedly focusing on certain points is necessary to counteract indoctrinated thinking. We digress. Natural Self is still, and felt not known. Making the assumption this comes without deep commitment is erroneous. An egoic life script, relentless in a quest to control with thought created psychological fear—the intent is to divert attention with its clever slight of hand saying look here as ego dupes its host i. e. 'you'. Ego fights vigorously protecting the life script of its host compelling one to follow a narrative. And most people not unaware of this. It continuously strives to identify its host while they work at rising above thought so to avoid capitulation to the past or future projected memory. Furthermore egoic minds foment separation propagating on-going conflict promoting its nefarious agenda. To free the Self, is accomplished by pure observation for a duration required to bring one's mind to order typically done slowly as one's mind frees *itself*. Embrace the ego's attempts to control, it helps awareness via observation of it. Thank ego for maintaining awareness and don't condemn it. All paths lead to seeing ego keeps us alert, motivates us to focus on ideas of: *foreverness*, until we see that **ultimately awareness and observation is all there ever is was or will be. So, all experience is still the dream of form we are attached to, all due to our fear of losing who we are or think we are.** We are interested in the: 'Absolute freedom of the mind.'

Natural Self being timeless, is a vehicle transcending 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 so exercise due diligence. We tend to think of ourselves as superior, of course this is the ego propagating egocentricity. We're not that important in the overall scheme of things yet very prideful as to elevate ourselves. Still, to proclaim alertness so as to quiet incessant thinking, we have already implied its opposite merely creating resistance. Ego needs and uses divisive opposites through memory and concepts which are used for practical purposes yet must be let go. For the obtuse memory defines the now for them, empowering ego it foments the mind identified state. The 'I' in clock-time will accumulate fear pulling one out of now, i. e. actual reality. Our awareness slumbers within us awaiting us to see and awaken—the mind alert observes itself so to reclaim energy. Varying degrees of unconsciousness enable ego to hide its pernicious agenda, the case for continued observation. Ego promotes a false narrative, is relentless in its fervor and proficient at deception, it may have propagated in the readers mind '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, all negating fear, a direct result of extreme emotion and overthinking rearing its head when we least expect it pulling us into its grip, upsetting us so we can't see what to do. Remaining calm is vital to a mind rooted in clarity. Once the mind is brought to order, shadow egoic self no longer uses its host. Persistent observation and due diligence frees the mind of accumulated memory images which had controlled it leading us to identify here and now with old images stored in our brains memory bank. Rise above thought to be here and now.

The powers that be have since time immemorial desired to control the masses. Egoic pride creates this elitist ideology making ego's job all the more easy. Elitists felt humanity must be protected although, who will protect us from them? It plays into their illusions of godhood preventing global elitist intellectuals from seeing peaceful love the alternative paradigm rising to subvert the fear paradigm. The Advent of a Great Awakening. -1...is lost to their lust for power and yet they're no better than anyone else—as proficient as ego is at disguising itself within those who are prideful, it's all in vain.

Fascinating parallel on the personal and world levels. It's disconcerting, world leaders living in a fear paradigm or the dream of their unconscious self projects. A narcissistic lust for power controls them, unconscious leading the unconscious won't end well. And inundated by fear they are preoccupied with their ego and gain, lost awareness of inner-being is life in a mind using them. Lost to illusions of grandeur and unable to see they are no better than anyone else. Spiritual travelers no matter what the level of interest project conscious awareness, innocence and wisdom combined as an alternative to adamantly clinging to power: 'A Will to Power'-*A* ends in being duped by one's own ego enabling propaganda and indoctrinated programs which strengthen the egoic mind. The challenge is to observe egoic self while maintaining awareness of inner-being. The natural human-being forges a mind with not boundaries, a mind stilled and alert-quiet-listening, all carved out of an indoctrinated self. Empty the mind of unnecessary memory and it has infinite space for present moment awareness. It then creates room for the now without feckless thought created images identifying. Life leads the way, not the self describing reality via memory and one sees what actually is. Side bar: If it all seems repetitive, superfluous or even perhaps diffused, remain focused and tenacious, endure it because egoic mind and the life script has used your mind for years, this must be countered. We digress. To be *of* the world merely seems to foment more divisiveness, aggression and ongoing anxiousness. Being *in* it is to observe, be aware, have creative imagination self-determination and critical thinking, these foster wisdom. Persistence brings it to fruition yet applied knowledge and innocence without wisdom conscious awareness is then blocked from the mind. The mind brought to order is the Self enamored with wisdom and is the way for intellect to be functionally used. Once more to reclaim energy from a mind identified state so one gradually sees ego and the life scripts narratives. With wisdom and adaptation one then accepts, leaves or changes situations.

Technology mixed with a fear paradigm goes awry absent the spiritual factor. Egoic I is in denial, and seeks to control its host not cooperate. Alert there's awareness of laden spiritual forces. *A*--An idea addressed in Schopenhauer's the "Will to Life"—Nietzsche took the concept further describing it as a: "Will to Power" positing the idea that power is the driving force in all of human behavior. And yet it herein a will to power has little to do with conscious awareness i. e. the conscious connection to Inner-Being accepts and flows what is.

Economies benefit exponentially when humanity focuses on the spiritual. If enough individuals lived peaceful love as a lifestyle fear filled psychological disorders would be vanquished from the minds of mankind, the shadow self then no longer drives us into despair. Imagine it for a moment, envision it in the mind. Einstein's axiom is spot on: 'It's appallingly obvious our technology has surpassed our humanity.' As technology rises it is commandeered by any mind enamored with overthinking ego and the Will to Power—often absolute love of money is reason enough for enlightenment to rise. Ushering positive spiritual energy brings it to fruition, love without opposite clearly suggesting that our world could use a little more love?

This slumbering real power not force-is a light inside beckoning us all to reclaim our birthright. Peaceful love as a lifestyle grows stronger fostering use of tools for practical purposes exclusively in the interaction with another's role and simultaneously maintaining awareness of Being so we don't succumb to perceptual unconscious dreaming. Water the seeds of love and Natural Self fosters wisdom—see ego runs on fear, it is one thinking for oneself, to think critically, to exercise self-determination and rise above thought, one's mind is quiet. The fear paradigm negates peace. And who would ever say that they do not want peace in their life? Fear dominates, because to rise above thought is difficult, one must deal with endless cycles of crisis to crisis, i. e. life running smoothly only to repeatedly self-destruct. Yet seeing oneself in this wheel of karma brings great spiritual forces to bear. We rise above fear to courage, the initial step to higher levels of consciousness and courage is contagious, inner-being's light then comes into daily life. Should love flower, if we work to see love as new, an explosion of minds coming to order would bring calm and peace as a lifestyle collectively rising with consciousness. Awareness of fear, were it to be dropped reins in peaceful love, the aforementioned new kind of human-being. Difficult, nevertheless should the spiritually inclined rise to the occasion it would be seen as essential, perhaps inevitable. Ergo, non-dualistic thinking fosters those all together new way of living life if more were to rise above thought, still, fear blocks this. Peace through pure observation comes if we listen and intently observe. Then all aggression gradually leaves. In such minds there is infinite space, room for peaceful love on the rise.

Releasing untapped spiritual energy propels humanity to unimaginable heights. Slumbering spiritual forces lay in wait for those who create space in their mind. Forgoing over-dependence upon memory one has tapped into the infinite. Fear as a paradigm is finite, it is the mind identified state, divisive conflicted. Such a mind cannot evolve with consciousness only cling, in most cases with good intentions to familiarity and allow the script to rule. So we've merely begun to scratch the surface. Endless possibilities await us all should there be the willingness to remain alert even to the level we're now at, living currently in a fear paradigm. Approaching the chapters end, yet another sidebar: If readers see this as scattered, it's fine. If so please pass the work on. If 'you' live in your mind, it then is using you. The shadow self portrays this as feckless. We've chosen as said to use this format due to conventional methods promoting overthinking when enlightenment abstract as it may be, is the way out of divisiveness. Does the reader have peace in life or stress anxiousness and drama? A readers time is valuable, the authors is too. The intent wasn't to waist the readers time, hopefully this is reciprocated. We digress. Observation sharpens a mind and turned on itself is quite effective in fostering awareness, ultimately helping rein in the pseudo self—no capitulation to the egoic mind. Post spiritual event it is very apparent the unconscious are most people. Ego means to rule by pushing buttons, it controls us via the 'I' that literally is the wheel of insanity crises to crises lifestyles are. Hold peace as a frequency, it calms then spreads love not only to others but to the very cells in one's body. Anxiousness fades to listening and observing, freed of a life scripts incessant control we reclaim energy from it. Awakening initially is bliss then onerous alertness to ground its energy. Should this be left undone the 'experience' then passes and the student eventually is lulled again into unconscious dreaming. Working at it brings conflicted minds to order. Yet it's difficult because we're so totally lost in busyness. So practice peace and forgiveness, limit judgment, foster this new life view of acceptance—acceptance of: it is what it is, a non-clinging to whatever is happening. Acceptance of what happens is to roll with the punches so to say. Formerly seeing life from a 'good' or 'bad' perspective, one now sees it from a peaceful, we will see perspective. All life is movement therefore in the here and now one should be to the best of their ability watching and accepting what happens absent attachment, they then flow with life

without disruptive divisive resistance. Unwarranted psychological fear, when observed dissipates and pain pleasure cycles are seen. A clever yet petty little ego demands submission. Watch ego and slowly life flows as blocks are dealt with. Resistance melts and social rolls then are seen in real-time, determined to observe one rises above thought to peace.-*A* Love takes primacy over ego and one's mind is clearer, transcends the revolving door of memory images to a less judgmental feeling of peace, energy felt within. Fear is exposed as the egoic minds preferred method of control. Having, being and doing in the here and now, will foster peaceful love energy. Normalized fear blocks peace. Its energy foments all clinging to the world and disorder. In the present situation fear dominates the masses, challenging peaceful love as a successor. Freedom requires courage and alertness to see it creates anxiousness. The realization of a worthy ideal is accomplished through intermediate goals and ascension to higher reason helps to use goals as mere stepping stones. There is no absolute right or wrong way-just observation and awareness of what happens. Adapt to possibilities, it subdues divisiveness until the entire dream...social rolls we all play...the I or you identity, is seen then used for practical purposes in life. Inner-being the greater whole of anyone's life, now takes primacy. Humanity needs to rise with consciousness so peaceful love as a paradigm dominates. And if oneness is felt by all humanity the result is absolute oneness, as is the quantum level—we're connected by tiny vibrating strings. Literally one energy field adapting to possibilities, randomness, and with the changing power of observation we're simply one world following peaceful-love not the globalist world order. Love and wisdom ascends to higher reason. Choosing peaceful-love the will to power separation and all psychological fear, is negated. With nothing left to hate humanity will choose peace as a lifestyle. Living peace as a paradigm then ends aggression and violence.-*B* In closing if the egoic 'you'/'T' has read this far, challenge met attraction continues. *A*—To rise above thought is to see what actually is, with no memory intervention. No longer old images of what memory propagates. A seeing of life as always new as love is new. To use memory for practical purposes is to step into the here and now at will. *B*—Suggests the reader rise to higher reason, a sort of deeper alertness fostering wisdom, the point wisdom elevates them into the realm of higher consciousness or an intuitive reason, the projection of the upper echelons of truth rooted in abstraction yet quite difficult because one's egoic mind blocks it. Higher Reason is one's doorway to the highest levels of truth which is to say: Love-Joy and Peace, finally Enlightenment, an ineffable state or the apex of the highest levels consciousness, only then can the total freedom of the mind of mankind as Krishnamurti eluded to in his talks come to fruition. Our realization of that what we do to another we do to ourselves. And then the lamb lay down with the lion.

CHAPTER SIX

AFTER THE AWAKENING

Awakening, possibly be the greatest most rewarding gift and important accomplishment achievable in life, yet quite onerous when dealing with a life script and the egoic mind—a retrospective view of awakening. Pain is often involved nevertheless this need not be the case. There are rare cases of those who've awakened suddenly and completely. That said most of us must work at it, i. e. have consistent alertness is required, exceeding what brought about an initial spiritual event. Daunting to say the least. Imagine you're trapped in an ominous dream, unable to awaken. A spiritual event fosters an awareness, my mind has been using me—initially noticing everyone else still lives mind identified as 'you' as an observer did prior to awakening, an inauspicious state of *Unconscious Dreaming*. A thought created pseudo identity, 'you' acting out a programmed life script. An actor on the stage of life, something we are all subjected to taught by others, and running countless lives of those who don't see they're unconsciousness. Everyone has a life script analogous to a kind of hologram. If the **Self** awakens, one now the audience observes life. Watching theirs and others thought created **self** under immense pressure to follow a life script taught to them. Attached, controlled by programming to one degree or another. If aware they're inclined to forewarn others-'Your mind blocks you, it traps you in the bubble of a shadow self, the 'you' in time, yet can't or won't see it: 'Though they see they do not see, hear nor understand.'^{Jesus} Yet for those awakened it's all too obvious, it's somewhat frustrating others can't see they're own unconsciousness. The awakened must beware of a spiritual ego rearing its head pulling them back into the fear paradigm dovetailed into a superiority complex or a sophisticated mind game. Aware of programmed..indoctrinated..propagandized unconscious dreaming one sees egoic minds unwavering need to control its host. It's similar in nature to martial art, there is the practice of

something called tempering. One takes a stance allowing their partner to kick and punch the body to toughen it up. Of course this is for adults training for full contact competition. Focusing on wisdom after a spiritual event feels like tempering. All students experience their own unique challenges so all one can do is follow their own path via life situations to the teacher within us all. And holding the frequency of peaceful innocence work at wisdom, finally merging the two into one. Although this will require unprecedented persistence.

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 *felt* something far deeper and more mysterious, elusive beyond thoughts ability to know because it's veiled. A rebellious and cocky young man sat in Bible class at the private school he attended brazenly thinking: 'They seem to be missing something. There's a deeper aspect.' Unable to put his finger on it he sought that which he already had however could not *know* because thought seeks to understand what is beyond thoughts ability to know, concepts merely point to enlightenment. All efforts consisted of on and off obsessive compulsive study but only on an intellectual level. Later there was 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, was caught up in his life script, *IT* was running his life. Additionally the struggle to ennoble conduct. It's all too easy to be *of* the world to a great extent rather than *in* it. Even post spiritual event it was difficult transcending being of the world to be in the world. -A Years have passed since the fortuitous event which fostered a kind of death and spiritual rebirth. Ongoing consistent work to ground conscious awareness continues. The difficulty grounding poses has turned out to be interaction with a majority of people known or met, who for the most part are all quite unconscious. Surprisingly in the journey it has been noticed how few know anything of enlightenment. Repeatedly asking: 'What do you know of enlightenment' A-The hit bottom experience or spiritual event eluded to in this work brought a peace never thought even remotely possible. This is the innocence part or half of the equation, followed by a consistent focus upon wisdom through study. Innocence and wisdom, when merged fosters a mind brought to order. A peaceful-love paradigm, a state of mind and yet this will fade without persistent alertness bringing awareness and wisdom which then is solidified. It is all too easy to get caught up in busyness daily life is, we are consumed by unconscious dreaming, lulled by the dream of form repeatedly. So one must really be in it for the long run, foreverness, i. e. there is no going back.

generates responses of everything imaginable. Most know little to nothing at all, do not care or it simply goes right over their head. The best and worse of reactions—concluding misunderstanding generally is commonplace. Oh they're receptive, most are kind or curious about spiritual awakening yet for the most part confusion is the norm. Challenging, after awakening nothing is the same. Virtually everyone known or met is unconscious or oblivious to peaceful love conscious awareness brings to the lives of those clinging to familiarity even if following the status quo foments dis-ease. There seems to be a price it for one awakening, for those will not adhere to the status quo. One simply doesn't fit in similar to born again Christians ostracized by acquaintances or friends and even family. So one is wise to be guarded against who this is shared with.

The world seems to have gone quite insane: M.A.D., avaricious elitists seeking power...money...exacerbated by mind identified sycophants and mind identified academia. Fearing a loss of status, ridicule, their egoic self via rolls and their life script compels them to tow the line. Mind identified the Self is veiled at a loss of Inner-Being awareness. Awareness brings one to see ego as far less important in the respect it's not all consuming—it's to chase the wind. For *serious students* peace replaces the programmed self as one's Natural Self emerges. Clinging subsides and one then is *in* the world not *of* the it.-A Quite different from student to student. We have days ego aggressively attacks then to the opposite. Pulled into a back-and-forth by the ego's voracious need for control via copious mind games. Peace arises gradually because fear has been so normalized—the back and fourth in grounding is a real challenge. Spiritual awareness is one thing, grounding energy permanently is more difficult to do. Mind games foment coveting, or ideas of becoming. Ego often partially fades only to return, repeatedly lulling the mind into unconscious dreaming. Loving honesty regarding the self, that is to say observation of the egoic self brings a mind to order helping to ennoble one's conduct, the prerequisite to far deeper spiritual work. A—Gradually one's mind will see the paradigm of fear through steadfast awareness of Inner-Being and living peace as a lifestyle. Fundamentally all there ever is, is unattached awareness, a mind still is clearer and more concise all due to the student no longer being so completely caught up in social rolls and mind patterns that they're unable to see blocks, i. e. the dream of form. Or one's egoic shadow self pretending to be 'you' a creation of thought fomenting dis-ease via the projection of now into the future. Again created in thought and overthinking to the point that it gradually challenges the very sanity of those who succumb or to it and are blue pillled, estimated to be approximately 97%.

Purifying 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 merely brings on division. Again unconscious dreamers are virtually everyone known post awakening. Fear—the modus operandi of most people and likely is part a 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 we see what is, not memories of what is. The mind must be ultra alert to observe itself. Reared to follow a life scripts narrative, the nefarious shadow self controls. Persistence brings an instinctive no negative energy mind patterns are, will no longer be tolerated. Surrendering to what is brings acceptance—to move through fear transmutes it to peace, consistent inner-source alertness fosters this 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. Still, so far outside the box for many these ideas are scoffed at or go right over the head. Yet space created in the mind negates time. The tendency to follow one's scripted programming when seen, in such a mind peaceful-love is stimulated. So then grounding spiritual energy equates to: Whatever happens one's peace is never 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 all 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: Union with Brahman. *Out of the divine Ground of Existence one's Natural Self emerges.* Having presence negates the egoic mind, one reclaims energy from ego which needs past and future to control one's mind. Peaceful love in the present moment is actual love, having never know fear it is a mind freed from division. In Jainism and Sikhism: A state of profound peace A—The Divine Ground of Existence, a spiritual absolute is ineffable in terms of discursive thought although is susceptible to all human-beings awareness. And yet one cannot **know** it. It is felt within one's body, a sort of innocence merged with wisdom bringing one's mind more-so a consistent conscious awareness.

felt here and now outside of time. Moksha: the release from suffering after a lengthy period of Bhavana.-1—one's spiritual awareness of their Natural Self. Developing loving kindness brings oneness with all creation.-4 We are saying here awareness of the Natural Self is predicated on ennobling conduct, bring order to the mind through loving honesty in regard to one's story, or problems psychologically. Observing and listening gradually fosters peace merged with wisdom. Referenced in a religious system: 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. minds 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....And quotes of others as well, all additional descriptions pointing to this 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're doing to themselves.

With persistent awareness wisdom gradually comes. Seeing in the above that these descriptions are surprisingly similar going back thousands of years.

Those on the merry-go-round of unconscious dreaming when challenged they'll fight to defend their cherished life script, normalcy bias has them in its trap. The unconscious do not seem to care if they are caught in pain pleasure cycles—crisis to crisis lifestyles referenced as karma in the east. And plainly such don't want to see a merry go-round of insanity nor the minority who are committed to move beyond this. Until more awaken, the merry-go-round of suffering it continues. Again why is the negative goal so valuable, why is it too valuable to give up, ask what's the pay off? We have repeatedly suggested ego challenges humanities survival. Especially if we consider leaders, being egocentric elitists propagate mere propaganda designed to dumb people down so they're incapable of thinking for themselves or thinking critically, all while projecting fear to the masses so to control them. These are the ones who have their fingers on the button of global thermonuclear war!? Oh they'll say they have our best interest at heart, always considering their constituents. Perhaps they shouldn't think so much and particularly of those they mean to protect for who protects us from them? Side-bar—Understand in speaking to this it promotes freedom as being important. Without freedom spirituality is stifled. Power corrupts believe that and 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, not looking for others to tell them what they should do. Beings as how this for the most part is what most systems do because it is a means of controlling their followers. We digress.

As said repeatedly those remaining in unconsciousness ignore spiritual awareness and succumbing to fear their life script and ego are 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, it is all impermanence as Siddhartha Gautama The Buddah repeatedly mentioned in

teachings and imparted unto followers. Learning continues yet confronted by the fact they'd squandered another opportunity. Despair weighs heavy on the soul as it accepts this and moves through the fires of purification on its way to another incarnated life as some teachings posit, or the illusion of another incarnated life if you prefer. Despair experienced at death due to the fact it all must be done again and again, until the Self or soul gets it right is karma. *In truth there is no experience, only the eternal now or one continuous moment and awareness of it.* So what if it take two years for results would the effort be worth freedom from the burden of an egoic self's anxiousness? 'Living the dream.' Would it be worth five years to feel the peace described above? And so 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 only bringing temporary happiness. Would 'you' rather endure the hang-over for the sole at death? Hence told from a 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 the 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 and yet it is felt as we rise above or below thought. Ego and incessant thinking is the problem then. We're all hard-wired for peace so we must see mind games block us from seeing: 'A final spiritual state marked by the absence of desire and suffering' awaits us all. So to watch the life script and egoic mind fosters awareness. Use the mind not the other way around, peacefully listen. Observe the mind to the best your ability along with the life script as well—the 'you' in time diverting attention enabling social rolls and mind patterns to resume control. This is a mind reclaimed via observation, awareness of egoic self in daily life situations.

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

alertness and remaining alert as being simplistic or easier than it actually is. Other are so laborious, so complex and difficult to understand seekers simply give up. That being said the subject must be taken very seriously. Herein we repeatedly tout and especially in martial art that one never underestimate the task in front of them. In spiritual enlightenment we are not viewing the egoic mind, life script and mind patterns as opponents, we observe them and listen, in so doing a stillness comes. Essentially one's goal as was written above the entrance to the temple of Apollo in Ancient Greece where Pythia, the Oracle of Delphi, made her predictions and is the quintessential wisdom of the ages, obviously key to the enlightened state, which is to: *'Know your self.'*

In early martial arts instruction by some in the United States one had to prove themselves worthy of instruction. The corresponding philosophy be it Zen, Taoism or another discipline was to know the Self, and ingrained into the training. It brings awareness via alertness and rigorous persistent practice, observation of the egoic self and life. Make no mistake these were committed practitioners. Studious yet unfortunately often also quite unconscious. Even for the serious practitioner ego finds its way in. Worth while instruction in the art focused on training essence and philosophy. Albeit this was gradually lost, replaced by money and the need for power over others due to the awesome power of the egoic mind. Mind identified practitioners gave in to aggression and desire for status. Spiritual travelers must understand that a commitment necessary to hold awareness is at a far greater level than most are willing to endure. 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 students again in their auto pilot program one's life script is. Should this happen the student slips again into forgetfulness and unconscious dreaming. The Self or Natural Human-Being then is hardly even there at all-replaced by the egoic mind and life script.-A The ego and life script seek to control us all in perpetuity. One must be alert to endlessly clever ways ego distracts its host i. e. the reader. Turn attention into the body, it stimulates awareness of Being through alertness—a mind adapting to here and now bringing a lasting peace.

A —Most people live almost entirely in their mind, think they use their mind when again it actually uses them. Following their life script and its Praetorian Guard the egoic mind. Ergo sharpen the mind, listen to it and turn it into a tool fostering awareness. Turning the mind upon itself one reclaims energy from it, it then helps and no longer controls us.

CHAPTER SEVEN

WORDS

An interest in Taoism developed early on in martial arts training. Taoism is unique—no deity: 'There is something chaotic yet complete which existed before heaven and earth—endeavoring to describe It, I call It great, and endeavoring to name It, I call It Tao.' Laozi—From a different perspective perhaps: Ormazd..Brahman..Allah..Jehovah..Olorun...Ahura Mazda...Vishnu.. Shiva...The Great Spirit...The Divine Ground of existence...God...Heavenly Father..Atman..Yahweh..or once more...The Tao. Words describing something beyond words. Words can only ever be a finger pointing to the ideas in one's mind. Words are concepts, tools, never the thing itself. Therefore should not they be used and let go to feel energy in the body, which words cannot know? Essence or nothingness, one cannot understand *yet can have an awareness of it*. Nothingness is not understood with words in memory. The use of words metaphorically, for instance the words here and now, points to nothingness in the now which is all there ever really is. Akin to a slate wiped clean moment to moment—the hard drive with nothing downloaded, now prior to thought defining what one's life script says reality is. *Idea's* are known, now is not—thought is limited so it can never know all that is. Rising above thought there is intuition, a perspicacious nature. Words are a part of consciousness, not nothingness—or random potentials happening moment to moment and far too abstract for thought to ever know. Thought and words point yet must be let go so that pure observation and awareness can come to fruition.

Pragmatism who's most notable disciple may well be William James, has proclaimed thought to be an instrument. The life script ego and emotion, will control the mind subservient to fear-filled overthinking. Thought and words merely point to more of the same so process of elimination helps to bring the mind to a stillness, feeling essence one rises out of the above so the state of

conscious awareness is fostered. A life script and ego seeks only control. -*A* A scripted program we're all subjected to up to 5 or 6 years after which ego, its guardian, protects us psychologically and physically. In the current situation ego has gained excessive power over the mind. We aspire to reclaim energy from the egoic mind life script and incessant self-talk. Observation of the life script and egoic self which abides in the past and future and the Self, abiding here and now frees one's mind from bondage to programming. The 'I' identity controls all disordered and confused minds which succumb to the dominant egoic mind controlling copious amounts people. This is seen by watching and listening to its mendacious rhetoric. Stop reading, focus, listen to the voice in your head and it fades. Don't identify what is with memory, just notice and it extends alertness. Being doing and having exclusively what the ego and a life script projects in life makes life dull stale and feckless. Words in memory are useful still we are inundated. So in watching we see ego, our life script and fear. Observed, gradually they control us less and less, we act and speak from peaceful inner-being—'Be still and know that I am God' conveys perfectly this idea. Essence is beyond concepts and experience yet one needs to have a foot in both worlds. Practical interaction at the level of effect in daily life and simultaneously feeling causal level energy i. e. ***Inner-Being***. A mind ceases to define the present moment through perpetual memory images stored in the brain. Observation helps bi-pass the egoic veil to see the mind identified state prevents us all from focusing on the here and now, the only actual place that ever is real. So the here and now is veiled by ego and psychological time. -*B*

Laozi left the city out of disappointment no one understood the Tao he was attempting to convey. A guard at the city gate insisted he write it down before leaving. Pious men and women of all faiths with the best of intentions aspire to God Consciousness through prayer and meditation via surrendering to something greater than themselves. Although ***knowing*** by way of concepts creates merely division or tends to if relied on to excess. Here we are saying, transmutation of self to Self is awareness of inner-being i. e. the Self bringing Being into doing. Obviously we need thought albeit the mind following one's programming sees life via memory. *A*-Vast numbers live mind identified, a mind which uses them defines life via an egoic mind and life script, life is seen through memory images of what the here and now is. And ego seeks to protect its host yet is overzealous in its desire for total control. *B*- The mental projection of the now into the future.

It empowers the ego's duplicitous nature—adhering to a life script rather than working with its host. Scripted social rolls pull us into unconscious dreaming states repeatedly and this must be seen. Seeing rolls and old patterns awakens the Natural Self which reclaims energy from ego, *one's mind comes into the now not, mere memories of it. Ironically its duplicitous nature fosters one's alertness.* Peace with ego, similar to a partnership, will keep us apprised of the need to maintain conscious awareness so to remain present and subvert its attempts to control. Perspective changes—non-resistance is surrender to what is happening via observation so one sees their propensity for living in a mind identified state. Watching ego brings us into the present, patterns are noticed, these pass more readily precisely due to non-attachment. Noticing the self we adapt by virtue of non-resistance. Ego dupes a mind to a degree one gets lost in conceptualization-comparison-judgment-separation and social rolls played therein. Seeing this, hereinafter we determine the precise amount of energy it needs to keep us safe and to navigate daily life, i. e. be *in* the world—dealing with life situations, subsequently allotting a sufficient amount of energy for it to do so. This points to conscious awareness as far as words can do. Concepts only point to love, notwithstanding concepts are needed to be functional. We successfully reclaim energy from it through observation fostering innocence, wisdom then brings peaceful-love into doing. Love is power. Fear is of force. Attention turned into the body brings present moment awareness to fruition. We speak of serious observation and listening—to a greater or lesser degree this is different for spiritual students. Foreverness is merely a word depicting ongoing awareness of inner-being, a mere tool we are to use and discard as all words should be, because once more the word is never the thing itself.

In the moment we're less affected by old mind patterns self-talk and rolls. Like a song on the brain, unpredictable trains of ongoing thought, suspending memory when not needed we are just here, the energy frequency of peace and present moment awareness unburdened by the past or future. Seeing here and now one's life script and egoic mind are viewed as attachment to an auto pilot program. Still we capitulate to unconscious egoic manipulation, ego is then controlling its host. Let life lead, similar to flowing with and adapting to life with limited reliance upon the past and or future. Surrendering to the now one

sees their script controls and redirects its energy, e. g. one is taking a walk, an ominous looking person approaches bringing to bear an err of caution, so to nonchalantly cross the street is avoiding potential problems—it's instinctive not fear—potential danger passes, one returns to present moment awareness. The scripted mind lives mostly in past and future, denying the present other than a means for the egoic mind to pull one into psychological time. Wisdom and awareness of The Ground of Existence keeps one in the now. No longer will memory images vis-a-vis thoughts melee of concepts extended to the spoken word, propagate anxiousness—a script following programming passed down. Words identify the now yet are not, stillness flowing into doing is. Still, ego panders to a life script, thought triggers old mind patterns and mind identified those attached to psychological time project the now into the future, denying one's ability to reclaim energy. Watching the mind quiets it, and key to rising above thought. So watching ego steadfast is the beginning of using the mind as intended rather than a mind using the person. Ongoing persistence few are able to muster is necessary to see the mind often uses the person.

We've repeatedly said a scripted mind is problematic, i. e. it uses us. Religious metaphor handed down by Avatars spoke of inner-being coming by way of present awareness. Speaking truth in the moment, often reworded by followers over time, in multiple languages, actual profound truth was lost in translation. If they didn't write what they taught Avatars symbolically pointed by parable. The written word is limited because reality is constantly changing even as we speak—words are never the thing itself, moreover all teachings move beyond the present and subsequently, are watered down with memory images.—*A* We're inquiring into actual truth coming to us via the here and now through the mind quieten. Words are fine for practical purposes. The Avatars disciples wrote teachings down and being mind identified potentially missed much of the deeper meaning—over time the meaning was lost in the words themselves. Once more the word can never be the thing itself because the *A*—Memory defines the present moment with stored information akin to computer hard drive rather than it showing us truth. It is necessary to reiterate, we are countering programmin due to copious amounts of indoctrination throughout one's life. This is nothing less than countering the programmed egoic self and life script ego with its mendacious narrative protects. Or we could call it brainwashing. Are we not all brainwashed, to a greater or lesser degree controlled by what is tantamount to programmers filling our minds, a life script program taught to us by those who programmed us from childhood into adulthood?

teachings had moved beyond now. Teachings understood moment to moment are seen in the now—alertness fostering awareness so wisdom comes. Each to their own connects to Being by walking their individual path to reclaiming energy from an egoic mind seeking control. One sees times illusion, can hold conscious presence, remains in the present moment which is one seeing truth via inner-being. So to see memory is of time frees the mind of fear energies indoctrinated mind patterns, words thoughts and language—*the mind rising above thought*. Communion with the The Ground of Existence, there's less dependence on a divisive scripted egoic mind controlled by fear, propagating on-going opposites in a mind inciting conflict within itself, once again mind identified. Accept the ego's job is to protect its host but controls to an excess. We need the life script to remain safe nevertheless egoic minds use fear to do so and veils love, that is the ego uses fear to control. Forged by the merger of innocence and wisdom, living peaceful love as a lifestyle one unifies with the aforementioned teacher with-in. And alertness to Inner-Being fosters peaceful love. Conscious presence emerges projecting Being into doing, with alertness are feelings of one humanity. Not fear filled human-beings seeking just better versions of the egoic self, done in perpetuity with marginal gains. The time has come for something quite new. So question indoctrination. Frankly, it is time for spirituality to grow up. With conscious awareness one taps into great spiritual forces within us all for the purpose of rising 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: 'Well we can't have the people going around thinking they're equal to us now can we?' Exemplifies precisely just how out of control the egoic mind has become. Illusions of godhood merely propagate unconsciousness. In choosing fear as a 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, merely concepts stored in

memory. If we rise collectively above thought love would blanket the earth. Avatars spoke words of love: 'The meek who shall inherit the earth' -1 live peaceful-love, value wisdom first and foremost while elitist mind identified intellectuals insist we need to be protected yet cling to the status quo—who protects us from them? They reinforce indoctrination as an essential tool for the purpose of control. They see themselves as superior, the rest of us are the serfs. And personify pride, the highest of the lower levels of consciousness, solidify ego's narrative delude slumbering truth—unconscious, refuting their own attachment to opposites. Consistent observation is key to remaining alert and awake. An Avatar twenty five hundred years ago was asked: 'Are you a profit?'--'No.'--'Enlightened?'--'No.'--'A god?'--'No.'--'Then what are you?'---'I am awake.'-2 Awaken to observation of truth as something of itself emerging in the present moment. 'See what you see' or choose to slumber in the dream of form forever blue pill and or black pill.

As the life script forms the powerful ego adheres to it. Walls thicken and at the point 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 reliant upon patterns and social rolls taught to them by programmers. Lost awareness of inner-being sets in, peaceful love is veiled, we gradually succumb, capitulate or are then commandeered by fears aggression. *Alertness fosters an awareness*—peace extended to an increased duration one focuses more 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 wreaks havoc. Words are tools yet must be let go of for the vastness of an eternal mind. Clear the mind, create space by observing opposites, or the us and them. Words being thought derivatives follow a train of comparative opposites and leads to an erroneous belief a life script and egoic mind brings peace when they merely create more disorder via psychological vicious circles, resulting in distraction from inner-being. An American Indian tribe claims, everyone is born with a preordained number of words and when they run out in that instant one dies. Intriguing, it suggests the use of words sparingly and wisely. We should talk less then, and listen more. We all have one mouth and two ears for a reason. Observation and awareness is necessary far more than excessive talking seems to be.

Yet to reclaim energy from the egoic mind is a challenge. Ego-words-the life script, used practically while maintaining awareness of Being, is key then. A mind no longer in conflict with itself sheds psychologically accumulated fear emanating from the past and future to be then: 'Freed from the known.' J. Krishnamurti

Quiet stillness a prerequisite to pure observation, helps alertness albeit again most find this quite difficult. Listening sharpens the mind, it's clearer, anxiousness then markedly reduced, we are using words and methods as the sculptor uses scaffolding, then abandons the tool to reveal the statue which is say here and now. As it says in song: 'Stay right here cuz these are the good old days.'Carly Simon--Anticipation C. 1971 Exactly 'What is missing in just this moment?'From Zen Take a day, abstain from the use of words and you will see this new form of communication arising through Conscious Awareness yet these too are words pointing-'The word is not the thing.'J. Krishnamurti Create space in the mind so to rise above thinking, it fosters conscious awareness. Thought finds its 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', use words, then moving beyond them enables the traveler to see: 'The kingdom of Heaven is within.' -1 All thought extended to the spoken word, is past and future, lost in rolls, an 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 the egoic minds biased descriptions, all words forever analyzing everything seen. Listen and watch, analyze less so, the Natural Self comes to fruition and along with it a belief in something greater than oneself. The thought created person then, is useful for practical purposes should it no longer veil the above. The mind stilled—space between sound and form—acceptance of what is happening 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 the 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 to be alert, is vital to conscious awareness. We digress.

Daily life foments a conflicting *dual nature* due to busyness, it distracts. In the now over-thinking is lessened. It's a sort of alert reception, minimizing attachment to thought and words so 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 overall good. The challenge is, us and them merely creates division, our truth is right, yours is wrong. Systems judge, create fear and separation fomented in narrative and tend to create divisiveness perpetuating opposites. Whenever possible set all these aside. Forgiveness, rooted in peace is judgment nullified—the point one awakens peace and markedly decreases dependence upon systems by turning inward. All systems inevitably judge—regurgitating a systems narrative when actual truth comes to fruition through one's connection with the teacher within. Rooted in peace the mind clear turns attention inward, adapts and negates judgmental narratives. Unconscious dreamers lack the alertness necessary for objective listening and observation resulting in further unconsciousness at the loss of conscious awareness. Lost in a systems dogma that tells them what to do, they judge. “Forgive them for they know not what they do.”-1 this fosters loving forgiveness, not putting up with unconscious behavior, merely 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 mind identified states to be one with the source. Alertness is key to seeing that to accept, change or leave one's life situations is a mark of an ordered mind. Still we talk when we ought to listen. Notice words often foment anxiousness born in time. Difficult yet we need to remain in the now to see the word is not the thing, they're necessary yet they control us. For example, the systems dogma pushes its way in via its adamant followers who adhere to its narrative. Awareness arises in the use of a system, not it controlling followers, who look for someone to tell them what to do. Or words created in thought *about* the system, a play on Schopenhauer reference of mere tools to control the masses. Adapt to situations absent expectation, negate words. One seeing and letting go of psychological time, is then here and now where truth abides. In the now truth reveals itself in the moment so who can say what truth is. Fear is replaced by love flowing into what we do.

It is the Natural Self referenced herein—alert, ever-ready for what life puts fourth via observing unattached—see ego as loosely worn garment otherwise it binds us to endless dichotomy or, patterns and rolls we loose ourselves in. Living in the here and now words and memory help, yet influence far less-so.

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 on it-self. *Deliberate movement helps,-A* and is to focus on each aspect of what is done moment to moment requiring a *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, the student interrupts him repeatedly: 'I already know that.'—to which he retorts: 'Let us try something else then.' Only to have a similar response: '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 till 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 us 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. Like a hologram the dream of form we're lost in, now veiled by words and memory unseen. This mysterious invisible something beyond words we merge with, is also found in the billions of cells we're comprised of-not known yet felt. With persistence we step into a timeless space whenever we choose. A continuous energy field encompassing all, it is essence we come from and return to. So, awareness is to listen and observe, it transforms homo-sapiens into something new. It is one living peace as a lifestyle and with wisdom transmutes a will to power to having an awareness of: The Ground of Existence. This mysterious something is energy felt in the body should one choose to engage persistent observation and have alertness, a point it is felt and fundamentally awareness by way of surrender to flow with life. In a Biblical context: Be still and know I am God, or A-Very aware, slow movement of what one does, really focused on every step and all movement fosters a state of conscious awareness.

in other words: The Void. Beyond indoctrination then, human-beings are hard wired for peaceful love yet is hidden by an egoic mind, currently the majority controlled by fear. 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. Blocked by a fragmented mind, 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 *in* the world which now is familiar, and *of* it then is unfamiliar. The life script seeks to control the 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, when measured would show a marked increase in endorphins and 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, all formally creating disorder yet for many they still preferred to the unknown. The over-use of scripted thought merely creates misunderstanding. Simplistic innocence fosters by awareness, actual freedom from being inundated by self-talk and social rolls, continuously played in the interaction with others rolls. Communion is to be one humanity beyond good and evil, ultimately igniting one's light of love within. And out of peace love blankets the world. Peace here and now is an alternative to the fear paradigm. Living forgiveness and kindness brings peace to fruition. Love, is felt within, and seen with the new eyes of peace is a paradigm born of observation and listening so one's mind rises above thought. We could say this is an idea long overdue. Peaceful love is the Self seen as an omniscient energy field, as the realization of something greater than oneself coming by virtue of alertness, bringing awareness of again: The Ground of Existence. All words pointing to concepts thought has created. The personification of the Natural Self, a mind freed from the known, thereafter unafraid one takes a leap into the unknown, avoiding all redundant versions of the capricious fear-filled paradigm many continue to live in which seeks to make human-beings into better versions of feckless homo-sapiens. We are pointing to something new, different, brought into being by way of rising above thought when it is not needed for practical purposes in daily life situations. Adapting to life we then move with it.

CHAPTER EIGHT

THE QUALITIES OF THOUGHT

WILLPOWER AND EMOTION

Thought, the mind chatters away provoking anxiousness. Ego and life script fostering a mind identified state. If one lives in the mind, it uses them. In observation of the mind one sees thought is indeed a powerful tool 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 to be freed of time and fear. Most people want peace who would not? Always beneath the surface the mind veils it via blocks formed our life script. This is psychological fear, one's baggage, unobserved it controls the mind. It is the shadow self succumbed to. In observation of it the mind comes to order—begins to notice this thought created 'I' identity foments dis-ease. Who then is the 'I' or self and what is its modus operandi, in addition to mind patterns so many blindly follow? We are taught to identify as this I identity, it seeks to control us yet most people are unaware of it dominating the mind to a degree in a real sense they're not really there, the life script runs their life, following the Pied Piper, in a perpetual state of unconscious dreaming. Programming, self-talk and over-thinking, overwhelming emotions, all compelling copious amounts of people to do what they do while in a fog. I don't know why I do what I do is often only investigated successfully when emotion and thought are very still. And consider too life scripts in people are protected by an egoic mind which clings to blocks, referenced here-in as psychological problematic proclivities, again baggage in life exponentially controls them by way of their life script—the quintessential apple not falling far from the tree is one's own programming passed down to us all generation to generation, beginning with the parent programmers, peer groups academia and so on all from one's

youth forming their life script by six years. Thereafter the awesome power of ego follows a 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 the egoic mind firmly in place, instigates mind games, adhering to programming and a normalized fear paradigm to an extent one perpetually follows it and woefully clings to indoctrination. Programming is the sum total of one's personal consciousness, the metaphorical hard drive. And ego the life scripts guardian, together psychologically seek control to protect its host, yet civilization has evolved to a degree much of what ego protects us from is no longer valid. Ego operates as a sort of overzealous programmed mechanism, seeking to dominate, it compels its host to capitulate to every demand and its host, you, are on auto-pilot. The mind alert is consciously aware, attuned one watches their ego and its pernicious ways, ironically it helps awareness come to fruition. In summarizing the above: Life script forms, there is a shift, a loss of innocence, one succumbs to psychological time and the egoic shadow self controls their mind. Observation, listening and simultaneously remaining on the path of non-resistance, one reclaims energy from social rolls, patterns and triggers ego uses to control the minds of all unconscious people.

At some point in human evolution the proverbial wrench was thrown into the works and it all went askew, ego took control believing without it, its host would be in grave danger, it is what egoic minds do. The mind at some point capitulated to unconscious dreaming, subsequently ego took over. And people are oblivious. Side-bar, the 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. Even though it's redundant it stands to reason one must see this as vital to counteract a life time of indoctrination and control. We digress. Being aware of the reticular activating system is vital as well and problematic. It files all incoming input via the five senses into two categories, sensory input seen as valuable and input viewed to be a threat. The paradigm shift is a threat. Clinging to egocentricity and the familiar life script, we loose awareness of inner-being. Peace undermined by overthinking then begins to instigate more problems, problems thought itself created and with a different set of thoughts attempts to solve the very problems thought itself created—it

tries to understand itself. Once more prior to 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, a fear paradigm controlling so completely that frankly people don't even see it. Akin to living life in a daze, notwithstanding one can break free of its control. Pulling one into a benumbed dream state it likely requires the student reset an untold number of times in order to remain alert so as to distinguish fear energy from peace energy. This is reclaiming energy from 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, all the same ever tried to clear the mind 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 to success.

We'll be discussing willpower and emotion however at this junketeer another side bar is vital: Thought, willpower and emotion, are ideally developed simultaneously. Advancing equally enables 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's 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 psychologically speaking, is fundamental to being well adjusted, a major prerequisite to alertness. Ego is extremely clever, it pulls students into mind games using pride..anger..anguish and so on. One must ask themselves often, what is felt in this moment? Is it causing tension or even the slightest degree of dis-ease in the mind and body? Is here and now accepted, adapted to and flowed with? All people are programmed albeit this can be seen if 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 better versions 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, a mind checking itself. This is to look in the mirror frequently and ask how can the I, a creation of thought, the sum total of one's consciousness, transcend to be more wholly commensurate with the peaceful love paradigm. An alternative to what has only marginally worked—the current dominant fear paradigm currently controlling the majority. A tall order indeed, requiring an extraordinarily focused mind. Nevertheless this can and is being done.*

One can with an unwavering determination, drawing on inner-being, see and feel it. It is an awareness of: The Ground of Existence. One sees their ego and life scripts obsessive-compulsive need to completely control their mind. Awakening to see a shadow self or I, to then flow with life and adapt to it by drawing upon inner-source, fostering a consistent awareness. One is alert to a deeper intelligence, an energy we can draw upon which trumps mind games—thoughts images controlling us or the mind using its host. Ego's last line of defense to the highest levels of consciousness are egoic 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 thought still 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 essentially is to transcend at will scripted thinking 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 thought which defines the here and now via one's memory. **Intuitive reason**—a doorway to the higher levels of consciousness, flowers in the mind. Intuition then, fosters a mind free and clear. Intuitive reason elevates one to higher consciousness—a fascinating mix of existentialism and observation, and 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 is 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, and suggests divisive thought is fine. So awareness of causal level energy, not the level of effect, transcends opposites overthinking promotes. The mind sharpened is then turned upon itself, sees that ego seeks dominance. There is limitless space now created in a mind fostering deeper awareness via 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 now sees they 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, we adapt to here and now. A substantial reduction in resistance is vital for willingness. Curtailing judgment we allow what happens to show us truth, we minimize our life scripts attempts to define life and attachment to experience creating dependence on thought. Now supersedes our life scripts need to depend on memory. Stillness and observation now enables us to see

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

A martial viewpoint, to gain a foot hold. Use of force in battle often does result in countless lives lost only to gain 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 life, fosters peaceful-love in fragmented minds and negates memory combined with emotion seeking total control, the result is a mind unable to see its ability to empty itself. In listening with one's entire being alertness comes, one gives complete attention to the present so peaceful clarity arises and they enter the only place that is real, *the now*. Holding the energy frequency of peace extends its duration. Willpower is to observe life so we do not get lost in it. Courage brings this to fruition, the mind no longer succumbs to psychological fear enabling one's egoic mind. Willpower allows life to lead, one adapts to situations and flows with what happens in the here and now. Ergo why resist what happens when it's what is happening? Should one flow and adapt to life's lessons it fosters deeper wisdom. A mind still will notice its own unconsciousness, simply doing this brings conscious presence. Inner-being then flows into doing as peace takes precedence. The idea everything must be controlled blocks energy and pulls the mind deeper into duality. This creates opposition propagating the conflicted and or a confused mind. Enlightenment requires peaceful assured, laser focus, one is watching life, its patterns and triggers, slowly actions are taken absent conflicted anticipation pulling one out of the now vis-a-vis past and future. In the now what is done is reactionary. Rarely done while nervous anticipation is so normalized it is driving humanity insane. Similar to proficiency in battle, the warrior is ready, or just there, and in the moment techniques simply preform themselves. This moving beyond it all is to let life lead, one adapting and flowing with life.

*******Emotion:** In the scope of this work is the realization that if we allow feelings to flow, they're no longer bogged down by resistance and 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 the storm out 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 in, the result being an inability to maintain presence i. e. attachment to thought-emotion-memory and or projected memory all identifying the present moment. Lack of space in the mind prevents feelings from flowing, bringing on fear energy associated with blocks. Life script takes over and pulls a mind into unconsciousness again. Similar to undertows in rivers...if the swimmer is pulled under and resists, they'll panic and drown. If they'd kept their head and relaxed, the undertow would shoot them out down river. Acceptance of what life sends our way is to flow with life. Adapting to situations is key. Thought Willpower and Emotion-when in harmony are as one moving with a steadfast purpose resulting in freedom from resistance to life. So practicing peace takes primacy. Emerging from lower level blocks requires courage, and a gateway to consciousness being aware of itself—truth absent labels and or all biased subjective concepts—to see each moment. Furthermore concepts, as tools do help albeit can easily be stumbling blocks to the state of awareness if one is taken over by them. Therefore die to the moment, die to time, see everything anew as love is forever new. Being freed of anxious tension, there is peaceful love. Life seen through the eyes of now, not memory defining it in perpetuity—allows emotions to arise and fade—surrender is to move through what is. Being present emotions pass much more readily and 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 and yet 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, unifying 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. One sees 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. To be lost in rolls it speaks then to the 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, as said this 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 peace bringing loves energy to the world. Imagine no separation, malice or war. Fearful scripted egoic minds are thought trying to understand itself with more thought and a life script, all images stored in the brain and are no more than *metacritical* opposites. Imagine harmonious joy filled non-judgmental-*peaceful love without opposite, realized*. Natural Self projecting Inner-Beings peace and truth, expressing itself here and now to be actual reality. To see love as our true nature, is one negating thought created narratives in a mind full of information, a mind with no room for anything new. Reality in perpetuity, seen in the here and now. Unconscious dreamers reality is memories of the here and now. Identifying life through old memory images in the brain, once more *metacritical* opposites. Images tied to mental formations, the life script unseen due to either *a lack of alertness, projected blame, or one simply cannot control themselves due to their programming*.-A A life script runs their life then, *definitely stifling spiritual insight*. Drop all notion intellect is contemporaneously here and now. Thought, Willpower, and Emotion, combined with soul force ushers in this new kind of human-being, not the technologically developed trans-humans on the horizon. Finally, what then are the consequences of stubbornly remaining in an endless inauspicious unconscious dream state? A mind "blue or black pillled."

A —One so totally brainwashed or indoctrinated they'll 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: A good example would be doing harm to another and then blaming them for it, as in saying "It's your fault, you made me do that." Can't help themselves is obvious. And finally, knowing they are doing wrong yet they have no self control.

CHAPTER NINE

MEDITATION

In prior chapters we covered awareness as a conceptually. Discussed how the unconscious mind by way of opposites foments division. Went over the need for one to quiet their mind, remain alert, present, and observe old mind patterns, additionally daily life generally. Examined relationships in daily life situations as one form of meditation. The importance of the present moment awakened to via silencing the mind and meditation as one turning attention in to the body, feeling inner-being, alert and aware of self-talk. Again to observe actions and thought, the movement in life, watching thought as it tries in vain to understanding itself. Remaining to the utmost degree consistently aware of programmed responses in daily life situations so we notice the egoic mind, its patterns and life situations triggering blocks. This chapter attempts to explain meditations fundamental purpose. Here-in suggesting observation and pure awareness is meditation in its purest form. The form advocated by this work.

The universe is integrated, which is to say one energy field. Meditation raises awareness of this. We are a part of absolutely everything. Empty space, just potentials projected into the now so consciousness may become aware of itself. Being in and observation of all life moment to moment where peace is. Meditation then, is to have steadfast alertness of now, the only true reality. To quieten thought is a mind stilled, it then creates space for the new. In the here and now meditation is passive listening, adaptation, effortlessly flowing with life absent fear or boundaries, one now, can see there's infinite possibilities.-A Conventional meditation defined as contemplation, is merely thought, seen as inauspicious herein—traditional meditation helps, that said alertness is key to maintaining a sustained state of conscious awareness. We are rising above thought, exception being for practical purposes in “Clock time”—in so doing one returns to a timeless state of no-mind or peaceful love. A—A mind in the act of listening and observation becomes sharper and turned upon itself realizes unlimited capabilities. “If you have faith as a mustard seed you can say mountain move and it will obey.” ^{Jesus} Theorized in quantum mechanics, therein it is the changing power of observation or wave-partial duality.

Once more in this work meditation is approached differently from what is thought of as traditionally defined meditation. We're not sitting for hours in the lotus position. It is done while engaging daily life, watching old patterns and rolls as often as one is able to. With alertness the duration of awareness is extended. Ego helps sustain focused alertness on patterns precisely due to its attempts at continuously pulling us out of awareness which is to be alert and 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 slowly comes into view. And watched with due diligence one's script itself fosters alertness. An awareness of Being, an energy felt within the body, yet if not grounded initial awareness of innocence and wisdom merged likely will fade to be blue pill. Wisdom comes gradually, it is more-so intellectual in nature than innocence. 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 and must be grounded or busyness daily life is pulls one into social rolls and peace felt as euphoric innocence, is then lost. It's a feeling outside space-time intervals and a single energy field akin to a frequency requiring alertness. In grounding one endures an extreme illusory back and fourth swing, gradually wisdom grounds the energy. A mind sees its disorder and aims to still itself—when lost in rolls or stored images in the brain one notices it, mind patterns observed awakens us all to the present moment rather than being attached to fragmented memory. Participation *with* life then, is a choice-less awareness fostering profound peace felt within, and out of this love comes into doing. A spiritual traveler passively observes in the here and now, i. e. each moment prior to thought entering to define here and now. Without thought identifying—now is accepted and patterns are seen, social rolls are caught before one's mind becomes possessed by them and they get lost in the dream.-A The mind stilled sees the dream and accumulated memory all stored in one's brain, has just enough energy and control they allow it to have. In acceptance of what is inner-beings peace and love then flows into what we do 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 *Lila, a game Brahman plays—play rolls in life yet see them and do not loose the Self to the egoic self*.”

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 to be either 'creative' or potentially 'destructive.' Once again it must be grounded with wisdom. 'If thought is not watched it then becomes a flood.' 'Through consistent alert meditation all run away thought is contained.' -2 A scripted mind oppresses us with fear through the egoic self's 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 focus more on 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 are able. 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, ultimately this holds 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 alertness. Fear has less control in the here and now because it is of the past and future, fear thrives on thought. An unobserved mind is the veil to peace so we must rise above thought. All of one's focus is not needed to fulfill daily life needs, e. g. in walking feel and hears the feet walking, listen to the breath and feel the body moving, wind on the face, bringing on present moment awareness. Objectively ponder the nature of the mindless plant world without ego—all nature follows the pure passionless laws of growth and is peaceful stillness personified because it is below thought. Nature projects peace because it's not conflicted—no ego to contend with. Animals have an ego yet it is 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 and a prerequisite to conflicted minds. An alert awareness now brings feelings of peaceful-love and one in the state of -4 Be aware of ego and the spiritual egoic self, for example playing the game of I'm superior to unconscious dreamers. The spiritual ego plays the game of I am enlightened, see neither one is real, there's only awareness.

intertwined movement with life...unopposed to life. Ego blocks this albeit it's noticeable in oneself and others when mind patterns are seen to emanate from the life script pulling us into unconsciousness. We often do beyond a need for practical purposes, often lose ourselves in social roles and mind patterns. In interaction with unconscious dreamers be mindful they do not 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; realizing, in a sense we are not our real Self, just a thought created I playing roles. Then an oceanic feeling is energy felt when thought is quieted. Effortless gazing at the stars. A fleeting moment where one steps out of the bubble of past and future. Letting time go there is exponential contentedness, ubiquitous in nature and felt rising within, loving calm bringing stillness, kindness, compassion for others afflicted with unconsciousness. As if this feeling itself were love. A voice whispering, more peace projected, the stronger love becomes. Oneness felt, not to identify as an I-fomenting separation. No negative energy, slow movement, subtle in speech while interacting with others, fosters peace akin to an energy felt, beckoning peaceful love into doing—a form of meditation. Observation then, gradually negates the back and fourth illusion. Daily interaction and yet simultaneously aware of Inner-Being like a fan in the background. Sporadic flowing peace within, and grounding it the energy frequency extended. Interaction in 'clock-time'...then, inner-being awareness. Take a moment each day and focus on the doorways mentioned repeatedly. It brings on present awareness. The memory driven egoic mind and script are of fear. Focusing on the doorways spoken to peaceful love then emerges within us. Alertness to profound stillness creates sensations of, absolutely we're part of everything. *So ultimately the Self and shadow self are both to be let go.* Love having no opposite means fear is non-existent. Love couldn't even imagine anything akin to fear, love having never known conflict, has no opposite. A conflicted mind is lost and for the most part lives then perpetually mind identified. Far too many live a majority of life in fear at a loss of inner-being awareness—being lost in roles they play, and old mind patterns bought into, they cling to the I, its patterns and roles they believe themselves to be. Let us then make the attempt in the here and now, reference the quintessential descriptive and quite appropriate axiom in this work which

points to the state of unconsciousness, hence the need for meditation: “All the world is a stage and all men and women merely players. They have their exits and entrances. And one man in his time plays many parts.” W. Shakespeare. The quote epitomizes the majority who go about their daily lives interacting with one-another. Crossing each others paths they 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 one's anxious, incessant self-talk, overwhelming feelings, extreme emotions, all an overthinking mind using the person, fear energy keeping us in thought created dreams. Peace felt within is inclusive and it brings fourth love into doing. Ineffable peace should we have present moment awareness. Forgive the unconscious, be steadfast in tolerance and humility. Ego controls with its fear and division, separation, aggression created in and or perpetuated by, programming. The mind identified don't see what is accessible by way of alertness, a consequence of the thought created I identity. Meditation then, is to live peace as a lifestyle. If one holds conscious presence they'll see the 'I' uses them. Alert to inner-being, tenaciously move *with* the scripts prolific power and its redirect energy, the highest outcome of meditation. Meditation is to flow with life, the point programmed minds yield to a mind vast and fresh, laser focused on itself. Traditional meditation is fine and definitely helps to ground 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 feels similar 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 they'll fall back into a slumber.*** The innocence begets deeper wisdom yet absent alertness they both fade. Mind games now seen, with diligence we see ego itself fosters the alertness. Transcending mind games brings many tests. Resistance then, is indispensable for an egoic mind to control. Peace is felt in waves, again similar to the ebb and flow. We hold a peace energy frequency when it comes. See ego and spiritual ego, dupe one's mind. Alertness, with no boundaries to inner-source, brings awareness, we're freed 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 the question-'Who am I'-been asked? Where are we going? What's it all for? Fundamentally we're energy, Inner-Being, love at our core. Is there peace in the readers life, energy projecting love into doing? With presence this is possible and accomplished its personification of love in perpetuity is felt in the here and now. One's mind absolutely unlimited, a state beyond the known, is an unwritten number abiding within each instant or this present moment.-A One seeing the futility of fear is then ready to ask these questions. Can one be free of time? Is the now where peace with one's ego is realized? Anything else, accepted or not, is the journey of becoming. Herein the path distinguished with the use of words, which are limited, a process the you uses in time, herein as: The Four Levels of Consciousness. Together we'll look into the nature of a thorn in one's mind so to say, compelling them to ask 'Who am I.' Firstly, perhaps an oceanic feeling or satori, innocence felt which then became the fragmented egoic mind and a life script we tend to follow.

*****BENIGN PERFECTION: A child like innocent state, pure love, and 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 view this as a miracle. And 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 the 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 it, 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, will determine 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 awakening to awareness are the forerunners of a shift from fear to peaceful love. At 100% all awaken 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 the thought created 'I' and or systems, an egocentric Me, it's all about the I, when in fact I am no-thing. Watching the 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 their 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 mere 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 are taught to fear change and 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 and they have inklings of Natural Self as inner-being beckons them. A—Most people think they use their mind when it is actually using them, in the 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, enough for ego to maintain control, so persistence and patience is vital. There are moments of peace yet not for long, due to the duration being so short we remain in a mind identified state. Again Satori, short glimpses of peaceful love, can be extended in a mind quieten. Being in the zone, an example being sports, we're in the moment. Too many identify as what they're programmed to be do and have. Distracted. Taoism references it as the ten thousand things. We appear fated to living out a life script others taught us—the you in time is to be mind identified. There's an ongoing mind chatter, one is lost in concepts, separation, division, coveting, pain, pleasure, copious thinking enslaves them 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 creates boundaries and or conflict—overblown into paranoid delusion it is fear and its anxious dis-ease, fomenting endless distraction. Alertness helps to notice social rolls, mind patterns and triggers pulling us into past and future projected memories of a pseudo present. As the watcher of a shadow self one must be alert, there's awareness of causal level inner-being energy felt in the body. We use clock-time at the level of effect for practical purposes, which is to say in real-time while functionally dealing with daily life's responsibilities, having awareness of peaceful love in the background. To be *in* the world not *of* it. The unconscious then don't see nor do they believe they're programmed. Psychologically speaking normalcy bias has them. Programming is ego's tool via 'fear conditioning.' -*A* Unconscious Dreaming, the quintessential Drinking of the Kool-Aid level, -*B* is to be totally brainwashed.

*****CONSCIOUS AWARENESS: Finally one sees the scripted mind has us 'blue-pilled'—slavishly clinging to a dream spiritual travelers are alert and see the mind can free itself although there is still vacillation between a mind scripted, lost in rolls overthinking and old habits, or inordinate mind patterns, and a mind unlimited. Strong emotions pulling Natural Self away from inner-beings limitlessness, peace beyond definition which thought cannot know yet seeks to know. There's a buyers remorse concerning the self, one sees Natural Self and egoic self are *A*- From basic psychology101. *B*—On 11-18-1978 a religious leader, Jim Jones, had such total control over his followers that he, along with the rest of his followers, (roughly one thousand people, including children) committed suicide at his behest by drinking poison Kool-Aid.

both teachers and to a greater or lesser extent who one is, depending on how far along alertness is relative to personal consciousness, i. e. the sum total of one's programmed mind. Ergo observe the programmed life script, one's mind watches so as to not get carried away, a point egoic self is worn like a loosely worn garment, not clinging to it. Alert to the why how and what the mind is thinking. Inquiry into social rolls we observe triggered responses which carry minds away to old habitual patterns. Initially alertness appears to ebb and or flow from being controlled by a mind identified state, to being here and now. A sort of metamorphosis, the caterpillar struggling to break out of its cocoon, confused, one is pulled by ego. We need to play rolls and yet shouldn't loose ourselves in them yet struggle to see this. Observation reveals roll play as the acting out of one's preordained life script program, an I identity taught to us. Post life script formation ego seeks absolute control. It's difficult to see not to mention having little or nothing to say regarding what our programming was.

*****CONSCIOUS PERFECTION: Persistent conscious presence few are able to hold, is an energy frequency, in the world not of it, believing in something greater than oneself is key to one seeing ego. One continuous present moment brings a mind back to the first level via deeper wisdom, the irony not being lost-egoic 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 the personification of peace. Natural Self emerges and should the frequency be held peace spreads to us all. If it seems vague it's because words can only point to the door. Each must walk the walk to see it. Concepts point, use them and let go. The mind free, is alert, determined, at times almost to a fault. Awareness fosters the belief in others they too can be free. The light inside is peaceful presence and being here and now others can see light in those aware.-A As if they're an advocate for love, they're on a path of Self discovery to transfiguration, an awareness of Being, bringing harmony with egoic self. Transitioning to peace is to continuously die to time so the here and now or actual reality, then takes primacy. Turning to the teacher within we see peace as a lifestyle, is to see love is a fringe benefit of peace. Yet ego challenges us continuously but with alertness we see 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.

its attempts to control us so daily alertness reclaims energy needed to be free.

*****At every level there's vacillation in and out of previous levels, it's the ebb and flow. Focus on courage so to see psychological blocks, rolls and old mind patterns, self-talk. Let seeking go and allow life to lead. ***This will move spiritual travelers deep into an awareness of now.*** Alertness arises, desire to control has less sway or significance. Normalcy bias, forgetfulness, obsession with success money and power, take a back seat. Little by little, life changes, the compulsive need to follow the life script for those serious and alert, keeps their egoic mind in check. Still the proverbial apple not falling far from the tree is familiar making it a rough ride which will run the gamut. One may experience wondrous feelings of joy felt as energy flowing in the body, still even the best of 'experiences' fade so persistence is vital, it stabilizes present awareness. Initially there are feelings of whatever this energy is it's genuine, so how does one keep it? Hitherto there's nothing to keep, it is awareness of *essence being aware of itself*. We're all caste to be of the world and in the ebb feelings of dis-ease and or anxiousness come, still it's a struggle to rise above thought to peaceful love. Then, out of nowhere peace arises of its own accord—grounding work is the sense of: *Slowly awareness becomes aware of itself*. A life scripts formidable power to pulls one back under its control repeatedly, egoic mind pushes back in an attempt to control its hosts mind—self foments patterns and social roll play. Lost in rolls we cannot see an ability to step outside of ourselves needs to come so an effect rolls have is now seen. Diligence softens emotionally charged thought if we're steadfast persistent. So vigilant patience is vital. Conditioning creates attachment and a mind in disorder will succumb to others unconsciousness not to mention too, one's own life script. Should forgetfulness come focus, on the breath.-A The life script is forged in thought and triggers endless trains of clever egoic mind games. And there's a spiritual ego as well, which build upon the less obvious mind games taught by programmers who themselves were programmed. In one determined that which was hidden or blocked by one's own mind is seen to be a life script and reticular activating system. A- Throughout the day simply notice when the mind gets lost in unconsciousness i. e. rolls mind patterns and overthinking. We must pause to reset alertness whenever even the slightest loss of it is noticed, it brings us into the here and now. Should we fail to see the egoic I identity, a creation of thought, our own mind uses us and we then live in a mind identified state 24/7.

So just when we're going through all this, breaking out of our cocoon, it is seen everyone met is unconscious. Patience and tolerance helps one remain calm and subverts being swayed by others unconscious tendencies to follow the status quo—those known prior to awareness rising and or all unconscious acquaintances who often sense a change in one further along. Peace radiates, unconscious dreamers, most of whom will view it as nonsensical, want peace and who doesn't? The nonsense is ego projecting divisiveness, patterns and or aggression. Initially guard against who this is shared with. One's alertness to unconsciousness is difficult particularity at first, and the tendency to isolate is common. Not sharing, especially in early the stages of awareness is wise. The energy like a thief in the night comes and goes resulting in the unconscious dreamer looking at those in spiritual transition as if they'd lost their mind. In one sense they literally have, the egoic mind, not a bad thing. Who would not want to discuss such a wonderful revelation? Others pressure those on the path to be as they used to be. Deliberately or not there are those who because of fear and normalcy bias, attempt to pull those aware back into the dream—it's familiar to them. The unconscious follow the status quo and ego comes at its host from all angles, for years if need be. Absolutely foremost important, *never ever capitulate*. If one does they'll sink into an unconscious slumber. Remember everyone has the power of choice, which cannot be taken from us, it must be given, so then choose to press onward steadfast, stalwart, alert, and awareness eventually brings great spiritual forces to bear.

Be vigilant for Natural Self emerge, simultaneously patient, and tolerant of those unconscious. Calmly notice other ego people's along with our own I and egoic games of disguising itself in a scripted programmed identity so we loose inner-being awareness. A life script encourages overthinking, resulting capitulation to egoic disguises. Ego wants no partnership except on its terms—no less than a perpetual state of unconsciousness with the occasional satori experience. Enough to keep its host mind identified or comfortably numb to a programmed egoic self, 'you' in time, and still harmony with ego can arise if wisdom develops. Awareness by observation moment to moment brings the gradual seeing of egoic disguises and truth reveals itself, not the programmed script running in one's head 24/7. Fascinating to see, additionally quite

intriguing—we're spiritual beings having a physical experience and are a part of everything. That being said even this idea 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 the majority transcend the dream of form and a fear paradigm fear 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 then 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 will require. The answer as stated throughout the work is: *As long as it takes*. Remember this is forever or as said repeatedly, *foreverness*. To reach a point seamlessly using a mind to having presence, is undetermined. Each develops alertness and gradually wisdom little by little comes at its own pace till doing emanates from causal level awareness, merging wisdom with innocence. We are saying definitively, this means highly serious attention. ***No mind altering substances in the students advanced training—it merely clouds their mind***. Such behavior takes them below thinking, ***temporally***. Besides nothing could come close to conscious presence so why settle for merely sinking temporally below thought? Because due diligence is required to rise above it. Indubitably the violent insanity unconsciousness humanity is worse without drugs, legal or otherwise, or any other form of mind alteration. Still we're saying here and now it is the opinion of this work that to alter awareness vis-a-vis drugs, thrill seeking and such has no place in alert focused awareness critical to the mind freed of unconscious dreaming. A well adjusted mind is brought to a higher degree of order. So, any distractions would be inauspicious, and meaningful progress likely would be stifled. We already have our own ego to deal with as well as others who follow the status quo, it must be seen that all egoic minds

are cunning and clever. In the back and fourth between unconscious dreaming and conscious awareness, which are illusory because awareness is all there is, we are easily duped by ego. Rolls and our script, distract us. Until steadfast awareness comes it uses mind altering behavior against us, even beyond that. So why would a serious student of enlightenment ever alter awareness? Peace ultimately realized is unmatched if alertness is fostered to a necessary degree. Still it requires one's adherence to an idea, foreverness, which is to say this is forever, quitting is never an option. Unless this is embedded into one's core they'll go back to sleep again, often for the duration of their current situation.

Continued observation and or listening, awakens us to mind games, they are noticed. Unconscious dreamers tend to react differently. Some say it's all crazy, others view the spiritually inclined as confused because they will not follow the status quo, in extreme their reaction is an irrational animus. They are in an unconscious dream state nevertheless notice those who *are* serious, have found something wondrous. Perhaps they are envious or caught in their life script programming and cannot let it go. Or the focus required as well as the vital grounding of energy, is simply too hard. We challenge the status quo obviously. Still, it is ill-advised as difficult as this usually is, to speak of it, especially in the beginning. There's far less conflict simply living the peace lifestyle. That said it's unwise for the aware to think of themselves as special. It's counterproductive to dissolving ego. The back-lash may well come from others saying...'Well you just think you're better than everyone else.' Even in those unconscious the seed exists. Except those serious are observing. Still it may foment divisiveness. If one has cancer we don't blame them for it. Those unconscious are spirituality sick, it is what it is, they live in their mind. In alertness we see mind games and methods are copious patterns or rolls often we loose ourselves in to the degree ego controls the mind and life in general. Methods can be a stepping stone yet must be transcended or ego takes over. A committed student helps humanity see what they've begun to see so indirectly because we're all one energy field and connected those who do see help all others see dysfunction through the one awakening to innocence and wisdom merged and that awareness can become aware of itself. To see all dysfunction fosters peace, wisdom and forgiveness of those who choose to remain

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 that to do whatever is necessary to bring everlasting peace, ultimately leaves fear behind. One would think no sacrifice is too great. How hard does one work then, to transcend not to better versions of the old human-being, but to a new kind of human-being, ushering in: “The meek who shall inherit the earth.” Matthew 5:5 and so eventually, 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 that we're are on a journey. An adventure of discovery—a school of learning—bringing observer and observed to oneness so peace then takes primacy. Watch egoic minds endless mind games, create space so ego 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 all fear go, have the courage to listen to the teacher within, gradually reclaim energy from ego and the programmed mind. Resistance of nothing is one's mind lucid, observe it and this too shall pass, comes. With new eyes see, via observation of what is. Reclaim energy so the mind holds a peaceful love frequency. Resistance merely empowers old mind patterns. To be rooted in peace absorbs fear, coming to fruition via awareness and observation. Project conscious awareness to unconscious mind identified souls, they don't see, so forgive them, lost in rolls and old mind patterns they live in their mind. Be the example, be steadfast, accept whatever life brings, no negative energy, it's having presence. Natural Self then trumps the egoic 'I' personality which views reality through the lenses of memory. Act and speak from Inner-Being, consciousness becomes aware of itself projecting love into the world. Natural Self in a mind brought to order is an awareness of inner-being. Food for those unable to rise above thought, such 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 us to remain alert so to develop deeper conscious alertness and spread peaceful-love to all via awareness.

CHAPTER ELEVEN

JUST THE TWO OF US

From here on the material is more-so esoteric, and perhaps with 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 a state of conscious awareness. We hope this does not dissuade the reader. Various material was misunderstood and yet this student continued to read. Information was absorbed into memory and when ready then is seen—intellect merely points to innocence merged with wisdom, that is conscious awareness. For the author innocence came by way of a hit bottom experience. With all respect those who've not gone through this, i. e. without an extreme situation surrendered to, it's like explaining martial art o a person who's never been in a fight. They can study books on the subject, yet having never been in an actual fight one can never know. Many tout this as hyperbole although as famous heavyweight boxer once said: “Everyone has a plan until they get hit in the face.” Initially it's a feeling, i. e. spiritual awareness, a peaceful wonder akin to a child like innocence felt, coming via extreme situations lowering the egoic veil temporally—a profound peace arises never thought at all possible. Persistent focus and alertness fosters a more consistent awareness of peace.

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

Can peace exist in opposites? 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 via holding conscious awareness. Extremes are an impetus for alertness. *A life shattering event, breaking down walls egoic mind guards, this is the abrupt approach, egoic mind collapses to reveal an ineffable peace.* Ego's collapse and subsequent veil lowered is that which brings peace to fruition and worked at one sees conscious awareness is a way out of conflict. A mind freed then, is limitless. It's what one's mind as the Natural Self does—the self uses thought in an effort to understand what is beyond thought and foments conflict. One sees the extraordinary harm caused by opposites, over-thinking, conflict and division, inciting more of the same. To see this strengthens the egoic minds resolve to perpetuate ongoing resistance. Ego's foremost concern is its hosts material world survival though controlling the mind but seeks total control. Observe mind patterns or rolls played, listen to the egoic self. Notice extremes—ego's subtleties and how it subtly manipulates one's mind through unconscious dreaming. A mind can be alert to this degree. Persistent alertness fosters awareness if one is unconcerned with the time it requires. Opposites are a vicious circle then, trapping us in a self made purgatory. Lost, perpetual conceptual thinking binds us to past memory images and or future projected memory. Ego blocks the seeing of this by pulling us out of present moment awareness, veiling here and now ego pulls all traveler backs into a conflicted scripted mind preventing their holding of present moment awareness without mentally labeling. Natural Self is concern with the spiritual causal level, not the material world level of effect which is just a single energy field. Genuine natural human-beings are able to blend awareness of inner-being merged with wisdom and project it into what is done now. Alertness brings an awareness of the self seeking absolute control the mind, so observation of it is key. Akin to a computer hard drive it's a blank slate our programmers fed information in to which of course we had little control over and this is the sum total of one's programming or consciousness. Quintessentially the apple that doesn't fall far from the tree. Those who are willing and serious foster great courage and an extraordinary mind, an ability to remain extraordinarily alert and aware of

this—such are *in* the world and no longer *of* it. Of it, is an ongoing state of perpetual unconscious dreaming, numb, at various levels of unconsciousness. Those plagued by this are not merely in bondage, they're addicted and unable to see they've lived perpetually unaware, or mind identified state. The previous paragraph speaks partly to extreme life situations in which the egoic mind collapses to feel peace now. "When you are one step away from insanity you are at the same time one step away from enlightenment." Eckhart Tolle

Computer programmers use the 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, tasked with keeping its host alive it seeks total control. Yet in its need for total control it's overzealous. Comparable perhaps to computers 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 them. Its deep and profound wisdom listened to in stillness as one watches their alter ego or the scripted shadow self. In a way persistent watching of the egoic mind helps a spiritual traveler by challenging them 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 one remain alert to inner-being.

Every goal begins at 100% failure and moves to 100% success. Please see these for what they are, merely concepts pointing the way. At some point one experiences 50% doubt. Utmost important is focused attention so alertness is acute. One finds themselves thinking: "I'm doing it, reaching my goal." Then becomes complacent, ceases doing that which brought initial success. Lulled into unconsciousness, usually preceded by extreme emotion or obsessive over thinking, one gets rattled or distracted, slips into forgetfulness, and succumbs to unconsciousness again. Metaphorically, analogous to the 'copper top' from "The Matrix"...a film depicting people caught up in an illusion the matrix is real, lost in the dream. Comparable as well: "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 obviously takes primacy. Observe the I and patterns used to control all minds through emotion and thought. A high degree of alertness is critical to having presence. An extraordinarily focused awareness upon inner-being. Sharpened focus enables one to allocate enough energy for past and or future projected memory to navigate the self, the egoic I in daily life responsibilities, used exclusively for practical purposes. Present, alert, steadfast watching of egoic self in the back and fourth between daily life demands and the timeless mind, holding an awareness of inner-being. The illusory ebb and flow can go on for years. Be alert to feelings of what it felt like using memory for random tasks, then thought negated. The clever ego and life script it follows—always ready to block awareness of this in the hopes of reclaiming control and given even the slightest opportunity will. The proverbial idle hands are the devils work, dominates those who find themselves lost in absentmindedness, states of forgetfulness which control a mind the consequence of failure to hold present awareness leaves one at the mercy of ego a life script, adrift, lost to incessant thinking, unaware. Distractions come and often quite unexpectedly. Yet know when consciously aware resistance will then be at its peak. The ego foments absentmindedness and pulls the student back to unconscious dreaming again and again. Accept it, adapt to it, with non-resistance it will readily pass. Use thought, ego and the life script for practical purposes yet do not cling to them. View this as a partnership with the life script rather than a competition. When psychological blocks have been dealt with one's process they move through is seen correctly. Ever-ready to let process go, helps the alertness and awareness come to fruition. Let everything that happens drive the Self deeper into inner-source, it will foster deeper awareness of Inner-Being. Peace combined with wisdom the fosters a new kind of lifestyle spoken to, i. e. peaceful-love. The by gone human-being living in past and future at the loss of the here and now, used force to bring about a better version of itself yet this has merely yielded marginal gains. Flowing with life then adapting to what is happening moment to moment, one remains present. And having present moment awareness will foster a mind infinitely clearer and sharper, then, it is to be turned upon itself.

The old way pulls us into times illusion and we get lost in social rolls and or emotions used to distract. Overwhelmed we reset to observe, the realization of this is to have presence. Forgetfulness comes albeit 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.

Thought created fear pulls one into duality. The levels of falsehood are of fear and levels of truth love, equally seen should one observe life situations. Seeing conflict prior it rising to a storm is again to watch and listen. Noticing mind resistance is key. Ego protects its host the only way it knows how, via fear. Mind games create disorder, ego's preferred method of control. Should it loose control of its host they would die anyway so if lost we are expendable. The Matrix, a film filled with metaphor—in one scene the machines discover Neo—the main character—has awakened, and he must be disconnected, he is expendable. Reclaim energy at any opportunity by monitoring ego's negative energy, i. e. all thought created problems. All resistance, merely gives the ego more power. It protects us yet observed helps to redirect energy needed for it to control us. Awareness is one's best defense to unconsciousness along with acceptance and or willingness, two of the levels of truth helping us rise out of the levels of falsehood to intuitive reason which is a abstract process, a point wisdom flows into a mind seeing that we're “In the world not of the world”—a mind freed of resistance feels deep peace helping one notice patterns. When the mind is still judgment is curtailed, it sees to ennoble conduct helps it to see thought seeks to understand itself with more thought. Space is created for the fresh and new in a mind superseding memory, the up-shot is the life script is seen and is used for practical purposes. Seeing useless information, much of it is unnecessary and a wast of energy and space used to store it. The mind willingly empties itself and higher reason comes, intuitive in nature it's to see real value in 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 the mind fragmented. The expectation ego will capitulate is counterproductive then. One must notice and calmly redirect egoic intentions. Unconscious dreamers live in a mind identified state, a mind inundated, lost to scripted rolls, subsequently a life script is exclusively who one is prior to transformation, after which ego like a loosely garment does not cling. The 'I' being the creation of thought denies the now and clings to the material. Attuned to the causal level projects an irenic quality into what one does at the level of effect so to awaken the mind to notions of ego and the life scripts exclusivity—negated so inner-source/collective consciousness is used as a tool and awareness/observation takes president—in the world not of it.

Again one benefits 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. The two halves must work together. It could be said left is a shadow self concerned with life's details. Its focus is the I..the Me..preventing one's mind from seeing we're all one. Right brain is the Natural Self, in the present moment and abstract, not of language, once more *in* the world not of the world. A mind uncluttered is patient outside endless concepts. The quintessential ripple effect, wholly inclusive, one with nowhere to move. A vast single energy field, peaceful love undefined, again no-mind. Silencing thought brings observation to bear, awareness not conceptual accumulated memory seeking to personify peaceful love to a fear paradigm thought projects and forever opposed to a mind rising above thought. And yet without left brain it would be impossible to live in this space-time continuum i. e. Minkowski space. It is then vital, yet seeks to convince us we're *of* the world not *in* it, i. e. it controls us or tries to. Be the you in time, left, when not needed step into present awareness—Natural Self in harmony with the egoic self. In having presence right brain is dominant, still it's a challenge holding this elusive energy and is misunderstood by unconscious dreamers, currently a majority who are utterly dependent on left brain and memory images which control. And this being so normalized most know little to nothing of present moment awareness, it's foreign to unconscious dreamers who live in a bubble to the point life is merely at various levels of unconsciousness, and mind

identified the egoic mind controls. Left brain is part of who we are yet if it controls one is unaware of the greater whole, the point one believes they're an 'I' identity. Long ago ego gained dominion over the mind, ironic because this fosters alertness, innocence and wisdom can then merge. *Persistence then, is paramount. One patiently, peacefully watches the I and a life script we're all inundated by. Passively watching the I one gradually sees it, scrutinize the life scripts agenda. Less control, commensurate 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 arises—ego does not change it's a students perspective that changes to see and redirect its energy. Such as these are: 'The meek who shall inherit the earth.' A mind quieten which acts out of Being not accumulated memory. Side bar: Should it all be seen as superfluous or tongue in cheek, know the mind in conflict paints it so. Layman respond to simplistic repetitiveness, those serious accept this is so. Endured because the mind sees its own indoctrination. We digress. We're an advocate for new ways of seeing and living. Unfamiliar if mind identified. If aware what was seen to be either negative and or unpleasant is no longer seen as such. Good and bad are now seen as, life. Adaptation modifies perspective, one's mind clearer, renewed, is reborn and fresh, alert to here and now beyond thoughts boundaries and all limitation. Watch what happens with no attachment, flow with life. When fear is seen we redirect its energy to peace. All domineering situations are seen to be opportunities for growth helping develop wisdom. A paradigm of peace is challenging in a fear-filled world. Yet fear as a paradigm can fade by seeing thoughts attempts to understand itself fosters alertness, resulting in a marked increase in awareness of Inner-Being a paradigm of peace these new human-beings spoken to herein personify. Love projected now, redirects fears energy. As a caveat repetitiveness is key to countering years of indoctrination we all had to endured—please bear that in mind that this is necessary.

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 them not as separate but extolling each other is awareness of essential space needed for spiritual transformation and is a mind brought to order. For instance space between the letters of words are necessary. They complement each other. Moreover one can see in endless examples they benefit from this changing perspective. The physical eye sees only light, reflected off of form. Sees light exclusively-reflected. The essence of 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, appears solid, looking at form while alert to surrounding empty space, one sees in a new way the great significance of space created in one's mind. Bringing fresh new perspectives, gradually fostering a different view of space, the greater whole, out of which form arises. Not two, merely one energy field seen through pure observation. Seeing separation we are alert to essence or Inner-Being. Perspective changes from the current programmed I or egoic self to a transcendent view, life now, is seen differently. Yet to be intransigent is counterproductive. The universe is exponentially expands and the hypothesis being the big bang, it ought to be slowing down. What exponentially pushes it apart? Maybe it's dark energy or dark matter. One who sees thoughts limitations now opens their mind to new possibilities. Plant these seeds in the mind. Empty space, is still energy and it has significance. Perhaps formlessness rising into form? Quieting a mind is to have presence—stillness will foster 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 the body are atoms, i. e. scaffold supporting it, mere form seen as a body—in a single atom if the proton and neutron were blown up to the size of basketballs they'd go to the moon and back. We, are mostly empty space in a form we can see as a body. One energy field flowing within and throughout, a connection to energy every logical mind must admit touches omnipresence. There has only ever been just one omnipresent energy field interconnected. The religious system without a deity would say, it is The Tao. We can all see then 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 shocks of joy—a light within. For the alert the flashes become longer, closer together, and form a stream of presence. To hold this frequency is to taste what it is to be a new kind of human-being. Clear the mind of memory interference, listen intensely along with an awareness via pure observation of the mind, is to see the ripple effect. Feel deeper peace. On returning to the busyness our world is one may be apprehensive or even resist—they were home for a moment then had to return to be of the world again. It may bring despair. Be cautiously alert and no negative energy. It can't be said enough egoic mind would rather its host dead than relinquish control. In the back and fourth illusion ego may condone suicide rather than loose control of its host—the you identity, it's important to work problems out, adapt to life, know love is not just spiritual awareness, it is action too. We are learning to flow with life and rolling with the punches. We remain peaceful at the level of effect in daily life—Inner-Being, bringing harmony into doing. Conflicted thinking subsides and a mind sees it appears there's two and yet only one is real. At night release troubles in daily life to the source. On rising focus on inner-being felt in the body. We're not alone in this nor in charge, nor do we need to be. We are helped by universal life force energy, feeling one with it we could say it is our higher power. Alert to causal level awareness—essential to fostering an ordered mind through acceptance, is to let go of becoming, alertness brings a mind vast, freed of obsession with the known via observation, is seeing in just the moment. Be vigilant, methods take us only so far. Follow no one then, neither systems, persons or books, be your own light, listen and the answers will come. Be the light of Inner-being within which already waits for our awareness of it. Focus and make space in the mind, shun conflict including subtle aggression. Natural Self relinquished long ago, here and now is being reclaimed from egoic mind. Ineffable peace is transition felt as the oceanic feeling, working forever as was intended, it is a mind freed of fear. We are speaking here to the: *Learn to adapt psychology used in child-rearing -A applied in the now, brings fourth one's higher Self.* To see mind all games via surrendering to what is and in turn creates space in a mind, then there's an awareness of inner-being, a spiritual renewal. Two will then blend to oneness felt forever 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, on and on to the 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 projecting a life script, thinking they use their mind when the opposite is true. Repetition, inordinate amounts of concepts to counter an indoctrinated life script must be used to reclaim energy from one's programmed mind. We aspire to awaken the reader to having presence, to live less in their scripted mind, considered so normal by the majority. A process or method designed to point one to the door who rising to conscious awareness follows no authority. Focusing inward one rises above thought to an abstract timelessness reclaimed or an innocence merged with deeper wisdom.-A Again freedom from habitual mind patterns—social rolls we play in life. Or the 'I' relinquished, beginning with counter indoctrination to the degree repetitious inquiry must be endured. Focused attention upon the timelessness in each present moment along with Socratic inquiry, this will bring freedom from the conflicted mind identified state, unbound to fear and its division. Process can help this along yet complicates it all, once again pure observation is critical. Outside the present, storehouses of information in one's memory bank defines here and now for them, arising then disappearing just as fast into a memory hole while new present moments arise to bring up old memories ever-ready to say what the here and now is. Memory is stored thought, it is our pseudo shadow self describing the now and the Self is hardly even there if at all. 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 be aware of it. This is: The Ground of Existence. Alert to an innocence merged with deeper wisdom, and the two blended together successfully-forges a new kind of human-being spoken of, love negating fear.

The self is divisive. The Self fosters awareness, still ego veils it and auto pilot then takes over blocking observation of the mind. The present is perceived by thought to be a narrow space and yet the now is eternally vast—the present moment prior to thought defining it with memory and concepts, which are to be used and let go. Ego veils this truth. In persistent observation one feels the Ground of Existence and is not form, cognition, mental formations nor is it consciousness, it's the void of no-mind, a mind empty so the new can enter.

We're not suggesting to not use past or future as a tool or to entertain, but kept it in perspective, except for practical purposes let past and future go—so consciousness/inner-source is a bridge to conscious awareness, one creates space the mind, fostering peace which flows into doing as the egoic mind or I is exponentially extinguished. Reality is each moment, not **of** memory. We're to a greater or lessor extent manipulated by our own ego and life script which controls our mind and life—programming—we follow the pied piper and he governs what we do. When the 'I' controls it's a projection of memory images of the here and now, fine for practical purposes. *In the mind identified state memory takes control to the extent ideas of the 'person' thought has created, then takes over and the egoic mind seizes control—one loses awareness of Being and there is the loss of conscious presence.* Paramount to developing presence is, remain very alert. Be present despite the fact most see primarily through the eyes of past and future. What mind games does the readers ego play on then to keep them under control? So alertness to the mind controlled helps to bring present awareness to fruition which in turn brings the mind to order. Intuition comes via awareness, gradually alertness i. e. seeing egoic I and its pernicious objectives, helps to see there is a fringe benefit. It serves us by keeping us alert, i. e. one evaluates the self through pure observation as they're able to do absent resistance, and is vital to having presence. Watching the mind stills it, 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, which is to say 'clock time' used for practical purposes—the mind here and now then, fosters peace, there's adaption to now unfolding in the present moment. Holding the energy frequency of peace projects love to everyone we interact with by and through diligent alertness. We are fostering a high degree

of awareness so to feel inner-being: A consistent state of stillness, one's mind being laser focus upon itself and acceptance of what happens from moment to moment. Maintaining this state may well require leaving for a time situations that disrupt peace, anything that distracts or prevents observation of the mind. Observation fosters peace energy helping us to reconcile blocks, aggrandizes love, finally propagating emptiness. A mind pulled into concepts in addition to overwhelming feelings, simultaneously tests our resolve. The present then, is life...it's alive...fresh...moving from moment to moment with no intervals—Self emerges from images the scripted self foments, *we then see there is no where to move*, there is emptiness, what remains is awareness. An intriguing and fascinating journey which awaits the serious student.

Can anything outside the here and now which exists only in memory, be real? Outside the present does it have significance? This begs the following question's: If the present is the only true reality, why does thought define it using memory images? This method of thought defining the now by way of memory, is it anything more than images in a programmed computer we call our brain—mere images defining now? In unconscious dreaming the mind is duped—so where does reality exist? To what degree do we believe it to be either past present or future? A mind negating thought as each moment arises sees actual reality born continuously moment to moment, here and now then is peace undisturbed which projects love into doing all the while maintaining an awareness of inner-being. Egoic minds accumulate memory, images all defining the present moment making it cold, dull, redundant programming defining reality. Having a heightened alertness or presence, one uses past and future for practical purposes yet is 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 because the past and future intervene far less. Absent time based concerns less energy is consumed by thought created problems, we are consistently in the now. *Being present—the moment prior to thought entering—inner-being projects love not fear's opposing opposites. Free the mind from problems fomented via past and or future. How could love, which is without an opposite, possibly imagine anything like fear.* And should one be alert to this state of mind, it is quintessentially to have conscious

awareness, freedom from a mind identified state. Free to speak and act out of Inner-Being good and bad are seen as attachment to psychological time and is increasingly subdued. Here and now everything comes alive—there is peace and fear which is of past and future, is dropped. *In this timeless space there is little to judge measure or compare, in the now far less memory is used*, each moment appears and fades, ultimately dovetailing to one continuous moment without a beginning or end. Seeing from this perspective the present is not a memory image defining what we see. To be here moment to moment, fosters serene flow. Anxiousness a life script foments-similar to a computer construct with a lot of information defining, makes now unreal. We've lived not in the here and now but in accumulated memory images, i. e. the dream of form. A hologram...lackluster...devoid of peaceful love or actual reality. It' all thought accumulated memory creating ongoing conflict, old mind patterns and social rolls one looses themselves in and in a sense they're relegated to be an actor on the stage of life playing rolls merely interacting with other people's rolls.

Let us again use the left brain perspective. For too many people left brain ego and time have domesticated them. The unconscious see the self and life as subjective—singular, separate from the whole. Unconscious dreamers live life in a fog or sorts. They're being used by their own mind. Reared by way of methods of punishment for wrongs and rewards for right doing, controlled by psychologically accumulated fear, they've scummed to the mind using them. Similar to trained animals. The irony is not lost—natures natural state it to be mostly in the now. So we have lived in the bubble of fragmented thinking and peace is lost—it's an inability to see the present as a continuous stream. And except for occasional flashes memory defines life, practically used is all well and fine. All the same does not memory control people to an excess? Are we exclusively memories? Can we distinguish programming from actual reality? Even though we don't want to see ourselves as being used by the mind or at best we're in denial of being controlled by accumulated thought, is it not so? Can a mind be free of indoctrination? Are we instinctively living vicariously in images defining life through egoic self's storehouse of images in the brain? Or, do we adapt to random possibilities in the here and now, i. e. reality? Is it not preferable to see what actually is, always new, as love is always new?

So consciousness accumulates information—originally taught to us via programmers. We're all trained, programmed, indoctrinated, concluding past and future projected memory binds us to thought accumulated in a life script. A prerequisite to problems always seems to be concern stemming from past and or future, dovetailed 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 one not see this indeed 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's missing precisely in this moment? We all get lost in thought, continuous roll play, unseen we simply become them. What's it take to see the now is where energy is reclaimed from past future and the egoic mind? The here and now is where a mind sees it's been duped. Until one can admit they're in the state of unconscious dreaming—basically a sophisticated programmed computer controlling us 24/7, they'll be controlled and duped. So Natural Self rising to reclaim energy from egoic self is actually seeing life scripts do run countless lives—steadfast persistence for whatever duration is required is needed for times illusion to be seen and transcended. Nothing ever happens or will happen outside of the here and now—it's the authors mantra. The intent here is not to criticize or bore readers with repetitiveness, simply to awaken them from their slumber, peaceful love, energy felt within, brings a mind to order so peace is more-so projected into daily life situations. And this, with persistence and steadfast patience, will come to fruition.

Satori—short flashes of the peaceful present, ironically what keeps many people trapped in the aforementioned nightmare, happen, yet are not enough of an incentive to hold awareness necessary to observe the mind. Rather they keep people in the dream so many cling to. For such occasional albeit fleeting satori experiences, merely keep one at unconscious dreaming before alertness rises to foster deeper wisdom. Again ego would forfeit its hosts life rather than loose control. Fleeting satori experiences give the unconscious hope to which they cling when awareness is key. That said absent sufficient courage, an initial step into 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 us to live in past or future at a loss of here and now. So a prerequisite to problems then, usually has an 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, once more, fear is seen here and now—in the present moment awareness comes in short duration's sporadically. The satori experience is just enough so one doesn't inquire too deeply. For one to see this isn't that easy to do, yet it is simplistic and happens instantaneously as one rises above thought to truth. Slowly awareness comes with ambivalence regarding process—all too often it's 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 and results in space being created so a mind is new, fresh—again memory is for practical purposes only. Martial artist's know and see the toughest opponent is the scripted mind, observe it and know the self. Watching it fosters wisdom. Another side bar—*Repetitiveness is necessary to counter years of incessant programming, patience please*. Peace undisturbed, few have accomplish this. Presently most can't or will not see the conundrum of conflicted thinking. We live in a mind bound to dualism, and think intellectual pursuits will solve all problems, including and especially seeing this, it's our egocentric intellectual pride akin to spiritual denial. Watching sharpens the mind and insight brings ego to serve its host not control them. We digress. Technology, useful as it is intellect is not a source of spiritual insight. Arrogance forged in programmed narcissism, deceives vast numbers so we must: “Forgive them for they know not what they do.” -1 Thought seems only to instigate us and them, past, the future, and a will to power. Turning our backs on spirituality and our spiritual core awareness results in desire and suffering. Many scoff at ideas of spiritual essence and label it as mumbo jumbo, frivolous, nonsense, often they see it as feckless. Immersed in pride and enamored with ego A. I. and the egoic self's intellectual accomplishments, it descends to a sort of spiritual Self betrayal of inner-being awareness. Onerous work it is, focusing on the egoic mind all the

while having presence, is to see the true nature of here and now. Alert, we see unconscious dreamers saddled with responsibilities, lost in busyness-rolls-old habits. Therefore hold the frequency of peace, it helps others to see their own ego/shadow self. Those awakened radiate peace, raise conscious awareness in others even if they don't notice. Via awareness one can feel peaceful-love.

We have spoken of left brain and right brain repeatedly here-in, realizing it all tends to be somewhat redundant yet it's necessary believe that. We site a case: Due to medical circumstances this persons left brain shut down. Ironical, a unique opportunity for self reflection. The linear left brain shut down and abstract right brain took control. Lucky to have lived the story is a fascinating account: '*A stroke of insight*' *Ted. Com.* Emotion, concepts, overthinking, all blocking awareness. Transfiguration is one's mind freed of the known, all just conventionalizations fomenting more division—intellects egocentric belief it alone defines truth, elevates science to blatant outright arrogance conjuring illusions of godhood, perpetual egocentricity, additionally a desire for power over others. Absent awareness of inner-being, peaceful loves oneness spoken of herein combined with knowledge and memory images, the mind identified intellectual elitist has a tendency to see themselves as superior to others. Such as these do more harm than good, they repeatedly self-destruct brought on by fear, all of it fueled by divisiveness and an endless craving for more power, for the sake of power alone bringing about a loss of humility.

In intermediate training we adjust 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, yet awareness of Being is there in the background should consistent conscious alertness be held all while being preoccupied with responsibilities—literately happening instantaneously, mind games block a seeing of back and fourth as illusiory. Feeling peace strong or subtle at an intellectual level won't bring lasting presence. Inner-being is veiled by layers of programming—it's the frustrating dream of form, so awareness is all there ever is. We often cling to the known even though it's painful. Fearing the unknown people simply languish at varying levels of unconsciousness, it prevents them from rising above thought, pain management is the alternative

to alertness. *It is 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 inside of 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 listened, would not believe him and they 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 to the unknown. They had 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 do, used practically ego assists us in 'clock-time.' Still, it vies for absolute control using the past future and fear to accomplish this end. The mind in disorder is forever concerned, worried and apprehensive, a result of fear. 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 one's scrip, rolls and patterns, intervene...then **memory** defines now. To see what you see, is an acceptance of whatever arises. Peacefully observed, its wisdom comes into a mind accepting what is, and brings a peaceful warm relaxed sense of, here is okay, in stillness presence flows—a peace energy felt throughout the body. In the zone one adapts to each moment, in this the mind is far less fragmented. Energy felt within is merged to oneness or conscious awareness—inner-being felt with-in the body. Inner-Source flows bringing an awareness, one listens and in the here and now ego is a practical useful tool helping us in life should peace be made with its limitations. With steadfast persistence all this starts to resonate and moves the mind of a student, that is to say a reader as a 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 fostering conscious perfection as an effortless friendship with ego exposing the shadow self via one's higher Self. Expect vacillation, levels of consciousness tend to overlap. Levels, are concepts, conceptualization, yet should peaceful love come into a mind it helps, life flows to a personification of one continuous present moment flowing into what we do. Water the seed, long ago lost to states of forgetfulness, a time immemorial when ego entered the minds human-beings. Still, love could never leave us—we are love yet an unexamined mind blocks the Self from rising. How could something which is one's essence, that is to say who they are, leave? A conflicted mind can't see itself trapped in unconscious dreaming—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 do not project now into the future. Unconscious dreamers simply won't see it. And should unawareness befall one at conscious awareness it will pull them back into the dream again—alert to anxious negativity, it affects us less. Functional is one operating and holding a frequency of peaceful love, then a tremendous feeling of freedom comes at this point in one's training. One sees thoughts mistake...old mind patterns, habits and or social rolls, i. e. emotional turbulence. Consistent alertness is paramount, so to limit the energy given to ego deepens one's alertness helping to reclaim energy from the ego. Difficult. Literally the author has cried out: 'This cannot be done alone, please help, an appeal to the Source, (God if that word works better) carries him through. We are combining then, simplistic innocence with on-going Socratic wisdom... humility... additionally fostering diligent patience, practice and use of process—to then let it all go so present awareness of the Self fosters a refusal to give up, key to oneness felt. A feeling of joy comes, the mind sees in short flashes—extending to longer streams—break troughs. Now less time is spent in the past and future projected memory which just promotes egotistical intellectual pride. Still many will scoff at all this. So believe! Do not allow thought, a life script or veiled egocentric ideology to block awareness of the 'Natural Self'—always there behind the programmed 'I' identity—'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 spiritually called don't disparage ego and the powerful life script it follows. It does what it needs to control us and in this it's relentless. Ego and a life script bends us to its will prior to sufficient observation. Yet if humanity awakened collective peace would abound: 'The lamb would lay down with the lion.' -2 Observation, listening, having awareness of egoic self, all normalized brings peaceful love to fruition. When enough come to spiritual awareness and rise above thought, spirituality then would accelerate. 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 more 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, we are aware, unaware, or neither. Egoic minds commandeer the mind fomenting extreme or subtle disunion from the Self, the life script controls, and we are swayed into normalized fear to a point the mind is lost in a dream—'blue-pilled' or 'black pill' we are then the egoic self—higher Self veiled by past or future, one is lost to psychological time.-A To observe mind noise diminishes this. Having presence others feel it as well, yet relying on one at conscious awareness is to seek others to tell them what to do. Tap into wisdom by going within.-B Additionally, claiming to know is still the ego. Knowing is of thought and memory and is then, the conundrum. 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, be alert to it. By way of clearing the mind and being still, listening intently one sees clearer—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 Pause often daily to reconnect to the source, this is an awareness of or having awareness of: The Ground of Existence. And when lost, clear the mind and reset again.

An egoic mind is a mind fragmented. Alertness brings awareness taking one above thoughts fragmentation by quieting the mind. Fragmentation mitigated one sees and has present moment awareness. A mind divided, concept ridden, psychologically disordered, normalized psychological fear reaches a point it goes unnoticed. The mind emptying itself makes room for the fresh and new happening in each present moment, is not memories *of* the present moment. So to reclaim 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 we have attached to a mind controlled by a life script. Watching the shadow self is key. Stillness via an idea of stillness, is memory, exclusively being of the world is one attached to time. Busyness distracts one from timelessness and results in the further lost awareness of inner-being. So hold presence and vicious cycles of craving time and mental noise, where ego controls and is a formidable power, is then negated if one is persistent.

Again time pulls us out of the now and is efficient in so doing. Thought and extreme emotion combined, pulls the mind into a train of concepts. Overthinking, time past or future, oppress us not because of subjectivity, it's due to deception egoic self promotes via an I identity. Overly drawing upon memory images to identify the moment i. e. now, and one succumbs 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 the 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 and denial of Self. Scripted overthinking often is preceded by pride. Observer and a practical use of one's memory needs to work in unison. The ego and life script it follows, are to be watched through a mind sharpened then turned upon itself. Drop all notion of thought and religious systems there-in being able to achieve this. Unattached observation, along with passive listening, brings clarity to the mind. Negating negative energy one can then: “Be **in** the world not **of** the world.” -2—We are all here to learn, that is, we are spiritual beings having a physical experience. Focus on remaining present, be here and now, in so doing the mind is calm,

and alert, it sees depression...dis-ease..pride...anger, it sees indeed these foster deep awareness bringing wisdom. If subdued by these one is again lulled to sleep...present awareness is lost, and again patterns control. Situations then foment thought and memory defines, ergo, passively observe. Be alert to each present moment and lessen energy given to the self, the 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 is very likely susceptible to slipping back into unconscious dreaming. So living here and now will negate memory. Gradually the mind refrains from memory dependence and the now will take primacy. Memory serves as a stepping stone, its useful as a tool only. Alert to frivolous thinking, serious attention keeps one in the here and now, still this energy is fleeting—unstable. We must engage in alert observation of the mind daily so to not capitulate to life script, self-talk rolls and or old mind patterns. Persistent and unwavering, observation forges a mind laser focused on itself, slowly ego dissolves. Attention turned within, reveals truth is something of itself and follows 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 by watching the egoic self and the life script it follows. 'The kingdom of God is with in you.'-1 speaks to rising above thought and endless fragmentation. Once more inner-being is not known. One might see all of this as mere hyperbole or at best abstract. Those who are serious press onward no matter what the commitment and don't analyze why. And as such eventually awaken to see it all come to fruition but only if one is persistent.

Watching daily sharpens a mind and turned on itself gives us an ability to keep ego in check. *At first it's all unfamiliar because fact is we're all used to being controlled—conditioned to go along to get along with the status quo our life script runs life for us. And adhering to this, are we really there or just programming our script projects?* Observe in stillness, let life lead, it takes us to where we're supposed to be. Allot ego enough energy to do its job, the rest is redirected. So reclaim energy from the life script. Enamored with the world

busyness takes over. Life ought to be viewed as a school of higher learning. That being said ego cannot say who one is unless they allow it, focus on the Self then. The power of choice is a powerful tool yet it's all too easy to loose oneself in this dream of form. We're all essence in form and may well be dark mater, dark energy rising to material form, perhaps. No one can say what the Ground of existence is with the use of thought and words, one feels it within.

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

difficult to see and life is more complicated. One's 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 as well as personal consciousness-reinforces old familiar patterns unconscious dreamers cling to. Time is where problems abide should scripted definitions of now be bought into. Reality is present moment awareness, not old memories thought projects. We're adapting to each new moment i. e. life as random potentials. Fundamentally to be functional at the level of effect, simultaneously having a foot in both timelessness and 'clock-time.' Vacillation between an illusory ebb and flow, Self, to egoic self, *to see awareness is all there is.* A fear paradigm seeks to identify here and now via memory, the 'you' prior to wisdom merged with a child-like innocence. All travelers have moments of clarity, one's own personal epiphany, mere stepping stones to Self seeing egoic self as merely programming reclaims energy, Inner-Being then comes by going within, still there are similarities in subsequent wisdom from student to student.

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 the illusory ebb and flow. Feeling waves of peace yet too easily lulled into an unconscious dream state. The mind too busy pulls us then backs off, only to repeatedly reemerge, a back and fourth, alertness to forgetfulness, all thought trying to understand itself. We must press onward here.-A Transformation is to partake of life and relationship, simultaneously maintaining an awareness of inner-being. A mind determined frees itself of perpetual control. Observation for example in conversation be aware of increasing tension felt: Is the voice elevated? Is there awareness of rolls played? For instance in shopping, move slowly, be alert to all interaction. Notice the script tugging. Pay attention to detail bringing senses to bear. Monitor ego—listen-look-touch-taste-smell all moment to moment, focus, bring the mind to absolute present awareness. As in walking really *be* every step. Opening doors, starting the car, moving... driving...parking...waiting, all are opportunities to feel Inner-Being. A—Feeling awareness there is an innocence which fades in and out, therefore wisdom needs to come so one holds its energy frequency, which is one watching their mind, sharpening it one turns it upon itself or lives in the mind 24/7—the egoic mind then uses the person/'I'. Absolute persistence almost to a fault is a must.

Lights..pushing the cart...seeing colors...hearing sounds..listening unattached. Be the watcher of social rolls pulling the 'you' into programming and or forgetfulness. Noticed it by staying alert, be aware of the 'you' playing the rolls. Feel-see-hear all interaction with others rolls outside looking in, to see all roll play in real-time. Pure observation induces a quiet, alert mind, peaceful albeit vigilant. Having conscious presence the situation drives us deeper into peace. Freed of attachment to normalcy bias creates space in the mind—unaffected by memories of what is, was or should be, we are able to observe situations without resistance. Side bar—Should this result in confusion likely ego paints it as such. If 'you' think ego does not seek control, stop reading. Please give this work to another. Ego needs you as a thinker to follow scripted narratives. It would forfeit the life of its host rather than relinquish its control, and it may propagate it all as feckless or nonsense. Nevertheless for thousands of years those who have realized peace never thought possible, are the ones who will have the last laugh. If 'you' are blue-pilled, ignorance is bliss, and black pill know to keep going is key to deeper awareness. The mendacious egoic self capitulates to endless programmed mind patterns and if one doesn't see it fine but know it is the mind using you. Individually we choose the vicious circle of thought memory holed and drawn back up to manipulates us. If that's okay, well if the status quo works, one is not ready. By all means continue to follow the Pied Piper, just know this puppet master, is one's own egoic mind which controls and foments only on-going suffering. We digress. Psychological time projects the now into the future, so be mindful of roll play, necessary in daily life yet those unaware are pulled out of present awareness into the roll. This spiritual traveler has watched the rolls more times than he can remember, has been caught up in them requiring he reset again and again due to a lifetime of programmed habits, rolls and the triggers to these. Again all fine provided we see it for what it is and don't loose ourselves in social rolls. And if so lost, by definition it's 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 alert, always be one step ahead of the egoic mind. The following quote articulates it 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 bringing on feelings of inadequacy. ***It is dukkah.*** Calmly watch here and now and notice it 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 to 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 a choice but requires extraordinary determination beyond what most realize is even possible. So we begin with the impossible. Always remember as impossible as all this seems, plainly it must be done for collective sanity to return. Additionally a commitment to remaining present profoundly affects a majority of those still suffering in the state of unconscious dreaming, those in bondage to learned, thought created scripted programming. One will see it or 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 like a positive virus brings peace, it touches everyone. Can the reader now see how enormously important success is then for those called to higher awareness? Awareness brings peaceful love and helps others pierce the egoic veil. The ego is slowly driving humanity insane due to a fear 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 awareness of peaceful love's paradigm replacing fear. Spiritual awareness must rise yet is an enormous undertaking. The alternative is to follow a life script ego would have us be controlled by. At times it seems ego would see it all burn rather than loose control. A positive stubbornness is necessary for us to rise to the occasion, this needs to grow. For this student an energy beyond intellectual understanding is driving him to never give in.

A mind in observation of scripted rolls old habits and patterns helps all humanity—the alternative to trans-humanism i. e. Neuralink. There's a higher purpose, a higher reason to raise conscious awareness, to rise above thought. Courage merged with purpose fosters peace. Accomplished love's light means fears dissolution. The serious see it all as the most courageous significant and meaningful accomplishment one can achieve in life. So then, compare this to narcissistic drudgery, a 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—here and now is where peace and the joy of Inner-Being are. Be alert to present present moment awareness. Above thought and words outside time the problematic is nil. Ego's game is distraction, ergo it will foment disunion from Natural Self, unconsciousness taking over is its relentless in this pursuit. There are endless distractions and it's all too easy to loose awareness. Lost awareness of inner-being leads to endless coveting. So alertness is our best defense. Unconscious dreamers are a majority, 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. And 'you' may wonder about this work, or perhaps question why the life script manifested by way of our programmers, who via fear indoctrinated us to the extent we don't see we're controlled. Prepare for a ride completely debunking fear as being viable. Basically the goal is to point the way fostering resilience needed to go within. Systems point and yet this clearly is not enough...we all must go within, only our teacher within, by way of wisdom, peace and love, can truth show itself to us as something of itself. A disordered mind hides much from us all. Should we inquire? In the end for all we know this school, *is* the life script, *is* a mind identified self propagating mendacious materialism, *is* a viable opportunity for alertness to take primacy. Bringing the need retrospectively, to share then some of what the serious 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 usher the 'Great Awakening of Mankind.' A totally new kind of human-being, not better versions of the old Homo-Sapiens, those who choose peaceful love as their new paradigm, a lifestyle of reclaiming present moment awareness, a mind freed through harmony with one's own egoic self.

CHAPTER FOURTEEN

HOW DEEP DOES THE RABBIT HOLE GO

Lewis Carroll took us down the rabbit hole to wonderland, challenging minds. The pinnacle of consciousness as outlined in this work is: Conscious Perfection. So let's begin the chapter by saying, there is only awareness, there is no arrival, which is merely impermanence...again unconsciousness...clearly just one of endless mind games, observation and awareness is all there is or was. We're all in perpetuity an expression of inner-being, a personification of love, yet the disordered mind blocks a seeing of: What one seeks they already are. We're a 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's no-thing...nothingness...potentials or this moment prior to thought entering to identify what is through memory. We're all energy, one energy field. A mind freed of psychological time, living here and now very little in past and future. Imagine having had a spiritual revelation, the dream of form revealed, is very unfamiliar initially. Seeing love as the core of all human-beings and yet egoic mind blocks it. A life script written, directed and edited by our programmers. The apple not falling far from the tree—programming programmers taught us to be, beginning with parents and bought into because it is all we've known. And brainwashed we live in a bubble of experience where ego and our life script control us. Unlimited potential realities exist in the mind freed. Rising above thought one can mold the dream anyway they choose. Collective and personal consciousness projects memory images-manifestations of thought. A dream held together by our strong belief in accumulated memory fomenting psychological time. When in fact we are water and stardust, mere subatomic particles, possibilities guided by randomness. Observation plays a part in this randomness. At the sub-atomic level things get very strange, notwithstanding quantum and spirituality dance together. Being extraordinarily focused with a innocence merged with wisdom and can see it as a single energy field, these

complement each other as to observations effect on material form/reality. An intriguing idea..absent a collective conscious belief in form it would disperse. Atoms in all form subjected to randomness simply scatter. Imagine mater is a manifestation of incorporeal nothingness, essentially omnipresent, again one energy field. A rabbit hole beyond consciousness as just random potentials. In physics the eleventh dimension, tiny vibrating strings all connected. Oneness we've spoken to here-in, seen as fragmented albeit one energy field—merely potentials guided by us watching. 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's beyond thoughts ability to really know.

Let us now 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, they 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 here suggest there is plainly, one single energy field seen as a truism in every mind transcending limitation yet fear as the current dominant paradigm promotes the opposite to be true. Extraordinarily alert minds absent even 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 totally new kind human-being, not a better version of the old homo-sapiens. One cannot know this mysterious something yet can have an awareness of it. Fear in the current situation controls copious amounts of human-beings manifesting as collective thought in the stream of consciousness or space-time and appears fragmented while in the mind identified state—the mind aware and listening requires an alertness, it is then fresh and new. Such minds are limitless. We can see ego subverts awareness used to rise above thought, exception being for practical purposes. Observation and awareness are needed to reclaim energy from the egoic mind so to actually see true reality. 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 one looks 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 on form. A common denominator for quantum and spirituality may be the changing power of observation, so watching is fundamental. One's egoic mind sees its host as an I identity—clinging to the material along with fear as a paradigm we are programmed to be, do, and have. Spiritual beings having a physical experience, all affected by observation having an effect on reality, is observation in the now the only place real. Form is energy flowing from the non-manifest into manifested form. Awareness of Being arising through pure observations effect on reality and yet who is the observer—our scripted egoic mind, life situations, a shadow self's habits and social roles, or one's timeless Self in the eternal now—mind games when there is only awareness. **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, then awakening resumed, enamored with the subject-matter we addressed 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 a window at birds flying, it was a perfect day. In an instant the egoic mind collapsed as peace abruptly arose. An epiphany: This isn't real, the material world is the 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 egoic guardian brought him back to familiarity, his normalcy bias pulled him back to be **of** the world, thought reminding him: 'You didn't think this would be easy did you?' Applicable axioms: 'The reason you suffer is because you cling to the world'-'Cross over to the other shore'.-1 A slow back and forth process ensued, the illusion of ebb, resistance, then to flow or observation. Once the majority of unconscious dreaming minds see it

as illusion ego no longer controls. Preceding this, 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 to be free of negativity. To see moment to moment, actual truth reveals itself to be something of itself. The dream is and always was the paradigm fear created by thought. Consistent peace, it requires persistence, and is worth any effort made. Unwavering persistence brings this to fruition. People's foremost responsibility in life to realize the highest and most important thing human-beings can do is to foster, then personify an awareness of inner-being, 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 which may have tried to communicate this, coming from an established religious system and is an idea of a specific consciousness limited the mind conflicted. So then: *'The word is not the thing.'*-A We are transcending division so to not limit the source. A new way of seeing provided we seriously inquire into it. So remain steadfast, perseverance is key. Be careful what you wish for, not for the faint of heart nor for those lacking great persistence. Challenges will come notwithstanding one's seeing from a totally different perspective. 'Problems' are opportunities for growth, gifts should one hold fast to love's frequency. In the mind silent its unshakable peace prevails. Non-resistance bringing clarity into what we do. The spiritual traveler emerges reborn, flows *with* life. Peace emanates from Inner-Being, in turn flows into doing, ***actions are now motivated by peace which brings love to daily life situations.*** One then attracts people and or life situations essential to peace—it's the law of attraction. Optimism rises, peace absorbs fear filled negativity coming into one's proximity. Alertness to inner-being fosters a strong inner-core of peace and wisdom takes primacy over the ego—standing as such souls do, as seers of truth moment to moment. In such a mind peace is seen through oneness, then a transformation to nothingness followed by rebirth out of nothingness back into form, one in the world not of it. Ultimately benediction is the realization of our purpose is to project peace and love to whomever we come in contact with. One feels energy within and shining the light of love into our world has presence by virtue of being here and now and these, the meek who shall inherit the earth . A—An idea posited by Juddu Krishnamurti in his books and many monologues. All found on the internet in you-tube videos.

This alertness is listening, random peaceful observation so love flows into doing. Flowing **with** life allows **it** to guide us similar in nature to an exquisite piano solo by Bach, one is just there, in the moment. Demanding alertness for an undermined period. Usually 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, a spiritual transfiguration. Inner-Being projecting peace into the now despite whatever happens, observation of the self and life script so that problems are seen as opportunities. Absent past and or future what problems are there really—let Being flow into doing, peacefully observe and adapt all while simultaneously holding awareness of Inner-Being felt within the body.

To the degree we allow the life script to control our mind is the measure of fear-filled clinging to the wheel of karma, repeated existence, a play on or variance of Nietzsche's eternal recurrence. Nietzsche also posited in his work the idea of a superman implying that such are superior. The author feels it to be similar to the new human-beings here-in, fostered through awareness and going inward to the teacher within. All people have the ability to feel energy yet the egoic mind blocks it. Be mindful too of the power of choice which cannot be taken from us, we must choose to capitulate. In addition question: 'Where is the traveler—the reader—at in their journey?' If one is not ready they won't work at this—perhaps spiritual progression is stifled for whatever reason so it's understandable why such are viewed as superior but they're not. Some see a need for humanity to rise with consciousness while others simply will not deal with their proclivities. An as such tend to look for others to tell them what to do. Or they'll follow some system which tells them what to do. Therefore no method or any individual can tell another of this or do it for them. Other than *point* at conscious awareness. The Self comes by way of a mind sharpened, and turned upon itself is an effective tool used in reclaiming energy from the egoic mind to then rise out of the ashes of conflicted scripted egocentric thinking—freed through non-resistance regarding what life brings through consistent observation. With persistence the egoic mind relaxes its grip and the mind is freed from bondage to the known. We then uses the mind not the other way around. In the now one with sustained awareness is able to use information in consciousness, that is inner-source, along with memory to

keep ego in check. The formerly conflicted mind does not block awareness of Inner-Being, still, rapids and tumultuous times continue. Metaphorically, like the rock embedded in a rushing riverbed, nothing dislodges peace. And once solidified nothing circumvents one's peace. Ego and the life script are both governed by the linear mind. Love comes through living a peace lifestyle and awareness of inner-being. Wisdom comes through observation and practical use of inner-source. Problems need past and future. Actually then the present is untouched by time, it's not a number, thing, place or judgment for these are of time and thought, have a beginning and end. What problem is there in the here and now? To have presence is to feel oceanic feelings as a connection to everything. Life leads the way via random possibilities, it is as it is, beyond conceptualization. Using concepts to understand a feeling is to be lost in past and future projected memory, all of it psychological time. The eternal now is foreverness..moving..alive..playful..blissful without attachment to outcome or beginning and end, essence in stillness absent resistance—love re-directing negative fear energy. Everything is energy—absorb this into the mind, energy flowing out of a void with the answers to whatever life presents should one be listening. Time..mind..ego..are mental constructs, merely thought created images while essence, is energy, incorporeal, Inner-Being, clouded by the life script, veiled by egoic minds. The eternal mind is limitless, beyond all ability to know, infinitely less finite than a scripted mind. The void voided it is all it needs to be. Love projected into form—the Natural Self expressing a spiritual travelers essence in form, fostering actual truth presented as something of itself, an awareness allowing those who are seriously inclined to see life for the most part has always been in the here and now and as such we are to use time for practical purposes exclusively.

Humanity is at a critical crossroad, we evolve with consciousness or shun spiritual awareness. If we destroy ourselves or civilization consciousness will continue. Presently technology exceeds spiritual leanings so to shun spiritual awareness the unintended consequences come with no guarantees. Millions killed in unthinkable violence, war, malice, hate for the sake of hatred. The insanity of the egoic mind gradually driving humanity to violence-judgment-divisiveness and war, again only for more power and money! So many people

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 this and letting go rise above thought. Consciousness is evolving and we must evolve with it or be left behind. To evolve with it we must rise above thought, all practical purposes being the exception. To not do so 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, all manifestations born of fear? Somewhere in the universe, perhaps on a planet out there, are beings advanced enough to take all this for granted. Possibly watching us this moment, wondering if humanity will destroy itself or survive the reformation of rising consciousness from unconscious dreaming to conscious awareness. *Or perhaps it's just Lila, a game Brahman plays, us being the pawns.* Before the reformation many came along wanting change yet ending in death mostly. As Martin Luther entered the scene maybe it was time for it to come. Ergo, is it enlightenment's moment? We can here and now usher in peaceful-love as a paradigm. Those having presence concede it will be what it will be. Seeing this is to see there is no us and them. The authors view taken from a cherished song: "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 In addition to: "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 rising from the ashes to conscious presence requires going inside to core spiritual awareness. Or is the 'you' merely a puppet of egocentric intellectualism? The spirit of the age following the Pied Piper of A. S. I...this will not end well. So inquire who is the puppet master? All who seek money, power and science as a pseudo god often scoff at spiritual transformation—ponder the fundamental question then: How will these two possibilities pan out? Hopefully objective readers will see the importance of this. Surrender to this perfect moment, that is to say here and now, it negates pain suffering and desire or clinging to the world, a chasing of the wind, to see it brings love into doing. Crazy, mumbo jumbo, or insightful with limitless soul force? Well that's a matter of one's perspective. Do 'You' want the pseudo self controlling your life or peaceful-love as a new paradigm?

As said we've used unorthodox and or scattered ideas to convey enlightenment which is beyond thought. We are attempting to reach the actual Self behind the readers programmed, indoctrinated, brainwashed egoic self their programmers trained them 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 feelings of having been reborn and: '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 life on auto pilot, programming taught to us by others, obviously parents being the first. Those spiritually inclined see they are in a kind of sleep walking state. A life script dictating who we should be-the purgatory unconscious dreaming is. Alert we see our mind uses us and yet thinking we use it sense at a deeper level we've bought into indoctrination the life script is or psychological time and ego blocking spiritual cognition. We're ost in daily life busyness, social rolls and habitual mind patterns. Is the actual person then even there or are they a program learned, then followed? In the majority of cases people are unaware or lost at varying degrees of unconscious dreaming. Yet inner-source like a thorn in the side for many people calls them to free themselves from disunion with inner-being. Initially one must surrender to this disconcerting fact: Virtually all of us are plagued by blocks, psychologically dysfunctional and to some degree maladjusted, need to focus on bringing our mind to order. Having been commandeered an egoic mind to an extent we struggle to even see it particularly concerning blocks to a mind freed of fear, ego and our life script subverting transcendence of blocks. Clearly one's mind needs order to rid itself of fear prior to an abiding peace. Indoctrination passed generation to generation is so palpable it clouds one's mind and is the veil to seeing this. Renovatio is rebirth to a bygone state of mind. Unfamiliar and yet peaceful, it comes to those observing and listening to their mind, taking note of fear and rolls played. Ego and the life script being mendacious foment division and potentially can be counterproductive. Gone unnoticed they'll have a negative

effect. Succumbing to fear one's mind becomes an egoic mind—*a mind using the person who believes the opposite is true*. Persistent inquiry and refusal to succumb, necessary to transcend the dominant fear paradigm, helps us to see we are manipulated by psychological time. One sees the need to rise above thought. Even sort of aggression is counterproductive to this, succumbing to it foments conflict, one's quintessential veil to a peaceful love paradigm.

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

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

A mind stilled sees satori sporadically if one is open to it. It can be seen as fate, perhaps fortuitous luck or inspiration. It is thought suspended yet the dream lulls us still, is persistent in 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 or rolls one is unaware their script subtly controls them. Lost to ego's baneful disguises unconsciousness sweeps one into the physical experience resulting in a loss of inner-being awareness. Unconsciousness, likened to crisis to crisis life styles, is life running smooth, then undermined by one's ego mind and their life script. Constant sabotage of success one is consumed by their habits, social rolls and old mind patterns, confused...unaware...conflicted. Reclaiming energy incites an emotional and intellectual dependence in the illusion of back and fourth although can foster peace through consistent alertness. Alertness is vital, so observe thought and corresponding emotion. Forgetfulness is perpetual unconsciousness fomented in one's life situations and or others lulling them into an 'I' identity. Endlessly distracted, one's blocks are then never dealt with. Subsequently unconscious and or unaware, unable to see they've sabotage themselves; failure to notice ego and life script compelling us to do what we do, is the problem. Oblivious to a controlling life script is to be mind identified, lost in mind games, rolls, habitual patterns all while vehemently defending the status quo. Watching unconscious humanity the advanced student can see all this, nevertheless the unconscious do not see it. At a point the advanced student didn't see, hear, nor understand either. Forgive unconscious indoctrination if others repeatedly slip into forgetfulness of the Natural Self. To persist despite the challenges, is key to being undeterred without fail, only then will renovatio come to fruition.

Post spiritual event, everything is foreign. Gradually as one notices fear energy, adaptation to it lessens egoic minds control. Life situations are then,

opportunities for growth and development. Remaining humble and selfless-in acceptance there's forgiveness of others unconsciousness bringing clarity and inner-being, the greater whole of life is now less obscured, we choose either to: **'accept, leave or change all situations.'**¹ Awareness of Being now more consistent one sees the ripple effect playing out through observing situations so that ego doesn't overly control. Adaptation becomes a new way of living life. Flowing with negative energy, it is negated along with anxiousness and aggression. *It's to roll with the punches, flowing **with** life through adaptation.*

Peace then is here and now. Fear deceives unconscious minds because it is familiar—how does one tell fish a they're in water. How does one observe their mind when they can't see the forest for the trees? *No one can see what is or what to do until the mind is very calm. Only then can one's mind observe itself.* So, renovatio is rebirth to one continuous present moment where peace comes through awareness and observation. Working to negate 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 the mind into conscious presence. Over-use of rolls, judgment and mind patterns, seen as detrimental, there is acceptance of what happens through observation of what is. This will nurture adaptation enabling one to see blocks and then divisiveness. Why resist what's happening when it's what happens? Accept it, adapt to the now by actually being in the moment. In pure observation we see the I and blocks do foment opposites and imprison the unconscious in endless selfimposed mind patterns and or social rolls, all of it programmed generation to generation. Peace undisturbed in real-time, personifies actual 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 peace as a lifestyle who's bi-product is love. Peaceful love demands alertness to enter the world. *For a serious steadfast student peace is undisturbed. One's mind is sharpened to the point ego no longer deceives its host.* Such a mind has 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, accept what life sends and adapt then to whatever comes. Unconscious and undisciplined minds will block this so we must

focus for an adequate duration whatever that may be, to then reclaim energy, a mind is laser focused on itself and then uses memory for practical purposes as opposed to ego controlling, it's not for larks. Diligent focus, potentially for long periods—willingness needed to hold conscious presence. Life as it ebbs and flows is accepted, good or bad life situations are vehicles for awareness. And if peace is disrupted, we reset alertness. No life is all good or all bad, so learning to feel energy we then move with it, then redirect it. With stalwart persistence and steadfast resolve to observe ego gradually it will dissolve. -A

Alert to conscious awareness we live and personify peace. And yet a child does it naturally prior to the life script taking control. Children feel oneness prior to the script taking over which seeks to total control us all. The feeling tends to fade post life script formation. Learning happens yet comfort zones belief systems and rolls are rooted in normalcy bias and seems impervious. Excessive thinking along with extreme emotion posess one's mind and a life script takes primacy veiling deeper omnipotent awareness as ego projects its scripted narrative. A paradigm of peace fosters an awareness felt slumbering with-in—children ought to be taught of this early. We're part of a movement to rise above thought—practical purposes being an exception, to negate mind created fear. Those spiritually called must focus to hold the necessary level of alertness. In rudimentary stages of awareness spread these ideas. If there is a sense of this, realization of an irrefutable fact or acknowledgment that indeed we are programmed from generation to generation, then living peaceful love as a lifestyle personifies courage which is contagious. Even subtle levels of alertness will spread peaceful loves frequency helping to accelerate the rise in consciousness hastening the belief factor for oneself and others as well. As we have repeatedly said throughout the work there are those called to make contributions on a gargantuan scale, that being said even a single kind word helps. Renovtio affects all collective consciousness and peace as a lifestyles has a significant impact on the entire energy field. Those who are called need to immerse themselves in an all important single ideal: **to never quit is key to success in watching egoic minds bringing awareness to fruition.** Doing this raises conscious presence such that it has an impact—simultaneously helps to accept the enormous challenge of just being on a spiritual path, also -A *This is to let go of one's 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 bellicose, adamant its rightful place is to *control the mind of its host*. Renovatio is to see rolls we play are derived from a life script and memory. Life is relationship, it is one's spouse, where they work, live and so on, yet seen exclusively via memory life is redundant monotonous thought images *of* life. To see love has no opposite is seeing life always new, as if seeing everything for the first time. This helps awareness so a practical use of ego not a over dependence on it comes to fruition. Follow no system, no method, go within. Alertness is key to awareness yet it requires a martial dedication necessary to counteract old programming. Peace as an energy is elusive, with persistence it can be grounded. A back and fourth illusion when all there is is awareness, brings peace yet it slips away as fast as it came so all minds struggle with alertness. We feel taken over or attacked by ego because it doesn't want its host's spiritual awareness to rise to higher levels. It means egos lack of importance. Again this is not for the faint of heart and requires an extraordinarily focused mind, a level of discipline few can muster so it is a quintessential Crossing of the Rubicon. Till a mind in conflict observes ego it will resist fomenting confusion. Diligent observation is vital to no negative mind or emotional energy. Acknowledge ego and the life scripts potential for perspicacious leanings toward negativity. Courage is a doorway to the levels of truth yet we must transcend even the idea of levels. Nature elevates peace because it's below thought and brings calm as it alleviates mental resistance. Unconscious dreamers unable to rise above thought must persist or abide in a mind identified state. Unable to endure unconsciousness any longer a mind will remain alert, still it demands serious determination, this cannot be over-emphasized. Life prior to rebirth pales in comparison to peaceful-love. And post grounding all frustrating circumstances in daily life still come although peace supersedes them. Peaceful love repudiates the problematic through an acceptance of what is a direct result of having presence, so then press onward undeterred. Yet it all depends on the student, it may require weeks, months or even years. Persistence must be a 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 or shadow self, 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 less-so by virtue of wisdom via the mind observed.

Egoic condemnation directed at the heart beckons resistance within and continues as egos powerful leverage. The metaphorical caterpillar is the egoic self and watching it enables the Self to use ego as an instrument assisting the butterflies awakening—its repeated attempts at reining in its host fail if one's mind is observed. Natural Self emerges—a spiritual being having a physical experience is seen, it fosters an effortless friendship with the ego—one's true is nature no longer veiled, accepting ego's limitations it is now a companion. Life prior to renovatio is reassessed, one now has presence—social rolls in life situations we play, all thought and memory, are used practically and no longer dictate a life scripts pernicious narrative. What dominated, now fosters an alertness. Governed by thoughts belief it can solve problems thought itself created, realization of present moment awareness frees one from the egoic mind using them. Problems in time are of fear, are of judgmental conceptual thought, all mind identified dichotomies outside of the now. With no egoic I, us and them fades away, no separation equates to less conflict. The present moment occurs as something of itself unless one clings to memory images in the brain, which is to say images in memory all stored in the brain. Even the slightest iota of doubt or dis-ease felt within the body or mind and the dream continues to be real due to the mind making 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 the past future beginning and end, all of it impermanence. Timeless love rooted in forgiveness is felt as *initiation* rising out of nothingness, it is no-mind, the here and now without a beginning or end, with nowhere to move. One continuous present moment *is* timelessness. Empty space, a majority of what we are comprised of and is our essence, energy felt as eternal Being, the source of all that is in perpetuity, ineffable, formless: *The Divine Ground of Existence, a spiritual absolute.*

The mind observing itself sees this by way of deep stillness. So: “Be still and know that I am God.” Psalms 46:10 Personify peace then...project love...even though ego would rob us of it via the life script, one's indoctrination rooted in institutionalized guilt existing in every mind adhering to the paradigm of fear. Stop and take a moment to feel energy in the body, it's love flowing within.

Fear is created in opposites projecting judgment. Is there accurate judge? Judgment is of fear, bound to thought. So in the present judgment is lessened because one must have time, memory, and concepts to judge. In this present moment who can judge. Accurate judgment even in real-time, requires having an impossible amount of knowledge of the facts past and future, as well as all the variables absent bias for there to be fair and correct judgment. So 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 over us all, are real and 'you'—still do not move away from it, simply notice to see them as stored memories acting out of a life script, just thought trying to understand itself—a mind identified self—stored programmed files in the brain. Clearly, now is all there is. Does it resonate? Ego resists seeing it because it exists is in time. Therefore use memory to assist in navigating the daily life—the now instantaneous passes and 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, simply notice it. Watch it and hold the stream of peace energy—a warm loving sensation or a stillness void of all thought. Ego and the life script are needed for practical purposes and observed can foster alertness. Curtail focusing on past or future concerns or worries. Focus then 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 fear and conflict in memory. Renovatio is to *be each moment*, to die to time. Beginning to see it or has the egoic mind proclaimed 'you' to be exclusively thought alone? Of course it's bound to concepts and wants 'you' its host to do the same. That being said how is one to see with intellect what intellect can never know? Let it go, then use the ego and memory to serve, all while simultaneously remaining here and now where peace froever abides.

CHAPTER SIXTEEN

LOVE AND FEAR

“How quickly humans move from the feeling of affection, then to anger... scorn...hate...and back again.” Anonymous. If one ponders 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 time past or future, and makes now an enemy—accumulated psychological fear stored in the brains memory, like a hard drive, are images in memory along with overthinking combined with extreme emotion, and elevate fear to a psychological disorder, the mind then controls the person. Fear of danger is healthy in an instantaneous reactionary response. Responding, perhaps reacting to for example eminent danger posed 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 being the by-product of peace exists as everything does, in each present moment. Actually love could not even imagine fear. Actual love is fostered in one observing the egoic self. Love is nonexclusive. In its truest form it comes into 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 energy felt within. Inner-being, incorporeal, or perhaps it is Dark Energy.-A Peaceful-love projects energy into the world through via daily life situations. Inner-Being cannot be understood by the thinking mind, it's felt in rising to conscious awareness if one is able to hold its frequency. Most of the ideas in the piror 9 sentences are repeatedly A--Dark energy, the name astronomers have given to that mysterious “something” which pushes the universe to expand exponentially, unseen yet known to exist. The human body obviously is made of atoms. Atoms connected to atoms which the air is comprised of and is surrounding us, the bodies atoms are simply more dense. Logically one can infer we are and have always been one single energy field connected to everything else. So, one energy field.

alluded to in this work and is strictly speaking the total work. A scripted mind drowns us in redundancy, confusion we must exceedingly counter. Timeless love is felt instantaneously. All individuals aware of an 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's an initial step towards awareness. The scripted mind and egoic fear pulls spiritual travelers, challenging them to remain focused on peace energy. It's energy may seem while engaged in daily life demands, to be non-existent. Persistent alertness and awareness requires consistent attention, so problems don't distract us, yet it's a matter of perspective—awakening to see they're all opportunities to go deeper into peaceful innocence and wisdom through pure observation, is to have presence in the here and now. Through observation of 'problems' they are seen to be creations of thought. One sees the ego, rolls, a life script and patterns, have used more energy than they needed to. Problems then, foster alertness and is a catalyst for driving one deep into peaceful-love provided they're not swept up to a point they're lost in busyness. See and then accept, that the scripted mind pulls us and yet a mind laser focused on itself brings peaceful love and clarity to fruition. Peace is the door-way then, actual love enters here and now through it. Being present we feel energy throughout the body, this brings the mind to order if persistent peace is undisturbed, and solidified it holds the energy frequency of love and extending to kindness and humility—non-judgment circumvents aggression, the capacity to create space by way of the marked reduction in unnecessary thinking, a mind freed albeit the egoic minds continuous efforts to control its host, work to keep us all in

the mind identified state. Love never complains while fear in perpetuity does, once fear takes hold there is an endless array of things to fear filling one's day with anxious anticipation. Attention turned into the body, enables one to feel energy which is everywhere. Willingness as said in chapter 8, brings the mind to order. Love varies in its intensity concerning loved ones as an example or a love of nature. The essence of love is oneness, ***it is, the same fire within us all***. If one is persistent its 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 ones or nature and so on, love coming from essence is eternal and arises in the mind able to empty itself of thought created fear. Love is not lost when things or people are gone. Love's frequency is non-subjective, it's an energy immune to impermanence. It is 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 by those aware, if they can remain alert it is once again, felt by others. If we continue to live in fear-currently a majority are trapped in we'll be consumed and wrought with unintended consequences will manifest in the unconscious. Lost in a dream they'll believe they're doing the right thing, in the majority of cases do have the best intentions, nevertheless will not prevent the calamities inevitably befalling those remaining at unconscious dreaming or the mistaken belief that spiritual awareness is not essential. So thought merely understands thought although drives the egoic mind to use its host should they look to the intellect as the answer to all problems-problems thought created. The spiritual factor brings love into what we do. Love emanating through peace, is felt in each present moment as it rises above thought manifested love. Consider too, thought has created A. G. I... Additionally excessive thinking pulls us into the current dominant paradigm of fear. **Moreover A. S. I. lurks 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 our life in peaceful love, or fear and thought created memory images filling the mind till 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 is-it creates problems and then with a different set of thoughts attempts to solve the very problems thought itself created.* We feel loves energy perhaps while enjoying a painting or beautiful sunset walking in nature as frivolous thinking subsides. The simplistic core of love felt in deep awareness of Inner-Being taking us 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 are to simultaneously focus upon inner-being and daily life so to be in the world not of it. Awareness, a timeless state, vital to having presence while the clever but petty little ego pulls us into time and overthinking, and combined with strong emotion sweeps us away into memories of now, not the actual now, feed each other and the present is then seen by ego as our enemy. Passive mindful watching of one's life script mind patterns and rolls we all do play takes us out of conflict into the now, then 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 by busyness mind patterns and social rolls, basically a life script and programming we are indoctrinated to be do and have. Similar in nature to the left brain we hold a peace energy stream which seems to be a narrow space thought says is now and yet is infinitely vast, bringing creative imagination to fruition. Again love which rises in those having present awareness. Actual reality is here and now, should be one's mantra. Can readers see it? The axiom: 'Whatever happened in the past or happens in the future, only ever happens in the here and now' we have reiterated, is necessary, notwithstanding repetitiveness is needed to counter endless programming. 'The path is narrow and beset on all sides' -1 is seen in an alert mind. Seeing thoughts mistake one rises above thinking to see indeed the path is beset on all sides, by one's own egoic mind. Its mendacious and capricious ways feed its need to control its host, this along with one's life scripts constant deception through copious egoic disguises which seeks to

control life. Past and or future seems to be 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 we're to: *'Learn how to be you in time.'* and *'Make now a friend.'* Practiced forgiveness and limited judgment, to 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 an auto pilot program runs the lives of too many. To counter it observe persistently. Proclaim to the shadow self I've had enough. Reclaim energy from ego. There is no secret although this could definitely be the most difficult work ever accomplished because the egoic self, again a you in time, must first be extinguished for the Self to rise. So love or fear? It's to be part of it, or just stand by. Shakespeare once wrote: "There is a tide in the affairs of men which when taken at the flood leads to fortune. Omitted all the voyage of their life is bound in shallows and miseries." The seed of love is within us all, with persistent alertness it will flourish. Simple, not easy. Now coming full circle we 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, and believed in we adhere to the egoic mind. Fear is then the personification of separation...dichotomy...divisiveness...egoic chaos. An illusion believed to the slightest degree seems real. The mind alert adheres to love truth in the now, and able to negate stored memory images and mind patterns of no usefulness in seeing actual truth, it is a mind as it was meant to be. To see the now is all there is, was, or will be, is awareness of being one with all creation, to see the ripple effect in their life. Love is our true nature and is every spiritual travelers expression of their core causal Self. Focus on alertness which fosters awareness, truth happening each present moment where freedom is forever. Love new, it's this moment outside time, non-attachment to concepts and or images—simply a blank slate for the present moment to write something upon it. The peaceful present or love in perpetuity, one's mind no longer in conflict with itself. The mind alert, aware, such a mind is truly freed from the known via 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, in 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 earnestly began 2-16-2014 culminating in a fortuitous spiritual event, unconsciousness could no longer be endured. Followed by intense study and profound states of peace ego resisted, along with the ebb and flow which seems quite real yet is memory and thought. In the second year euphoric innocence faded, alertness was necessary to hold an awareness of innocence and merged with wisdom brought to fruition an unyielding focus sustaining wisdom necessary to hold Inner-Being awareness. Inner-source referenced here-in is consciousness, the totality of information stored in one's brain. Remaining aware of Inner-Being required focused dogged persistence, fundamental to conscious presence, and along with the power of choice awareness comes fruition. Parts of the chapter and the work overall has 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 lost, an unwilling surrender to this dovetailed into the spiritual event. Being *of* the world ironically brought about the event. The hit

bottom experience revealed a 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 in life. Surrendering to what happens despite what it may be, through surrender one's opportunities for change come. Observing the self helps us work through our blocks—hitting bottom brought spiritual alertness, a prolonged focus needed to hold sufficient awareness so to remain on the path. Observing social rolls and mind patterns exposes the egoic mind. Reconciliation with an egoic 'I' or pseudo self, fosters deeper clarity, to see love as always new. Acceptance of what happens brings adaptation so present moment awareness is maintained.

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 and if it helps, good. Believe no one. Turn 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, this became part of the life script. Passive aggressive behavioral patterns were a vent for unhappiness, the consequence of a paradigm of fear. The hit bottom experience revealed profound peace yet life nearly ended, necessary to foster the event. This student engaged in self-destructive behavior prior to that night. None of us are perfect which is a reason we are here. Living life, learning, growing day to day, awakens change if one is persistent enough and has the courage to face indiscretions. Suspend judgment if possible, it helps us all be better examples. Living a lifestyle of peace, spreads peace. Pain can foster peaceful love. Shouldn't we look at ourselves and work to change what we can, have the serenity to accept the things we cannot change and wisdom to know the difference as Reinhold Niebuhr's prayer suggests? Awareness of the egoic self and social rolls makes change a possibility—an opportunity to bring spiritual awareness to fruition. Seeing that in the interaction with others and the rolls we play, old mind patterns, habits—if more were to do this they may find by turning attention inward and looking themselves objectively that

boredom-fear-judgment-aggression and violence are precisely the reason life is so short. Peaceful love heals all minds but 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, to live in peace helps all unconscious minds 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, with present awareness of Inner-Being one's timeless eternal essence comes to fruition. Time implies two points of reference, 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' and use 'clock-time' exclusively practical purposes bringing the senses to a higher alertness. There is an acceptance of what is with far less desire to control it. 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, free of a 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, we all need to see the rolls played are in 'clock time,' simultaneously feeling inner-being, thought defines here and now, we must rise above it then to observe reality. Grounding spiritual energy fosters deeper wisdom and merged with innocence quintessentially is 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. Challenges will come they simply do not disrupt peace. Peace fosters love, 'problems' then are seen as opportunities to go deep into love not psychologically created fear thought tends to provoke. A loss in life does not equate to the loss of love. Simplistic and yet a challenge. Love is one's true nature born of peace. Psychological fear exacerbated by egoic mind games furthers anxious tension. Consider the miracle a human body then, its infinite complexities and additionally the earth. Are these not all expressions of love? Awareness to 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-all love personified. We can feel it inside, an energy, love healing via peace fostering love. The material world offers nothing close to peaceful love if one is alert and aware. And is dependent upon neither thought nor anything outside, loves essence is of of itself. When spiritually attuned one feels actual love or living in fear feels more pain and loss. How much of the questioners attention is too much for peace? Spiritually speaking for those unaware fear continues to control them, 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, often the prerequisite to problems. What problem is there in this moment, in the here and now? Thought creates problems and seeks to solve the problems it created with a different set of thoughts all in vain.

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 watches egoic self as the 'I' plays rolls, follows patterns and so on. Pure observation of one's shadow self will expose hidden fear. Reconcile blocks, baggage, one's psychological problematic proclivities, drama. Additionally, notice how clever and cunning ego actually is as it seeks to instigate mind games in an effort to control its host, i. e. the you. Alertness brings conscious presence, watching the mind focuses attention, energy is felt in the body, that is to say Inner-Being. Natural Self reclaims control from the egoic mind in addition to one's mind identified state. Observation of the mind unattached to outcome, is to adapt. Blocks transmuted to peace sharpen one's mind so they can see what to do. Swept into life situations, anxious confusion blinds us all. There are days one's life script and or ego foment over-thinking and create deception, overwhelming fear distracts the mind and one needs to

accept this may happen. One must be determined. Ego guards the life script we are all taught, 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 is enough to simply keep going steadfast, still don't ask why or the I, that is to say the you identity, will overthink it all.

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 as well. A question in training was telling: “Can people heal through love, forgiveness and non-judgment?” What happened wasn't the child's fault. Abusers usually are unconscious, they don't see, project, or refuse to acknowledge it, justify it. Guilt haunts such a mind, cycles of indoctrinated behavior passed generation to generation must end. See idiosyncrasies for what they are, challenges to be dealt with reasonably and logically. With love and forgiveness much can be worked through by acceptance of the hand we are dealt in the school of life, making the best of it. Moreover deep blocks, baggage in life worked through, is accomplished through alertness. In non-resistance one surrenders to what is and adapts to life while remaining in the strictest sense, in the present, having present moment awareness. Grieving, breaking down, additionally movement through pain, transmutes it to peaceful-love, one then feels an energy with-in strengthening their resolve to keep going. Observation and wisdom combined with an oceanic feeling of innocence, helps those who continue to suffer with unconsciousness despite an inability to see programmed blocks. They are lost in daily life busyness, quite certain they are using their mind when it is using them. Remember the source we emerge from is love felt with-in. Awareness of: The Divine Ground of Existence is not known, although one can be aware of it, brings flow into daily life situations—***ergo-accept, leave or change--all life situations.*** Most important choose to keep going no matter what happens, adapt see and feel the synchronicity in life, flow with and allow life to guide.

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

A: On the contrary once peace energy is grounded, awareness of inner-being strong, presence solidified we are then free to partake of the material world to any degree. Unattached, ego loosely controls, typically it requires work for an extended period. Be present yet see ego lays in wait, causing us to think it has little affect. Ego is patient, it is your ego, and knows precisely when you are vulnerable, its reemergence is inevitable—so too will peace come of its own accord. This ebb and flow seems real yet it's a mind game. Lulled by worldly desires egoic self foments anxiousness, we can't see what to do or we look for someone to tell us what to do—lulled into programming and or Self disunion. Forgetfulness intercedes, when noticed immediately reset and focus on peace. It brings into view the now 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. One alert sees wisdom develop 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 life scripts seek to control all minds. Notice self-talk, it then fades. A life script pushes its narrative so be alert and it dissipates, be steadfast and do not succumb to resistance. Shadow self is similar to a sophisticated computer program, indoctrination fomented in the life script seeks to control the mind. Yet energy can be reclaimed through watching a life script provided we are resilient, consistent and unfazed by the potential time required in doing this. Remember foreverness is on-going awareness, so to reclaim energy requires sustained alertness. Awareness of inner-being merged with wisdom is vital so that feeling it won't fade to merely a passing 'experience.' See and feel Being, slowly present moment awareness extends—the Self watches a life script and ego. Gradually the watcher emerges to take primacy, perspective changes—one's mind engages in critical thinking also is more-so intuitive, formally the programmed life script controlled the mind exclusively, now one uses it for practical purposes, ego as 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 as yet completely taken over. They are in the here and now, and learning at an accelerated rate till around five years old adaptation and imagination comes easy. They're forgiving and loving. Ego follows the life script we're taught yet hasn't taken over prior to five or six years old. Lastly, they have an innocence described herein as an oceanic feeling, these combine to help a child remain primarily in the here and now where actual reality is in perpetuity.

Q: What is it to die to each moment?

A: To dye to times illusion of a past and future projected memory. To be ultra alert and in the moment we see what is, not an image in memory of what was or may be. Now to unify with love through living a peace lifestyle, willingly surrender to what happens and adapt to all life. Still, ongoing anticipation of what may be or should be, disallows a seeing of now as new, or actual reality. Imagine being incapable of experiencing past or future, only 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 an egoic need to inject narrative into what happens or into what might happen, fomenting 'psychological time' at a loss of the now. Wouldn't memory or projected memory in this scenario weal less control? All ego and time does is control, for the good of us all is ego's view. Can a mind lessen its use of past and future in real-time? A continuous stream of here and now would then be seen as the only actual reality. Controlled by 'clock-times' memory images defining reality, would have far less if any significance. All memories programmed into us are similar to a hard drive yet seek to control a mind. And seeing this, space is created for the new without intervention from past and or future. We're saying freedom from the known is to be in the here and now. 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 script to control one's mind or lost awareness of the Self. Freedom comes to those who are alert to the point consistent awareness has been normalized.

We speak of timelessness not an 'I' in memory, those mind identified. A script possess a mind via thought, emotion, ego and fear, resulting in times illusion convincing us of its viability. Relying upon memory to identify what present moments are, is clearly memory intervening to define reality making the now redundant. Does the questioner believe in or cling to the memory 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 become lost in, are problematic. Far too many live life mind identified or live exclusively in their mind making it all the more difficult for travelers 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 the majority, who mind identified need to die each moment so thought no longer creates and seeks solutions to problems thought itself created. In the present moment thought images are all negated and we see what actually is. An ordered mind watches ego, our 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 all fine albeit used excessively thought confuses. We loose ourselves repeatedly to a mind identified state or programmed mind patterns, the purgatory unconscious dreamers live in.

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

A: There is a figure in history: 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 steps forward to the front: "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 the 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. Initially one must be alert to see this. In some teachings, the end of life if one doesn't reclaim identification from the life script and its copious programmed indoctrination, at the moment of one's death they'll see then the ineffable doorway sadly forgone. So, what is done for freedom from bondage to one's life script? The answer for any serious student is whatever it requires. Press on steadfast but again to ask why one then overthinks the whole thing, in such a mind one finds endless reasons not to press onward undeterred.

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

A: It is similar in nature to a metamorphosis. Indulge an attempt to describe it metaphorically. The caterpillar doesn't want to let go of its life. It is confused, there's resistance to letting go of the old life which dies as the new one arises. The old life was familiar, perhaps there's a family...job...friends, i. e. the mind identified person separate from the emerging butterfly; The Natural Self. The caterpillar clings to its life—the self trapped in psychological time, fomenting resistance to the new life. Part of the student wishes to remain as the old self, which is familiar. They're afraid to let go because they'd loose themselves i. e. loose who they are. We could say this is one's thought created shadow self Dr. Carl Jung wrote of. A traveler, the you created by thought, goes through a

difficult struggle breaking out of their cocoon—the old egoic self likely won't understand what's happening. Picture Natural Self holding the shadow self as it struggles, surrendering to a egoic facade projecting programming to be who they are—now dyeing 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 go, don't resist. A mind now freed of programming is reborn to peaceful love through awareness and 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 only knows 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. Present awareness felt, in conjunction with inner-being and wisdom, in a spiritual context seems to want this. Accomplished it is the genie freed 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 spiritually speaking, not ready—a mind dominated by normalcy bias and a controlling fear paradigm—ego and a life script shun all who embrace the status quo so they'll defend the position directly due to fear and familiarity. They are unconscious—resist what is felt to be something not for them yet sooner or later everyone gravitates toward. In divisiveness they see themselves as separate, simply caught up in opposites fragmented minds promote, it's what they've gotten used to doing. They're trapped then, and for

whatever specific reason unwilling to endure the arduous and studious work necessary for spiritual rebirth, once again 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 to have willing acceptance and as such undermine one on the path. Be mindful who this is shared with. It goes against the status quo. Forgiveness of collective unconsciousness wholly including ourselves, notwithstanding others being in bondage to their scripted controlling egoic mind is the key then. For many rather than admitting they're unconscious they'll adamantly defend their oh so cherished dream and their unconscious participation in it. Even if it ends in impermanence it's what they have gotten used to. Fearing the unknown is the mind '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 to foster an awareness fundamentally is: Our egoic mind has controlled what we are being doing and having, to see this requires wisdom combined with an innocence, peaceful love arises and we embrace a new paradigm. Leaving the fear paradigm behind this in effect is to live here and now, little in the past or future i. e. clock-time. Problems again are fomented in opposites we buy into, or 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 prior to thought entering to define now with memory, we no longer see the now via memory images only. Memory defines now and opposites create division. Working to bring the mind in disorder to awareness within there's a deeper wisdom unfolding and one now coexists with the ego. Exemplified in the Yin and Yang: Two fish harmoniously occupying the same circle. The futility of thought attempting to understand itself now is all too 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 so to control. Truth is here and now, not in memories defining the now. It is to see everything anew. And again if present moment awareness

is replaced by memory defining now we loose 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. We clear the mind willingly to see the now is actual reality.

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

A: You're wanting to see which is good and you're fortunate in that. We're not suggesting to never think per-Se, rather, engage in observation of compulsive overthinking and psychological time projecting the now into the future. And 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. Conjured up by one's 'I' identity, in worse cases manifesting as redundant memory thought affirms as real. *Is the now exclusive to memory?* Memory for practical purposes is fine, still, memory is projected to replace the now. Without past or future projected memory to label the now there's only awareness. In the actual present we see what is, not images. Memory is the creation of thought, a life script and egoic mind. In the narcissistic egocentric world copious people are unconscious or those who live in the mind—for such as these doing and thinking does indeed appear similar. A life script and egoic mind enamored with self-aggrandized accomplishments touts one is consciousness exclusively, what the life script says we are, a play on an attempt at making old versions of man better. We have tired this in perpetuity with marginal success. We've turned our backs on spiritually—proud and clever but this never seems to end well. The twentieth century being the quintessential example—millions needlessly slaughtered in aggression-violence-malice and chaos, all the egoic minds insanity. Memory traps us in time, still a thought created scripted you further complicates it via opposites and indoctrination. Let's tap into memory then, images in the brain, programming intended for practical purposes, but unaware ego takes over the mind. Something simple like solving a math problem. We ponder it, we seek an answer, then sick and tired of looking for it, which all too often is our own mind which has been so completely controlled by the life script ego, we get

lost in overthinking and walk away frustrated—the mind overwhelmed with concepts. Going back to it the answer jumps out in an instant, in the here and now. Often we wonder why it wasn't seen before—the result of overthinking. When we saw it happened in the very moment before 'you'..or the 'I'...the 'me' identity...the 'person'...all creations of thought we tend to get lost in, there was a moment of clarity, in the here and now truth was seen in the moment, we had present moment awareness. Not seeking, fomenting opposites, furthering dichotomy or to see via memory. A mind filled with concepts is unable to see in the now—a mind trapped in a box prior to observing itself. In the here and now a mind is still, fosters clarity, and anxiousness leaves. *Prior to concepts entering, for just a moment the mind rose above thought.* A mind empty taps into limitless space, is there, conflict free, observer and observed then blend to be one. There is room for the fresh and new, not images in memory. Freed of concepts real truth shows itself—not our truth nor others telling us of their truth, nor a systems truth. Freed from the known one's mind abides in peace, the joy of Being expressing itself into now, not memory images of the now. The mind freed transcends to a profound stillness, truth reveals itself to us. To see now is not ego's, nor its hosts enemy, yet ego seeks to control us because thought says we'd die if it didn't. Watch the ego and life script so awareness comes to fruition yet in this the questioner must have unwavering persistence.

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

A: Intentionally or not most religions clearly are factional and divisive. We're right, they're wrong even in another denomination of the same system. Viable religions posit love albeit as with all organizations be they religions...political parties...unions...or any particular system, these obviously perpetuate the us against them dichotomy, fomenting separation when oneness is about unity. As for the faithful it's possible, likely a distant future point, hopefully sooner, all mankind will see love and live in peace. The faithful will all individually develop innocence and wisdom by way of maintaining the state of consistent conscious awareness referenced here-in. Homo-sapiens will awaken to a new paradigm of peace, fostering love, no longer will we be sold on any specific

religious ideology. For example when any two meet that in and of itself will generate the feeling of love, a state of communion. It's possible this becomes the religious life, a sacrament or unification with all humanity so there are no wars—no one left to hate. Interactive relationships and life itself will be the religion of the future, a paradigm shift from fear to peaceful-love 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. One cannot know the immaterial, it is felt by turning attention inward, feeling inner-being energy in the body. We cannot know: The Ground of Existence, it's beyond all thought which again is limited. A lifestyle of peace is to live peaceful, it fosters love and is the doorway to presence; Inner-Being expresses itself through us, then consciousness becomes aware of itself. One consistent energy stream of now—constant movement from old into new. The immaterial is incorporeal. Most of the body is immaterial, empty space in form the I sees—the quantum level connected by tiny vibrating strings. Natural Self arises to be the watcher of an egoic self, and, to feel the immaterial—freeing a mind is to use it for practical purposes, and a mind freed from the known is observing and listening, all key components to awareness of the Ground of Existence. Ego is a tool, yet seeks to control us. Its job is to keep us safe in the world, in the daily life physically and or psychologically, but it's out of control. Reclaiming energy is watching and simply to be aware of the immaterial, also ego's manipulative pernicious ways, to see programming and a thought created shadow self blocks us.

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

A: In the present moment one feels part of everything. A child's innocence is they don't feel separate from the whole or overthink. Some scientists possess a unique ability to reason deeply yet are able to shut thinking down which is when many of their greatest ideas come—Srinivasa Ramanujan is the perfect example. Once confiding to his mentor G. H. Hardy—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 man, intuitive with a child like innocence, and also a devout

Hindu. Point being he used thought yet seemed to be able to rise above it, he seemed to know 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. Innocence is an intuitive insight. Unburdened by conceptual thinking it's one drawing upon universal intelligence prior to thought entering. Oneness similar to the oceanic feeling, manifesting peace, serenity—a Self assurance children feel until taught to do otherwise. As fear and divisiveness are programmed into a child innocence is lost to overthinking, a point the egoic mind and life script programming takes control, typically around five or six years of age.

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 perpetuates more of fears negativity into life and exacerbates the problem. Awareness of love emerging through the window of peace dissipates darkness fear energy is. Those who instigate aggression then, are unconscious, and don't see what they do as harmful. If they did they'd see they're one energy source, being-peace-kindness-forgiveness—seeing what is done to another is done to oneself is difficult to do. Still, consequences for all unconscious actions will come. The mind must be brought to order for peace to flourish. Forgive and learn or capitulate to fears aggression and violence. A different perspective might be: Karma or the ripple effect. Embracing peace, unconscious dreaming leaves and conscious awareness can rise—the self lost in concepts about unconsciousness—yet words are never be the thing itself. Forgiveness in its truest form, is unconditional love, a deeper compassion for the unconscious who in a sense are not there—programming controls to the degree the ripple effect is rarely seen. In such a mind love is negated. Actual 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 and can challenge sanity itself. These are tests and as such opportunities to help us all awaken peaceful love within. As to anger, look objectively and see its futility. We might say regarding the source of anger, well plainly that isn't fair or whatever specific response the situation invokes. One can see anger within and catch it before it rises to a storm and takes over, yet only through remaining calm peace absorb it. To feel anger within prior to it rising to a storm we then are able to transmute it into peace. One may respond possibility by saying: 'Can you believe that?' Laughing at a mere situation that 'you' adhering to programming a few moments before had gotten caught up in. Laughter helps one to neutralize extreme situations. It requires one develop an ability to negate negativity, to flow with whatever is happening—observation of our mind in conflict is key. An unobserved mind foments opposition, anger going on inside then is used by ego to control one's mind. The Natural Self, then distracted from watching thought, is one's mind in psychological time. With persistence thought created extremes fail to pull us into the rolls we get lost in, succumbing repeatedly to unconsciousness. As tension arises be alert, have presence, it calms the mind, notice egoic self, be aware. When observation of mind patterns is practiced we're no longer caught up in them. Sharpen the mind, focus intently upon thought and emotion, these trigger mind patterns which control us. Anger is seen, caught prior to rising to the level of a storm, we reach a point of no return and must wait for it to pass.

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

A: Yes, incessant thinking and emotion triggers psychological time. Rolls we act out necessary in the interaction with others are fine for practical purposes, yet we need to notice the playing out of rolls in real-time so we don't get lost in them to a degree we're simply rolls interacting with other people's rolls, and unseen baneful rolls are leverage to control the mind. Alert-no longer lost in rolls. Even the slightest degree of anxiousness warns we're manipulated by fear and its derivatives to name just a few, anger-grief-forgetfulness-failure to have an awareness of inner-being creating desire-despondency-confusion-disease-resistance-guilt-conflicted mind chatter afoot-sadness-elation-elitism or pride filled. All words pointing to distractions, which is to say the questioners mind succumbing to egoic 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 the mind then will observe its own fear created psychological disorders—these are blocks—noticing the scripted I, it doesn't undermine Natural Self's awareness of unconscious dreaming so to rise above thought to conscious awareness. We can't see what to do if we're upset, or its opposite, elated. Living peace as a lifestyle fosters loving forgiveness, a point we accept and adapt to all life situations. In one significant religious system, its Avatar, said to be: The Prince of Peace, suggests that peace is a doorway to remaining awake, still don't get attached to words. 'The word is not the thing.'

J. Krishnamurti Conscious presence is in part observation of thought and rolls fostering courage, neutrality and willingness, all rudimentary levels of truth and higher consciousness. For instance anger is within—unless this is seen anger cannot be transmuted into peace preventing anger from taking over, and should it do so ride it out till the waters calm—not seeing what to do when upset or over zealous is the life script compelling us to follow its truth but when seen we remain in the now. The actual present moment is actually a blank slate which has nothing on it so how could one be angry? Akin to a refresh button so to speak, moving us into new present moments where there is no anger, 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, unconsciousness time and fear i. e. life script runs life or life as choice-less awareness, adapting to what is, to have present awareness. In peace the patterns are seen as the ebb and flow life is. Aware of the voice even slightly raised, dis-ease felt within, old patterns encouraging an egoic 'I'—practicing peace reveals the scripted shadow self, slowly this 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 conflicted mind ultimate freedom comes, one in the now is comfortable in their own skin so to speak, far less reliant on memory images stored in the brain, clear minded, thinking outside the box they'll engage Socratic inquiry, critical thinking and hold steadfast awareness of inner-being.

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

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

A: All thought and or words can do is point to Being, in attempts to reach the Natural Self behind the 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. To know even in the abstract, still is thought attempting to understand itself. Alertness fosters awareness, egoic intentions seen, memory images no longer define the here and now exclusively. Thought is limited—it creates opposites through its memory images stored in the brain and defining now one loses themselves in patterns, social roles, one must reset or excessive thinking creates ongoing divisiveness—the present seen in images, only brings opposites into play and foments a conflicted mind—each new moment is seen as mere images stored in memory, disallowing what is observed from presenting itself to us, which then is merely thoughts in memory? This moment is new, something of itself, not memories. When alert we see the self fosters awareness yet it shouldn't be our master or define now. To see the I/Me/You, (again words pointing) helps expose the self or a 'you' identity thought has created—and that 'you' is one's consciousness, a part of who one is yet if not watched takes over a mind. 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 via roles interacting with others' roles, all thought identifying now. In watching an innocence merges with wisdom and one rises above thought. Gradually rising above thought becomes normalized and yet to the unconscious dreamer it's either impossible or they see it as nonsensical. All life scripts pull travelers into unconsciousness repeatedly. Lost awareness of the Natural Self distracts us so ego is to be watched to the point we use it. Slowly learning to use roles and the 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 we have been commandeered by our own ego and psychologically accumulated fear, thought then morphs to be a 'Will to Power'—*The spiritual traveler attached to constant material striving, then gains the world and loses their soul. It is, for travelers, a fundamental*

truism then, veiled from time immemorial, the point ego entered the minds of mankind to protect yet sought total control—a 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 but struggle to see what it actually 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, a 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 as the child feels—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, fostering conscious presence. Some teachings say the material it thought projected into form the mind is conditioned to believe. The mind alert and in the present moment, *uses time as needed*. This being functional in regard to daily needs, is to be at the level of effect simultaneously reclaiming energy from ego and life script. In feeling presence thought is still—resist nothing, adapt and the mind then sees value in silencing itself. When thought is stilled intervals are transcended to a one continuous stream. Empty space is indistinguishable absent material form. So too is sound, indistinguishable without silence between the sound. Space between letters of words in books enable one to see words, these are doorway's to inducing oneness coming via a mind still. Viewing material and immaterial as complementing each other brings one to feel energy—mater at its essence. Some teachings proclaim we all rise out of essence and return at death to the omnipresent macrocosm—essence. This new way of seeing allows energy to effortlessly flow. Still, we adamantly cling to what is familiar, to what we know at the cost of being controlled and manipulated by ego and a life script, and mind identified we play endless rolls and awareness of Being is lost.

Trapped in psychological time there's separation. Yin and Yang—a symbolic black fish and white fish in a circle, living in harmony—one's Natural Self helping them to focus on harmony via watching the self and life in general.

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

A: Consistent meditation is recommended. An awareness of Being once more measured by the degree of peace felt throughout each day, when lost one is unconscious. Psychological time takes control, one thinks they use the mind, actually it uses them. Present awareness helps one see this. Awareness is the greatest defense to the mind using us. So meditation, or awareness moment to moment, unfolds in all life situations. Having present moment awareness life express itself, observed in real-time not seeing life through an image stored in memory. One no longer identifies life through programming only. Egoic self in its effort to control unwittingly helps one see then reclaim energy from the life script by sharpening awareness. In sleep below dreaming one unifies with source energy, to recharge. On awakening there may be sensations of being lulled back into the world as if one were home at the causal level, then pulled into a I identity, inundated by ego, life script and old mind patterns. Here we will say dreams too are creations of thought, the now is a blank slate. Imagine breathing in positive energy, exhaling love, it helps calm the mind. Being *in* the world no longer *of* it—the slightest movement away from programming and ego, the scripts praetorian guard, compels one again to tow the line again, adhering to the life script. When unconscious we get lost in rolls. One's use of traditional meditation is fine and helps spiritually to merge with their source in addition to helping conscious awareness come to fruition. Still, one needs to have consistent conscious awareness. Therefore copious resetting to have alertness is needed for persistent awareness of Inner-Being, containment of forgetfulness as well which is similar to absentmindedness and an enormous challenge. Yet daily life busyness, if passively observed, fosters an awareness bringing Inner-Being into what one does. It is conscious awareness and again measured by the degree of peace felt throughout each day. To hold this peace energy and extend the stream of alertness, brings awareness, necessary for the spiritual traveler to have any measure of success, and is of vital importance

as well. Remaining present we flow with what happens, adapt to what is we roll with the punches. Is anything missing in this moment? In the here and now there's no past or future, it's a blank slate then. Should needs arise they're instantaneously dealt with absent analysis. Most of what is needed is already in memory—akin to martial art techniques preform themselves, one is here in the present. Whatever happens is dealt with effectively if we let it go and be in the moment. Beginning to see now is not memory? If it is, it's not the now. Thought is used to write the program. Outside that past and future bring more conflict—distorting what is into what ought to be. A prerequisite to problems is time—memory intervention. Pure observation brings one into the moment allowing techniques to preform themselves, no longer anticipating what may happen or should be. A mind is still, peaceful. It helps to let it all go which is an ability to adapt to what happens absent thought injecting itself into doing. One sees clinging to the known is taught to us by programmers, is past and or future concerns, denying the now then, blocks true reality. Mediation helps to hold a peace energy frequency those who remain 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 usual sense. It comes through alertness and fosters stillness and calm. One feels love within, and a sense life will be okay if we learn to flow with it. We use memory and thought to deal with life situations all while energy felt through remaining present, is there just in the background as we observe rolls and patterns—fostering conscious presence awareness navigates not egoic fear. Endeavoring to describe it one could say it's warm and soothing. Yet if thought defines it opposites come, up-swelling extreme emotion, fear collaborates with overthinking to empower ego. Daily life activities foment concepts or emotional attachment to the material in the form of rolls one plays and loses themselves in, resulting in lost awareness of Inner-Being which emanates from causal level alertness and awareness of essence or the Ground of Existence. We've lost awareness of spiritual essence merely to become more secular. If ego's host—the questioner—wavered from old mind patterns and the life scripts programming it would point out ego's baneful ineptitude and its utter lack of importance along with its overbearing

need to control. Ego needs its host to be dependent on it and a life script, it needs its host to continue living in unconscious dreaming they're in bondage to. A sectarian point of view succeeds in duping many—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 it seeks absolute control—doing its job to excess, similar to a 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 so watch and adapt. We've had dialogue on the spiritual event and subsequent hit bottom experience, the aforementioned letting go of pain unconsciousness brings via surrender, additionally the loss of virtually all material gain. If all is lost there's nothing to cling to. This travelers path led to his reconciliation with blocks fomented in the script ego holds fast to. Negating thought created patterns resulted in the death of the self and spiritual rebirth. Notwithstanding egoic self's death and ascension of Natural Self has required onerous alertness to ground the energy and this continues still, perhaps it never completely subsides. The subtle approach can 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 do catapult spiritual travelers into awareness at least initially. Slow consistent focus upon wisdom solidifies innocence and these merge, necessary to have sustained conscious awareness, or else one is relegated to passing experiences. A subtle approach may seem to be more difficult although typically because the you, a creation of thought personified by one's egoic self, seeks to mitigate extremes via pain management—never allows one to go too low or too high. Never rise out of unconsciousness to Natural Self—merely vacillation at varying levels of the state. And this has been so normalized it's challenging to see the mind is controlled. The partial breaking away of ego may happen only to be lulled to sleep repeatedly. We must press on undeterred. Considering this students hitting bottom experience occurred over four years ago, a fortuitous sustained alertness and perspicacious nature fostered wisdom, necessary to hold energy. It cannot be said enough awareness requires a deeper serious commitment for one to see beyond mere flashes of satori. As more people come into a deeper awareness it will be easier for others to believe it is possible for them as well.

In the abrupt approach it's as if one is drug into deeper awareness unwillingly, fighting it with resistance to the most rudimentary changes, that is to say any meaningful paradigm shift. Even in the abrupt approach it can and often does require years to ground conscious awareness. It usually depends on one's own individual level of resistance, often outside forces-family-job-friends-worldly influences and so on not to mention the life script. Utilizing a subtle approach may demand deeper alertness than the abrupt approach. This need not create apprehension if one takes into consideration the shadow self, i. e. a 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 no matter what it takes. Let us move forward regardless the effort because we must rise with consciousness or be left behind. The old life and fear in the now is set aside for peaceful love to a world more 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 one's personal consciousness which seeks to identify us all as what we've been taught to be, brainwashing if you prefer. In the future as awareness rises, a more consistent seeing emerges as humanity finally sees thoughts mistake. Surrendering, with consistent daily alertness, awareness accelerates beyond egoic minds scripted flawed reason. Let fear as a paradigm go, surrender to a rarely used paradigm of peace and love comes through the doorway of peace into the world. To put this in perspective consider in early days of space exploration were those who actually believed that firing rockets into space would anger God—God was sitting in up in the clouds. Additionally before Roger Bannister broke the four minute mile in 1954 it was thought and accepted to run a mile in four minutes was all but impossible to accomplish. After Bannister broke the four minute barrier, inside of six months an Australian runner broke it as well. The point relative to spirituality—as conscious awareness rises in more minds the belief factor will hasten wisdom and peace globally. The fear paradigm, replaced by peaceful love will bring more to see and reconcile with their own ego. Simply put if they can do it so can the rest of us exponentially foster awareness in the minds of others, and this indeed is possible to do. It will brings to bear 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: Ideas of levels as a tool is fine yet to let them go attachment to concepts is seen, then use and discard them. Copious mind games rise via overthinking, thought trying to understand itself. Surrender to what happens, it challenges a domineering ego and life script which blocks one's rising out of unconscious dream states to consistent present moment awareness. The memory-the ego-a life script—are these who we are? The powerful reticular activating system plays its part—filtering all incoming information via the five senses. We are consciously aware of only input seen as a threat or a value. To be aware of everything creates an overload of information. As the script is challenged fear the current dominant paradigm, sees this as a threat—overthinking combined with emotion. The life script and egoic mind, including patterns and all social rolls we tend to loose ourselves in, will band together mounting an attack so to protect the current dominant paradigm of fear. Different people experience their own varieties of surrender, we go through our own challenges so it is an individual journey. Nevertheless a spiritual traveler can, by sharing what they have gone through or road traveled, help others via one on one conversations or support groups, break down the walls blocking us from seeing and feeling peaceful love through a heightened alertness, and then conscious awareness metaphorically speaking, are the cracks in the dam—daily work at alertness exposes the walls a scripted mind foments and ego protects. Unquestionably the individual experiences their own unique breakthroughs. Often just partial awareness, that is to say flashes of insight neutralizing resistance for a short time, come via extreme life situations, perhaps a near death experience, some life shattering or hit bottom event. Maybe the death of a loved one or a failed relationship. All life situations where one looses control of, and surrenders to a specific point in life because there is no choice, metaphorically, one paints oneself in a corner. Bringing a subsequent surrender to what's happening, due to having lost all control of the situation, often followed by an insight or just a deeper and more severe life situation, sinking one to the bottom, then a

profound peace literally as one's egoic mind collapses, an abrupt awareness. A situation in which one feels deep peace via some sort of extreme event and surrendering to it brings acceptance, fostering an oceanic feeling. Then as ego does, it reemerges at some point. Be alert to its persistence. It is your ego and knows all too well what buttons it needs to push. Ego is clever-patient-and is relentless, it must be matched. Conventional meditation brings peaceful love, yet be aware of being lulled into ideas of arrival. All this sharpens awareness of ego seeking in perpetuity to control. Accept it and awaken to peace in spite of it. Natural Self is veiled by the egoic mind, observation sharpens alertness—a mind sharpened to this degree then turned upon itself, fosters wisdom. So ego-life script-old mind patterns-all ideally bring the Natural Self to fruition. Ego uses time to lull us into unconscious dreaming or learned behavior, the conditioned mind on auto pilot, rolls seeking to run the persons life. Typically one is not conscious of this. Remain here and now, in the present where peace abides and use clock time for practical purposes. Allow truth to reveal itself in each present moment. Refrain from defining truth via concepts exclusively, expectation and often anticipation or future projected memory. Let life lead, allow others unconsciousness to deepen the peace. Let life's extremes foster alertness bringing fourth one's awareness of Being, bringing peace into doing which will dissipate fears darkness. Don't allow ego to foment obtuse points of view, let it remind us to have courage and be alert to peace, which fosters love. Living peace as a lifestyle is surrendering to here and now, focusing to feel energy in the body, it is then gradually 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 and perpetuate overthinking or accumulated memory seeking to define life. Fear has been so completely normalized we can't see what to do. A mind in stillness, sees-then uses 'clock-time' as a tool for practical purposes. Steadfast alert we project an

energy vibration of peaceful love, our essence unattached-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 combine it with wisdom, move through all conflict and resistance it drives us deep into peace if we allow to life lead the way. Feeling programmed fear, anxiousness or any dis-ease arising, fear then, is triggered by extreme situations, a combination of emotion and overthinking. So ego leverages resistance and surrendered to is how we see it. In martial art non-resistance enables practitioners to redirect energy which is power not force. Love is without opposite and actual power, while fear foments opposites. And mind created fear controls all who lack the discipline to rise above thinking. This is not to say if attacked not to take action playing the roll of the pacifist. *Whatever action is required will arise in the here and now without endless anticipation emerging from accumulated memory.* **Situations are dealt with, in each present moment where 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, so let techniques preform themselves because we're not thinking, which complicates the situation. So the energy of peaceful-love solidified, fear leaves and there's no longer anticipation of what may happen nor should be, we don't think about what to do...~~we~~ we don't even know. One could say it is a peaceful assurance, or to have present awareness, confident that whatever action taken is the right one without past or future intervention. Unbound to time one is free of anticipation in regards to action. Being in the moment anticipation via memory experiences no longer exists. Accumulated memory only confuses. One's mind is 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, the Natural Self simply reacts, not one's egoic self. They ascend to courage-neutrality-willingness-acceptance, finally intuitive reason-in the now fosters an intuitive reaction not an image in memory deciding what the now is or should be.

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

A: It can be extremely frustrating. The short answer is 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. We follow the status quo and our normalcy bias—the proverbial 'I' don't know why 'I' do what 'I' do. Obviously it's a challenge with so few at conscious awareness. At this point its been four years since the spiritual event. Metaphorically reborn-this students new life is as old as the former at the same point. Having this perspective helps to have patience. Suppose in one's thirtieth year they'd experienced a situation which brought about a spiritual event, when they awakened to conscious awareness. The newly reborn Self is elusive, ego resists-insisting *it* needs to control their mind. Clinging to familiarity they're a creature of habit. Programmed early on prior to five years they learned fast nevertheless were unaware of a life script as it was being formed. The apple not falling far from the tree took control as they adjusted to a world fear-filled. Peaceful love was unfamiliar—fear had dominated and was veiled by their indoctrination. Innocence combined with wisdom was a totally new way of living. Being in the minority it required a monumental adjustment, patience. Coveting-judgment-aggression and so on, gradually subsided as their egoic self slowly dissolved via awareness yet they had spent a life mind identified, deluged by the programmers who themselves were programmed. Persistence was needed to merge peace with wisdom and they endured, still years of intellectual study in and of itself doesn't bring this new way of seeing other than to point the way. Inundated by the unconscious people in their life made it even more difficult. Mind games formally trapped their mind in an unconscious dream state vis-a-vis blocks and rolls associated blocks, and this was seen. Unconscious they were lost in behavioral patterns. They'd lacked enough conscious presence for spiritual insight to come via the subtle approach. It required an extreme life shattering event. In point of fact multiple years of sinking prior to the aforementioned hit bottom event facilitating conscious awareness. All unconscious people face the same kind of challenges. based on this students retrospective view inner-source and an awareness of Being arises with unwavering persistence. And an unconscious dreaming mind veils awareness via the egoic mind and psychological blocks. Nevertheless enlightenment's seed is within us all. We see to be productive even to basic fundamental levels, requires being ultra serious in order to feel inner-being deeply within yet once more not in a usual intellectual way or in

an idea format—it is 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 bringing order to the mind. Accept this, adapt to all life situations, deal with blocks and those unconscious, focus to reclaim 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 and undermine one's awareness. Often they'll make light of it or worse, ridicule it. Endure distraction from this as well. We are advocating surrender to what is, so to adapt to it. In acceptance all resistance to agitation vis-a-vis unconscious dreamers is neutralized then we see and accept the hand we're dealt in life and make the best of it—which is to say adapt to all life situations. Ultimately unconscious dreaming acquaintances, if we're focused, facilitate alertness and awareness comes to fruition. Unconscious resistance in our life script or from others is a stark reminder to remain alert. Then a arduous task, maintaining alertness and remaining vigilant when we're 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 others unconsciousness by seeing they can't or will not see it. Observer and observed now seen as the 'I' one's peace then flows into doing through a mind rooted in stillness. Words cannot describe it. When it's strong it's overwhelming, the weight of judgment lifted peace is felt within enabling students to see unconscious dreamers are incapable of seeing that patterns are controlling them. Logically then, forgiveness of unconscious dreamers negates judgment and in the extreme retribution for their projection of fear as a paradigm onto those focusing on being consciously aware.

Q: What is truth?

A: Truth is inside as some teachings posit—emerging from 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 seen through love, is to be here and now. And observed, the mind then surrenders to what is so truth reveals itself. Seen by observation of life absent thought and memory defining what is happening.

The mind makes space and truth enters because thought has been stilled. So transcending conceptualization reveals truth, which comes into the mind no longer in conflict with itself. It is not of past future or memory, not of time. Having presence the mind is quiet-empty-or no-mind, again truth is a thing in and of itself revealing actual reality moment to moment. Socratic inquiry then trumps mendacious concepts and truth again is seen in each moment—actual timeless truth seen through the eyes of peaceful love in non-conflicted minds. This is veiled by thoughts memory images—confusion via overthinking. So we must focus to see in the moment—real actual truth comes prior to thought entering and memory defining the here and now. Thought says 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 stillness to mind one sees truth here and now, again as something of itself. Not their truth nor any other positing biased memory images merely creating opposites or a systems truth. Partaking in systems is all well and fine, yet to let it all go and see what you see in the here and now helps 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 deep awareness. Look around, be alert and focus the five senses on what is happening just this moment. This fosters oneness yet not for one living in their mind. The mind free of times illusion sees the life script to a point one is not controlled by unconscious dreaming. Presence simply put then, is attention now, fear slowly dissipates and with it psychological time. Perspective changes, gain and loss are of less concern, the now takes primacy over time created concerns. Having presence one steps out of time—Self in pure observation. Presence is not increments in time which cause one to see life not as one continuous present moment but fragmented. With awareness a single continuous moment arises with nothing written on it, one observes in peace, life leads the way to seeing everything is fine if one is able to flow as they pass through this school of life. Opposition merely foments separation and when programming pushes its way in foments a disordered mind. Notice it and gradually it fades. See and smile at the egoic self, it helps us to see ego is the very thing fostering the alertness and

subsequent awareness. Presence is simply to be 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, to see ego pulls us into past and future where duplicitous mind games have forever controlled us—and see unconsciousness cures this, wouldn't one do whatever is necessary to remain alert if it fosters wisdom and frees their mind? Focus and 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 requiring a perspicacious quality, one comfortable in the now. Negating expectation brings this to fruition. Courage is key for to rising out of levels of falsehood and into the levels of truth. The doorway to using the mind, not it using us is, to have conscious presence, to hold then extend the duration of alertness, it fosters observation—'problems' fomented in the past and or future projected memory are seen and calmly dealt with. What problems are there in the here and now if memory images are negated? Use memory, then let it go, step out of psychological time, what thought proclaims real—into the here and now.

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—awareness of blocks and Being is veiled in the disordered mind. Observe life situations, good and bad they come and go. Daily life ebbs and flows like the waves or ocean tides. Some situations in life, again good or bad, are short term and some long term, yet no life is always all good or bad. Inner-Being—its peace helps to foster presence; the greater whole of life, an immovable rock of peace undisturbed by life situations or the daily life we get distracted by and loose ourselves in. In reclaiming energy hold an energy frequency of peace regardless of what happens. Blocks emanating from fear often will 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 one is assured that no matter what happens peace is undisturbed and life will be okay if we flow with it. The Natural Self is of peace and rooted in peace one moves through life situations because they've transcended fear. Holding the 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 to walk away. Notice it, accept it, learn and move on. People cling to programming and social rolls. Serious students live a lifestyle of peace—others will challenge not only their belief system but anyone who doesn't follow the status quo. There are those who will stereotype due to their own life script. Yet if we hold a peace energy frequency with minimum intervention from the egoic self and life script we begin to feel Inner-Being. Far less affected by negativity in life situations, peace has a subtle, noticeable effect on one in the proximity of another who is serious or an advanced student who lives very little in the mind that is to say time past and or future. And far less affected by memory and or indoctrinated behavioral patterns, others, unaccustomed to non-reaction to truth as they see it, often do push one's buttons. They are still at unconscious dreaming yet feel a difference. Often they're out of their comfort zone to some degree or other. The person they've known has changed, energy is at conscious awareness and theirs is at unconscious dreaming creating two possibilities. Either conscious awareness pulls them out of unconscious dreaming or they are affected by one at conscious awareness. So a spiritual student bears a great responsibility. Living peace as a lifestyle vibrates at conscious awareness—one holding the frequency of peace their raised consciousness negates negative fear energy, it results in a progression towards global awareness, the reclaiming of paradise lost but at a deeper wiser level. The mind freed of duality through a child like innocence combined with a far deeper wisdom—such are the forerunners of man kinds transfiguration to new human-beings rising from the ashes of the old homo-sapiens and may be 'The meek who inherit the earth.' Ego desires to control the mind of its host. Reclaiming energy from it elevates conscious awareness to an equal degree—one embraces peace as a lifestyle. However this challenges the status quo and abets fear—resisting peaceful love as one's new paradigm. 'Blessed are you when men shall revile you persecute you, and say all manner of evil against you.'-1 Unconsciousness is a catalyst for conscious awareness to rise. The more they push buttons the deeper it drives one's peace which absorbs fear notwithstanding avoiding unconscious acquaintances until peace is strong enough—rooted to the point it is entrenched enough to absorb fear coming into the questioners proximity, it's wise for to consider the option

choosing not to speak of it at least initially. In addition acquaintances may not be seen for extended periods yet are affected by emerging peace often at an unconscious level just being near those at conscious awareness. Love rises in those living 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 feel it from one firmly on the path. Who would not want peace? Unconscious dreamers will commit or will not, yet know peace has affected them even if it goes unnoticed. It depends on how valuable the negative goal is. Those who cling to the negative goal unconsciousness and fear, see value in it and won't give it up. What's the payoff? Fed up with conflict unconscious dreamers will benefit from one on the path, still many subsist on pain management—never allowing themselves to sink too low or high, they are caught in pain pleasure cycles, i. e. endorphin highs created from extreme opposites. And inevitably shun one at conscious awareness, strange as it sounds they do not want them around. The reason being, conscious awareness doesn't mix well with those at unconscious dreaming because it forces them to look at themselves. Talk of it when appropriate, still, be mindful of other ego's. Living the peace lifestyle projects love's light. As a paradigm peace projects love to everyone—similar to negative energy projecting fear. The dominant paradigm of fear is driving unconscious humanity insane because of over-thinking. Awareness is a gift to them all. Freed of the need for identification as mind patterns and social rolls, life in the now has actual positive meaning. In oneness emerges a feeling of unity with everyone met and the earth upon which we live. Again referenced as an oceanic feeling merged with a deeper wisdom. This is then a thumbnail sketch for the questioner to help deal with unconscious dreamers. Keep going

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 to see differently, to see love in all would be a refreshing change would it not? Observe the scripted mind, inquire into blocks which prevent us from feeling peaceful love inside. The fear paradigm frankly hinders self-reliance, self-determination, critical-thinking, or to think outside the box. For instance one can see anger doesn't make daily life better, only progressively worse. Also all one sees is light. We see light reflected off of all form. We could see that anxiousness won't extend life even one day, or transmute fear in daily life to peaceful love. A far majority of our body is just empty space. All form for example the atoms making up one's body, are a fraction of the body. Most of the body is empty space in a form the eyes see as a body. We could see that guilt is tantamount to slow death brought on by perpetual self-loathing. One could see surrendering to what is brings them to see present moment awareness where peace is liberating one from incessantly living in the past or future which is to live in the mind. See that hate merely divides and forgiveness unites. See fear is the old way, then embrace the new up and coming paradigm of peaceful love, awaken peace never even dreamed possible—within us yet blocked by our own programmed mind—working to remain alert inner-source comes fostering conscious awareness.-A Conscious awareness is to see peaceful love is everywhere and here and now is the only actually ever real. See we're all one planet one macrocosm. We can always see things differently if we are objective and observe life—therefore notice the life script, egoic mind and its biases, thought and emotion as well.

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, 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 is the totality of one's consciousness or what they've been taught. The task is-observe the self-redirect energy and ego serves.*

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

A: Not personally, still, such as these help all humanity. A serious spiritual commitment is each travelers own journey yet there are similarities in what's experienced notwithstanding it is one's union with the teacher within, i. e. the Ground of Existence. Spirituality, in part is to live peace as a 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 the serious students. Nevertheless for those unconscious the effects are not consciously noticed unless alertness is keen. For one spiritually inclined awareness of peace energy is felt at a deeper level when those further along in their journey are in close proximity to one who is unconscious, they exude present awareness. One at unconscious dreaming, if slightly alert feels peaceful loves energy radiate in spite of their unconscious autocratic programming. We, all of us, need to have courage and persistence. Systems help to some degree but can only be a finger pointing, often to what it's not, so don't get too attached, go within. Transcended conceptual thinking is ultimately an innocence blended with wisdom, fostering a mind free of the known. Should a mind let it all go to receive universal wisdom via intuition, i. e. timeless eternal essence we are of, ego repeatedly rears its head, so watch it and rise in perpetuity to intuitive thinking. 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 try 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 intuitive awareness. In conversation with unconscious dreamers the conscious awareness comes yet must extend it or it fades away. The use of concepts helps although at some point the egoic mind kicks in and touts: 'Oh, we are not having any of this.' Other times it resonates and they'll transcend the egoic mind for a moment. Still this energy frequency is elusive, difficult to hold it requires persistence for an extended duration. Inundated by back and fourth swings, similar metaphorically to a metronome, its ebb and flow is awareness to unconsciousness, repeatedly from the state of conscious

awareness back to unconscious dreaming, an awesome power. The tendency to experience periods of incessant thinking dissuades students: e. g. 'You can't do this, ego and the life script are in charge and would literally see you die before loosing control of its host.'—propagating this forces its host, 'you' to capitulate. In the journey capitulation time and again often does happen and one must accept this is likely or at least is a possibility. With sort a of positive stubbornness one presses onward refusing to belabor the: 'Why—I cannot do this.'—it comes to fruition slowly still, egoic mind-life script-old patterns and social rolls-stifle one's progress, definitely these have something to say, so it requires persistent alertness to inner-being, observation and awareness. Ego is 100% interested, aware of any opportunity to control—the questioner must be as well, then success is inevitable. Awareness of forgetfulness-social rolls-mind patterns, is necessary so we don't loose ourselves in the dream—but 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 is one who follows their programming. It's ironic, the script is part of consciousness. Prior to observing ego for a adequate duration one is plagued by divisiveness created in thought. Obviously ego is necessary—relied upon to excess, to a point one lives exclusively in their mind, they will become repeatedly distracted. When in unconscious dreaming reset immediately. Ego vehemently seeks control so awareness of Being must take primacy. Even more of a challenge is virtually everyone encountered is unconscious with the rare exception. It makes us feel isolated because we're in the minority—this may result in clinical depression. If persistence one sees everything has essence, expresses consciousness, from people to the simplest of forms. A wall, table, consciousness is in everything. Consciousness knows itself then, through us. When alert one can see and feel it, noticeable in light reflected off form, in spacious emptiness, in silence, in nature through a mind quieten. In being very present, in the moment its peace is felt emanating through Inner-Being. Listening intently a feeling of oneness whispers we are more than a body, we're all one energy field touching everything at once. Done via turning attention into the body, feeling energy within. With steadfast alertness fear leaves us. The peaceful loves energy pervades. For one able to forge a mind consistently still, truth reveals love to be the essence of who they are at their core. A mind quieten helps all humanity to

expand awareness-fresh new insights not generations of programming merely propagating a mind conflicted. Whatever words are used don't get, lost in the concepts. Love is quite abstract. A fear filled mind bought into, are baneful narratives and duplicitous, confused disunion from Natural Self. Yet this can be an incentive to press on. So few really committed. We're at a critical point in the evolution of humanity as a whole and much is at stake in all this. Is it important that we know of others who are committed to this extent? Is it not good that those serious are scattered across the globe fostering peaceful love? It's conceded merely to be around any unconscious dreamer 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 just playing into mind patterns and rolls, surely then we're only destroying our brotherhood. If there were more making a serious effort to transcend unconscious dreaming not only would they know others who are serious, transcendence from the paradigm of fear to peaceful love collectively would then expedite every minds return to sanity. The meek who shall inherit the earth then would surly 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 is indeed 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 simply affirm that: 'I need help please, this cannot be done alone.' A humbling affirmation which attracts positive energy, peaceful love or God if that word works better, again the word is not the thing. Energy emanating from causal level awareness, will sustain if we pause throughout each day to reset and observe patterns with a renewed focus. So then remain very alert-still-focused on kindness-love and forgiveness, see ongoing mind games test resolve. Inner-Being energy spoken of in dialogue, seems to want us to develop deeper awareness. The deeper we submerge into peace the more we are able to let go of conceptual thinking.

Just to feel this energy helps all collective consciousness. Or another way to say it is, it's the same fire; those alert shine brighter but it's not exclusive to anyone, it is the seed of love found within all. Still, so few *are* serious, those able to hold this energy frequency help others to see their own programmed selves yet it's unwise to assume ego or the life script it promotes will cease in efforts at seizing 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 a more effortless alert watching comes, the point Natural Self sees shadow self consistently. We are 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 additionally the script they are programmed to follow, will be severely tested. Fascinating—the degree egoic mind is analogous to intellectual elitist ideology. The mind in disorder is incessantly inundated by-fear-anger-pride and so on, unable to endure it any longer, surrenders to it and enlightenment is there in that moment awaiting. Of course biased conflicted minds project the 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 felt. Let us say an angry person leaves, notice the energy change. Negativity has left the room and literally it has. Peace calms while fear promotes merely anxiousness. Those aware feel energy. Observe negative thought created fear, acknowledge it—positive energy too. We feel fear and anger in others also in ourselves, goading increased anxiousness due to life situations. Ergo be *of* the world not *in* it. Feeling energy is part of spiritual awareness. Ego and the life script pulls us all into old redundant patterns, which are old habits and gone unnoticed control us all, and results in daily life defined by thought images. Memories accumulated and stored, then are used to identify life via memory. Persistence fosters an alertness, the seeing of conflict before it takes the mind over into psychological time, no longer in the now, into states of for instance anxiety-nervousness-uneasiness-stress-restlessness-one obsessive compulsive -glued to their smart phone-impatient-busy-anxious-stressed out-lost in past and or future concerns, all of it in ourselves as well as others. We listen then,

notice self-talk as it 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—images in memory. Egoic minds clinging to memory. The actual now then, is 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 and actually be in the now-be each moment. It brings peace to the mind, one sees the mind defining situations as they observe it. In busyness we're lost to rolls-patterns-a mind then uses the person. Having presence brings peaceful loves energy into the equation. The mind lost to rolls needs to see that if awareness is lost, repeatedly reset. The alternative is life in a crisis to crisis mode of behavioral patterns at the loss of awareness of a higher vibration, conscious presence and subsequent wisdom. In those not mind identified peace disseminates love. Unconscious dreaming blocks the seeing and acceptance of, when mind identified one's own mind is using them. Unconsciousness is to live in the bubble of normalized fear, auto pilot programs controlling us. Can the 'person' be held accountable for acting out unconscious behavior? And denying it they're in a prison for their mind, all of it thought created, challenging sanity itself. To identify as a script only, distracts the mind. This movie line from 'The Matrix' sums it up: 'You've been living in a dream world Neo.'¹ Endless redundant interaction with other egoic mind identified people at unconscious dreaming, one's life script propagating indoctrinated reactionary responses to life running on programmed memory. Mind identified, to what degree does one's normalcy biased brainwashing and indoctrination control life overall? What we are saying here is, unconscious dreaming people are more-so than not, unable to see or accept it and needs to be seen prior to even the most rudimentary steps into their journey. Rolls and patterns are seen in the here and now—not in time. How can one know with thought, that they're in a dream if thought created it? To sharpen the mind so it focuses on itself, requires persistent awareness. And not to do so, it violates the Natural Self. Unconscious dreaming, a baneful position for the mind to be in—the Self veiled by controlled opposition via coveting-aggression-conflict and violence, propensity for a *will to power*, all of it impermanence, having a beginning and end. Focused observation fosters alertness, in turn awareness, suggesting the questioner should focus on peaceful-love as the new paradigm

on the horizon replacing the old fear paradigm. In so doing they'll emerge as the new human-being spoken of earlier in this workshop. Difficult, shifting effortlessly from mind to presence. Pain in child birth is unbelievable, and yet when the child is born memories of pain are replaced a mother's realization of having given life. Spiritual rebirth is the Natural Self remembered. The pain experienced is replaced by peace, innocence and wisdom, love born in each moment. Forgoing the arduous focus for this to come to fruition one is then relegated to psychological pain pleasure cycles or '*Repetition Compulsion*'—to observe the programmed self is critical. Watch and the necessary alertness develops, situations lulling the mind into states of forgetfulness, extending to the egoic mind, are now lessened. No longer duped into being *of* the world, a thought created perpetual unconscious dream state forestalling ascendance to peaceful love—watching the mind then is done from here on in. Don't expect patterns or rolls to capitulate. Be thankful they help in maintaining alertness. Earn this, be alert to and aware of blocks by acceptance and with willingness surrender adapt to and walk through life situations, accept, change or leave them. Draw on Inner-Being to rise with consciousness and abide in peaceful love. Then awareness of the here and now grows to awareness of all there is.

The answer is quintessentially a random concepts approach, in an effort to show concepts cannot understand, in the hope of sparking awareness of that which is beyond thought.

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 the point gain or loss are seen simply as what is, good and or bad are then adapted to and one's peace is undisturbed. In acceptance of what is a mind is no longer fragmented, there is freedom from mind the identified state and redundant definitions of the now. Surrender to life, situations are peacefully flowed with and adapted to. Once again to roll with the punches. Accept life and learn what it has to teach. A mind sharpened sees it's programmed and the life script is less dominant. Observation is critical, ego is inclined to suspend efforts to lull one's mind in observation, into complacency when they are in the now. When focused one notices minds patterns, old habits, social rolls and triggers to these so they do not succumb to auto pilot programming running life and blocking the Natural Self by way of the egoic self. Ego's job again is to control its host—it is very

clever, patient and steadfast. A programmed scripted mind tends to rule those materialistically inclined, the hologram people seem destined to live in. Egoic mind is pernicious and in its efforts to control, an undisciplined mind's self-talk insists their ego control so to fulfill its purpose of protecting its host, the egoic mind is overzealous to a point sanity itself is challenged. Excessive thinking and extreme emotion foment disorder, so when overwhelmed simply notice without labeling—staying peacefully present is to have presence. One sees thought foments problems, then seeks to solve them with a different set of thoughts. It creates resistance, conflict ensues due the mind's need to solve problems thought created and ego pulls its host into obsessive compulsive behavioral patterns and the mind becomes an egoic mind because ego veils the here and now. It substitutes the now with memories of now, thought defines and memories of now foment conflict, creating more problems. Again with a different set of thoughts solves the very problems thought created, this is the quintessential catch-22. Serious students use the mind and see over-thinking as the problem. Surrendering is difficult and yet if accomplished awakens a mind to ensuing conflict. One at conscious awareness observes, precisely that which enables them to see ego—to notice what it is up to. And yet problems facilitate wisdom—which never changes—so one holds conscious awareness. Observing and listening, in acceptance of what's happening we adapt to needs in clock-time used for practical purposes. Succumbing to psychological time merely encourages the use of memory. Holding inner-being awareness, peace expresses love into what we do. Many find it hard to get their 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—the mind is clear and sees ego's need to control—it must or its host, the questioner, would die. Precisely why it's so determined to control the I. Nevertheless, as insurmountable as it seems humanity must rise above thought for sanity to return, the alternative is the Self capitulates to the egoic self. Awaken to one people—one planet—one macrocosm. Willingness is paramount to allowing life to lead—an enormous paradigm shift, a profound adjustment for a mind. We're all part of collective consciousness coming together and rise above thinking, once again exception being daily life responsibilities—obligations one has in life. Thought used for practical purposes is to perform the roles so to meet the needs in daily life, all while having conscious awareness of the fact: fundamentally we need to be in

'Clock-Time.' Freedom for the minds of man-kind must come, it's humanities spiritual rise coming to fruition, it is freedom from the known.

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

A: Thought defines what is observed for practical purposes. The observed are thoughts and feelings in one's consciousness. Memories of life situations used in clock-time to be functional in daily life yet have taken over to a point the mind uses the person, pulling them out of the now—psychological time is the projection of the now into the future, ergo, the observer is the quintessential state of impermanence and not a separate self. The questioner observes and thought sees through memory. In this context there are merely images of that observed-seen and defined by memory, information in one's brain *defines the observed*. The observed then is seen as memories, knowledge, psychological conditioning. Separation foments divisiveness and a pseudo thought created gap between the observer and the observed causes suffering via attachment. Attached to the observed one identifies the observed with memory images, copious stored information, programming or bygone memories undermining the Natural Self's importance. Choice-less awareness being unattached results in **observer and observed seen as the same movement**. When the observed is seen to be memory created in thought the distinction between 'you' as an 'I' thought created ends—*the mind sees and accepts that it has no future*. There is pure awareness with no attachment which had created divisiveness. Unless of course time and memory images reenter, identifying via one's collection of experiences—the 'I' who observes through one's life script mind patterns and programming, merely subjective definitions of biased judgment with an egoic self and its strong need to control its host. This bringing to the forefront the following questions: Can the mind use 'clock-time' exclusively for practical purposes while maintaining conscious presence? Can a mind see past future and time itself are actually not real, see here and now is all there ever really is-was-or will be? Can one's mind see nothing ever done in the past or in the future will ever happen outside of the here and now which is to imply actual reality? So the now is all there ever is. Accomplishing this the ego gradually begins to dissolve as one's Natural Self takes primacy; therefore in the now with present moment awareness ego serves us; a mind freed from the known.

What's left is pure observation. The state arising when one sees that observer and observed are the same movement. It ceases the internal struggle—people thinking they use the mind when the mind is using them. To observe helps us to see—the mind sees truth absent subjective or conditioned biased memory images. Of course we need to be in clock-time to resolve daily life situations. Being aware at the level of effect—again clock-time—simultaneously having causal level awareness, is a real challenge. We've had discussions in regard to surrendering to what is happening absent bias distortions of past judgments or labels. Separation is the illusion between a person observing and the thing observed. It's seen in a mind absolutely still, a prerequisite to observer as the observed being transcended. In this we must be utmost alert. Going along to get along with divisiveness is another of endless mind games. Accept what is happening and if one can't they must go back and do the work of dealing with blocks, i. e. observe the mind and focus so to bring it back to order—observe psychological problematic proclivities/baggage. The mind stilled, by virtue of pure awareness is no longer in conflict, a prerequisite to seeing awareness is all there is. Observation of the mind in conflict with itself helps us to see indeed thought creates problems and then seeks to solve them with a different set of thoughts—an exercise in futility, although ego uses this to control one's mind—the fundamental mistake thought continues to make. Knowledge and psychological conditioning helps us yet thought once again is limited and can never know all that is. Awareness and observation are key to rising above it.

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

A: We all deal with daily life responsibilities like an appointment. This is 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 will keep us busy—we're lost in mind patterns and social rolls. And again this is unconscious dreaming—unnoticed, we get lost in the dream of form, endless rolls the I or self plays while interacting with other people's rolls in daily life situations. Lost at just varying levels of unconscious dreaming, we never rise above thought, so then this is the majority who will not or else cannot even to

the slightest degree see they're unconscious. And unfortunately in the current situation this is most people. Can the questioner see we're 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 a mind and creates space for the fresh and new. In closing the eyes one can feel stillness—energy moves 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 peace is felt, and ultra present we're aware of space created in the mind. To calm the mind brings us to have presence. Everything comes alive—peace is felt rising within, energy felt in the body, comes into a mind ultra still. Random daily life situations demand one's attention—peace recedes to a low hum in the background and yet awareness remains—alertness grounds this peace energy. The point comes an effortless friendship is established with one's true nature, egoic mind becoming a free companion balancing movement;-1 as Zen's ox-herding pictures suggest. One observing movement in and out of or between states of, timeless causal level energy—a mind in stillness—peaceful love—and the egoic 'you' navigating daily life responsibilities at the level of effect, all or it the busyness life is. It's the illusory back and fourth, at least till grounding work is solidified it all seems quite real. The functional 'you' or I identity, then no you, it is to co-exist with ego. Use of process and Socratic elimination fosters wisdom, which brings an effortless friendship with ego, arising in the here and now, presence as a state of mind. *A frequency, or an awareness felt, with work ego gradually dissolves and there's a feeling of 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: Krishnamurti said in one of his talks, to: 'Do it sir.'-2 The answer may not help yet alertness fosters awareness. Each of us must focus upon inner-being. All anyone else can do is to point, not to memory, to pure present awareness. Surrendering to the idea life is what it is. Feeling as children do, who feel the oceanic feeling, life as wonder and love as always new. Being in the moment, absent labels, one is intrigued with now—foreverness..forgiveness..oneness.

The simplest of things come alive—a peaceful contentedness felt, yet we must be stalwart. Living peace as a lifestyle, seeing fear and letting go, simple not easy. It's the art of watching the self in mind patterns and interactions in all relationship. 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, adapting. Notice movement in 'clock-time'—be: 'In the world not of it.'-1 Quieting the mind, calmly focus upon inner-being at every opportunity throughout each day, this then is key. Should daily life require attention focus awareness on thought based 'clock-time' yet only as needed. Bearing in mind it is neither clock-time nor timelessness—it is to notice the amount of energy given to each. Noticing what is felt, one can when preoccupied with daily life situations, still hold and have awareness of Being while attending to needs in clock time. It is conceded to be quite difficult. Keep at it, again: “Do it sir.” Perhaps it requires a sort of positive stubbornness. Peace seems to fade yet if steadfast it fosters sustained awareness within, and then the duration of lost awareness and frequency of episodes are exponentially lessened, we are then increasingly able hold present awareness. It requires sustained observation of the mind. We need to be in it for the long run as this is virtually: 'Crossing the Rubicon.' Back and fourth swings test one's resolve to co-existence with ego. Sustained alertness enables sustained conscious awareness, we act and speak from Inner-Being, the point conscious presence takes primacy. Enabling us to hold peaceful love as a frequency for longer duration's. That said, do not be credulous, the far majority of people find this extremely difficult to do. So, 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 then: Who am I? What level of work is done for peace? 'Do it sir'—as K said: 'Keep at it.' Let fear go to see the life script is who we are yet peace can be made with it. Must we be so sick and tired of endless dis-ease, being trapped in a paradigm of fear by a insidious shadow self? Additionally the unconscious attachment to thoughts memory images, capitulation to conflicted subjective thinking which traps us in impermanence? The point comes where none of it can be tolerated, being mind identified, just a slave to the egoic You/I/Me/Mine...generating a deeper attachment to ego, the state of endless crises to crises cycles, all of it bringing

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

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

A: Sometimes all we can do is plan for the future but now is where it comes to fruition. The mind empties itself—because it is no longer cluttered and in conflict, truth comes in. Upset we cannot see what to do, so to notice self-talk mind patterns and so on, is key. The mind quieten has far less resistance, so if the insanity of unconsciousness arises, 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 stillness. If broken down to nothing if sanity itself is challenged, in that moment surrender-accept-adapt. Be still, listen, inner-being is felt there in the background, peaceful-love coming from within, energy felt within the body, slowly being felt everywhere, 'I' quieten, to conscious presence. Loving and nurturing, the questioners source. Say this in quiet reflection: 'This cannot be done alone.' Little by little the egoic I fades and there's an awareness of a life script, egoic mind, self clinging. Pure observation, to be *in* the world not *of* the world. Appealing to the source and energy of peaceful love comes via surrendering to a new paradigm, extending enlightenment's gift of eternal essence, comforting, guiding, coming to every mind surrendering to peaceful love offered to us. Capitulation to resistance is merely giving ego control of life and empowers it. *In having present moment awareness there is no experience, there is only awareness. The here and now is this timeless perfect moment with nothing written upon it.* Be very alert and ponder these 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 to these 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—Words of the teachers who came before do help. The point comes, having gone into it the Natural Self lets all teachings and words go including ideas of the Self, to bring fourth the light within. We're not suggesting not to plan for the future or reflect upon the past for practical purposes. At times this is all we can do albeit as in everything done or done in the future, it all happens in the here and the now. The mind identified struggle to see past and future projected memory controls them because living in the mind they seek to understand with concepts. It leads to overthinking, opposites, fear people cling to. Go inside, it comforts, surrender, feel peaceful love. Many take the view this is frivolous or impossible to do. One must be stalwart. Every step forward spiritually, was taken by those who held fast to peaceful love, people need peace. So if others are yelling, remain calm. When others are filled with anger-aggression and hatred, be peaceful. Notice programming traps them in time, a mode of fear, habits, social rolls and old mind patterns. Awareness of love, which has never know fear, breaks all spiritual travelers free from the cocoon of fear, to a peaceful butterfly—one's personification of love through surrendering to what life leads them to do be and have. The world pounds the drums of fear-malice-hate-war, so hold on to peaceful love. Focus on inner-being, God or the Ground of Existence. Consistent alertness brings to bear deeper awareness needed to bring mighty forces into doing. Liberation from clinging is to see life will be okay if we adapt. Pure observation brings this to fruition. Living this pulls us out of fear and chaos to be peaceful love, a light within us all. The highest endeavor anyone can ever hope to achieve on the physical plane, actual love can be summed up in the selfless act of spreading peace. See love in the faces of others, in truth here and now, an omnipresent connection to absolutely everything—peaceful love personified as...bliss...is-ness...faith...joy...eternal source energy. A spiritual travelers inner-most Being or the Natural Human-Being personified. Freedom from the known, 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 long ago proclaiming this was absolutely possible to do. Yet only if we are persistent and stalwart enough to never ever capitulate.

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. The teachers quotes are all paraphrased yet can merely be a finger pointing. In the 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, it's to feel 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 the 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. He agreed and told the man 'Your thought is trying to identify itself.' A lengthy dialogue culminated in closing his eyes. Tears flowed as he asked: 'How do I keep this?' They talked further, he closed his eyes. He said I will never come see you again. That teacher was Jiddu Krishnamurti. Followers affectionately called him 'K'. Years moved into decades as he 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 didn't need to see him again. J wonders if K was pleased with that ardent meeting. Krishnamurti seemed frustrated at the fact many of his followers didn't seem to understand what he tried to convey, periodically commenting in his talks—paraphrased from his lectures: 'Do you understand what I'm saying?' 'Are you sleeping?' 'If so fine but come back to it.' 'It requires an extraordinary mind.' Listening to and aware of the internal voice, additionally self-talk, one observes the egoic mind. Spiritual awareness comes gradually, yet has a deep significant meaningful impact upon the mind and indeed requires an extraordinary mind. An arduous persistence regardless of what duration it potentially requires is necessary and a deep commitment to the idea of Foreverness, i. e. there is no turning back if we take the red pill.

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 do all wise teachers 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 actual reality. When attention is required in time, that is to say in daily life to do something, use memory as 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. All of one's energy isn't needed to be functional in daily life situations. One maintains some degree of awareness of inner-being while engaged in meeting daily life demands. Bringing 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.* Remaining in the here and now it can be done. Working at it forgetfulness inevitably will come. Abruptly or subtly slipping into the state—it's similar to absentmindedness. Taken over we must ride out the storm till the waters calm and in retrospect review at what had happened—make necessary corrections in preparation for the next challenge which is sure to come over and over till the 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. So it's strongly suggested not to ask how long goes on. Ego and the 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 here and now. One must be vigilant to reclaim energy from ego and feeling inner-being in the body peaceful stillness is felt as the thinker is observed. Mind patterns are noticed. Listen, observe, and gradually inner-being is felt as an energy in the body. Wisdom and a child-like innocence fosters clarity should one employ consistent inquiry. Asking who am I and does the ego control life or serve its host, is key, for far too many it controls. A Great Avatar's axiom

describes genuine freedom: 'Your whole body will be filled with light.' Words point the way and yet 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, the trees...plants...light...flowers...in all form..additionally formlessness-seeing all fear is of time. Sustained focused awareness on peace love and forgiveness of those unconsciousness, is non-judgmental compassion fostering oneness.

George Gurjeff wrote: 'There is a growth of personality at the cost of essence.' *** Personalities are a progressive I in time, are personifications of fear dominating a majority trapped by ego via endless craving—satiated yet happiness eludes them, contentment followed by just more desire. Happiness derived of material craving inevitably foments opposites, this only brings on impermanence. Peaceful love arises in the present moment which are random potentials in the now while unconscious dreaming derived from memory are the totality of consciousness. Observe the personality which blocks us from rising above thought to No-Mind, done here and now. A timeless mind is able to empty itself or one's mind prior to thought entering defining here and now. Rolls are derivatives of thought and memory, the thought created 'I' so that consciousness can be aware of itself.

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 a genuine martial artist is fundamentally to see the ego, defense 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 reclaiming energy from egoic self so the awareness shines inner-being into the world. Peace and wisdom then blend to oneness. Forgoing this is to live life in a crisis to crisis mode. To win without fighting is to be alert and aware of a world that runs on aggression fear and violence. Genuine martial artist's feel violence upon the horizon and reading the air feel the energy aggression is. And alert to situations perhaps leading to violence are able to change the situation. Ultimately the genuine martial artist values peace. Clinging to a script we need to reclaim energy via observation. In steadfast peace a true warrior chooses 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 aggressive behavior, one observes drama outside looking in. And yet few are alert enough so those who are then redirect old habits and negative behavioral patterns of aggression to peaceful-love by watching their mind. That said make no mistake a genuine martial artist is very capable. If attacked they'll do whatever is necessary although prefer peace in all things. The meek who shall inherit the earth shun all violence, except in self defense situations.

Neapolitan Hill wrote: 'Thoughts are things and powerful things at that.' *** The first line in chapter one of 'Think and grow rich'. Indeed thoughts are things...to be used and let go. What are riches? For most people it is a matter of perspective. Riches aren't measured in money alone. The thinking mind if used as a tool for practical purposes brings a 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 are aware as a watcher of their 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 comes from within albeit we are 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 is the self and 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 peaceful-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 then we will usher in peace undisturbed. Peace is within us yet blocked...veiled if an egoic mind and 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 to awaken 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—programming and time used for practical needs. Use the script for life situations, allowing memory to assist all while feeling presence. Inner-Being fosters peaceful love, a new paradigm leaving all fear behind. Be alert-hold conscious awareness, listen to the mind, bring it to order, turn it on itself. Notice mind games, catch them before they rise to a storm. And should they succeed, ride it out, analyze and reset. Let life lead the way, adapt to the now. Be the you or self in time, Natural Self is 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 humanities problems were all 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 it is the current dominant mind identified state. It's similar to sleep walking—unconscious dreamers are in denial. At this point in evolution intensified pain suspends unconsciousness for a while. The apple not falling far from the tree is seen through some sort of extreme pain, the egoic mind collapses and peace which ego subverts is revealed. It is plain to see here one must have willingness to hold conscious awareness for as long as it requires. Forgetfulness is being lulled by an absent minded state and overwhelmed we are controlled by fear and or busyness—being *of* the world not *in* it. Truth is, sooner or later fear goes badly. Despite egoic minds efforts to foment fear it can never stand up to the light of enlightenment's love if one is 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 which comes to fruition by living peace as a lifestyle. Having awareness one feels energy beckoning in the background. Unconscious dreaming is absentmindedness or forgetfulness of a sort. We are to hold focused awareness and transcend this 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 awareness 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 a divisive overthinking nightmare of dualism. A point long ago when the 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 a egoic mind life script and reticular activating system seeking to control the minds of all.

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 gas. Water quintessentially is 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 we see just a single race, the human race. Indeed, aware of 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 a memory from the line out of an old song: "And you tell me you don't believe we're on the eve of destruction."-1 Clearly fear 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? With all respect it's 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. Allow life to guide, resist nothing, accept what is and adapt. 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 and death are equally accepted. When one clings to nothing any longer the mind is quiet and free to see truth, the mind creates space, then we collectively are one, unified with our source. Unbelievable peace fills one's heart. Whatever happens in daily life situations is accepted and adapted to. Nothing worldly offered, neither..possessions..relationships..power or what have you, can ever replace what exists inside. Then outside has far less significance and peace is undisturbed. It's inner-Being, is-ness, all-ness, The Ground of Existence, love within us all, one in the now at last sees what had always awaited them.

Eckhart Tolle proclaimed: 'When you're one step away from insanity you are equally one step away from enlightenment.' *** This teacher had a major 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 man had is a bit difficult to delineate. Tolle's books are concise, inspiring and the author actually feels as if this he is speaking to him directly. Just another mind game to be let go of-yet his works do motivate one to press onward. Furthermore Tolle's works are insightful, not only to serious spiritual students but he speaks to 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 view as the Guru trap-merely another mind game, ironically it carried him along for a while, all to be let go to see awareness is all there is.

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 inside? Here we are absolutely freed from the search for someone else to tell us what we should do. We become the light of our peaceful love, the light that exists in every soul, hidden by an egoic mind.

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 the future? Use things of the world as tools, weather it's thought or symbolically focusing on whatever helps then transcend symbolism to pure observation and awareness. We, all of us are on an individual journey ultimately to be oneness. There are often similarities in people's 'experiences'—believe that 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 in perpetuity till 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 just another mind game pulling us out of the present moment? Perhaps ideas of repeated earth lives are a dream of a different sort. Past and future in 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 moment to moment, allow it to be what it is and show us what reality is as we react without the slightest expectation of what truth is? The present moment—do we let it show us truth and the 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 without opposite.

Generally true in any life..good and bad can only be seen through distinctions of again good next to its opposite and so 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. A mind in stillness..listening intently..seeing in this timeless space as peace comes to us...stillness...the eternal now...love...essence...who one is at their essence. *** The following quotes come 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 humanity, one's state of awareness. One sees personal enlightenment we have now within. Following no other outside of the source found within. Teachers point the way to courage, a doorway to higher levels of consciousness. The hope, the work will help readers see and walk through the door. Authoring it helped this grateful student. Finally some quotes from a teacher who was flawed and yet a very gifted writer, perhaps taken before his time. As the 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'-thanks to John Lennon. -A---A—These ideas have a positive affect on humanity. Ultimately they'll impact humanity when the current divisive and dominant paradigm of fear, fomented in all 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. 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. His vision won't come to fruition absent a paradigm shift from fear to peaceful-love.

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, is memory, is thought making its age old error. If we seek to gain information, is this not thought seeking to understand itself with thought, merely another mind game fomenting division i. e. being mind identified? Observer and observed then cannot blend because thought ceaselessly promotes opposites, resulting in conflict. Who then is the thinker? The world has forever ran on what is tantamount to pandemics of fear handed down generation to generation—unconsciousness or a mind in disorder, only resulting in loss of awareness of inner-being, creating dis-ease in the mind. A mind must be alert so that memory images do not gain excessive control. All memory images seek to identify life rather than observe it. The fear paradigm perpetually keeps us in past and or future, merely provoking anxiousness and makes the now an enemy unless it should benefit the ego. *Psychological fear accumulated in the mind and worry over what might be or what has been, 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 idea's we must know every aspect of life. An overthinking mind foments dis-ease—the mind is unable to clear itself of unnecessary memory. Observation negates irrelevant memory, egoic mind in its ongoing propensity to analyze virtually everything—conscious awareness is unknown, practiced even less due to overthinking, one's life script patterns and rolls, contribute to ego's obsessive compulsive need to control the mind of its host. Focus to then rise above frivolous thinking—unconscious dreaming is seen, one awakens to conscious awareness, if they do not achieve this the egoic mind continues to

slowly drive all humanity insane. Pure observation arises in a mind free of its attachment to divisive dualistic thinking—rolls and mind patterns are born of fear—ego's fuel used to control us. Each must see this on their own. No other nor any system can do this for them. To awaken is to see one's own mind has used them—ego's effort to control blocking one from seeing personalities are a part of consciousness. A silent mind in peaceful observation rises above this to observe itself with consistent awareness so to create space. Memory then no longer consumes the mind's attention, i. e. thought and memory entering to define the observed enslaving one in psychological time. Acceptance of what is happening each present moment absent analysis, enables the seeing of what we see in real-time not collections of thought generated images defining what is. To actually see what is now. The now is always fresh and 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 having never done so before. The void of timeless space is the mind freed of accumulated memory. Psychologically to be freed from the known so Inner-Being projects itself into what one does through observation of what is, i. e. Being flows into doing. Reclaiming energy from the egoic mind and a programmed life script it is compelled to follow, is to see thought identifies the observed via memory to prevent the seeing of, they are one and the same. Similar to Yin and Yang symbolically. If we see the observed via memory, time has entered, dualism, opposites-separation pulling one into the past and or future goading all minds psychologically conflicted. Observation through eyes of love slowly fosters a state where one notices what the here and now is—an unbiased observation of life situations with no memory images, an impartial nihilism and adaption. Noticing...listening...with no attachment one no longer allows what is seen to impart memory defining. Dutiful alertness, serious awareness, this will bring a resolute oneness with that observed. Little by little it is seen the observer is the observed. *Observation and awareness fosters a seeing of reality.* One sees in the here and now with no memory intervention. -A An example of this is in the interaction with another person: when two or more individuals engage in this simultaneously they're actually in the present moment, the observer A- It's described as an oceanic feeling merged with wisdom—one continuous present moment. Observer is the past. In a mind quieten the observed reality is not of memory. It's not past nor future projected memory projecting its images of what the observed is. This is to see what you see, all of it in the here and now.

fades, *memory yields and awareness is left*. Observer and observed as one. Programming follows mind patterns, old social rolls in the interaction with others and life in general. 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 another persons roll, taking president conscious awareness is then lost. If not actual oneness is a real possibility, not codependent relationships playing end less mind games, the tendency to see relationship via memory, demanding of the other, what can you do for my ego. Observation absent memory sees now always as new. Alertness lessens dependence upon memory, it's then used for practical purposes, one begins to draw on Inner-Being and there is harmony with memory and the life script. Seeing a world via scripted the mind alone binds us to psychological time, divisiveness and separatism. Conflicted it will take one out of present moment awareness. Now is a clean slate with nothing written upon it, projecting here and now in real-time, not in redundant images mind patterns and social rolls, stale unreal conventionalizations *of* the now. -A One now sees conditioning had been triggering fear, a major cause of anger.. pride..desire..guilt..judgment..grief...shame..separation—if observed do bring awareness to fruition. Observe the rolls unattached, see they tend to control. Alertness, with persistence encourages focused attention necessary to see the rolls. The dream then is attachment to memory, attachment to thoughts error i. e. a mind in conflict with itself. Resistance then, prevents students from transcending opposing positions. Clinging to memory enables psychological problematic proclivities to remain in control. In loss of awareness one looses themselves to rolls—conflicted minds, all 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 an understand, the reader must have patience with continuous repetition. Once again considering the shear volume of indoctrination all of us must endure it blinds us to a fact, most people are utterly brainwashed. It's understandable repetition is necessary to counter this. Observation of the mind requires acute alertness, and a willingness to try and fail again and again to a point of ad-nauseam, to the degree it's normalized. Rising above unconscious dreaming to conscious awareness, potentially an arduous undertaking, is extremely difficult, at least for this spiritual traveler. As serious as this is taken, his devotion to it resulted in repeated capitulation to unconsciousness countless times. So he resets and has a nihilistic view of time—requiring embracing an idiom: “Crossing the Rubicon.” Books on the subject have been read countless times and the need to press on frustrating as it often can 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 paid willingly. It is a persistence often outside of what one feels is possible to do. So in a willingness necessary to do it one 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 the mind be brought to order. Adaptation and a level of persistence unfamiliar to the unconscious, currently the majority who vehemently defend the status quo, preferring the known to the unknown is key then to an ordered mind. Living this is the normalized practice of refraining from what memory says is real so to remain present and feel Being. With two participants who with consistent present moment awareness, able to limit memory—this then being normalized is to see the other by virtue of seeing them here and now, the self-centered individuality transmuted to peace so oneness takes primacy. Awakening to be one with another, memory no longer defines who they are, everything is always new. We are conditioned to individuality, again there is enormous difficulty transcending fear as a paradigm to peaceful love. The old conditioned mind patterns life script and rolls we play, trigger anxiousness ..depression..anger and so on, all programmed blocks to be transcend. These tend to be viewed at the personal or individual level once more as “problems” rather than a total human condition. If students don't embrace oneness, each in observation of their mind having necessary awareness so blocks, a result of dysfunction or the apple which doesn't fall far from the tree, rarely if ever are blocks transcended. The more who do transcend unconsciousness so to live at conscious awareness the more it will expedite oneness, then all psychological problematic proclivities are seen as baggage and dealt with not exclusively at individual levels. We must first have acceptance then move through problems which brings order. As long as we look at life from an individual perspective we'll miss the bigger picture. Observation by and or through the mind laser focused upon itself, then turned upon itself is once again a powerful tool for remaining at conscious awareness. Non-attachment is not to focus on images of what's observed rather to focus upon feelings generated without thinking or judging them, i. e. pure observation. Focusing on memories of another or an experience had 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, all happening in the present moment, which is to say in the here and now. The observer is the observed, see it's the sum total of consciousness—the one who observes via memory identifying reality in the now for practical purposes.

So the observer sees through memory images, and negated the observer can blend with another doing likewise. Seeing this there is far less need to define the observed; unattached to memory mitigates the need. Ego uses fear energy, quintessentially the lower levels of consciousness which seek to control those at unconscious dreaming—mental formations, cognition, and attachment to thought and extreme emotion, manifesting psychological disorders. -A Endless arrays of different perplexing possibilities, for example ethnically...racially...nationalistically...professionally and so on-all varieties of the same egocentric mind games. 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 egoic mind patterns, doing so we gradually reclaim energy. The mind observed, fosters alertness, then awareness needed to foster wisdom—discipline needed to normalize consistent awareness. One is able to reconcile their life script and work *with* ego, not be controlled by its rolls and mind patterns. The capacity for abiding peaceful love is within everyone, 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 is 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 one freedom from overthinking. This is passive observation of what each moment brings to life—key to non-resistance—one abstains from mental attachment which fuels psychological fear i. e. a mind trapped in perpetual unconscious dreaming. Fear foments negative energy which only 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, 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 is forever, 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 is alert and aware—knowing 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 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 cannot know love which has never been in conflict. A mind negating conflict sees the above and brings peaceful stillness, then it silences itself. Adapting to life is to accept what happens, the very thing bringing the mind into awareness via 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. It comes to the mind able to rise above compulsive thinking to conscious awareness. Awareness of egoic self through observation of the mind. To see what happens through noticing as said all psychological problematic proclivities—one's residual baggage handed down generation to generation. There is no process, nor system, nor another telling us what we're to do...no religion...philosophy...belief...method...or whatever, all of these are thought created and thought can never know what is beyond the limitations of thought. Love is then, pick one: God, one's source, inner-being, The Ground of Existence, Tao and on and on and on, all words thought has created. *This is consciousness transcended, the mind having nowhere to move IS freedom.* Being of the world foments fear and being in it fosters love. Use thinking for practical purposes then drop it to be unnameable essence, the Natural-Being within us all. Fear is thought created—one sees observer is the observed *a mind without a future.* *A* “The total freedom of the mind of man-kind.”-1 *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 of: “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 which created the fear itself. Therefore, the subject and object are the same psychological process. 3. **Zen Buddhism:** Zen relies heavily upon the “co-arising” of experience—meaning that an object doesn't truly exist independently of the consciousness observing it. In 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, of 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 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. Freedom awaits those alert enough to realize conscious awareness. Copious amounts of blocks in vociferous psychologically conflicted minds, are people controlled-programmed-conflicted via fear as a paradigm we need to see are all fundamentally a derivative of fear. Unconsciousness manifests in endless forms. For this student fear created nine specific blocks challenging spiritual awareness and definitely proved difficult to transcend. We must be ultra alert, very present with serious focused attention on inner-being so to not succumb to an 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 is 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 say is the most difficult accomplishment. To truly see this requires an ability to ground energy and foster wisdom, a mind making space to reach the most rudimentary state of seeing *there's 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 the spiritual level. Ascending all levels of truth, or a conscious commitment to the state of peace-joy and an ineffable state of pure consciousness..... A- One commits to a seriousness, but is different for every spiritual traveler. It requires courage, the initial step into the levels of truth. Willingness, to see awareness is all there is. In addition to unwavering persistence, daily focus upon 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 and yet spirituality is one's own path. Inquiring into concepts, key to using concepts for practical purposes while to the best of one's ability holding awareness of Being. For this student it is the hardest endeavor ever undertaken. The ultimate result being his freedom from clinging to habits-patterns-and social rolls—it's to listen, to intently watch all situations triggering blocks fomented in a mind bound to memory and overthinking. Peace comes to those who hold fast to a stream of consistent peace, presence and 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, slowly this brings disorder into a state of peaceful presence by nurturing inner-being awareness. Peaceful love is a oneness, that is the spiritual equivalent to ripple effects influencing what we're being doing and having—to see what is done actually influences the whole, which implies we are the world. To see challenges in life do not necessarily have to disrupt one's overall peace. Good and bad come, yet peace is undisturbed.

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

Forgetfulness as the term is used in this work will now be articulated so to help readers gain a deeper understanding of the overall condition. Firstly a life script and egoic self for most people at this point in evolution controls so completely, we're totally unconscious of it. To be blunt, it is denial in a mind unwilling, will not or cannot see this due to normalcy bias and an inability to maintain alertness. We are simultaneously holding awareness of Being while meeting life's responsibilities necessary to function *in* the world rather than to be *of* the world. So repair for what we'll describe here as the back and forth. In typical cases one sees it as real yet is illusory. Having a foot in both worlds is grounding peaceful love, to have awareness of energy in the body all while 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 being alert to a shadow self—its endless mind games. Elementally peaceful love is natural Self taking primacy—surrendering to the 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—one 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 simply to be aware of distractions weather navigate or positive, simultaneously one maintains 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 manifests subtlety as well. Endless distractions in life requires one hold fast to peace. Forgetfulness descends, a mind is pulled into sort of a fog, perhaps a lack of alertness or inadequate observation of the shadow self. Overthinking metes out the shadow self's pernicious objective and effectively foments divisiveness. Alertness must be keen then, highly alert absent mental labeling otherwise the programmed life script will reclaim control pulling one repeatedly into a world of busyness. An alertness typically different from the usual variety. We focus on use of 'clock-time' for practical purposes all while aware of being susceptible to falling prey to endless 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. Emptiness is paramount in this, a mind able to markedly negate memory. The mind alert focuses on itself and transcending psychological time, within blocks inner-being awareness comes, an ardent alertness necessary to bring order to the mind—adequate conscious presence to avoid slipping repeatedly into states of unconsciousness. Holding peace as a frequency then dovetails into one's awareness of inner-being. One monitors the life script pulling the mind into situations, triggering uneasiness. Initially shorter flashes of conscious presence come—aware of a shadow self caught in social rolls we all do play in life. Forgetfulness pulls one's mind repeatedly into unconscious dreaming. Notice it, then reset. *A* In the back and fourth from being lost in unconscious dreaming to conscious awareness focus on the now while alert to all deviation—a formidable challenge. Described in the work with a word often used...'foreverness' no beginning nor end—words use as tools and *A*—One ceases doing whatever they were doing to focuses on alertness to their mind being pulled repeatedly into unconscious dreaming. In a manner of speaking, they reset so to retain conscious awareness. With alertness gradually awareness is then more-so consistent. This act of resetting likely will go on for an undetermined number of times to a point it gradually becomes normalized. The same way fear and unconsciousness had been through a lifetime of endless amounts of indoctrinated programming throughout life had done so to bring one to be a slave to ego and their life script.

points to resolve necessary so to press on regardless of how long it requires to hold alertness, still many fall prey to unconscious dreaming for the duration of their life. Serious students faced with what seems to be impossible, accept and presses on steadfast. With persistence one sees awareness is all there ever is.-*A* Those spiritually inclined to the degree referenced herein, do help others believe it is possible—resolute focus on persistence, one 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 one may find themselves touting: 'Nice try ego.' Similar to catching 'magical thinking' prior to it pulling one into unconscious dreaming to merely become lost in the dream of form. So forgetfulness veils awareness of space in one's mind. Martial artist's know how to create space—similar in that one creates space in their mind through pure observation of it. Thought and or day dreaming is busyness in life, often this injects memory—present awareness is lost only to find oneself in a mind identified state again. With persistence awareness of Being rises, yet it's unfamiliar, the now brings consistent alertness, the mind here and now sees thoughts mistake, gradually rolls have less control over the mind and they're now seen to be a tool, ego challenging one to remain focused. Little by little duration of alertness will extend till times illusion is seen as one continuous moment, that is conscious presence. Noticing patterns they're then used practically, one no longer loses themselves to the dream. Mind games observed, one is more in the here and now, no longer in past or future, they're no longer lost to social rolls there-in. Additionally, no one can know exactly how long it requires to reach the point forgetfulness and blocks will be transcended. Peacefully and patiently, we all watch our life script egoic mind and blocks as best as we can. Emerging from forgetfulness one sees and accepts it had controlled them. In most cases one's awareness of: Their mind had been ensnared by forgetfulness. Intermittently, awareness while in the state, yet unable to transcend it. With persistence one's awareness is more consistent. Finally the 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, including dreams, so 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 common as well. In life there are no shortages of things to be angry about. Anger, as in all blocks to an ordered mind are opportunities, again tests in the school of life. Opportunities for one to go deep into peace. It was asked many times in spiritual conversations of those dealing with anger: 'Do you 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—until waters calm enough for one to see their own thoughts-actions or feelings associated with what had happened to see anger had carried them away, proving it's all too easy to fall under its control. Caught in anger many are infected by often is apparent to others yet not to the afflicted. A back and fourth endorphin high is definitely at play here—the wheel of insanity we've referenced. Anger intensifies, rising to a storm the afflicted are caught up in it to the degree they simply cannot see it till they calm down. Indeed seeming as if some life situation had caused anger, which there are no shortages of yet this creates an implausible or at least extremely improbable solution. Let us say someone did something to cause anger. The tendency to see it as the other persons responsibility to change for one to transcend the anger is strong. And in a majority of cases unlikely because anger is the person, it's inside of them. One can see anger more-so than not, is a flippant response to life situations. One chooses to be angry and admitted or not chooses to remain so. A cornerstone of emotional intelligence is acceptance, alertness is vital as well. So the four cornerstones to higher levels of consciousness are: Courage, ascending into neutrality, willingness and once again acceptance of what is. Similar to all blocks to an ordered mind, anger is accepted to be something inside—one feels anger—allowing themselves to be angry. We must be absolutely focused and calm to see this. When upset we cannot see what to do. Calmly watching anger arising within it can be felt welling up in-side, we are catching it before it possess our mind so the ability to see it is not lost, and if so 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 responses, key to catching it before rising to a storm and taking over. Caught in past or projected memory, the prerequisite to all triggered problematic situations, pulls one away from awareness of the now into psychological time. Calmly focus to then 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. The need to work at it regardless of how difficult it seems is key. Consistently listen to the life script filled with programmed anger, remain calm and focus. Holding a peace frequency we avoid being swept up into anxiousness. Life flows when peace pervades. An ordered mind sees the futility of anger then catches it prior to being taken over. Anger as a condition ought to be seen from this perspective so then its negative fear energy is vanquished from collective consciousness. Blocks are all derivatives of fear so should anger well up notice it. Watch old habits—ego's reactionary responses furthering anger and transmute it to see it before the mind gets caught up in it. The mind watches without attachment to anger programmed into our script—transcended through peaceful love. We're taught by our programmers who themselves were programmed. Have resolute persistence in watching the life script, rolls, and mind patterns all mere triggers to emotional responses fomented in over-thinking egoic minds. Steadfast one sees and reclaims energy from the egoic mind, the praetorian guard for all life scripts. Focus on alertness and see anger as negative fear energy rising to take over. Focused consistent observation helps to see anger, consistently done, all anger dissipates. Extreme emotion-thought and aggressive behavior warns us. 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 then reflect on the situation so to prepare for the next time. Engage pure observation, passively watch ego and patterns so to see that an egoic mind seeks control of the mind. As said here—in the mind is using the person so the person needs to use the 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 so 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 are not ready so they need ego to control them. Conscious awareness comes to those who see the mind had controlled them. Pride loudly proclaims—watching the mind isn't necessary and it's true for one 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 yet ironically this keeps the mind alert. Pride comes before a fall, it is 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 then is no longer needed. Pride dominates egocentric intellectuals who tend to embrace it and often proclaim spirituality speaking, intellect absent the spiritual factor will foster peace and or contentment. Resulting in the additional loss of inner-source and alertness through overthinking—thought based intellectual reason. 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 is a mind using the person, in such as these ego dominates. Humility, key to seeing pride, and nurtured dissolves the ego. Ego loves pride, it feeds its pernicious objective. Ask daily often who is the I that is enamored with pride—who am I? Ego is the recipient of pride or for that matter all blocks to a mind brought to order.

.....GUILT.....

Having an abundance tends to foment guilt. Guilt as with any block is learned—in academia it's often a tool for indoctrination. Typically fomented in childhood it is conditioning, and a part of the life script. Guilt is a peculiar block in that it's stealth-ensconced deep inside, it's a symbiotic relationship as blocks are and feeds on its host. Guilt traps us in unconsciousness. Trapped in guilt one tends to be accident prone—feels 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, 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 wrong or will do wrong, again time, past and or future—a prerequisite to guilt as a block taking over preventing us all from having consistent inner-being awareness, guilt creating feelings of shame and or apathy. Blocks promote problematic indoctrinated self-centered incessant thinking or baggage one tends to cling to. Creating an uneasiness or dis-ease, often resulting in a general dread for life. All negative energy bred in thought, often drastically weakening 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 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 to root out guilt—if we're feeling guiltily ego uses it to control the person via the egoic minds experiencing of it so that its host can control.

.....**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. As the realization of one desire comes and there is satisfaction for a while, it's quickly replaced with merely another desire. Asking: 'Then what' is a helpful practical use of memory. Desire whispers: The highest high is always around the corner. Still, the afflicted student wants only 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 when we finally 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 Clearly a mind which “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 alertness, then an awareness. An innocence and wisdom merged. Peaceful love then, 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 are confused, there is uncertainty, 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—an afflicted student often wallows 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 enough 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 are 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 point the way only. 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 spiritual travelers must keep going but do not ask why or the egoic mind will find ample reasons to capitulate.

.....SHAME.....

Very difficult and often fomented in childhood. To shame a child may be one of 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. And is exasperated by suppressing it, it is a real catch 22 to deal with. What one was shamed for usually comes via nefarious actions creating loathing repressed deep within one's psyche. Only via courage can one look at shame logically. Often it isn't their fault, still generally so deeply embedded in a travelers life script it's 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 then dealing with shame. Severe abuse is often associated with shame. Suicide, a result of deep clinical depression is all too common due the energy level of the afflicted being so 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, forgiveness and to see one's shadow self.

The catch 22 is a feeling of not being loved, which children or for that matter anyone wants needs and longs for deep inside, is denied by shame they feel. One feels he or she does not 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 just the most powerful thing in our life, it's actually the core of every human-beings soul, their essence or as said repeatedly, inner-being, one's light inside is love itself. The feeling of not being loved is the 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 it is too painful to look at, therefore ironic because this is required to transcend it. Identification as one's 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 is happening, is key to walking through pain to inner-being awareness. Going inside to the source, the powerful love inside, asking for help is key. Love is blocked by the shame one feels. Rising above thought brings love. A mind in disorder is incapable of fostering the discipline needed to observe and listen—the disciplined mind turned upon itself uses the mind as intended. This brings the life script, mind patterns, social rolls one plays and ego itself, all auto pilot programs, into the fold so to reclaim energy. Ego benignly serves us then, through an alert mind. Having done the necessary work to bring a mind to order ushers in peace on earth—such as these are the meek who shall inherit the earth. A new human-being arises to live life in the 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 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-philosoper-sales person -wife-mother-father-husband-happy-sad-good-bad and so on, all too often we

exclusively identify as the roll. Potentially, interaction we have at the level of effect are rolls in one's script. Ask the following questions, seriously inquire: Who am I? Who is the me? Who are we? Can the rolls played, a you identity thought has created, be dropped when not needed? Can we transcend our 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 of lost awareness—can we notice to the extent we see ourselves caught in unconscious dreaming? Should rolls be transcended? And judgment, who is qualified to judge? Should we rise above judgment whenever possible? Can others be forgiven for unconsciousness? Is this possible at the level of effect, or must humanity collectively awaken to vanquish fear from all minds? Can individuals who suffer be unattached to a propensity for aggressive behavior and judgment? It requires a mind that is absolutely focused and in the now. In unconscious dreaming roll play is perpetually unseen and traps one's mind in dualism. Should readers ponder these questions they've taken the rudimentary step into spirituality. We are inquiring into rolls we all play and all controlling mind patterns. Consider the advantage of going beyond it all, to put one foot in front of the other projecting love the bi-product of peace, not fear. Again ego and rolls are necessary to be functional in daily life. That said alertness to rolls and simultaneously noticing the self playing them, they have less control so perhaps the level of attachment to rolls could be reduced then, lessening the tendency to become them so we don't lose ourselves. And lost we're then relegated to play rolls which inevitably interact with other people's rolls, e. g. the car is being repaired, the mechanic plays his roll and 'you' the roll of the customer. Yet this requires unwavering daily alertness to see in real-time, still many have admitted the ability to focus on this lasts mere seconds, holding conscious awareness beyond this is difficult at best. All spiritual students via alertness hold awareness so to observe and rise above thought. If worked at it is freedom from losing oneself in social rolls, and fine for practical purposes in life if we don't become lost in the roll. Mind patterns, rolls, a life script, are precisely what keeps us from seeing ego and challenges sanity itself, still if

watched egoic mind helps. To observe rolls can be the impetus for remaining present? The present moment then, fosters awareness of peaceful love and it mitigates fear. Alertness rising to foster awareness necessary to step into time-less inner-being, no longer getting lost in rolls. Rolls are needed to function yet can we via pure observation, see the back and fourth illusion, be aware so to see the 'I' playing the rolls? Inquire: Is there awareness of rolls as they are played while simultaneously feeling peaceful love? Do conflicted minds give rolls and thought patterns excessive control? If so it affects all of collective consciousness. Obviously negativity overwhelms us so do not resist it. Watch unattached, this transmutes it to peace through awareness—we don't carry on in the rolls beyond practical use. Awareness of the egoic I on life's stage is to have conscious presence—preferable to unconscious dreaming. To the degree one is unaware will match the resistance, i. e. negative fear energy pushing its way into a mind and it is lost in rolls—watch the I playing the rolls. We are referencing the spiritual event had—each of us develops our own alertness individually. Alertness and subsequent awareness, as in focusing on obtaining a goal or thinking in the form of concepts is not the awareness we referenced here-in. It is to be here, now, present, very alert and never anxious—the mind engages in pure observation of what's happening without memory labeling what that being observed. As thought enters to define the observed it is merely stored memory in a brain, not the actual present itself. Ideally these are all stepping stones to awareness via observation, ergo all awareness is to transcend memory experiences defining the now. Preoccupied with daily life one's awareness may be low yet the feeling of Being remains. Awareness of it just in the background is there, something we feel not know. Holding a peace energy frequency duration is extended. Although in the current situation few can do this consistently day after day—inner-being is felt within the body, it's to be in the here and now no longer lost in old memory images. The logical followup question one might have then is: “So if all interaction are rolls and awareness of what happens moment to moment is the only true reality, why any give energy to rolls at all?” This brings to mind the old saying: No man is an island unto himself, and speaks truth in this regard. One must interact just to be functional in the world, still we're suggesting to be *in* the world and not *of* the world. Difficult when surrounded by unconscious dreamers.

Rolls are necessary but create attachment if we get lost in them. On the stage of life consciousness becomes aware of itself so we could say to play rolls is useful as long as the student is aware of it and doesn't cling to the I's mental identification with them, sinking repeatedly into unconsciousness. And this is being done—playing rolls for practical purposes and simultaneously having awareness of Being. Should the roll no longer be needed, go deeper into what Tolle describes as: “In joy in my Self.” Considering the extent one clings to rolls and patterns is the measure of being lost in forgetfulness—one lost in images of now. Can the mind be alert and observant to a degree their stream of conscious awareness extends? Unattached, having present awareness to the degree required so to maintain awareness of Being. Can the mind peacefully observe rolls from a far and feel energy in the body, analogous to a low hum in the background, while simultaneously playing the rolls? We are asking can alertness to the rolls played be done while engaging in them, is this possible? Non-interest in seeing rolls we all do play, as useful, all the while alert so we don't lose ourselves in them equates to, we might as well stay in the dream. Allowing life to lead the way in pure observation one sees life situations are opportunities to adapt to all that arises here and now where peace is, helps to hold alertness fostering consistent awareness of Being. Awareness brings on a new way of seeing. *We've tried making human-beings better versions of themselves albeit this is something completely new.* In this quest ego in a peculiar way is essential, not via thought defining, fine for practical purposes, one's perspective changes so challenges seen before as ego blocking the way, now are seen as opportunities to go deeper into peace. One begins to see their ego testing them. Thank ego and the rolls for enhancing awareness—fostering a feeling of presence, alertness to life situations—a deeper state of conscious awareness. It is to see 'problems' facilitate conscious awareness. This is not to say that a student at this stage will always be happy. Surely there will be 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 foment dis-ease or at least create attachment, although these no longer disrupt one's peace—life is now seen through the eyes of causal level awareness, one sees they've been programmed, really sees ego controlling them, a necessary step toward awareness of ego, the script and programming in every person's life

indoctrinating them. Peaceful love now seen is everywhere albeit plainly not by unconscious dreamers, those who live in a mind identified state. The daily continuous chipping away at the rock of the students indoctrinated 'I' and all psychological baggage brings peaceful love through observation—one's mind watching itself. A beautiful statue is slowly revealed ego unwittingly allowed to come fourth, natural Self arises to a profound state of conscious awareness. Basically the personification of innocence and wisdom combined. Akin to the Yin and Yang symbol of the white fish and black fish in the same circle. The white fish has a black eye and black fish a white eye. The idea is that they must live in harmony, the Self and egoic self together within the same circle. Consciousness becomes aware of itself through us, no longer ruled by the life script, observation and awareness are then a powerful tool bringing one into now, this present moment, extending to a continuous stream, observation and awareness transcending consciousness itself. Spiritual lessons are now seen 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 so doing and in awareness of Being all life situations flow. When there's no longer the need to play rolls to satisfy life's demands, go deeper into peace to pure awareness. Be patient with the 'I' who portrays it as back and fourth, resist nothing, adapt to all that comes into here and now without anticipation of whatever comes. Who then could say what a spiritual traveler will do? They don't even know. Don't allow life situations to incite the 'you' into getting lost in rolls which is to say the dream of form, repeatedly lulling us back to sleep. Emotionally charged thought warns us—we are being pulled into drama rolls foment. Listen to the 'I' and the 'I' in others. Increasingly you'll discover playing rolls often exceed practical use of them. Natural Self sees it, can read the air when the tone of our voice or that of others begins to rise. A sign of a mind conflicted, triggering the 'I' within or in others, ego then reclaims controls its host. Watch, listen, notice, then 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, recognizing rolls as either fears aggression or prideful elation. Two sides of the same coin ramping up emotional investment in situations and along with it overthinking one's mind often does capitulate to—the point of loosing vital

alertness of the Self when old habits take control again. So then ego and roll play manifest 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, it is adapting to any situation through or by way of the energy of peaceful love, not fear energy pulling one 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 obviously is vital to alertness. We see egoic 'I' helps one retain alertness. Through honest objectivity one's higher Self sees the 'you' in rolls, overthinking and extreme emotions felt—concepts and mind patterns, the life script taught by programmers, this helps consciousness to 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 felt and having presence one is 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 perfect, as an unwritten number. Life situations actually seen, not memories of life—one moves deep into peace as a lifestyle. Non-attachment to emotional or mental concepts, intellectual labeling and resistance arising within, is awareness and transmutes it to peaceful love, to: *'Learn how to be you in time.'* **2** Dedicated persistence is key to awareness. Should that be so hard to do? Is not peaceful love derived beyond all description, worth it? One is freed from bondage to mind games, finally using their memory for practical purposes only. Basically enlightenment: 'A final spiritual state marked by the absence of desire and suffering.' Now coming full circle to the merger of wisdom with simplistic innocence, together these hold the peaceful-love energy frequency, i. e. one's serious commitment to retain alertness—ineffable stillness, glorious peaceful love, once more 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 then is the light of the world, that which psychological fear cannot stand up to. Peaceful and alert is the doorway for love, then the mind

comes to order, awakens to opposites and negates them all. 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, no longer does it inject itself into what we do—we are here and now.

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

We've traveled together on a spiritual journey. This work was written to bring the authors transfiguration to fruition and he hopes others too. So now we move beyond it all, beyond movement and analysis. *If this work helps to awaken the teacher within, to realize there's nowhere **to** move, analysis of the 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 help the reader see they can do the same then they will let go of previous chapters to be free to see there **is** liberation from the known. One's 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 then, is observation, one sees they've followed ego and the life scripts aggression—lived in fear-forever striving for arrival...understanding...moving from here to there, seeking to forge merely a better version of man with diminutive success. Endless mind games one's ego plays upon its host—the reader. We're born into a divisive world, educated..trained..programmed..propagandized, subverting awareness of and feelings of 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 a realization of deeper awareness, *and yes even this is the movement of thought when there is nowhere to move.* Dye to knowing and memory images defining; a profound state beyond time itself, one born anew. Conscious Awareness, here and now, free of bondage, overthinking and what The Buddha referred as: 'Impermanence.' As technology grows all humanity exponentially approaches a point of no return—a cross road. With solicitude we can see humanity being manipulated by mortal oligarch puppet masters of technology, purveyors of a fear paradigm—such as these worship at the alter of science and fear, they elevate themselves to levels of godhood, all a will to power honoring egoic self. Still, paying homage to the self inevitably comes

to an end. Illusions of godhood and old ways of man seeking better versions of themselves, then give way to observation and present moment awareness. Realizing George Gurdjieff's visionary teaching: 'The Natural human-being' by observation and awareness—fear and technology, a road we are presently on. 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? As A. S. I. moves to the singularity it's happening already. Should the masses be feared or will this reformation to peaceful love grow faster—akin to metaphorically a snow ball rolling down hill canceling fear? Again we're at a cross road wondering which way to go. Presented as a question to a child we imagine as they approach the fork in the road they'd naturally gravitate to their source—having been not far removed from it they still remember from where they came. Each day the child is pulled into the paradigm of fear sadly our world runs on, at least in the current situation. Do readers feel this oneness with source energy we're of and will return to is for the few awakened to via great pain, or can it happen for everyone? The dream of form may well be the catalyst for profound ubiquitous oneness. The source of life, of all that is, one's timeless essence. Feeling peace is oneness, beyond thoughts ability to know. Desire to know plays into egoic mind games. Clever mind games of dualism, the illusion veiling the source of all that is. To feel essence is not a process, it is done instantaneously vis-a-vis a mind stilled and aware, a mind unattached. We can conceded that transfiguration is an utterly unfamiliar way of seeing, life not to mention living it, quite possibly the most difficult undertaking any mind could ever undergo. So absolutely foreign, so completely contrary to what thought says is possible, many live in perpetual unconscious dreaming. Presently the opposite of what most can even fathom—we're conditioned-indoctrinated-educated-programmed-propagandized into fear as a paradigm to a point serious inquiry into oneness with peaceful loves energy frequency realistically as a new paradigm, and then to live peace as one's lifestyle it will demand spiritual transfiguration be taken extraordinarily serious. Simply to reach rudimentary initial first steps requires a seriousness beyond what is believed at all possible. Clinging to time and or overthinking-one's life script and egoic mind, the protectorate of the above, makes all this for the average person a monumental task indeed.

We've barely scratched the surface using fear and thoughts memory images. Fear leads down the road to over-dependence upon technology and likely will not end well if those who perpetually live in a paradigm of fear project fears directives believing they are 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's courage-neutrality-willingness-acceptance, additionally having a perspicacious nature this work repeatedly points to promotes truth via an innocence merged with a deeper wisdom. Perhaps the road of technology and those seeking power and wealth for the sake of power and wealth may prevail, there are no guarantees. Should we destroy ourselves consciousness goes on. It speaks of two axioms: One is we are not all that important in the overall scheme of things. Two is: Remember pride comes before a fall. We're advocating a different direction, one of peace. Which road then, 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. A lot of martial art instruction is fear motivated. Students become good at martial art via fear, manifesting as anger and desire to harm other people. The insanity is all too clear—fear is a reason countries go to war. The proverbial us against them. The author has profound respect two martial arts instructors mentioned in the acknowledgments. First Grand Master Terrill, was like a father. Secondly Sifu Trent, a dedicated and lethal martial artist. Recalling Sifu Trent as we sat eating lunch some years ago, in our conversation he asked a question: 'What is the future of traditional martial art?' The author suggested a return to Taoist and Zen monks original intention, awakening peaceful-love, a paradigm for all humanity, innocence merged with a deeper wisdom, to know oneself. The Xin-Tao style of martial art is a personification of this ideal, using martial art as a vehicle. -A Humanity must endure spiritual rebirth to the great shift in consciousness to a peaceful love paradigm. A caveat: It's conceded to be so far outside the current box an extraordinary mind is necessary for it to come to fruition. So with continuous persistent determination we recommend as K suggested we do to: Do it sir. -1 motivated by peace-out of peace love enters the world—*A revitalization, that there is nowhere to move, pure awareness is all there ever is.*

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 spiritually 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 the author, is something he often doesn't want at times to do on the surface yet feels he must do—A caveat to this 2026 revised edition.

EPILOGUE

This work has visited many of the same concepts repeatedly. This is key to reaching the actual Self behind egoic self veiled by an undisciplined mind, which is to say one mind identified. Repetitive practice is key to successfully letting it all go. In martial art repetitive practice is fundamental then and this is similar. After much questioning we finally see the conflicted mind with its endless concepts and we proclaim enough! Beginning the daily decrease until awareness is awakened. Enlightenment—seeing life and one's part in it. To be proficient at letting it all go. Requiring extensive inquiry, loving honesty and a total willingness to move through pain which at this point seems necessary for people to break down blocks the life script foments. Ponder the following: Imagine it was possible to go back to childhood before age six years and take control over what one's programmers programmed them to be. To plant ideas contained in this work, psychologically speaking one plants the seeds of love prior to the egoic minds fear paradigm taking control—how different would the world would be—how easy peaceful-love would have been absorbed into a mind? The future of enlightenment's success isn't just in the hands of adults, but in the hands of children too. This points to a wonderful axiom: 'Let the little children come to me for the Kingdom of Heaven belongs to such as these.'¹ Does it bring a smile to the face considering in one generation should we start with our own children, giving them a real chance at freedom to usher in peaceful loves non-aggression—that our own children, the greatest gift we leave the world and future generation's along with all other children would be the one's who saved the world. It stimulates an already vivid imagination and with it a bit of humorous irony brings on a feeling that perhaps all schools will teach spirituality as they would any other subject. As said herein children prior to age five or six years learn at a faster than they ever will thereafter. A hunger to learn without bias or resistance is unparalleled prior to a life script taking hold. In innocence, if allowed to engage in critical thinking they would think for themselves which fosters self-determination having as yet not been indoctrinated into the fear paradigm our world runs on. Does this not bring a smile to the face with perhaps just a glimmer of hope-faith and love coming

from within? Because it certainly does for the one who writes this. So a transfiguration fundamentally is choice-less awareness—one's 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 are taught early enough and is worth whatever effort made. Let us close with a quote from George Gurdjieff: 'There is a growth of personality at the cost of essence. That is a growth of the artificial to what is foreign. We see everywhere the rising of the foreign at the cost of the natural, what is real and what is one's own, see a preponderance of vulgarity and the systemic, and in life we see only new divisions. This is 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 this can be done via teaching spirituality to children before their life script is solidified, to plant seeds of love rather than fear so peaceful love's energy frequency is seen. Children are the future, from this perspective they literally are. Finally, the world is going to do what it does. The best way to change our 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, firstly listen to breathing, 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 frivolous thought pulling the mind into patterns and or social roles to a point once more we get lost in unconscious dreaming? In pure observation a mind takes on an increasing order and clarity. The mind sharpened into a tool then turned upon itself enables one and all 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 Be stalwart and with steadfast persistence it will come to be.

WHAT DO YOU KNOW ABOUT ENLIGHTENMENT

For J his spiritual vehicle was martial art

Martial art can foster the alertness necessary

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.*

Peaceful love as a 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 the 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 wisdom with 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 we are all programmed into. As their life script develops before suffering their loss of innocence...innocence being one's foundation of the enlightened soul and this merged with a far deeper wisdom ushers in the—'Meek who shall inherit the earth.' A totally new kind of human-being who chooses peace as their lifestyle and rooted in wisdom sees, then subverts the current dominant fear paradigm. Cultivating higher reasoning finally sees what is done is done to our Self. Then feeling actual love without opposite sees now as the only true reality. Rising with consciousness as it evolves we then will be one world with little or no government needed because the minds of those serious and their off spring will choose love which is the love inside without opposite. With innocence and wisdom combined people no longer need to be told what to do. Then at long last paradise is reclaimed. The final work will be: 'The Traveler'...an Enlightened Souls Journey. Beyond This who really knows. Lastly the quotes, ideas, thoughts from all other sources, used to put an emphasis upon ideas contained in this work or at least seeking to explain the authors meaning and or to help convey his point of view. Lastly, always keep going.

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 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
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 memory images of the now. And even to say that is to have lost the state to
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 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. To spread them is not all together 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 does require arduous day to day work, notwithstanding it is where we are going anyway so we should get on with it. So there it is, now make a difference, live peace as your life style, awaken to the current dominant fear paradigm by simply living the peaceful love paradigm.

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