

'I'



Why/What/How/Who am "I"?

Exploring the 9-senses

Ari Terblanche

“I”

Why-What-Who am “I”?

Exploring the 9-senses

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Part 1 - The 9 Senses

How do I make Sense of the world?

What is the meaning of life? Why am I here? How do I express myself? Where do I come from? Who am "I"?

How do I make sense of the world around me, my own inner world, and the universe beyond?

How do I make sense of all the information that enters my body through my physical senses?

How do I interpret information entering through my emotions and what does it reveal about my response to external events, and internal states?

How can I gain a better understanding of my thoughts, my subconscious programming, and the superconscious?

Can I express my Self through who I am, who I'm Being? How do I bring more meaning into my life and into the life of others?

Why-What-Who am "I"?

Is there any point in all this information, sensing, emotion, thinking, experiencing, pain, pleasure, suffering, claiming, growing, seeking, fear, love, and everything in between?

Is it possible to bring all of this together in a meaningful and sensible way?

We propose the concept of the Nine-Senses and the Nine-Sense-Being. In this book, we'll explore this concept and also look at several tools, methods, and metaphors to help us figure out some of these questions.

Introduction to the 9 Senses

We perceive the world through our senses, and this creates our reality.

Our senses allow us to experience and interact with the world around us. We unconsciously gather, filter, and analyse information, then store and recall it, reason about it, and react to it. The information flowing into our consciousness determines our internal and external experience of the world and this creates our reality. It defines who and what we are, and this shapes our worldview which determines how we respond to the world and how we express ourselves in it. In other words, it creates our personality.

Even though we unconsciously define, experience, and express ourselves through the senses, we are more than our senses. Because our senses are separate from us, we can observe them, and if we do this, we can consciously examine them with more objectivity. This allows us to redefine ourselves, express ourselves in new ways, and respond to situations differently.

We can easily distinguish between the observer and that which is being observed when we use our five traditional senses. When we look at a tree, we do not "become" a tree, we simply see a tree and understand that we are looking at a tree. We can then choose to look away and focus our attention on something else, or we can study it in greater depth, or just appreciate it for what it is.

We are not our senses.

We use the senses to actively explore the world rather than just passively perceive it. We can, for example, passively hear all of the sounds in our environment, but we can also actively focus on a conversation between two people in a crowded room, or we can let our hearing expand out to the faintest and most distant sounds. We can use our intention and attention to zoom in on small details or zoom out to see the big picture.

There is a two-way street of information constantly flowing in and out of our consciousness. We take in information, but we also project meaning onto sense objects, which take on the significance that we give them.

Consciousness may be seen as an information-sharing system with several methods for input, output, storage, processing, and evaluation. We are both receivers and transmitters of information, and we have the ability to modify that information, therefore we are also transducers of information. We make sense of the data and use it to shape our lives.

We can only experience sensory input in real-time, so sensual awareness always brings us into the present.

To receive information, we need sensors. Traditionally we limit these to our five physical senses, but we would like to expand that understanding to include four more. In this book we will consider and explore thought, emotion, the subconscious, and the superconscious as fundamental senses as well, bringing us to a total of 9 Senses.

These additional senses provide us with even more subjective and objective information, allowing us to broaden our perspective of the world. We can objectively observe and examine our emotions, thoughts, subconscious programming, and superconscious connection, enabling us to rise above them. We can now take control of them, instead of being controlled by them.

Although we divide them into nine unique senses, they are all essentially one sense of touch, perceiving different vibrations at different frequencies and allowing us to be "in touch" with all our worlds.

Like smell and taste, sight and sound, emotions and thoughts, superconscious and "gut feel," they frequently overlap and influence each other. Noticing their overlap and interconnectedness, we should be able to integrate them all into one, but only if we are aware of all of them simultaneously and in equal measure, which is something we rarely do consciously but continually do unconsciously.

For the time being, it's easier to work with them separately because going from 5 to 9 is a significant change that will take some getting used to.

The 9 Senses are:

Visual – Sight

Auditory – Sound

Olfactory – Smell

Gustatory – Taste

Somatic - Touch

Emotional – Emotion

Mental – Thought

Subconscious – Programming

Superconscious – Knowing

The 9 Senses

The 9 Senses idea seeks to integrate all modalities of sensory perception into a comprehensive understanding of our perceptual experience.

Information is gathered by the senses through external and internal stimuli, and once perceived, it is acted upon and interacted with. This perception and cognition of our surroundings result in attention, intention, action, and contemplation.

Consider sight: we can see an object, we are aware of our vision, we respond to external and internal stimuli, we learn about our surroundings, and we can direct our attention to a specific object. Now, consider emotion and thought to be senses. We can "feel" our emotions and "see" our thoughts, we are aware of our emotional and mental states, both respond to external and internal stimuli, both provide information, and we can focus our attention on both. So, how does that differ from traditional senses?

Bandwidth limiting:

Bandwidth limiting occurs when we unconsciously limit the amount of information we take in at any given moment. All the information coming in from all the sense bands can be quite overwhelming, and this applies to both "old" and "new" senses. Take a look around you, do you "see" every detail, colour, texture, and shape, or just "things" like walls, doors, furniture, and so on? Although our conscious mind must filter out a great deal of detail, our subconscious has a much larger bandwidth and does not need to filter anything out.

Our "new" senses are similarly restricted by how much attention we pay to them, and most of us don't conceive of them as senses. As a result, our experience of these senses may be relatively limited, nonetheless, just because we are not consciously aware of focusing our attention on them doesn't mean they don't exist.

We'll take a quick look at the traditional five senses before delving deeper into the "new" senses.

1. Taste

"Taste receptors are receptor proteins that recognize ligands belonging to one of the five taste modalities: salty, sweet, bitter, sour, and umami... In humans, the gustatory system consists of taste cells in the mouth... several cranial nerves, and the gustatory cortex." ("Microbiome - Latest research and news | Nature,")

2. Smell

Using the nose to detect odours or scents. The sense of smell serves a variety of purposes, including identifying odours, detecting hazards, and detecting pheromones, as well as playing a role in taste, memory, and emotion.

3. Touch

The somatosensory system is the part of the sensory system that is responsible for the conscious perception of touch, pressure, pain, temperature, position, movement, and vibration, all of which are emitted by the muscles, joints, skin, and fascia.

4. Sound

Sound is a vibration that travels through a transmission medium such as a gas, liquid, or solid as an audible wave of pressure. The auditory system consists of both peripheral structures (e.g., outer, middle, and inner ear) and brain regions (cochlear nuclei, superior olivary nuclei, lateral lemniscus, inferior colliculus, medial geniculate nuclei, and auditory cortex).

5. Sight

Visual perception is the ability to interpret the surrounding environment using light in the visible spectrum reflected by objects in the environment, and it refers to the brain's ability to make sense of what the eyes see. It includes photopic vision, colour vision, scotopic vision, and mesopic vision.

6. Emotions

Emotion refers to the complex interplay between physiological, psychological, and metaphysical responses to external events, internal states, and thought patterns. It involves the intricate reaction of the body, mind, and nervous system to various stimuli, and interacts with the subconscious mind while also being connected to external emotional fields or states.

Moreover, emotional expressions carry valuable information that can be classified into four categories. Firstly, they convey the individual's present emotional state. Secondly, they reveal what is happening in the immediate context. Thirdly, they communicate the desired actions from others who perceive the expression. Lastly, emotional expressions also provide insight into the person's intentions and plans for the future.

Although anger, fear, happiness, sadness, disgust, and surprise are commonly recognized as the "basic" emotions, there are actually over 20 others that exhibit unique, multi-modal expressions.

By learning to view emotions as a sense, we can reevaluate our perception and interpretation of any emotion that presents itself to us. In essence, we can distinguish between the observer and that which is observed and choose how we react to emotions accordingly.

To gain control over our senses, we must separate ourselves from them. For example, when we experience anger, we don't have to succumb to it; instead, we can observe it as energy in motion and decide whether or not to identify with it.

Internally, the body and mind generate emotions, but they can also exist externally as distinct frequencies within the emotional band. (Picking up the "vibe" in a room full of people, for example.)

But how can emotions exist outside of us and be considered "things"? This depends on our perspective. When we look at a tree, our eyes perceive shapes and colours by detecting the appropriate frequencies within the visual band of the electromagnetic spectrum, resulting in a field-sense-resonance. Our brains then interpret these vibrations as dark, light, contrast, and colour, creating the image of a tree. We thus perceive the tree as an object or "thing" outside of ourselves. We can become aware of it, acknowledge its existence, and choose whether to give it our full attention or divert our attention to something else.

Let us now consider emotions as various vibrational states within the emotional band.

Specific frequencies within this band will elicit different emotions within us, and our reactions to these emotions will be based on how we perceive, analyse, interpret, and experience them. While some emotions may be considered "negative" due to their lower vibrations, and others "positive" due to their higher vibrations, ultimately it is our interpretation of them that distinguishes them.

Transmuting Emotion

When we become aware of having a sense of emotion that can perceive the whole spectrum of emotions, we can become aware that we can get information about a specific emotion, let's say "anger". We sense this energy in the body, and it then gets processed as a feeling of "anger" in our brains with its associated thoughts and interpretations. It's not "my anger" or that "I am angry" or "you are angry at me", we do not claim it as "mine" but see it for what it is, an emotional energy called "anger", not ours, not anybody else's, like the tree it is not ours or anybody else's. We can consciously decide what we do with this moving energy called "anger" and choose to let it go, to let it dissipate, or we can change its form and turn it into motivation or forgiveness, or we can really take it personally and turn it into hate or despair. The important thing to remember is that we now have a choice in how we respond, and that we are not controlled by our emotions.

This is critical because, at the end of the day, there are only two emotions: fear and love, and from these two, you can transmute or change any other emotion into either positive or negative energy.

Emotion, or e-motion, is energy in motion, and because energy cannot be created or destroyed, we can only direct it down one of two paths, love or fear, and watch it change form.

Anger comes from fear, a fear that we are mortal and will die, the fear of death. This means that someone can kill us or take something away from us. The fear of death and loss creates a sense of vulnerability and insecurity, leading to a feeling of helplessness. As this feeling of helplessness intensifies, it can turn into desperation, which then progresses to anguish, pain, and finally agony. This confirms our initial fear of death or loss and ignites a sense of anger, as we feel the need to defend ourselves. If left unchecked, this anger can escalate into hate, causing us to lash out and harm others. And if we do, they get angry and retaliate. This destructive cycle can spiral out of control, ultimately leading to the belief that the world is an unfair and hostile place, where everyone is out to harm or kill us. This only reinforces our original fear, creating a never-ending cycle of negativity and destruction.

But we can also choose to transform anger into love. We can recognize that "anger" comes from outside of us and is not a part of us. It cannot harm or control us because it is just a passing emotion. It cannot destroy or kill us. We are made of the same eternal and indestructible energy as everything else, and bundles of that energy are called souls. It is the purest form of energy, and although it can change form and leave the physical body it does not necessarily mean it dies, it lives on. Therefore, there is no need for us to fear anything.

If someone directs "anger" towards us, we can see that it comes from their fear, which is based on something that does not even exist. By understanding how they feel, we can develop compassion for them, which leads to forgiveness and kindness. We can even become friends with them, realizing that we are no different from each other. We can see ourselves in them and them in us, recognizing that there is only one of us and that we are all part of that One. This understanding leads to love, the ultimate reality that dispels fear as an illusion that separates us from the whole. The illusion is first brought on by the feeling of "I am", the first glimpse of self-consciousness and the awareness of I. Fear is born at the very next thought after "I am", and that is, "what happens if I am not", no more, nothing?

By choosing the way of love, we can break the cycle of fear and embrace the all-encompassing unity of love.

The significance of having 9 senses is that it enables us to view our emotions as distinct from ourselves, giving us the ability to observe them in an objective manner and exercise control over them. Rather than being solely an internal, inherent aspect of ourselves, emotions are a malleable and manageable link to a fused internal and external force or field.

7. Thought

Thoughts are serial, we only have one at a time. They can be ordered thoughts as presented by the rational, reasoning, logical mind; or the internal dialogue about our perception of the world, belief systems, likes and dislikes, and internal loops of recurring thoughts.

Then there are the seemingly random thoughts that enter our minds. Clear insights can sometimes emerge spontaneously, based on intuition rather than logic. It expresses inspiration, full concept perception, Eureka moments, creative bursts, flow states, and moments of complete clarity as a parallel process connected to and interacting with the superconscious.

"Thoughts are universally, not individually, rooted... These thoughts don't belong to us but are universally available to those who live more on that level of consciousness. (Ananda, n.d.)

"Thoughts come into our minds through avenues which we never left open, and thoughts go out of our minds through avenues which we never voluntarily opened..." (Emerson, n.d.)

The hardest thing for us to admit is that our thoughts aren't always our own. Yes, we have a lot of internal chatter, and unfortunately, a lot of it is negative or centred on our ego. (What do people think of me, how many followers do I have, will I get my dream job, will s/he like me, etc.)

We connect to the external mental field of ideas and concepts through thought-bands. (Inspiration, problem-solving, creativity, discoveries, and so on.)

Have you ever tried to solve a problem but found yourself going in circles and getting nowhere? But after you've relaxed a bit or "slept on it," a fully formed idea "popped" into your head. What is the source of this insight? Is it your brain making the right connections on its own, your subconscious, or something else entirely? Is it possible that there is an external field of information filled with fully formed ideas and concepts? Is it possible to raise our vibration in order to resonate with it?

Why do certain questions pop into our heads out of nowhere, sometimes completely unrelated to anything we've ever thought about or considered? If a question arises, it implies that an answer exists.

We have control over our thoughts if we can see them as information contained in the thought-band that is objectively observable and separate from us.

We can become aware of any thought once we make this shift, and we can acknowledge its existence, and choose to give it our attention or let it go. This ability can have a significant impact on our lives by allowing us to make a conscious decision to focus on something more positive rather than being caught up in negative thoughts. We have control over what we think and feel because we have a choice, but we must also accept responsibility for our thoughts and emotions.

8. Subconscious

The Oxford Dictionary define the Subconscious as: "Of or concerning the part of the mind of which one is not fully aware, but which influences one's actions and feelings."

In an expanded definition of the Subconscious it can be defined as: the full bandwidth perception of all the sense bands, recording everything we see, hear, touch, smell, taste, feel and think, from the smallest detail to the overall state of being. It's a permanent record of everything an individual has experienced (been, thought, felt, and done) in the past. Information is stored internally as neural patterns or as cellular memory, and externally in the individual's resonant memory field.

The Subconscious remembers everything and forgets nothing.

Genetic programming and instincts, as well as external programming such as belief systems, social systems, indoctrination, and culture, are all part of the subconscious. It's a combination of nature and nurture.

The unconscious, as well as the nervous system as a whole, including the autonomic nervous system, the "drug factory" of endorphins, and the central nervous system, are all included.

It is linked to the collective unconscious and may include psychic abilities such as telekinesis, telepathy, and clairvoyance, among others.

Everything we perceive is filtered through it, and it is interconnected and interacts with the emotional and mental aspects of perception.

Recall and filter through the Critical mind.

The critical mind can be regarded as the mind's watchdog. It filters all the information from the senses before it can become part of our lived reality. Our personal belief systems, which are a combination of our personal experiences, indoctrination, worldview, likes and dislikes, preconceived ideas, and historical and cultural influences, are all filters. The critical mind works consciously through reasoning, judgement, interpretation, and evaluation, but it mostly works unconsciously through an automatic reaction governed by our belief systems.

Pure information enters our field of perception through all 9 senses and is stored directly in our subconscious, before being filtered by our critical mind which sorts it into acceptable and unacceptable content. Information that supports our beliefs is readily accepted, while information that contradicts our beliefs is largely ignored. Racism, bigotry, extremism, chauvinism, and fanaticism will be the most negative examples of the critical mind at work, while people who are completely open-minded, impartial, unbiased, philanthropic, and magnanimous will be the most positive examples, but most of us will fall somewhere in between these extremes. This wide variation is due to differences in our critical mind's filtering processes.

The critical mind influences not only how we perceive our current situation but also how we perceive the past and the future, as it filters our memories and expectations as well. The critical mind is the reason why a group of people can have vastly different experiences of the same event as it unfolds, recall it differently later, and have vastly different expectations for the future, all stemming from the same event.

The critical mind is our best friend because it protects and stabilizes us, keeping us relatively sane. However, if it is allowed to rule unquestioned, unchallenged, and unobserved, it can become our worst enemy.

We may need to bypass the critical mind in order to gain full access to the subconscious, but before we can control it, we must first be able to observe and understand its function.

Bypassing the critical mind allows us to observe and interact with the subconscious, and once this connection is established, it allows us to connect with the superconscious.

We like to think that we act consciously all of the time, but we actually operate primarily through our subconscious mind, with non-conscious cognitive activities accounting for roughly 95% of our actions.

It's one of the more elusive senses but it's also one of the most powerful compared to the other seven we've discussed so far.

9. Superconscious

Emerson said "We live in succession, in division, in parts, in particles. Meantime within man is the soul of the whole, the wise silence, the universal beauty, to which every part and particle is equally related, the Eternal One.... When it breathes through his intellect, it is genius, when it breathes through his will, it is virtue, when it flows through his affection, it is love."

"The superconscious is where ideas for truly great works of art, music, prose, poetry, great scientific discoveries, and deep spiritual experiences are found. The superconscious mind sees that everything is, in reality, made of energy and consciousness and, therefore, it sees the underlying unity behind the outer forms."
(Ananda)

In the superconscious, a dissolution of the Individual consciousness into the Universal Consciousness occurs, removing any distinction between the two, and creating a direct connection with the Universal Field of information. It's the Body-Spirit-Soul connection to Universal Awareness, Universal Consciousness, and Universal Mind, a direct connection to the Divine, whatever you may call that essence, Force, God, Absolute, Source, Energy, Universe, or Unconditional Love. It's the Mystical experience and Union with the One.

The superconscious is also where we find inspiration, intuition, and inner "knowing," as well as where we perceive Quality, automatically distinguishing "good" from "bad," and where we hear our conscience's little voice.

It can include communication with angels, guides, the higher self, gurus, and masters, and it is also where we experience the life force energy known as Chi, Prana, or Kundalini.

Enlightenment - first-person account and description of Self-realization

"I sat on the edge of my bed with both my feet on the floor, my hands resting palms up and relaxed, just above the knees.

I imagined coloured lights coming from above my head, flowing into and over my body, washing away any stress and tension in my body, as it flowed through my feet and into the ground. The colours were emerald green, royal blue, and purple.

I breathed deeply as I visualised the colours flowing through me, and became quite relaxed.

My focus now was on fear, and how to release it. First I started with my biggest and most obvious fears and imagined that I could look at them objectively. Just allowing the fear to slowly arise from deep inside of me, witnessing and observing it objectively as a separate entity. It is not "my" fear but just "a" fear. Acknowledge it for what it is, and let it go. Once that is done, you bring up the next one. I did not think I had many fears but once the first couple surfaced slowly, the rate increased, and pretty soon all kinds of fears would present themselves in rapid succession. After I let go of them all, the fear of death presented itself and this took me a bit longer to let go of. I thought I was done, but I found myself on the edge of a bottomless abyss, and I realised that there was one more fear to deal with, the fear of losing my Soul... I instinctively knew that if I jumped, that that would be it, game over... I let the fear surface and tried to let it go, but this was definitely not easy at all... After a while I just thought, stuff it, and jumped into the Abyss...

The Void: Black, darkness, nothing, no me, no thoughts, but strangely I was still somehow aware. I can't describe this at all. There, but not. Aware, beyond awareness. Something like that. I don't know how long I was in this state, but then BAM.

The Big Bang: I was hit with the most incredibly bright, pure Golden Light, right in the middle of my forehead or Third Eye. I was immediately filled with what I can only describe as Pure Unconditional Love. (I don't like using the word "love", because it has been used, abused, manipulated, and twisted to mean something completely different, but that is all I have to work with for now.) I was Home, and an unbelievable sense of Peace filled my whole being, Pure Bliss, I experienced a deep inner Calm, I was the Light and the Light was me, it filled me and the entire Universe, Pure Energy, I was One, and I knew everything, absolutely Everything. There is no Time, everything happens and unfolds in a single, eternal moment of now.

There is no real way for me to describe this more accurately in human words and terms, anything I can say is just a feeble attempt to describe the indescribable. I can now completely understand it when people try to describe it as "looking upon the face of God".

Throughout history, many people have described this experience, and religions and wisdom traditions were born from it, but ultimately it can only be experienced directly, and no explanation will suffice.

The Big Crunch: Next, the Universe compressed into a single point in the void, and then expanded to infinity again, this cycle repeats and continues indefinitely.

Universal Consciousness: All information is experienced instantaneously, and it is influenced by everything in the universe, so it is continuously changing into a new complete picture, something like a kaleidoscope.

Human Consciousness: I slowly became aware of human consciousness as a whole, experiencing every thought and feeling of the collective. This slowly separated into groups and then individuated further into separate people, clearly seeing how every action has consequences and how these spread out to everyone, like an interconnected web between all beings. I saw/knew their full history and the total impact that their lives have had on themselves, others, and the whole universe. And it all fitted in perfectly, beautifully. There is no right or wrong at this level, just a perfect symmetry of learning and growing and evolving, what we judge as highs and lows, wrongs and rights, should and shouldn't have, all seem to become meaningless against this backdrop of perfectly timed events and experiences. On point, and on purpose. I wish I could remember the details but needless to say I was quite overwhelmed by all this information at this point. Then my own life came into view, a complete and total review, and by total, I mean that it extended out into all the interconnected influences of everybody I have met, interacted with, spoken to, cared about, or just observed. I could understand, and in some kind of weird objective way experience, all the hurt, pain, and joy I have caused them all, or that they caused me, but it was not judgemental or painful at all, just a deep inner understanding and respect. It was truly wondrous and beautiful, and I had complete peace, and I was extremely grateful for every single interaction I have ever had.

Coming back to Earth: I started to become aware of my body but it felt like I was levitating, I don't think I was, but it felt like it, my whole body was vibrating with energy. I slowly became more integrated with my body again, becoming aware of all my "normal" senses and returning to "normal" consciousness.

Normal consciousness: felt very weird and limited and somehow disconnected, even though I now knew for certain that we can never be disconnected, ever. I sat in stunned silence for a very long time, trying to wrap my head around what just happened, and eventually fell asleep, knowing that I would never be the same person that sat down on that bed only a couple of minutes or hours ago. (I don't know how long the experience lasted because I didn't look at the time at all.)

The next day it was back to normal life and I wanted to share my experience with everybody I knew but stopped very quickly after a lot of blank looks, and an inability to find the words to explain myself.

Spontaneous glimpse: About two weeks after that, I was driving to work, just a normal day, thinking about the job and planning the day ahead. I stopped at some traffic lights and all of a sudden I could see the interconnected energy that flows throughout the whole universe. Everything was a part of it, the pedestrians on the side of the road, the trees, the birds, the buildings, and even the rubble and garbage. A golden plasma-like flow of energy, vibrant, communicating, and alive, pure Universal Consciousness.

"Before Enlightenment, chop wood and carry water, after Enlightenment, chop wood and carry water." Zen saying. Nothing has changed and yet everything has changed, forever.

What is known, cannot be unknown."

I don't believe these experiences are unique or reserved for a select few. I believe that we are all connected at all times and that every human on this planet has the ability to experience Oneness at any time. Many people have had similar experiences, some may have only had glimpses, but a sizable percentage of the population has had a transpersonal experience.

The main themes of these states are the same, and while the details may differ, I believe the majority of the discrepancies are due to a lack of words to adequately describe the event, as well as our personal biased perspective. I'm reminded of the story about a group of blind people who tried to describe an elephant's appearance by touching various parts of the animal. Tail, tusk, trunk, legs, and so on, and they end up arguing with one another because they all have different experiences of the same thing.

Yes, there are many ways to describe an event, and yes, there are other levels and realms to investigate as well, but that is beyond the scope of this book, and yet the main reports of transpersonal experiences appear to be consistent. NDEs, OBEs, mystical experiences, hypnotically induced states, and drug-induced states all appear to be overlapping and telling the same story.

Buddhism, Taoism, Hinduism, Jainism, Zoroastrianism, Sufism, Judaism, and mystic Christianity all have a rich tradition of phenomenological exploration of Consciousness.

If people from various backgrounds, from various parts of the world, at various times in history, under various conditions, and with various religious and world views all experience something similar, it must be worth investigating.

Is it just a chemical release in the brain, brainwave coherence, wild imaginations, or hallucination, or is it real and primordial, our true Self?

There is only one Unified Field, we are always connected to it, and we can directly experience it through our senses, particularly our superconscious sense.

Fear and Unconditional Love are the only two basic states we have, if we overcome one, we merge with the other.

The 9-Sense-Being, 9-Sense-Self, or the Full9

Full Consciousness is the awareness of all 9 senses, on a physical and metaphysical level.

We need to have a full understanding of how our consciousness works and operates to be able to reach our full potential. A limited understanding of consciousness will lead to a limited realization of our potential.

The Full9 is the conceptual blueprint for our "Perfect Self". It is the highest version that we can imagine, of what our true Being will be like, and how it will express itself in the world.

This is a highly individuated and unique version of Ourselves that we create in our mind in whatever way resonates with us. It could be an Enlightened Being, a Fully-Realized Human, a Goddess, a God-Self, or it can possess Christ Consciousness, Buddha Nature, or other attributes.

We need to utilize all of our senses and spend some quiet time by ourselves to get a clear picture of what this Being looks like and what it will feel like to be this Being.

This Being can be viewed as our Divine Double, or True Self, which we already are but have yet to fully express.

This is the first and most important step in establishing a benchmark and ideal to strive towards. It will change and grow as we change and grow, but we must have a good idea of who we want to be to begin with, so we take as much time as we need to define this "Me" as best we can.

The 9ner -The "Work-in-Progress" or Process Self

We are Imperfectly Perfect, not "broken" or "sinful," and we don't need to be fixed or found.

We're continually evolving, learning, and developing, getting closer to our Full9 Blueprint Self and expressing more of who we really are.

Consider building a house as an analogy; it is not wrong or broken simply because we are still in the process of constructing it. Although it may not look pretty and things may be chaotic, we are making progress. However, before we begin, we must have a vision for our new home and create some plans. There are many components to consider, explore, and design before we can start building: the foundation, walls, windows, doors, roof, paint, decoration, landscaping, and so on.

We may need assistance along the way, but at no point should we consider the building process as "wrong" or "insufficient." It is a process that requires time and effort, and we will learn and grow as we progress.

Think of a caterpillar spinning its cocoon to become a butterfly.

In the next chapter, we will explore the tools that will empower us to get closer to expressing our Full9 but first we will ask some more questions.

Why do I want to be a 9ner or 9-Sense-being?

Will being a 9ner enable me to formulate a more informed response to stimuli? If I can only make decisions based on the information I have at hand, at any given moment in time, will more relevant information be better for my decision-making, and can I make more informed choices on how to respond to different things, people and situations?

(Depending on the circumstances, this response can range from a purely reactive response to a considered, informed response. If I come across a snake on my path and I am about to step on it, I don't necessarily want to be pondering the deeper meaning of our soon-to-be connectedness, instead, I believe a faster "reaction" type of response may be more valuable to both of us. In this case, the pondering can definitely come later.)

Will I be more understanding and gentle with myself, others, and the environment as a 9ner?

Can my current religious beliefs and views, whatever they are or are not, be accommodated, grown and expanded, and become more personally meaningful to me?

Will it help me better understand myself and others? What would my relationship be like with my partner, parents, children, friends, co-workers, and complete strangers?

What would the nature of my business transactions be? Will it improve the service I offer or the value I bring to society? What would politics look like if politicians were 9ners as well?

Could it affect and improve education at all levels? Is it simple enough for my kids to understand?

Does it fit into, and expand on the world's current scientific model? Can it be useful in fields such as psychology and cognitive science? Medicine?

Will being a 9ner aid my creative processes in the arts, innovation, and problem-solving?

Is it possible for me to express the Full9 of my totally unique, individuated Being in all aspects of my life? Is there room for more growth, deeper understanding, more expression, more wisdom, and a better me?

We could theoretically say "yes" to all of the above, so we must put it into practice, try it out, put it through its paces, and if it works, that would be fantastic. If it doesn't, we'll have a lot more information about what doesn't work and can try to improve the concept or try something else; either way, we win!

Focus and Awareness

"Where attention goes, energy flows."

Before we delve into the difference between awareness and focus, it's important to define three terms. Pure Awareness is a state of mind that is completely neutral, without any judgements or biases. From this state, we can choose to direct our attention outwards to an external object by using our senses to connect and focus on it. Alternatively, we can turn our attention inwards and open up our awareness to allow energy and information to flow into us.

The sense of sight can be used to demonstrate the distinction between "looking" at something specific (focus), "seeing" the overall picture (awareness), and "experiencing" the totality of the sight as a neutral observer.

Assume we are looking at a neutral object, such as a chair in a room. We can consciously direct our attention to it, look at it, focus on it, and begin closely examining it, observing every detail, the shape, the colour, the material it is made of, then the finer details, the grain of the wood, the patterns, the stitching. We can then go even deeper to notice any feelings that might arise, maybe it was grandma's chair...what emotions come up? What thoughts arise? Can you smell her cookies and hear her laughter? Is there anything from the subconscious that comes up? Guilt for not spending enough time with her etc. Or anything from the superconscious coming to you, like the sensation of her smiling down at you?

When we focus, we tend to name things: chair, leg, seat, wood, brown, etc. When we switch to awareness, we do not try to name things, we just feel or sense them. When we start trying to name and classify things, they soon lose their essence. Using the example above, what was that feeling you got from Granny? Love, warmth, friendliness, acceptance? It doesn't matter what it was exactly, just that it felt good! You may also get negative feelings about the chair and that's okay too.

Another option is to return to our neutral position and simply observe the chair. Allow the entire room to flow into your vision, don't name things like chairs, tables, doors, or walls, simply sit and allow things, feelings, and intuitions to flow in.

Our eyes and attention will be drawn from one object to the next due to the nature of our minds. Take note of what happens. You will separate one object from the others, then name it, and finally judge it. Ooh, look... flowers... they're roses... red... pretty.... perhaps they need water, they appear to be dying. Reverse the process by letting go of the judging, naming, and separation. Feel, sense, and intuit the essence of the object, and then let go of the notion that it is a separate entity from you.... become one with it and allow it to communicate to you on the deepest level.

So, we have three phases: neutral, outward focus, and inward awareness, which we can alternate between at will.

Notice, Acknowledge, Let Go-Let Be-Engage

When we look around a room, we notice many objects, acknowledge them (see that they are there and where they are), and then let them go, or simply let them do their thing, or engage with them. As an example, consider making tea or coffee: For a split second, you notice everything in the kitchen and select the objects you want to interact with, such as the kettle, cup, milk, water, sugar, coffee, and so on (letting go of all the other stuff in the kitchen). You put water in the kettle and turn it on, then you let it do its thing (let it be), while you put the other ingredients in the cup (engage with them) and wait for the water to boil.

This is similar to the focus/awareness mode described above, but it is more akin to how we treat sense objects in our everyday lives. Objects come and go as we unconsciously allow them to pass through our field of perception.

When we see and treat our emotions, thoughts, sub- and superconscious as senses, we can take a step back and examine them. Normally, we claim and strongly identify with our thoughts and emotions by saying things like "I am sad" rather than "I feel sad." If we approach emotions, thoughts, and feelings in the same way that we approach the physical senses, we can avoid becoming overly identified with them. We can notice and acknowledge our emotions, thoughts, and feelings, and then choose whether to let the negative ones go, let them be, or fully engage with them.

The process is as follows:

Awareness – become open and aware of your body, simply be open and observe any sensations in your body, and do not name or judge any of the feelings, emotions, or thoughts that may arise. Allow them to emerge and come to the surface without repressing or suppressing them. You are the ocean, and they are just waves on the surface.

Focus - now allow yourself to focus on one, and acknowledge it. Don't try to name or analyse it. Simply acknowledge that it exists and that there is a good reason for this feeling or thought to be present at this time. Do not identify with it, just observe it.

Neutrality – take a step back into the neutral position while observing the feeling, emotion, or thought. Simply observe and allow it to run its course, or in other words, let it be and do what it wants. When it is done, thank or bless it, and let it go.

You can also choose to engage with the thought, emotion, or feeling, go with it, follow it and ride it out. Sometimes expressing a "bad" emotion like anger can be a very "good" thing. Like when you are in a dangerous situation or need to motivate yourself to get going for example.

We can now make a conscious decision about how we want to respond to any information that comes to us through all 9 senses.

Putting theory into practice

The following exercises can be done for any duration of time (1 minute, 5 minutes, hour, day, week, month), but a full day is recommended for each. The goal is to bring each individual aspect of the different senses into our normal everyday consciousness by directing our attention to each one constantly for a set period of time so that this awareness becomes part of our normal waking consciousness.

Our default mode is similar to that of a zombie, in which we go through our days completely unaware of our senses and how we use them. Obviously, this awareness varies from person to person, but we all operate on autopilot, and the more trivial the task, the more zombie mode.

A full day for each is recommended because it allows us to observe ourselves throughout the course of our normal day. Waking up, going to the bathroom, showering, brushing teeth, dressing, eating, going to work or school, travelling by bus/car/train/walking, being at work/school, going shopping, chatting with friends, staring at your cell phone, watching TV, making coffee/tea/any drink, making food, going to bed. Whatever you do, whenever you do it, however you do it, just concentrate on the one sense you want to experience more fully.

You don't have to follow the list below in the order it is given, but it might help. Be gentle with yourself, if you forget and slip back into zombie mode it's okay, just do it as often and for as long as you can, it gets easier over time.

We use all of our senses all the time, we do this quite naturally all day long, we are just not consciously aware of it.

We will start with a couple of general tools that can be applied to all the senses that follow. As stated, we do this unconsciously and naturally all the time, the only reason for doing these exercises is to become consciously aware of them and the processes involved. The abbreviated version of what has already been discussed will be given here.

Focus and awareness

First, start by opening up the awareness to the whole scene or the big picture, and let all the information coming through a certain sense just flow into you. No discrimination, judging, or naming.

If something draws your attention, turn the focus on it and note all of its details. Zoom in on every little detail, noticing more and finer details as you do. Then notice how all these fine details make up the object in its totality. Become aware of all 9 senses and notice if there is any additional information about the object that you can perceive.

Let the attention widen into open awareness again and repeat the process.

Notice, Acknowledge, Let go-let be-engage

If anything catches your attention in the focus-awareness state described above, simply notice it, acknowledge it, and then choose to engage with it, or to let it be, or just let it go.

When we start seeing and treating emotion, thought, sub- and superconscious as senses this will become very relevant and most important. Normally we claim and identify very strongly with our thoughts and emotions saying things like "I am sad" instead of "I feel sad".

Exploring the 9 senses:

Sight

What do I see? Visual information enters our awareness all the time, even when our eyes are closed.

Shapes, colours, patterns, objects, events.

Open up your awareness and just take everything in, then focus on the details, and then open up again.

Or just notice-acknowledge-let go-let be-engage

Sound

What do I hear? Auditory information or sound enters our awareness all the time, even when we sleep.

Notice how sound can only exist in the present moment, rising up from silence and returning to it.

Open up your awareness and just take everything in, then focus on the details, and then open up again.

Or just notice-acknowledge-let go-let be-engage

Smell

What do I smell? Olfactory information or smells enter our awareness all the time, even if we are seldom consciously aware of it.

What do I, other people, my home, work, shops, etc. smell like?

Open up your awareness and just take everything in, then focus on the details, and then open up again.

Or just notice-acknowledge-let go-let be-engage

Taste

What do I taste? Gustatory information enters our awareness all the time, but especially when we eat or drink.

Sweet, sour, bitter, salty, and umami.

Open up your awareness and just take everything in, then focus on the details, and then open up again.

Or just notice-acknowledge-let go-let be-engage

Touch

What do I feel? Somatosensory information enters our awareness all the time, both from internal and external sources.

The tactile component of the skin covering the entire body, proprioception from the joint tissues, muscles, and tendons, and the temperature of the body, external objects, and environment.

Touch is the most fundamental sense and actually includes all other senses.

Open up your awareness and just take everything in, then focus on the details, and then open up again.

Or just notice-acknowledge-let go-let be-engage

Emotion

How do I feel? Emotional information enters our awareness all the time, but are we consciously aware of it?

There is a wide range of emotions but all flow out of the basic states of sad, mad, scared, joyful, powerful, and peaceful.

Actually, they are all expressions of fear and love. Fear and love define and measure our fundamental sense of longing.

Step back and observe them.

Open up your awareness and just take everything in, then focus on the details, and then open up again.

Or just notice-acknowledge-let go-let be-engage

Thought

What am I thinking? Mental information or thoughts enter our awareness all the time, it is a continuous process.

Rational, logical thinking and reasoning, my internal loops or recurring thoughts, my random thoughts, and my insights.

Step back and observe them.

Open up your awareness and just take everything in, then focus on the details, and then open up again.

Or just notice-acknowledge-let go-let be-engage

Subconscious

How does my subconscious programming affect me and filter my worldview?

Subconscious information enters our awareness all the time, it is a continuous process but very seldom noticed.

It is my genetic programming, instincts, external programming (belief systems, social systems, indoctrination), my nature and nurturing, my memory (internal/personal, global, cosmic), and includes the unconscious: the nervous system as a whole. (like the autonomic nervous system, the "drug factory" of endorphins, and the central nervous system.)

Step back and observe them.

Open up your awareness and just take everything in, then focus on the details, and then open up again.

Or just notice-acknowledge-let go-let be-engage

Superconscious

What is my superconscious?

Higher information or a sense of connectedness enters our awareness all the time, it is a continuous process but hardly ever noticed.

Our sense of oneness or connectedness when we experience a sense of awe and wonder, like a beautiful sunset over the ocean, or vast mountain ranges and other nature scenes. Great art, music, architecture, writing, etc. that moves and inspires us. Deep mystical experiences. It is also where our "knowing" resides, our sense of Quality. Our conscience, our innate sense of the Fear-Love balance.

Step back and observe them.

Open up your awareness and just take everything in, then focus on the details, and then open up again.

Or just notice-acknowledge-let go-let be-engage

Part 2 - Metaphors and more

The Horse and the Ghost Rider

The horse symbolizes the physical body of the human being, while the ghost rider represents the higher mind, spirit, or soul, which is the unseen aspect of our body-mind-spirit complex.

The horse is a being in and of itself, with its own limited mind and emotions. It is primarily governed by its genes, instincts, and its own "drug factory." This magnificent beast is strong, capable, and able to heal itself. It is extremely useful in the physical world and does an incredible job of maintaining its own internal balanced systems and all the functions required for life. The horse requires the five "musts" of eating, sleeping, breeding, excreting, and breathing, without which life on the 3D physical plane is impossible.

The horse is primarily motivated by the desire to survive, not only for its own sake but also for the sake of its species. It needs enough food, a safe place to stay, enough sleep, and the ability to reproduce as frequently as possible. The horse moves away from pain and toward pleasure. Fear causes an immediate and dramatic reaction in its body, preparing it for fight or flight, and it will freeze if those options are not available. Although dramatic, this reaction is short-lived, and it quickly relaxes and returns to rest and digest mode.

Living in the present moment, the horse has no regard for the future and only remembers what predators to avoid, where to get food and water, and so on. It appears to be a simple creature by our standards, but it is actually a highly tuned and incredible biological "machine".

On the other hand, the ghost rider represents our conscious, subconscious, and superconscious selves. It is not material in nature, but rather the seat of deeper human emotions as experienced by the emotional body, and mental aspects of the mind such as reason, logic, memory, and so on. The mental body is largely governed by its subconscious programming, and the ghost rider occasionally becomes aware of its conscious mind and superconscious mind.

The ghost rider is concerned with naming, assessing, analysing, interpreting, projecting, reasoning, planning, and contemplation, among other things. It learns from the past and projects into the future, which can be healthy and very beneficial. However, it can also be harmful when it uses this ability negatively and causes constant suffering.

For the horse and rider to function effectively, a complete union is required. This can be likened to the scene in the film *Avatar*, where the animal's mane connects with the rider's hair to form a symbiotic bond. Problems may arise if this bond is not properly formed.

By combining the strength and power of the horse and the direction and guidance of the rider, the two can go on great adventures, travel the world, and overcome great obstacles. They become one and act as one highly intelligent being when they are completely symbiotically united.

They become so immersed in each other that we no longer notice the rider, the rider is literally an unseen ghost, we know it's there, and we know it's acting, but we rarely look at it directly.

The two can sometimes be at odds with each other, which causes a lot of internal strife. Being able to see the two as separate but acting as one can lead to a better understanding of each and its driving motivations, giving us a tool to reconcile their differences. We can then choose how and when we want to express that part of ourselves, as well as when and how we want to experience life. Ideally, we want a perfect balance between the two, for them to effortlessly work together to form one unified human being.

The Candle and the Mirror

We're all candles and mirrors. We live on a spectrum between the two, and each must first be balanced within itself before being balanced in relation to the other.

The mirror:

The mirror requires light to have meaning, without a reflection, it cannot define itself, either through what it reflects, or as a mirror. Its actions define its being, and form and function are inseparable. In total darkness, there is no reflection and hence no mirror.

As soon as there's any light at all, a reflection appears in the mirror and it comes into being, it exists. To understand what "mirroring" is, it has to look at its own reflection, and whatever it reflects at the time, that is what it is. This is why its idea of who it is will always keep changing, and it becomes hard to define who it "really" is. If it finds a picture it likes it wants to "claim" that picture and keep it static, it wants to keep it the same because it likes it and it brings the mirror pleasure, it gets "addicted" to it. If it doesn't like what it sees, it wants to change the picture because it brings the mirror pain or discomfort, and this causes suffering in the long term because it wants to project, and protect.

What it "likes" varies greatly from mirror to mirror, and from time to time. It sometimes likes "love" and wishes for someone to "love" it so that it can reflect that "love" back to the other person, who in turn reflects it back from their own mirror. Both mirrors are overjoyed, and it gives them both a lot of pleasure, they claim it and want to keep it that way. But life is a balance of dynamic change and static stillness, and the picture will eventually change, it has to change or it will be "dead," and both states will cause some pain. If the relationship grows, there will be "good" pain, if the relationship dies or grows apart, there will be "bad" pain. But change will occur no matter what, and the more we fight the change, the more we will suffer. It's the mirror's choice to embrace change and to let go of the claiming and desire to keep things the same, or to keep clinging onto something like a person, event or experience for dear life, and cause great harm to self and others. In suffering nobody wins.

But mirrors will do what they have to do to survive and be happy, and if one "love" comes to an end they will find another to take its place, and the cycle repeats.

This "love" can mean many things: relationships with people, work, status, money, power, social standing, etc., they are all other mirrors that reflect back into our own mirror, and that defines who the mirror is, and what gives it its meaning in life.

A mirror can also choose "fear" and it can "like" to reflect that aspect of itself. It "claims" that aspect and holds on to it, and that can go to a whole other level. If it likes "fear", all it sees is fear everywhere, "fear" brings to the mirror a great sense of courage, pride, and justification, in other words, "pleasure". It can now rightly go into the world and destroy all the other mirrors that reflect "fear" back to it. It becomes the warrior, the defender, and the protector of beliefs systems, relationships, religions, etc. Fighting the infidels, the "they" and "them" (everyone who disagrees with it), everything that is wrong in the world (according to it), and everything that is "evil". Fighting is a "good" thing. War is fully justified and that includes putting "them" to death and smashing their mirrors to pieces.

On a less dramatic note, it also holds true for the things that we "love". "Love" always contains "fear", and we "have" to protect our relationships, children, job, status, self-image, etc.

A mirror expresses itself through its reflection and experiences itself through the reflection in it.

The one thing a mirror cannot do is to "not reflect", if it does, it ceases to exist, a fate worse than death.

The Candle:

The candle just shines, it defines itself by its shining. It expresses itself through its shining, and experiences itself by shining,

It doesn't need to "do" anything else, it needs no reflection to tell it who it is, it can't reflect anything, and it can only be reflected by other things, like mirrors.

It lays no "claim" to anything, it just shines out onto everything, it does not choose to shine on certain things but not others. It has no need to judge, protect, defend, or hold on to anything. It does not need to choose between "love" or "fear", because it illuminates both.

The flame just "Is" and it shines, that is the sum total of its meaning, the meaning of its existence is to illuminate the creation and everything in it, to bring it into the light so that it can be experienced, expressed, understood, and appreciated. It has no agenda, or any need to be acknowledged or "seen", it shines irrespective of who "sees" it or doesn't.

It is eternal and can never die, it can only shine dimmer or brighter.

The lantern:

A lantern is a candle in a glass case, if the glass is clear the candle's light can shine out, if the glass is smoked up, dirty, or dusty, the glass becomes a mirror that reflects the outside light and traps the inner light.

We are the lantern, we contain the candle and the mirror, and which part of it we experience will depend on how clean the glass is.

In a balanced state there will always be a bit of shine, and a bit of reflection, that's the nature of the lantern, and it is our human nature while we are still alive, perfectly imperfect. Even if the glass is very clean, it will still reflect a little bit of the outside world. The problems arise when our glass is so dirty that it can only reflect, and it stops letting any light through.

The hall of mirrors:

We live in a hall of mirrors, everything reflects back to us who we are. If our lantern is dirty, we are a mirror, we see an endless reflection of mirrors, in mirrors, in mirrors. If anything enters the room it is reflected in all of us. It is the collective subconscious, it defines us, we are governed and ruled by it, and we exist for it.

Some of the mirrors might be warped and deformed, or hazy, and that distorts the "truth" of the thing reflected. It is all very confusing and ultimately impossible to know "The Truth" about anything, let alone try to find out the truth about who and what we are, or what we are supposed to do, to give all this confusion some "meaning".

If our lantern's glass is clean, we are the candle, and our light gets reflected by all the mirrors. We know who and what we are, and it does not matter if our image gets warped and distorted because we are not defined by our own reflections, we just shine, that's all.

Without all our lights, there will be no reflection in the hall of mirrors at all, because it will be in darkness and therefore be completely useless and meaningless, non-existent.

Considering all of this, might it not be useful for us to clean the glass of our lanterns once in a while?

Everything is a choice

There are only four things we "must" do in order to survive as individuals, and five if we are to survive as a species. Eat, sleep, excrete, breathe, and reproduce. These are all functions of the human body and the only things we must do. Everything else is a choice, we don't "have" to work, care for our children or parents, help others, or anything else, we "choose" to do it or not. Not every option is a "good" option, such as not caring for your children, but it is still a choice, and some people will choose that option.

We really only do what we want, we choose everything we do, and even if we tell ourselves we "have to" do something, it is ultimately our choice whether or not to do it.

At the most basic level, we choose to be alive, which means that we only "have" to do four things, everything else is optional.

Pain is unavoidable, suffering is a choice

Pain is inevitable. We will all experience pain at some point in our lives, this is unavoidable. None of us can say that we have never experienced any pain, it is the great equalizer of the human experience, we have all experienced some pain to a greater or lesser degree in our lives, all of us.

Pain is always real, in the present, in the moment only, here and now. You cannot feel yesterday's pain today, and neither can you feel tomorrow's pain now. Pain is seldom purely physical but originates more often than not at the mental, emotional, and subconscious levels.

Just because we "experience" pain does not mean we have to "suffer" it.

Excessive rumination about the past (loops in the head) builds up fear and narrows our focus on a specific event or chain of events. This fear can cause a deep sense of separation from self (loss of self-love) and separation from others (the worst form of torture), resulting in long periods of suffering (reliving the momentary-here-and-now-pain of the past, over and over again), which can lead to deep debilitating depression and even suicide.

Excessive projection of past pain into future suffering builds up fear and narrows the focus on an unknown event or events, and it can lead to a deep sense of separation from self and others. Long periods of suffering (reliving the momentary here-and-now pain of the past and projecting it into the future, over and over again) can cause major anxiety, a complete mental breakdown, and even suicide. Some people believe that ending their lives makes more sense than continuing to suffer, which is very sad because it is avoidable, we can limit our suffering.

Understanding that suffering is a choice at a very deep level allows us to see it as a choice, and if we can choose to suffer, we can also choose not to suffer, or at the very least reduce our suffering to manageable levels. To do this we need to acknowledge the pain we experience, it is very real, it is not pleasant, and it hurts! Experiencing pain creates fear in us, and we try to avoid it. Pain avoidance is beneficial if it keeps us safe, teaches us, informs us, guides us, and motivates us. Even though pain is unpleasant, it is not always a "bad" thing. Trying to avoid all pain at all costs is the source of our suffering, and it is not at all beneficial.

Suffering is always in the future or the past, and although we often speak about it as being in the present "suffering from a headache" or "suffering from pain" it is not, and we should say "experiencing a headache" or "experiencing pain". Suffering is a mental state triggered by the subconscious, a memory, or a future projection. Here and now, we "experience" pain, like all input from all 9 senses, we can only hear, see, taste, smell, touch, feel, think, recall/filter, and intuitively know something NOW. We can only feel pain now. Yesterday is memory, and tomorrow is imagination, mental constructs, not real. Suffering is mental, not real, a choice.

Pain is unavoidable but suffering is a choice.

Goldilocks zone of suffering

Why would we choose to suffer?

We choose to suffer for many reasons:

- We think that we "have" to suffer because it is unavoidable
- We confuse suffering with pain
- We value suffering as the highest form of "good"
- We think suffering gives our lives "meaning"
- We simply do not know that we have a choice

It is a choice not only whether or not to suffer, but also how much we are willing and able to suffer. We choose our goldilocks-zone of suffering.

Too much suffering, and we collapse, we die, we burn out, we go unconscious, we bail out. Too little suffering and we are bored. We stagnate, we stop growing, and we "die".

So we all choose the level of suffering that we can bear and that is appropriate for us. Some of us have a very broad goldilocks zone and suffer greatly, while others have a narrower band and suffer significantly less.

Illusion of control

We suffer because we claim things.

When we claim things we try to control everything: events, people, situations, and relationships. We try to predict the future based on what has happened in the past, and we try to minimize our pain while increasing our pleasure.

However, the future is unpredictable, and pain is unavoidable. Those two things you simply "must" accept because everything "will" change and nothing remains constant. The more you try to control anything and everything, the more suffering you will experience. Things can be static for a while, but they will eventually become dynamic. Change will occur regardless of what you do, think, feel, say, or how much you suffer.

So, what do we have control over? Only our choices and our choice is governed by what we notice, what we acknowledge, and what choice we make about it, do we let it go, just let it be, or engage with it. The only control that we have over anything, is how we choose to experience it. Do we choose to see change as "good" or "bad", can we learn something and grow, or will we blame someone or something else, staying stuck, suffering the pain of change over and over again? That's our choice and within our control.

If a "somebody" looks at somebody else and smiles, you have no problem with it and you don't care, it might even make you feel "good", and you'll think "that's nice". But if you "claim" any one of those "somebodies" as yours, your partner, lover, husband, or wife, there might just be a whole lot of explaining to do afterwards. It was still one person smiling at another person but your perception and experience of it are completely different depending on if you lay claim to one of them or not. The same goes for everything else, if

someone bumps into a random car, or breaks something, it might be a little sad, but if it is "your" car or "your" something, there will be hell to pay.

If we could accept everything as it is, if we could accept change when it happens, if we could stop trying to control people, situations and events, if we could stop claiming anything as "ours", we might find that all our "sufferings" are greatly reduced, and we might find that we can actually "enjoy" life and not "suffer" it.

Until then, "the struggle is real".

Claim nothing, Enjoy

Mine, mine, mine! We claim everything: my body, my kids, my relationship, my stuff, etc.

When we claim something as "mine" because we "love" it, we generate an equal amount of "fear" about losing it. Fear-Love will be discussed a bit later. We also claim and refuse to let go of our pain because it defines us. It is "my" pain, and because "I" experienced it, it is very important to me, and I cherish it.

We all know the story about how a monkey traps itself. You put food in a container with a hole just big enough for the monkey's empty hand to go through, when it reaches in to grab the food the hand is too big to come out again and the monkey is stuck. It refuses to let the food go to free itself, and by not letting go, it traps itself and gets caught.

We are like the monkey in that we grab onto things, claim them as "ours," and refuse to let go, causing a lot of pain for ourselves and others in the process.

The more we can let go of the "good" and the "bad," the less we will suffer.

If we avoid claiming things, we can enjoy them in the moment and then let them go, ready to enjoy the next experience that life has in store for us.

Gratitude of the Trauma Hero

What is trauma?

Trauma has two parts: the traumatic event itself and our perception of that event.

Trauma, in general, refers to a wide range of undesirable or painful events that we experience throughout our lives. These events influence each of us differently, and the extent to which they affect us is determined by our perception of the event. It is usually associated with some form of violence, whether physical, emotional, psychological, energetic, or spiritual. It encompasses everything that causes us pain, such as rejection, separation, and loss. This violence is perceived to be directed at us, yet it can also be committed by us.

The event.

The event itself always takes place in the present moment, and it is only in the present that we can experience pain. This means that it is seen as real and that it happened, it is taken as a fact.

Our experience of the event can range from total confusion to absolute clarity, from mortal danger to very painful, but it is always life-changing to some degree.

A total onslaught on all 9 senses leads to shock, confusion, and overwhelm, let's examine them.

The sympathetic nervous system triggers the fight, flight, or freeze response and the body gets flooded with a powerful cocktail of hormones like epinephrine (adrenaline) and cortisol.

All the physical senses remove their normal protective limiters and a flood of sensory data rushes into the system, the emotional sense opens up and the full spectrum of emotions rush in, and the mental sense of thought opens up and goes into overdrive trying to figure out a way to protect, defend, escape, or avoid whatever is happening. This is all recorded by the subconscious while it desperately searches for a belief system, prior knowledge, and instinctual reaction to deal with the situation. On a superconscious level kundalini or the life force energy maxes out to protect the body and soul.

It's no surprise that we become absolutely overwhelmed by it all and that we can sometimes completely dissociate from the experience or event. When we are overwhelmed, we feel terrified, helpless, small, and alone.

All of these responses effectively capture the entire event in time, either as a single snapshot or as a movie loop with all of the related emotions, sentiments, thoughts, imagery, and so on.

Perspective and Perception of the event.

When all our senses are flooding us with information, the rational mind has trouble processing it all. Due to this initial overwhelm, our perception of the event usually happens after the fact, when we try to make sense of it all and put things into perspective.

When we deal with the past and future, we are in the realm of memory and mental constructs. We might think of it as the story we tell ourselves about the event, which is in a way fiction because we are dealing with ideas about the event rather than facts. This is

where our suffering takes place, and as we've seen, suffering is determined by our perspective and hence a choice. When we adjust our perspective, the story shifts from horror to tragedy to drama to adventure to a hero's journey. The facts remain the same, but how we frame them changes the tale.

Is this true, or are we being callous and harsh by downplaying someone's suffering? Can we truly reframe the most horrendous events?

As babies and very young children, the world revolves around us because we are totally dependent on the outside world to keep us alive. All the external attention is focused on us, and we have very little agency to change anything in our world. We are at the mercy of the outside world, and everything is being done to us by other people, good and bad. Events that occur happen to us, and we take everything very personally. We are the victims of circumstance. We can rightly say that we are trauma victims at this stage of development because everything is happening to us, and we have very little power to control anything. Events, actions, causes, outcomes, and internal states, are all beyond our control, leaving us feeling very helpless indeed. This helplessness is frozen into every traumatic event that we experience at this tender age. These are also the most powerful subconscious states that we default or regress to when we experience trauma later on in life because they are the first and most deeply embedded in the psyche.

As we slowly grow up and start developing the sense of "I" we start gaining a little bit of control over our world. We still take everything very personally and we are still the centre of the universe at this stage, so everything happens to us, for us, or because of us. This can

lead to the perception that we are responsible for everything, and that we are to blame if anything bad occurs. Children blaming themselves for their parents' divorce is an example of this. This adds blame, shame and guilt to the feeling of helplessness experienced earlier so that any trauma that occurs now will be imprinted and frozen with all these feelings. Not only are we the victim but also partly to blame for the event. We fear future events, and anything can trigger a return to that helpless state, which causes an immense amount of suffering.

Feeling overwhelmed, terrified, helpless, small, alone, blamed, shamed, guilty and victimised can evoke feelings of rage, anger, hate, separation, rejection and abandonment which can just be way too much for us to handle and we suppress the memory and everything that goes with it. Although we mentally suppress the event, the subconscious remembers everything and the symptoms will eventually manifest themselves as fears, phobias, anxiety, depression, physical pain in the body, illness and disease. It's energy that is trapped in us and it has to be released somehow. We have to create a vent for this energy, there are many ways to do this like creativity, movement, exercise, work and more, but at the end of the day, we will just have to face our fears. The rational mind has to process it, and this is where therapy, re-framing, safe emotional release, bodywork and deep self-enquiry are of great benefit.

To throw ourselves into the deep end, by reliving the event over and over, without re-framing, learning, understanding the process, and healthy dissociation is not all that beneficial. We need to learn how to swim first, and to be able to go back into the water, yes, but in the shallow end, with support, guidance, water wings, and training.

As the years pass, we realise that we can survive, accept, endure, and even overcome most traumatic events and we become trauma survivors. We move from victim to survivor in various ways. We can get external help to shift our perspective, or we can notice that our own response to new events change, and we can notice that our perspective on past events change over time. We realise that we are still here, which means that we had to survive all the past events or else we would not have been. This gives us some small sense of achievement, and this makes us feel less helpless. Even though we could not prevent what, how, and when things happened to us at least we are still here, we survived. This points to the fact that we are tough, resilient, in some way adaptable and able to overcome adversity. We gain some personal power and a little bit of confidence that we will survive other events to come. At the same time, it brings up anxiety in us because we start speculating about what those future events could be like and that quickly snowballs into a complete catastrophe if we allow our imagination to run wild. We grin and bear it. We worry about the future but can hope that we will survive again, this still causes suffering but less than before.

Can we re-frame our perspective on past events even further? Reduce our suffering even more? Can we perceive any value or benefit hiding in these seemingly totally bad or negative events? Do they have something to teach us about ourselves?

We have already learned something about ourselves from them, that we are survivors and not helpless victims. We might discover more as we slowly build up the courage to look deeper into all the painful past events in our lives. Courage? Yes, they have shown us that we do have courage, we can add that to the list. Having courage also means that we are brave, we are brave enough to face our deepest

fears, and to overcome the fear of looking at these fears. These events also show us that we have a sense of justice, discernment between what is right and wrong, and morals, how to treat other people and how not to. We start to see these events more as challenges to overcome, rather than insurmountable obstacles. We are becoming powerful in our own lives, and this leads us to be more compassionate towards others. By going through this process, we also build up trust in ourselves and this can lead to others trusting us more. And by seeing the benefits these events bring us we can also see the good in life, and the teachings it provides. We are able to understand ourselves better and this can help us help others on their journey by explaining the change in our perception to them.

As we start to put all of this together, we see that we have the makings of what is called a “hero” for the lack of a better term.

Courageous, brave, just, moral, powerful, compassionate, trustworthy and helpful. Aren't those qualities of a hero, and if you have them aren't you by definition a hero?

So, we went from trauma victim to trauma survivor, to trauma hero. That is quite a journey.

But is there more to learn about these events in our lives? How exciting will the story of the hero be if nothing “bad” or “good” ever happens, and nothing is learned?

The hero needs obstacles, challenges, dangers, monsters and fear. The hero needs moments of defeat and self-doubt, the hero needs to dig deep into themselves to find the strength to continue, so that at the end of it all they can reap the rewards. And if the whole journey

isn't possible without these "bad" events, aren't they in fact "good" events? Could he or she have learned anything about themselves, others, life, or anything else without these events? Considering this, shouldn't the hero be grateful for all these "bad" events? Aren't these events blessings, master teachers, and essential for growth?

As we start to realise this, we realise that there aren't really any "good" or "bad" events but that they can be both at the same time, and that they are all just events. An event occurs and that is it. We judge it to be good or bad, we decide if it is painful or pleasurable, and we decide if we learned anything from it or not. And all of this depends on our perspective which determines our perception of the event. We see that all opposite emotions and perception states are on a spectrum and that they are interchangeable. Dread-excitement, fear-love, hate-compassion, pain-pleasure, separation-unity, and on it goes. On a spectrum, they are not opposed but complimentary, because without the one the other does not exist, and that one is contained in the other.

When we reach this stage, we experience all events with equanimity. "Equanimity is a state of psychological stability and composure which is undisturbed by experience of, or exposure to, emotions, pain, or other phenomena that may cause others to lose the balance of their mind." - Wikipedia.

Doesn't this sound like mastery over something? We can master anything life throws at us, because we have mastery over ourselves, and we are not slaves to any internal or external states or events. We are trauma masters. But with mastery even the word or concept of trauma disappears, it is all just teachings and learnings bringing us ever closer to knowing ourselves.

The Deadly Trap of Lofty Ideals

What if all the values and lofty ideals we hold are wrong and traps that cause suffering, blame shame and guilt? Can we actually ever live up to them? What are these lofty ideals that we value so much?

Consider all the “good” things we are supposed to be and do, things like responsibility, respect, consent, hard work, healing and fixing others, honour, bravery, unconditional love, non-judgement, and to do no harm. Excellent ideals, virtuous and moral. Right?

But if we think about it for a second, these will be the things that if AI follows it to the letter, will kill us all... If we strictly adhere to any of these and follow it to the nth degree, it will disastrous. So, then it means that all these “good” things are actually “bad”, and we must tread very carefully to frame them correctly. To practice them we need all the information, see all the consequences, and know every thought and feeling of others, and be all-powerful. Omnipotent, omniscient and omnipresent is the definition of the Divine. We might be sparks of the Divine and aspects of it, but we need to be careful not to exalt ourselves too quickly while we still have a limited understanding of our own Divine nature.

It’s the arrogance of our ignorance and the ignorance of our arrogance.

Let take “responsibility”, can we really be responsible for anything? Can we take responsibility for our jobs, lives, kids, partners, ourselves, or anything else? We are taught to be responsible adults, but what does that even mean?!

Yes, we have to take care of the four and half “have-to’s”: eat, excrete, sleep, breath, and the optional procreation for the survival of the species. It’s a good idea to take care of these basic needs and we are semi-responsible for doing so. But we cannot even take “full”

responsibility for these, the body takes care of most of it, in spite of what we do to it and how badly we treat it. It's easy to say that we are responsible for our own health. But how do we do that? A certain diet will kill you one day and make you live forever the next. Which one is it?

To take full responsibility for anything we need all the information, know all the outcomes, be in total control, micro-manage every detail, and make sure it's beneficial to all those involved. This is of course totally impossible. No human can do that, and it's arrogant to think we can. It's our ignorance of the true complexity of the task that creates this arrogance. And it is this arrogance that will point out our ignorance when it all goes pear-shaped. This leads to blame, shame, guilt, and immense suffering.

Once again there will have to be a balance between taking personal responsibility for things and trusting the process of life, nature, and the Divine. When we become aware of the 9 Senses and the accompanying tools we can step back, evaluate the relevant data, and either act on that, or surrender to a greater power. We are not responsible for every little detail in our lives, but we are responsible for our own perception, framework, attitude, and how we express ourselves in life.

The same holds for consent. How can we really give our consent to anything if we do not have all the facts, information and possible outcomes? Consider that all these will change meaning according to how we experience and interpret them. We can't have any real facts before we experience something and once the event takes place it's too late to change our minds if we don't like what it offers. Even judging from past experiences isn't all that accurate because no two events will be exactly the same or experienced by us in exactly the same way. The unknown is the unknown because we just don't know, so giving consent to anything will always be a rough approximation of the general idea of something that might or might not happen, and

that we might or might not like. Once again, a balance between self-knowledge and trust, with an openness that it might not work out as we think.

We can't really fix or heal anybody because they are not broken, nobody is. And if they were, we would have to know them inside out and will have to basically "be" them, see life the same way, and interpret events and experiences the same way, obviously impossible. The best we can do is to encourage others to get to know themselves, and to support them on their journey, while we keep working on knowing ourselves as best we can. That means diving deep into our own psyche, understanding how and why we experience and express in the way we do, and this includes looking at both the negative and positive aspects of ourselves, facing our shadow, re-framing certain events, changing deeply ingrained belief systems, and surrendering to our true nature.

This also holds true for every other lofty ideal, we need to remind ourselves that they must all be in balance and not to be taken to extremes. It is good to aspire to them but not to take it personally. As soon as we take them personally and define ourselves against them as a measure of perfection they can and will be weaponized and monetized, and this will leave you feeling worthless and full of shame, blame, and guilt because you are so "broken". We are imperfectly perfect, not broken.

At the end of the day all we can do is to be kind... kind to ourselves and others.

The Narrator and the bully in my head

In my head, there is a narrator who comments on everything it sees, hears, feels, thinks, etc., and it never stops because I believe it is "me." If the voice stops, I'm afraid the "I" will stop, so it keeps talking and talking, sometimes more than one voice speaks, sometimes they argue with each other and then change their positions mid-sentence, and the worst of all is the bully.

The bully is unrelenting, he never stops!

I am too: fat, thin, ugly, pretty, clever, stupid, busy, lazy, slow, fast, rich, poor, selfish, giving, under-appreciated, over-appreciated... the list goes on and on!

I'm never good enough, I have too much or too little of something, or of everything, and it doesn't matter if it's positive or negative, it's never "just right."

Really?!

Can I be that stuffed up?

Who is this dude in my head? Who gives it the authority to judge me? On what does it base its judgements? Why is it never satisfied or happy? Why is it the "ultimate authority" in my life? Why do I bother listening to it? Why do I torture and punish myself because of what it says? Who made it the judge, jury, and executioner?

I believe the demons from hell can come to learn a few things from this, my personal demon.

Make a mistake...beat yourself up forever!

Say something wrong...beat yourself up forever!

Choose the wrong job...beat yourself up forever!

Choose the wrong partner...beat yourself up forever!

Experience trauma/setback/misfortune... repeat it in your head forever!

The list goes on and on...

You get the picture.

Having a compass in our lives can sometimes help us achieve our goals. It's beneficial for us to correct our course gradually as we go. It's also a good idea to reflect on our previous journeys and make changes to our current actions so that we don't repeat the things we didn't like.

But... is there really a right or a wrong way to live our lives? Isn't it all about trying, getting it wrong, correcting, and trying again? So how do you know what right is, if you don't get some things wrong... and how do you know what wrong is, if you don't get some things right?

There is no rule book, no manual, and no absolutely correct way to do life. We all just busk! We make it up as we go, we are creative, and we are co-creating life, the universe, and everything else as we go.

Everything, including our emotions, feelings, thoughts, actions, and everything else, simply "is." None of it is wrong or right.

So, stop beating yourself up about: shoulds and shouldn'ts, dos and don'ts, maybes and only ifs, and not good enoughs...

But, having said that, have you ever wondered who is listening in on all of this?

The true you aren't the ones who speaks, but the one who listens, the silent witness.

The Silent Witness

You cannot "be" what you "see"

Because you are the Silent Witness, you cannot "be" what you "see."

That's a big statement, so let's unpack it.

You can "see," "observe," or "be aware of" all nine of your senses, so you cannot be any of them or the information they provide. Using "loneliness" as an example, we could say "I am lonely" or "I feel lonely." Loneliness is experienced through all 9 Senses and is more than just an emotion.

We can be physically alone, which usually means that there are no other people around us. We are unable to see, hear, feel, taste, or smell another person, which can make us feel lonely, especially if that other person is our significant other. This is fine if we define it as not having other people around, but it is technically incorrect because we can never be alone because there is always "something" with us, such as a room full of stuff, nature, animals, and so on.

We sometimes seek solitude to get away from it all, to be alone, to have some peace and quiet, and this means not having other people or devices that connect us to people. This does not make us "lonely," but it does make us "happy" for a short time. But not for long, because we are hard-wired to be social creatures, and we soon crave the company of others, and if that does not happen, we become "lonely."

Loneliness is definitely also an emotion because "we feel lonely", and if we get caught up in that emotion we become it, and it defines who we are, "I am lonely".

Loneliness is also a mental state. When we are with someone else, especially our partner, and we are unable to "connect," we can feel

the most lonely. We can feel lonely even in a crowded room or on the busiest city street. As a result, loneliness is not really related to other people, but rather to our own mental state.

Loneliness is also greatly connected to the subconscious programming of being a social creature, of fitting in with a group, tribe, or culture. Fitting in with the idea of marriage, relationships, and having a partner or significant other. Feeling the fear of rejection because we do not fit in with the norms and standards of the time. Feeling the fear of our instincts because being alone can mean death.

Loneliness at the superconscious level is one of our biggest illusions. Deep down we just "know" that we can never be "alone" because we are always connected to everything, but we deny this fact, or we just forget it and believe in a separate "I", and that single "I" in this vast cosmos is indeed very very lonely.

We can "see" all these things and that means we cannot "be" them. We need to zoom out even further.

Assume you've gotten far enough out of town and are sitting on a mountain, gazing up at the stars on a clear moonless night with no light pollution. You see billions of stars, so many that you must search for the dark spots between them. You suddenly realize just how insignificant you are, this little "you" stare out into that vast expanse of time and space. All your big problems seem silly, the earth appears small, and our star, the sun, appears less special. You are filled with awe and wonder.

You've entered the superconscious.

Simply stay there, zoom out, and allow your consciousness to expand. Allow yourself to feel the deep knowing of who you truly are. You don't need to "do" anything, simply "be."

Who is witnessing all of this?

Is it the 9 senses through which all of this is perceived?

Who is aware of the information coming into the senses?

Who "sees" the 9 senses, and the information they present, and interprets this information?

Is it the "I am", as in, I am seeing, I am witnessing, I am aware, I am thinking?

Is it the "I" that can "see" the "seer"? That can "see" the "I am"?

Who "sees" this "I"?

If you can let yourself be this silent witness, whose consciousness shines its light out through you so that you can see the "I", the "I am", the Person with 9 senses looking up at the stars, and the stars themselves, you will know who you are.

The Creator, looking through the eyes of one of its Creations, looking at the Creation, looking back at itself, and experiencing it all. How truly awesome and wonderful is that!

Can you ever be "lonely"? Or insignificant?

How to train your Vampire

We all have our own personal vampire that lives deep within our psyche. Like the classical image of this undead thing, it has an insatiable appetite, feeding on the life (lifeblood) of its victim, sucking it dry until there's almost no life left. But if it carries on drinking it will kill the host and this is no good, so it slowly tries to "turn" its meal into a mini-me and creates a smaller version of itself that it controls like a puppet on a string. That puppet is the small me that does its bidding, it feeds on fear, that's the only food it knows, and it gets that fear from all the sources it can, drama, toxic relationships, self-doubt, anxiety, depression, negative news, accidents, anger, anything that makes the amygdala fire. It feeds and feeds but it's never enough.

When we are bled dry, it turns its attention to the outside world and creates chaos all around us. So, are we doomed to a life of a puppet that must constantly feed this vampire? Yes, if you choose to let it rule your life, and no, if you choose to put it in perspective. Firstly, we notice that my "I" can see this vampire, it can also see the puppet on a string. So no, I am not the puppet, and I am not the vampire, but they are both a part of me, but the "I" is much bigger than that.

Because the puppet is connected to the vampire by strings, and the vamp depends on the puppet to feed it, the vamp thinks it has control, but it forgets that the strings are also attached to it and that it can only feed on the food the puppet gives it. So actually, it's not in control but at the mercy of its host.

Once we see this, we can start training it, slowly weaning it off fear and replacing it with love. We have seen that fear and love are only aspects on the spectrum of fear-love, so it is still food for the vamp. The difference is that fear has no real substance and therefore it stays

hungry, but love is a hearty meal that fills it up quickly. And when the vamp's stomach is full it can crawl back into its coffin and have a lovely sleep, leaving us in peace for a while.

Training the vamp is a slow process, we need to see the whole picture first, and then the "i" needs to slowly start pulling back on the strings steering the vamp where you want it to go. The "i" can then slowly start to feed it little bits of love mixed in with all that fear. Love for self, a little more every day. Being gentle and a bit kinder to ourselves helps a lot, and then we can expand that out to others in our relationships, and interactions with the world. The "i" can choose to feed it positive news, less drama and mayhem, change to a more positive outlook on life, etc.

First, the "i" must recognize that it is not the puppet but the puppet-master, that it has control, then it must wean itself off fear, and in turn feed the vamp less fear and slowly more love over time.

Soon enough the vampire will be sound asleep and the "i" can express itself more fully as the "I" that it is, the true ruler of its kingdom.

The Ruler of the Kingdom

The “I” is the ruler of the kingdom. But it all depends on the “i” as to what kind of ruler that will be, the homicidal maniac dictator, the benevolent loving King or Queen, or something in-between.

How I treat myself, is how I treat others.

If the “i” doesn’t know it’s a puppet on a string of a vampire, it fully identifies as a vampire. It is all alone, under attack, terrified, extremely hungry and constantly feeds on fear. This makes it a victim in its own eyes and that justifies any amount of abuse and maltreatment it can dish out on itself and on others. The untrained vampire is merciless, it has to protect itself at all costs, it has to have complete control, it can trust nobody, it wants to be alive and exist and not just be undead, it has to be a tyrant, it rules through fear. It is highly critical of itself, constantly looking for weak spots in its own armour, judging and criticizing every action, thought, or feeling the “i” has. If this is how it treats itself, how will it treat others?

On the other hand, if the “i” trains its vamp by being kinder, more forgiving, more loving, and more accepting of itself, it can have a very powerful ally by its side. There is no need to protect or defend anything because there’s no scarcity, only abundance. The “i” becomes the “I” and the cup overflows with love for itself and others.

Once again it all depends on our perspective, our programming, our belief systems, and our point of view. Do we rule in fear, or in love, or somewhere in between?

Life is a pile of Lego blocks

(Building a personality and a life)

We are born into this world, and for the first few months, we are simply adjusting to "being" here.

After a while, we realize we're sitting next to a large pile of Lego blocks, we're not sure what they are, but they look interesting. We look around and see that people are "doing" things with them, that they are building various structures with their blocks. We think it looks like fun and decide to join in on the fun. It's very confusing at first, so we start experimenting a little, throwing them, sitting on them, eating them, and so on. We may even get two of them to stick together and discover that we can pull them apart, but we will soon become stuck, and this is where the teaching and learning must begin. This early education is typically provided by our parents or primary caregivers.

We gradually learn how they work, how to stick them together, what the different ones are, and how to use them, and we gradually begin to put some abstract forms together, strange and wonderful things that are still very undefined. We're getting the hang of it, and we're having a great time making all kinds of silly things.

But now things are getting serious, and we want to build meaningful things, like little people and animals, and houses, and other things we can play with, so we must go to school to learn how to build these things with a bunch of other kids. It's a lot of fun for a while, but then we notice that some of

the other kids can build much better things than we can, while others do much worse. So, we must now begin "working" hard and developing our skills in order to avoid falling behind. We discover that we have a natural talent for building certain things but aren't so good at building others and that some of us learn faster than others.

As we progress through school, we learn the how, what, when, and all of the theories behind building certain things, which quickly becomes very complicated and is divided into different subjects and specialization areas.

Not only are we creating "things," but we are also creating a sense of who we are, our skills, our values, our relationships with others, our standing in society, and our contribution to society. We learn to trade, buy and sell, collaborate, and compete. We are developing our personalities as well as our lives.

We are now taking everything very seriously. We start looking at what others have built, we get new ideas, and we may even design our own blocks.

It's all hard work, and it's not much fun after a while, but we have to keep doing, doing, doing because we want to "have" more and more things.

We want these things not only because they are physical and we can enjoy them with our traditional senses, but also because they trigger our emotions. Some make us happy, some sad, some angry, some envious, and so on, but they can also make us depressed or anxious. We also use our mental

abilities to learn, teach, remember, research, discover, and create.

But what we don't realize is that our desires are largely determined by our subconscious programming. Our parents, families, friends, peer groups, education, society, culture, our collective vision of the world, ideals, beliefs, genes, instincts, science, technology, and religions. We have very little "conscious" control over any of this.

It is also possible that we will grow tired of playing with Lego blocks and will wonder why we are "doing" all of this. Why?

Why do we feel the need to "have" all these things? Why?

Is it worth it to kill each other for them? Why?

The more we try to concentrate on the solution, the more complicated, confusing, and frustrating it becomes. To understand "why," we must first stop, take a deep breath, pause, become silent, and simply sit for a while. We need to get out of the focus mode and start expanding our awareness, expanding our vision, rising above the situation, and opening our minds. We can see that it's all just Lego blocks and that people are playing with them and building all kinds of things as we go along, and we can see that what we're doing is also just playing with Lego blocks. All of this "doing" and "having" is just like playing with Lego. We remember.

As our awareness grows, we realize that this is not just on a personal level for each of us, but on a global level, that the entire world that we created, with all of its systems, rules,

laws, things, and stuff, was all done by playing with Lego blocks, and there is nothing wrong with that because look at the world we built, all of our technology, and how much easier our lives have become. It's not perfect, and we have no idea why we're doing it, but it's being done, and it's kept us all busy for thousands of years.

If we zoom out even further, we can see that it is also happening on a cosmic level, from subatomic particles to the entire universe, it is all just Lego blocks building ever more complex things, it is the entire Creation itself. It's not just us who are having a good time with Lego, something much bigger is also having a good time. And perhaps it is because we are a spark of something greater than ourselves that we enjoy doing it, it allows us to experience and express ourselves as who and what we are. All this while playing with Lego, how awesome is that?

We can see a pattern emerging: first, there is stillness, a state of "being," then a concept emerges, followed by ideas of how to manifest the concept, then the "doing" begins, and when the doing is completed, there is stuff we "have" that tells us something about ourselves.

The more participants there are, the more ideas are generated, and the more "doing" there is, the more we "have" and the better we know ourselves.

Now that we understand this, we can zoom back in, return to our focused state, and resume playing with our Lego, but this time we build with a purpose, we know why we are building, what we need to build, who we will build it with,

we know the "why." It is no longer dreary and pointless to accumulate more and more stuff, instead, we can be creative, expressive, alive, and energized, build a meaningful life and world, help, teach, learn, create new systems and cultures, and consciously create new subconscious programming from our superconscious concepts.

We are "born again" sitting next to a big pile of Lego blocks...
What are we going to do with it this time around?

Creation - One thing at a time.

The next section was written/created one word at a time. Pretending to be a predictive text language model like ChatGPT but it took me a whole lot longer obviously. I just started with "I" and then waited for the next word to come.

I...walk...through...the...world...and...see...creation,...and...in...creation...more...creation,...and...even...more...creation.

Creation...creates...the...creator...as...the...creator...creates...creation...it...creates...itself...As...it...unfolds...it...tells...a...story. Choosing...one...word...over...infinite...possibilities...to...follow...the...previous...word.

As...one...word...follows...the...next,...a...sentence...is...formed...and...meaning...is...derived.

A...concept...emerges,...the...concept...is...that...of...creation...and...so...it...creates...itself.

Every...moment...of...the...future...has...infinite...potential...which...is...collapsed...into...one...word...And...then...the...next.

The...collapse...of...infinite...potential...is...creation.

We...choose...one...word...at...a...time,...one...after...the...other...to...tell...our...own...unique...story...and...so...it...becomes...our...own...creation.

A...creation...in...the...midst...of...the...larger...creation...that...tells...the...story...of...one...single...creation...from...infinite...points...of...view.

And then this came to me:

In...the...beginning...was...the...word...followed...by...another...word...which...was...creation...and...creation...was...the...creator...and...the...creator...was...the...creation.

That's interesting!

What is a word? A word is a choice. The choice is to choose the next word that makes sense to follow the previous word and discard all the rest.

Streaming consciousness one word or choice at a time is really interesting. It's a lot easier than trying to do it as one idea or concept at a time and then trying to explain that.

Maybe life is as simple as one choice at a time, it definitely is a lot less stressful.

Part 3 - Perceived Polarities

Fear is fundamental

Fear is born the moment creation explodes into manifestation.

Fear is a force or a state, not an emotion.

If Unconditional Love is the essence of all creation, then fear and love are two sides of the same coin, both of which are states of the same unified field. They are interchangeable, and when one is mentioned, the other is implied.

As creation begins to materialize from pure energy, embodied consciousness expands into more discernible states of fear and love. They are at opposite ends of the spectrum of unconditional love, but they are always a part of it and are united in it.

Fear and love become more recognizable and grow in conscious awareness as manifestation progresses and evolves from atomic to mineral, plant, animal, human, and beyond into higher forms.

At the human stage of development, we must actively choose which side to devote our energy or focus to, but first, we must become fully aware of both states and how they affect us through all 9 Senses. We miss the opportunity to recognize fear as a fundamental state of the superconscious connectedness to either state if we relegate it to just a physical response to danger or an emotion, or as caused by our thoughts or conditioned into us by the subconscious.

The state of fear expresses as a service-to-self or contraction into separation and thus focusing the attention on the separate self. The state of love expresses itself as a service-to-others and expands into unity and awareness of the bigger self.

We must face fear, not just our personal fear, but also collective and universal fear, the fear of non-existence.

Remembering that fear and love are both sides, or states, of the same coin, we can restate the previous sentence: We must face fear-love, not just our personal fear-love, but also the collective fear-love and the universal fear-love, the fear of non-existence. Take note that the last one, "the fear of non-existence," stays fear only. The fear that if we unify into the larger collective of one Self, we will cease to exist as our own personal entity is as real, if not more so, than the fear of simply disappearing into nothingness. Both are equally terrifying and valid, but they are also equally necessary for us to fully realize who we truly are, Unconditional-Love-and-Pure-Golden-Light-Energy.

Do we express ourselves as a Full9 of fear or as a Full9 of love?

Fear is so fundamental that letting it go will literally be the last decision we make... so we should start practising now. How? By employing "Focus and Awareness" and "Notice, Acknowledge, Let Go-Let Be-Engage."

Focus on any one fear, expand the awareness, and notice that we are surrounded by fear, on every level imaginable, because it is a fundamental state or field of creation.

Acknowledge that it is a core part of our being from the moment of birth (physical, or in consciousness) and take a deep dive into it, into the abyss of no-thingness. Alternatively, see it as an aspect of unconditional love and as such equal to love, and take a deep dive into it, into the abyss of all-thingness.

Fear And Love

Unconditional Love exist in the realm of the Absolute, it's beyond conditions and are the Substance of Creation. By definition, undefinable, unknowable, and beyond our comprehension, so what follows is only a rough approximation.

Unconditional Love is inclusive and has no conditions attached to it, which means that it is beyond matter, states or fields, beyond duality and dichotomy, but includes them all. It expands into infinite awareness, so everything matters.

Fear is exclusive and only has conditions attached to it, meaning it is based on matter, states or fields, duality, and dichotomy. It contracts into infinite no thingness, so nothing matters, and thus it is completely absorbed into Unconditional Love. Only once Creation starts, does it become manifested as a state or field to counter small love, not the Big Unconditional Love substance of all, but the small love reference point that points towards the Big Love.

Fear and Love, and fear and love

We access Fear-Love through the superconscious, and our internal measurement of them is that innate sense of "Quality" that we all have. Fear and Love manifests as creation-destruction, entropy-negentropy, positive-negative, expansion-contraction, and all other polar opposites. It is the foundation of all dichotomies, but all dichotomy is part of a trinity that includes both, with the "or" becoming "and" if you zoom out far enough.

As we filter down the 9 senses, they become more defined and physical, they become small-cap love and fear, and split into love "or" fear. Although they are never two separate things, we perceive them as such. They become the measure of our internal state of being and determine our outlook on life. They will also influence how we interact with both internal and external information that enters our senses.

Superconscious

We relate to fear-love and Fear-Love in terms of unity and separation on the superconscious level. Beauty, awe, wonder, expansion, awareness, quality, contentment, acceptance, inclusion, and meaning are all aspects of love. While fear manifests itself as separation, conflict, ugliness, worthlessness, evil, and so on. Actually, most of these are lower emotions and appear much further down on the emotional level. At the superconscious level, there is just "a sense of", a certain "quality" to things, which is very nebulous and undefined, and the above emotions only point to it. It is a very subtle "knowing", not a "feeling", or "thinking", or "subconscious programme", or "physical" reaction, just a gentle knowing.

We connect to the Higher Self and Source in the superconscious, which is our connection to Unconditional Love, where all fear-love and Fear-Love become unified.

Subconscious

Things become more real as we descend into the subconscious, but they remain mostly hidden. The archetypes, shadow, anima, animus, and so on.

Instincts, desires, genetic coding, social programming, past lives, karma, psychic phenomena, and entities (real and projected), all create fear and love in various forms within our subconscious. They not only become a personification of our fear-love but also a subconscious filter through which we judge the world and ourselves.

Because this is all subconscious, it's difficult to clearly define anything because it's a complex maze of interconnection, a long series of interdependent causes and effects, memory and association, projection, and outside influence.

At this level, both fear and love can be very destructive, they get intertwined and twisted together, substituting one for the other, confused. It takes a lot to step back from all of this, become an objective observer, redefine each to their proper place and relation to each other, and then see them as aspects of the same Fear-Love force that expresses as opposite states.

Once again, we are on a spectrum, and it is the middle point of equilibrium, the balance, with a wide view of awareness that we aim for, not the narrow-focused extremes.

At the narrow-focused extremes, both love and fear can be too much or too little and can become unbalanced and unhinged with disastrous results.

Extremes of love within a spectrum

No love

Too much love

1 2 3 4 **5** 6 7 8 9

Extremes of fear within a spectrum

No fear

Too much fear

1 2 3 4 **5** 6 7 8 9

The middle or 5 is the sweet spot and takes all the other grades into account.

Once we find the balance within each one, we can find the balance between the two. Remember that fear and love are always contained within and related to fear-love and Fear-Love and Unconditional Love.

Extremes of fear-love within a spectrum

Fear

Love

1 2 3 4 **5** 6 7 8 9

Picture a pendulum on a string, if the string is long the pendulum swings in a very wide arc from one side to the other, if we shorten the string the distance of the swing diminishes and is less wild. Halving the strings length is a good compromise between movement and control.

Thought

Fear-love can be created and generated solely by our thoughts, causing these emotions to appear out of nowhere. Fear-love thoughts can completely capture our attention, overriding our rational thinking and clear reasoning. This

can result in excessive ruminating on the past and future, which causes suffering, but the past is memory, and the future is imagination, both are mental constructs and tools for us to use in contemplating life, they were not meant to cause suffering.

Remember that while pain is unavoidable, suffering is always a choice.

Emotions

We usually think of love and fear as emotions, but they are actually states of the Fear-Love field expressed on the Fear-Love spectrum. The full range of emotions manifests itself in various forms and to varying degrees. Emotion is energy in motion, and that energy vibrates at different rates, the slower the vibration, the more fear and less love, the higher the vibration, the more love and less fear, and all of them contain both fear "and" love.

As previously stated, we must first balance fear and love separately, and then together. Our emotions are a barometer of how well we are doing. We are content if everything is perfectly balanced and energy flows naturally in, through, and out of us, unobstructed by anything.

When we are triggered by the external world of events or the internal world of our thoughts and subconscious, we create blocks or obstructions in the flow of energy, affecting its rate of vibration. This causes us to experience a mixture of fear and love, and we give that emotion a name, claim it as our own, and "become" it.

All the emotions are contained in the Fear-Love field, and in the fear-love field, the extent, intensity, and quality of them depend on the individual.

Physical 5 senses

The body reacts to fear and love, Fear and Love, and Unconditional Love, in a wonderfully complex way, releasing endorphins, contracting or relaxing muscles, regulating blood flow and pulse, and so on. It is an amazing "machine" or organism. Unconsciously, lightning-fast changes occur in accordance with the entire spectrum of vibrations, or emotions, in the Fear-Love field.

The body responds to stimulus in some way, regardless of the source of stimulation, whether physical, emotional, mental, subconscious, or superconscious, and it is a good measure of our state of well-being.

If our balance is out, the body becomes dis-eased.

Understanding the manifestations of Unconditional Love in the form of the Fear-Love field, expressed as Fear and Love, filtered down as fear and love, becomes important. It makes a real difference in how we perceive it through all 9 Senses, how it presents itself, how we measure and interpret the information, how we understand and choose the relevant information, and how consciously aware we are of all of this.

Face your fears and find your values and loves

Our fears point to everything that we value, and we value what we love. If we don't love something or someone, it holds no value for us, it means nothing to us, we don't hold it dear, and therefore it holds no fear for us.

Not dear, no fear.

When we consider what we value or what we truly love, it can be difficult to pinpoint one thing in particular because love is expansive and wide, opening up into awareness and includes many different things at the same time. Because our fears are so dense, narrow, and focused, what we love becomes very clear and obvious to us. The one always points to the other because they are always on the fear-love spectrum.

The more you love, the more you value, the more meaning it has in your life, to the point where you are willing to die for it. This can be for your significant other, children, country, religion, ideas and ideals, or deeply held beliefs. You will defend them, protect them, fight for them, and even die for them. Death, on the other hand, is one of our greatest fears, and we try to avoid it at all costs. We are terrified of death, pain, and suffering. We also fear change, and at the same time stagnation. We move away from these, but where are we going? Because fear and love exist on a spectrum, moving away from fear leads to love.

If you really don't care about something, it doesn't matter to you what happens to it, and you will have no fear associated with it.

Take something random, such as a rock. There are many rocks that you pass every day, but you never notice them because you don't care. Someone can come and move it, break it apart, curse it, spit on it, and you won't care because it doesn't mean anything to you because you haven't claimed it as "yours." However, if that same rock means something to you, you value it, or you simply enjoy sitting on it, your perception of it will change dramatically. You will guard and protect it because you are afraid that someone will harm it, move it, break it, or claim it for themselves. If that same rock marks your border or has religious significance to you because a prophet once stood on it or attained Enlightenment on it, you may be willing to go to war over it.

The rock did not change, but your value and love for it did, and so did your concern for its well-being and this creates fear. Substitute any person, thing, situation, belief, idea, political party, cause, country, culture, group, ideology, or anything else with which you personally identify, and see if the above statement still holds true.

Perhaps we should dig deep into our fears to find the gold of our love in them.

Can depression, hatred, war, death, sickness, disease, and everything else that causes us fear, pain, and suffering be signs of something else? Is there love in them? Can anxiety, phobias, and trauma be manifestations of our loves?

If we stop fighting these fears, repressing, suppressing, controlling, and medicating them, and instead "look" at them, not relive them, but just look at them from a distance,

might we see the other side and shift our focus to the positive, meaning, value, and love?

"What you resist will persist."

"There is no meaning to anything, except that which we give it."

Let's go back to our rock. If that rock is massive and hurtling through space, with the potential to destroy everything on Earth, it should be feared, and rightly so, it will be a terrifying situation, but what does that tell us about what we love? It should remind us that we value and love: life, nature, people, humanity, our families, animals and plants, the atmosphere, clean air, even our jobs, bosses, seemingly broken systems, and at a push, even our poor politicians, everything. If everything around us is about to be destroyed, everything gains value. But that is taking it too far. Let's make it more tangible.

If we kick a rock and break a toe or two, we might have a slight fear of that specific rock, or rocks in general, or at least have a healthy respect for all rock-like things in the future. That might not be a bad thing. But, if we allow this fear to grow, get out of hand and rule our lives, that would be really bad: we would never walk barefoot again, only go where there are no rocks, start a campaign against all rocks, ban pictures of rocks on social media, ban people who talk about rocks, even start "the war against rocks"!

But what could it tell us about what we value, like, or love? It could tell us that we like nature, we like walking barefoot, we like healthy unbroken toes (when last did you think

about your toes and showed them some love?), we like toes, and feet, and legs and a body that can move around, and a brain that coordinates all of this movement, and a mind that can decide and plan where to go, and the freedom to walk near rocks (even though they are clearly very dangerous things), we like living in a society and a culture that allows rocks to be there, we like that prophets can stand on them and preach, we like building houses with them, we like that they are solid and unmoving, and very seldom fall out of the sky.

Kicking a rock, even a small one that causes no permanent damage, can teach us a whole lot about what we value, like, and love, and what we don't. And the fear of rocks can teach us even more about ourselves, and what we value.

Well-balanced fear teaches us, motivates us, protects us, expands us, and points to the love in us, but only if we can face it, and "notice-acknowledge-let-go-let-be-engage". As mentioned before balancing fear, balancing love, and balancing fear-love adds to the meaning of our lives and enriches it.

Maybe it's time to gently face our fears and discover ourselves.

Fear of change, fear of stagnation

The biggest dichotomy and battle that rages within our psyches is our contradictory fear of change on the one hand and our fear of stagnation- changelessness on the other.

We fear change because it is painful, it's never easy to change. It is very scary because of the uncertainty it brings. We do not like the unknown, unknown things can hurt or kill us, on the other hand, unknown things can bring us joy and pleasure. Going into the unknown can be exhilarating and a great adventure but it can also be terrifying and deadly. Monsters lurk in the dark.

We prefer to remain where we are safe, secure, and protected, we prefer the certainty that the "known" provides. Life can be predictable if everything simply wants to stay the same, then we can be certain of what will happen next, which is wonderful. Stability and sameness are wonderful for a while, but then we get really, really bored with it all, and boredom is something we fear more than change. Boredom is lifelessness, isolation, meaninglessness, pointlessness, motionlessness, rottenness, death, and decay. That does not sit well with us. We would prefer pain and suffering to boredom. So, we "change" something to avoid boredom, and the loop begins again, and it repeats itself over and over, pulling us this way and that. Static, dynamic, dynamic, static, dynamic.

Just as fear and love are opposite ends of the fear-love spectrum, and everything is a balance that includes both fear and love, the static and dynamic parts of the universe are

also opposite ends of the same spectrum, static-dynamic or change-stability. There is always a process that moves and flows between the two states, and a balance within each and between the two is required.

Extremes of change within a spectrum

Too little change

Too much change

1 2 3 4 **5** 6 7 8 9

Extremes of stability within a spectrum

Too little stability

Too much stability

1 2 3 4 **5** 6 7 8 9

Extremes of static-dynamic or change-stability within a spectrum

Static

Dynamic

1 2 3 4 **5** 6 7 8 9

We cannot grow without change, and we cannot exist without stability.

These are fundamental forces that existed from the beginning of time. The dynamic explosion into existence is followed by the settling into solid forms of matter and energy, such as stars, planets, and galaxies, and finally into inorganic and organic forms. Stability gives rise to forms,

organisms, groups, and, ultimately, unity, whereas dynamic change is the source of life, growth, and evolution back to unity. When everything is in balance, it unites everything into a single Dynamic-Static resonance or vibration.

Where we are on the spectrum determines our own vibrational state, which attracts like vibrational states for us to interact with. If we have a balance within each state, and then a balance between each of the states in the static-dynamic field, we will find our highest vibrational state of Being.

From this state we can properly discriminate, judge, interact with, and balance all the other dualities like masculine-feminine, fear-love, positive-negative, construction-destruction, etc.

FUD and FOMO

Fear Uncertainty Doubt and Fear Of Missing Out are normally associated with cryptocurrencies and the stock market but they form a big part of our daily lives. Much of our suffering comes from our choice to give them power. If we choose to focus our attention on them, they suck out all our life force energy, just like the vampire.

Fear Uncertainty and Doubt normally come from external sources. The news and social media are full of it. Everything is going to hell in a handbasket, and the “End is Neigh!”... again... and still. This has not changed since time immemorial and yet... here we still are.

Prophets of doom hijack the amygdala, grab our attention and suck us dry. Yes, natural and man-made disasters do happen from time to time, but how many have affected us personally? And if they did happen to us personally, we managed to survive. Not trivialising these traumatic events, loss of property, or loss of life at all, but how often do they befall us personally? Yes, we can have compassion for those who suffer and be aware of the thing happening in the world, but does it warrant 80%-90% of our attention? Surely not.

Does living in a state of constant fear serve us, or anybody close to us? Why give our power over to “ifs, mights, maybes, could happens”?

Fear Of Missing Out is definitely an internal condition. FOMO comes from our unhappiness with our own lives and is rooted in envy and desire. We look at other people’s lives and judge our own to be inferior, while others look at our lives and judge their own to be inferior to that. Nobody appears to be happy or content with where we are, or what

we have. We want more, do more, and have more and more.
More money, sex, power, experiences and stuff.

This is a good thing, if it motivates us to improve and be a little better every day, but it is a bad thing if it becomes out of balance and consumes our every thought and action.

FUD and FOMO are major contributors to our suffering, but we can choose to acknowledge them and to let them go.

LET GO of FUD and FOMO

How do we shift our perspective from a negative to a positive view of the polarity spectrum consisting of love and fear, and hence experience life differently?

We have to L.E.T G.O. of FUD and FOMO:

- **Fear** -> **Love**
- **Uncertainty** -> **Excitement and Entertainment**
- **Doubt** -> **Trust**
- **Fear of Missing Out** -> **Gratitude and Offering**

Approaching life with Love Excitement and Trust with Gratitude for its Offerings, changes everything.

Reality is our perception of what is real and unreal. But we get them backwards and the wrong way around; we think the unreal is real and the real is unreal.

We see fear, uncertainty, doubt as real - and love, excitement, trust as unreal.

But that's only one perspective, from one end of the spectrum.

If we change our perspective to the other end of the spectrum love, excitement, trust becomes real and fear, uncertainty, doubt becomes unreal.

Reality is a balance and movement in the spectrum of both.

Our choice is our perspective, which is determined by our intention, which forms our beliefs and shapes our experience.

Love of Fear and the Fear of Love.

Finding the balance between the Love of Fear and the Fear of Love isn't easy.

The Love of Fear is the attachment to the familiar, the comfortable, and the predictable. It is the resistance to change, growth, and uncertainty. It's the love of fear that keeps us in our comfort zone, but also limits our potential. But the love of fear is also the attraction to the unknown, the adventurous, and the challenging. It is the willingness to face our fears, overcome our limitations, and explore new possibilities. Fear can take many forms, such as anxiety, anger, guilt, shame, or attachment, but it can also be a source of motivation, inspiration, or growth.

Love, on the other hand, is the essence of our true nature, the force that connects us to ourselves, others and the universe, but it can also be distorted and corrupted by our ego and attachments.

Love is not something to be pursued or possessed, but rather to be expressed and shared. It is a state of being that arises from our connection to our true Self. Love can be a healing force, if we use it as a guide to align our thoughts, words and actions with our highest values and aspirations. Love can be a creative force, but can be destructive if misunderstood, weaponized and monetized.

Some people may fear love because it makes them vulnerable, dependent, or exposed to rejection or betrayal. These two emotions can create a paradoxical cycle of

attraction and repulsion, where one seeks what one fears and fears what one seeks.

Some possible reasons for this pattern are:

- A lack of self-worth or self-esteem that makes one feel unworthy of love or happiness.
- A familiarity with fear or pain that makes one feel comfortable and in control in a stressful situation or chaotic environment.
- A fear of vulnerability or rejection that makes one shy away from opening up or expressing their true feelings to others.
- A subconscious belief that love is conditional, temporary, or dangerous, and that fear is inevitable, constant, or protective.

The fear of love holds us back and prevents us from expressing our authentic selves. Fear can also isolate us from others who are different from us, who challenge us, or who love us unconditionally. This is the fear of love, the resistance to love as a healer and a liberator.

We have a tendency to cling to our ego, our identity, our beliefs, and our attachments, even if they cause us suffering and pain, and we fear love because it challenges us to let go, to open up, to trust, and to surrender.

Fear can be a powerful motivator, but also a limiting factor. Love can be a liberating force, but also a source of

vulnerability. How can we embrace both aspects of ourselves without losing our sense of identity and purpose? The answer lies in recognizing that fear and love are not opposites, but complementary energies that can work together to create harmony and growth. By accepting our fears as part of our human experience, we can learn from them and transform them into wisdom. By expressing our love as a natural expression of our divine essence, we can share it with others and expand our consciousness. The balance between fear and love is not a static point, but a dynamic process that requires constant awareness and adjustment. They are both tools that help us create the life we want and deserve, and they are both gifts that help us enjoy the beauty and wonder of existence.

Weaponize and Monetize

Man's greatest ability and achievement is the "gift" to weaponize and monetize absolutely everything, and that means literally every single thing, nothing is sacred, untouchable, or safe, everything is fair game, and can, and must, be turned into a weapon and be profited from.

There are only two, no maybe three things that are infinite on this planet, man's desire for Power, Greed, and maybe our Arrogance (ego). Everything else is limited, finite, and in short supply.

The biggest evolutionary leap that separates us from other animals, lies in the fact that we can weaponize and monetize anything, absolutely anything. Like everything else, it begins with a "good" idea that appears harmless and useful for survival, but quickly escalates and snowballs into a weapon of mass destruction.

Like using a rock, or a big stick, to crack open a nut, nothing wrong with that, and not harmful to anything but the nut. But pretty soon we figured out that we can throw them to ward off predators and other nasties, still pretty "good", but then we discovered that if we sharpen them, they can be used to hunt more effectively and cut things, still not "too" bad unless you are an animal. Then came the realisation that we can trade or "sell" these things if we are really good at making them, and then the power trip starts. And then it dawns on us that these "tools" are really good for killing other people and that we can take their land, making us more powerful and even richer. Some other bright-spark in

another tribe figures out how to make a bow and arrow, and the race is on. Swords, armour, guns, bombs, and eventually nuclear weapons.

Because this ability to take simple tools and turn them into weapons has worked so well for us, at least "some" of us, and by that I mean the "service-to-self" us-es, not the "service-to-others" us-es who came up with the idea in the first place, we now use it for everything.

The "service-to-others" us-es come up with an idea to help their fellow man, like using a rock to crack a nut, staying in a cave, building a house, making clothes, farming, using "money" as a form of exchange, inventing marriage, give a message of peace and love, discover the power of steam, electricity, etc., start the internet, social media, AI, being "woke", and so on, all reasonably "good" ideas in the beginning, but then someone finds a way to weaponize and monetize it.

Let's look at just a few examples:

Sex evolved from a natural process of procreation, to an expression of love, but then went on to become a means of barter between males and females, prostitution, and "sacred" sex that requires a very expensive retreat.

The mystic that has a spiritual union with the Divine and brings a message of peace and love, which goes from sharing and service, to community, to religion, to "holy" wars, and in some cases, to empire building, enslavement, and slaughter.

"Love" that went from a deep meaningful bond to marriage, to divorce lawyers and big court battles, to Hollywood movies, to a reason to die.

Social media that went from a way to connect and share with friends, to multi-billion dollar corporations that can ban or "cancel" you any time they want if they don't like what you have to say, to banning "enemy" countries from using it at all.

Money that went from a simple means of exchange, to banks, to debt, to giant financial institutions, to the ultimate form of power and control, and a weapon of mass destruction used against nation-states and individuals alike.

"Wokeness" that went from the protection of how one chooses to express themselves, and righting the wrongs of the past, to all-out warfare on anyone who is not "woke", naming, blaming, and shaming them, banning them, viciously attacking them in public. Becoming the "holy" judge, jury, and prosecutor, condemning all these "unholy" souls to hell.

The list carries on and on, there is not a single cultural, social, economic, technological, spiritual, or personal aspect of "man" that has not been weaponized and monetized. Not even words are safe, like "man", we use it here on purpose because it will make some people very uncomfortable, pointing to the toxic masculine and the dysfunctional patriarchy, but it really just means "human", man as in human being. The concept of "man" is being used here as the

umbrella term for all males, and females, or however you choose to identify, of the human species.

What we really, really need to do is to let go of Greed, Power, and Arrogance which are all very deeply rooted in Fear. We need to find the balance with Love, and guard against the tendency to weaponize and monetize anything at all, including the concept of the 9 senses.

Fear, power, and greed might have served "man" well in the past, but it is really time to STOP weaponizing and monetizing everything or anything at all. Not to fight it, but just to stop doing it and supporting it. The last thing we need is another "war" against anything.

Just stop, and let it go.

Sensuality and Sexuality

Creative energy is part of the vital force that flows through us, sustains us, and drives us. This creative energy can be directed outward in the form of sexuality or inward in the form of sensuality. Sensual awareness is the opening of all 9 Senses to allow this energy to flow freely into us.

When it comes to sexuality, there are two parties involved: you and the object of your desire. Your attention, and thus your energy, is directed toward the other, but you expect it to be returned to you in equal or greater amounts. First, you notice the other, then you notice the feelings it evokes in you (attraction, lust, desire, magnetism, chemistry), then you name it (love, connection, passion), then you judge it (good, bad, fling, forever after, relationship), and finally you put conditions on it (reciprocity, exclusivity, marriage, moonshine and roses, friends with benefits). All of this will eventually lead to disappointment as a result of our unrealistic expectations of one another. This will result in feelings of rejection, shame, guilt, anger, abuse, and victimization. This leads not only to a loss of love for the other but also to a loss of love for oneself.

Don't get me wrong: sexuality is wonderful, but we must avoid some, if not all, of the pitfalls listed above!

There may be a simpler way, and that is through sensuality. Sensuality is an openness to the other and a deep appreciation for them. An energetic connection that does not need to be named or judged and is not subject to any conditions. It's a pure, natural, two-way flow between two

people or even things and objects, similar to how you feel when you see a beautiful sunset.

See the beauty in the other.

Seeing the beauty in the other is the closest we'll get to defining what love is. "Real" love. Not the barter system love (I'll give you some if you give me some), the needy "you complete me" love (I can't live without you), the sick and twisted love (if you love me, you'll take the abuse), the manipulating love (if you are or act like that, I will give you some of my precious love).

If you see the beauty in the other, all the above fall away and magically disappear.

Through sensuality, we discover what love is. Not just romantic love, but a love for life, for nature, for things, for the dramas we create, for the good and the bad. There's beauty in ALL things, even if you sometimes have to look really, really hard for it, but it is always there.

"See the beauty in all things."

Cups that Overflow

A cup that overflows can never be empty. If our cup is half full, or half empty, it can never be filled.

If our cup is half full, we will always seek ways to fill it, and we will have to look outside of ourselves to be able to do so. We look to relationships, sex, religion, status, careers, money, knowledge, and other external things to fill us up and make us happy, but none of them can because we see our cup as half empty and it always will be.

When two half-cups meet, it starts out great because they take turns filling each other up, but if one is full, the other is empty, and it quickly turns into a power struggle. Each cup feels like they always have to do all the filling and resentment builds. They are both right and wrong at the same time. The problem is not that either one has to do the filling, the problem is that we have two half-cups.

If one cup is overflowing and the other half-full, the half-cup becomes dependent on the full-cup, and an unequal power dynamic develops.

If we have two overflowing cups that are at peace with themselves and don't need anything from anyone or anything, they can just be together and overflow together, filling everything around them up as well. There is no need for dependency of any kind, there's no power struggle, no resentment, no claim/shame/blame, just the joy of abundance, sharing, and overflowing with life and love.

Stuff, religion, careers, wealth, status and wisdom becomes an expression of fullness, not a need.

Our cup overflows when we find our “I”, when we’ve trained our vampire, rule with love over our internal and external kingdoms, experience and express ourselves through all 9 senses, live an awegasmic life, and all the other concepts covered so far. A Full-9.

Women and Men – Figuratively Speaking

Women: Women are Goddesses and they expect to be worshipped. They don't demand to be worshipped, they just quietly expect it because of who and what they are. They are the embodiment of the life-giving force, of creation, of pure energy. They create and give birth. They should therefore, by default and quite obviously be worshipped, it goes without saying.

The only problem is that they don't quite know how this should be done, and if they do figure it out it will change shortly thereafter because they are creative beings and things must change. Life is ever-changing, alive, full of vitality and infinite potential, in other words largely undefined.

Men: Men are worshippers. They are born to offer up their own life force in the service of creation.

That makes men simple and fragile. Simple, because they just need something to worship, and fragile because they don't know how, or if they are doing it right.

Men worship women, or at least they try, but the goalpost keeps on changing, the rules of engagement keeps on changing, and the whole game keeps on changing. This leaves men utterly confused and miserable.

So what do they do? They create gods for themselves, male gods, or even better one male God. Now things are clearly defined, a male God with a set of rules and commandments

to follow, simple, clear, straightforward, and doable. Happiness is.

But this makes women unhappy because they are supposed to be worshipped and they struggle a bit with these male ideas. And this in turn makes men very unhappy again. So, they try to define the undefinable, place limits on it, conquer it, subjugate it, name it, and understand it so that they can worship it properly. "It" being nature, energy, and of course women and the Goddess. And so patriarchy and toxic masculinity are born, which they get blamed for, they just can't win. But is it really their "fault"? They are just looking for a way to worship women and by definition the Creator.

It would all be very simple if women could just tell men how to worship them properly, but of course, this is impossible and off we go again...from the top...with feeling...

That brings us to the eternal dance between the masculine and feminine forces of the universe.

Masculine and Feminine

The masculine is focus and the feminine is awareness, coexisting in the field of perception.

The masculine is Light, which contains information, which condenses into matter.

The feminine is Energy, which is undefined and can be both creative and destructive.

Both exist in the field of Unconditional Love.

What we should remember is that both the masculine and feminine are aspects of the creation spectrum, they are not mutually exclusive, but they rely on each other, exist because of each other, and contain parts of one another, regardless of where they fall on the spectrum in general. It's only our perspective and value judgement that separates them and tries to define them.

To see how this plays out in our daily life, we can take the act of forging a sword as an example. From the normal perspective, it's a very masculine activity. There is a lot of force being applied to a clump of metal by heating it in fire, hitting it with big hammers, and shaping it into form. This is very focused intention, power and will.

But from another perspective it can be seen as a very feminine activity, it's a very creative and intuitive process that requires the awareness of all 9 senses to expand and flow in harmony with each other, an open communication between metal, swordsmith and concept. It uses all 5 elements of water, fire, earth, air and ether to create

something of exquisite beauty, but which is also functional and potentially deadly at the same time.

It comes from the clear meditative mind, physical skill, and creative expression of a master craftsman who holds a deep reverence for the craft, its tradition, the universal flow of energy and the connectedness of all things.

It's all on a spectrum: feminine-masculine, creation-destruction, spiritual-material, fear-love.

One is part of the other, and in harmony, they create beauty and awe, as well as fear and dread, all at the same time.

It's just a matter of perspective...how we choose to look at things, defines what we see.

Getting in Touch

We perceive the world using all 9 Senses, but they are all just different aspects of touch.

We can begin with the body as a starting point, but where does the body begin and end? We think of the body as starting from within and ending with our skin. This perception is primarily due to the fact that we perceive our bodies through the sense of touch or proprioception, which informs us that our bodies are as large as our "skin body."

Assume for a moment that all of our senses are different versions of the sense of touch and that we not only touch the world with our skin, but also with our taste, smell, sight, and hearing. Hearing is the ear touching sound vibrations in the air, sight is the eye touching light waves and particle vibrations, and taste and smell are touching the vibration of chemical compounds. We not only touch the world through the physical senses but also with the higher four senses.

Why touch? Touch is normally the only sense that we think of as having an in- and out-flow, or two-way communication system, and can have a passive and active part to it. For example, we reach out and touch a ball, and then we can pick it up and throw it. All actions that have to do with touch. As a result, there is an inflow and an outflow associated with touch that we do not normally associate with the other senses.

Take "seeing" as a type of touch for example, and that it is no longer a passive experience, but that we can actively engage with it. We can now direct our seeing to investigate specific

objects, such as a tree, and feel how rough or smooth its bark is.... pretty cool, hey? We can also send our hearing, taste, and smell out into the world and "feel" the world through them, allowing us to have a kind of "out of body" experience. Just as we can direct our gaze into the distance to feel the bark of a tree, we can direct our hearing into the darkness to see if anyone is approaching us or to smell something pleasant around a corner.

As we integrate all our other senses to continue expanding our body, we become aware of how enormous and gigantic our bodies truly are, far larger than the "skin body." We can expand and contract all of our senses as we please, and we can go touch everything to get a completely new perspective on the world.

Try it out for yourself, go play around a little, and you'll be amazed at how simple but effective it is to expand our consciousness far beyond what we thought was possible.

Life is Awegasmic

We are Orgasmic Beings.

Our natural and highest state of being is indeed orgasmic, or we could say Awegasmic, this is the state of true union with Source, where we as individuated sparks of consciousness return to Oneness and Unconditional Love, Pure Golden Light, Infinite Energy, and Absolute Awareness.

Because this is our natural state of being, there are an infinite number of ways to experience orgasms. Unfortunately, we've forgotten this simple fact and have been brainwashed to believe the exact opposite. We are taught that orgasms are wrong, dirty, and sinful, that we do not deserve them, and that we have to look outside of ourselves to get them. When we hear orgasm, we immediately think of sexual orgasm, which is induced by either ourselves, someone else, or a toy.

But....that's only one type of gasm, the sexgasm. We will do all kinds of things to have this experience but somehow, we just know that there's more to the story. We can then start exploring other types of gasms, like full-body energygasms and sacred sexgasm and so on.

Let us take a step back and examine "orgasms."

Orgasms can be experienced on a very wide range of intensity levels, from very subtle hmmgasm?, (Was that one? Felt a bit nice, not sure, maybe, but hey it doesn't matter it feels good...) to the earth shattering-oh-my-G-d-mind-collapsing-gasm!!! (Yeah! That's the one!)

Now that we have a measuring tool for our gasms we can look at different ways to get us some of that. When we look at the big picture, we discover that anything and everything can give us a gasm, absolutely everything, and that's because it is our fundamental nature and state of being.

Every one of our 9 senses can give us a gasm. And these gasms can be anywhere on the scale of intensity. The amount will vary on our connectedness and interconnectedness with the sense object. We can look at a beautiful flower, get drawn in by its beauty and really appreciate it, and have a little hmmgasm. We can also realise that when we look into the flower it also looks into us. Not only do we connect to it, but there's an interconnection between us and this can lead to a full-blown eyegasm or beautygasm.

The same is true for things like music or the sound of nature, with which we can connect deeply and experience an eargasm. Similarly, we can experience smellgasms, tastegasms, or touchgasms.

With the Emotional sense, it can get even more intense and we can have a lovegasm, friendgasm, joygasm, etc.

With our Mental sense we can create absolutely any gasm we want, purely using our imagination and creativity. The mindgasm can be a lot of fun and many people can play at the same time.

In the Subconscious we find all kinds of gasms that we never even knew existed. They can appear in dreams, trance states, hypnotic states, or during psychedelic trips (on occasion). Let's call them trancegasms.

At the level of the Superconscious, we are mostly in our orgasmic state already, we become aware of the deep inner knowing of our Oneness, our connection to everything, and that all our senses just want us to experience the maximum amount of pleasure we can handle or will allow ourselves to experience. We also notice that all our senses form part of our Soul and this can lead us to a soulgasm.

And when we take this one step further, we have a direct connection to the Divine and we can experience the Awegasm that is in fact our true Self.

Once we get past all our blocks, limiting beliefs, and negative programming the world is our oyster and a pleasure palace of note! The whole Universe is there to bring us pleasure, talk about a gangbang or is that gangbigbang or bigbanggang or something like that.

Life itself is orgasmic. It's only our perception that prevents us from seeing this.

Part 4 - Judgement

Judgement, how dare we?

How dare we judge GOD??!!

HOW...DARE....WE...JUDGE...GOD???!!!

We puny little humans, with our giant egos, and our infinite ARROGANCE?

HOW...DARE....WE...JUDGE...GOD???!!!

Quite easily, in fact, we do it all the time. We judge others, we judge ourselves, we judge our lives and other people's lives, and we judge things and situations, we judge the world, the weather, our value, and our meaning. We judge absolutely everything...If we don't judge we can't Be.

We can't be happy or sad, or have fear and love. We wouldn't know what to eat, wear, or do, where to work, how to behave, who to become, and who to help.

We are completely lost without judgement and thus believe in a God who judges because we cannot imagine a life, or even being alive, without judgement. We can't imagine a God who isn't the ultimate Judge.

God, the Absolute, the Source, whatever you call it, just Is. God Is. Nothing more, nothing less.

The Isness Is the Isness. It just Is, nothing can be added or taken away from It, It cannot be better or worse, It cannot be improved, It cannot be broken or healed, It cannot be good

or evil, It cannot be what It Is not, It cannot be saved, It cannot be measured, understood or limited. It just Is.

"It" cannot be Judged, what are we going to judge it against? Why the hell would it want to judge Itself, or any part of Itself? How can It? How can the Isness not be what it Is?

Clearly, we humans think that "it" can be! We think "it" can be better, that We can improve upon "it", and that We can do "it" better! That We can save "it"...

How arrogant can we be?

Maybe because we are It, or we sense that we are It, maybe that gives us the "right" to Judge It.

But, if we truly understood that we are It and how absolutely Infinite, Beautiful, and Perfect It Is, we would never ever dare to judge it, in any way, at all. We would be completely unable to judge It, anything in It, or any part of It. All we would see is the Isness Ising and we would fall silent and try to Is in that Isness ourselves, just for a few seconds, to stop judging for just a few seconds, to stop suffering for a few seconds, to stop trying to save ourselves and others for just a few seconds, to stop condemning everything and everyone so that we can "save" them for a few seconds, to Realize Who We Are for a few seconds.

But no, we (little we) are so important that we can limit the Limitless, know the Unknowable, judge the Absolute, judge GOD.

How dare we judge GOD??!!

HOW...DARE....WE...JUDGE...GOD????!!!

We puny little humans, with our giant egos, and our infinite
ARROGANCE?

HOW...DARE....WE...JUDGE...GOD????!!!

We "have" to judge:

We dare to judge because we have no other choice because we exist inside of Creation and it is baked into the system, it cannot be otherwise. As soon as we have creation we have destruction. As soon as we have something (matter) we have space and time. We have positive and negative, male and female, Yin and Yang, hot and cold, up and down, left and right, near and far, manifested and unmanifested, good and evil, fear and love. Everything exists in relation to something else. Without all of this, creation would be totally meaningless. God would be meaningless, we would be meaningless, and our lives would be meaningless. To give it all meaning or meaningfulness, we first have to be able to discriminate. Discrimination in the "good" way, to be able to tell the difference. Then we have to judge, to be able to judge we need information, and the more relevant information the better (from all 9 senses). Then we have to realize that it is all on a spectrum, it always contains both, it is "and" not "or", and that leads us to "how much", to be able to tell we need a scale and a unit of measurement, a meaning measure.

The Meaning Measure

What are we attempting to measure, what is the scale and scope, what are the opposite ends of the spectrum, what information are we using, what unit of measurement can be defined, is it subjective or objective, is it universal?

Let's attempt to define one...

Meaning, what is meaning? It can be anything to anybody, it can range from nothing, meaninglessness, to everything, meaningfulness, from zero to infinite. That's a little too broad, so we need to narrow it down somehow. For the time being, let's keep it personal and subjective and concentrate on the meaning of "my" life.

Do I live in fear and love, am I good and bad, happy and sad, am I in service to self and others? Notice that there is no "or" it is always "and", we live on a spectrum, not in polar opposites, it is never strictly speaking "black or white" it is always somewhere in-between, the one is contained within the other. This leaves us with 8 billion shades of grey as each one of us expresses ourselves slightly differently.

So, given that we've been discussing the 9-senses and the Full9, can we now apply these concepts to this measurement?

Firstly, we need information, as much as possible and as relevant as possible, the tools of "focus- awareness" and "notice, acknowledge, let go-let be-engage" help us to get the relevant information we need, and the 9 senses gives us a wide scope of information that we can process.

The idea of the Full9 or the highest expression of who we can imagine being gives us one side of the spectrum. Once we reach our full potential and discover our true self, we have found perfection, and we can rest for a while, before the next cycle, or next level up, or next octave begins, and we expand even further.

So, let's put that on a scale of 1-9 because at 10 it goes back to zero and also one, completion, and also the first step of the next level.

It ranges from the False self (lost and confused, anxious and broken, meaningless, fear) all the way to Fully-Realized, Full9 (content, whole, connected, meaningful, love).

Meaningless

Meaningful-Full9

1 2 3 4 5 6 7 8 9

Remember that we are on a spectrum and that it is dynamic, it is going to change from moment to moment, day to day. It will always be where you are at, at that given moment in time, and hence imperfectly perfect. It only gives us a reference point, do we want it hotter or colder, move up or down, brighter or dimmer, it gives us direction, and if we have a direction, we start to have meaning.

The whole thing starts to have meaning if we find the direction we want to go, otherwise, we are just running around in circles. (Which we are, but at least the circles now grow and spiral from one circle into a bigger, better one.)

To get any benefit from this we must really take the time, and make the effort, to define our Full9 as completely as humanly

possible, and then keep refining and expanding on it, as much as we can. This is really important!

We also have to observe it from a state of equilibrium, from a point of silence, of unattached awareness.

If we have that moment of silence any time during the day, or every night before we go to sleep, we can now check in with ourselves.

We can rate the following questions on a scale of 1-9 to evaluate how we are doing in each area:

1 2 3 4 5 6 7 8 9

How many senses was I consciously aware of during the course of the day?

How well did I use all the different tools like focus-awareness etc.?

How much of my Full9 did I express today?

How close to expressing my Full9 do I feel in general?

Could I express my Full9 in my close relationships?

Could I express my Full9 in other relationships?

Could I express my Full9 at work/school/etc.?

You can expand and personalize these questions and measurement scales to include anything and everything you want. It is the meaning of your life, the things that mean something to you. We are all unique and all on very different journeys, there is no "right" or "wrong", just the quality of your own life.

Quality. A sense of Quality is something that we all have, it is innate, it is beyond simple likes and don't likes, it is beyond subject and object, and it is part of the superconscious. We just "know", it's beyond reason and emotion. It is a fundamental tool of discrimination and judgement of the universal fields of love and fear, and where you, or anything else, fall within that spectrum.

Quality is the universal measurement, the "yardstick" of meaning.

If the world makes sense to us and if "I" have meaning, wouldn't everything else start to make sense and have more meaning as well?

Slightly Better

What gives the "I" any meaning, and how exactly?

The answer is surprisingly simple, so simple we miss it completely. We look for meaning as if it is this huge unfathomable unobtainable thing.

Is it slightly better? That is the question that gives us our answer. Is it slightly better, just a little bit better, not huge earth-shattering, quantum leap better, just slightly...

Better is a Quality judgement.

With every decision we make, situation we face, or person we meet, in everything we do, say, think and feel, does it make things slightly better? Better for us, for others, and for the planet.

Basically, we always have three choices: make it better, leave it like it is, or make it worse, that is why we need to judge things. We don't always know what the outcome will be and just have to trust our gut feeling. The gut feeling of Quality, does it bring more beauty, unity, growth, and expansion, is it constructive and not destructive, that's all. And yes, sometimes we get it wrong (very wrong) but do we learn from that, and try to do it slightly better the next time?

Can we go to sleep at night and feel like we leave the world slightly better than we found it that morning? Can we die in peace because we left the world a slightly better place than we found it when we were born? Not a whole lot, just a little, did our lives mean something to ourselves, did we learn and grow, for others, did we make it just a little better for

someone else, and for the planet, did we pick up just that one piece of plastic, or whatever else we could do to improve things. Everything matters, every single decision and reaction matters, no matter how big or small. We make millions, no billions of decisions in our lifetime and if 51% of them make things just a little better, we have won! Our life had meaning. And if the 8 billion of us can do that, the world will change a LOT!

We can literally change the world with every small, little thing we do, that smile you gave a stranger, the cat you helped out of the tree, the smile you gave yourself in the mirror, etc. nothing is insignificant, nothing at all, it all matters.

By consciously, or subconsciously programming yourself to do every single little thing just slightly better, you will make a huge change! That really matters, and that is what gives us the right to judge Creation, to make it better in any way we can, because that is what the creation is there for, to get better and better, to grow and expand, and that is why we are here. That is why we were born into this 3D world again, to join the Creator and to express ourselves in a slightly better way, moment by moment, and to enjoy the creative process of co-creation.

So simple... we only need slightly better...and Everything's better. That is why we judge God, we are one, and we are Unconditional Love expressed as Creation.

And when Creation returns to the Isness of the Absolute, in the eternal moment of now, it is more than it was, better, infinitely growing its perfection.

Gentle Open Divine

Some people regard gentle, open, and kind people as vulnerable and weak. This stems from the notion that power entails dominance over others, brute force, violence, and destruction, and that it should be "feared." It is not powerful if it is not feared. We associate power with fear, and fear with power, and believe that this gives us the "right" to be a "horrible" person, to exploit others, to manipulate and control, to dominate and dictate, to cheat, lie, steal, and destroy. This appears to make us powerful, which some crave so much that it is one of the infinite human quests to become more and more powerful. Isn't it survival of the fittest and winner takes all? It is Service-to-Self. But is being feared really the highest form of self-expression that we can aspire to?

Water is gentle, open, and kind by nature, unless it is agitated by outside forces, then it can become violent, and destructive. It is gentle, it will take any shape of a container you place it in, it will come to rest and find its equilibrium, or gently flow until it finds its balance. It is open, allowing all kinds of life to thrive in it. It is kind, it gives life to all, not just some who deserve it, without it life as we know it does not exist. Kindness as a giver of life, and benefactor to all, can also be seen as divine. Kind and Divine, are synonyms, and they relate to love, as do gentleness and openness.

Anyone who believes water is weak and vulnerable has obviously never encountered the ocean or a large river in full flow. Even without agitation, it is one of the most powerful

forces that we know, and we love it, we cannot live without it. We love things that are Gentle Open Divine, or GOD for short.

Being gentle, open, and divine, is an expression of Service-to-Others.

So, who is really weak and vulnerable? The one expressing their "love" nature, or the one who must force their "fear" nature onto others? The one that is feared, or the one who is loved?

We have seen that fear and love are two sides of the same coin, just like creation and existence, masculine and feminine, positive and negative, etc. Creation is dynamic, explosive, violent, and sometimes destructive. Existence is peaceful, cooperative, nurturing, and a bit more static. It comes back to finding the balance in everything, nothing is inherently "bad" or "good".

If you relate more to raw power, strict rules and laws, and discipline, you might view God as male, but if you relate more to being gentle, open, and divine, you might view God more as female, or the Goddess. In truth God is both, It is Unconditional Love, meaning without any conditions attached to It at all.

As in all things we "see" God through our own filters, and from our own personal perspective, and we give Him-Her-It the meaning we think fits best. We personify Him-Her-It because it makes it easier for us to conceptualize the divine, and to communicate with Him-Her-It through prayer, meditation, and other forms of worship.

The Absolute being form and formless, everything and nothing, everywhere and nowhere, experience and expression, is for some of us far too vague a concept to feel comfortable with, and hence our need to personify Him-Her-It. That's quite all right, the Absolute Is, Knows, and Understands you better than you think, and He-She-It doesn't mind at all.

Ultimately it is up to you to express yourself as Service-to-Others, or Service-to-Self, or a bit of both, the choice is yours.

Part 5 - Deep dive

The Three Universal States

Rest – Unconscious

Activity – Conscious

Free Flow – Sub/Super-conscious

Everything in the universe is in one of three different states, these states are not permanent or static and can shift, change and intermingle. Most everything will go through these states at some time as the Birth – Life - Death cycle continues. Creation, the universe itself, and consciousness follow this cycle. The only thing not affected by it is Divine Awareness or the Absolute.

In the physical world of matter, it manifests as Solid, Fluid, and Gas. Energetically it is described as a Low, Medium, or High vibration.

For us in our daily lives it is Rest, Activity, and Flow:

Rest – Sleep, not doing.

Activity – Doing, thinking, feeling, working. Physical, mental, and emotional activities.

Free Flow - In the "Zone", deep relaxation or focus, connectedness to your higher self and purpose, and effortless effort. Spiritual be-ing, not do-ing.

On a consciousness level:

Unconscious – Loss of consciousness, deep sleep, or becoming so engrossed in your own drama and fear that you withdraw and disconnect completely. This can happen when you are completely overwhelmed, and the fight or flight response is no longer an option. When this happens, the only thing you can do is play dead or give up all control to something or someone else. This category includes drug, alcohol, and other addictions, as well as mental disorders and fanaticism.

Normal waking conscious Mind – filtering all external input through our fears, belief systems, memory, emotional and mental state, genetic and historical imprints, and the current collective unconscious. To avoid being overwhelmed, we limit ourselves to a very narrow range of experiences. Essentially, the ego is protecting itself well.

Sub/Superconsciousness – Going beyond and removing or clearing the critical mind's filters, experiencing everything as a part of yourself, allowing yourself to be connected and experience life more fully.

The 4 Functions of Mind

Observation

Memory

Ego

Logic and reason.

Observation is concerned with sensory perception and processing of the five physical senses as well as the four higher senses. When information enters the sensory organs, it is processed by various parts of the physical brain and presented to us as smell, taste, sound, touch, sight, emotion, thought, beliefs, and knowing. Everything observed will first be converted from its pure vibrational state to electrical impulses, which cause specific neurons in the brain to fire. This generates information, which is then stored, filtered, and presented to the conscious mind.

Memory is like a mass-storage database. All information that enters the 9 Senses is stored in one of three ways: as distinct brain patterns, encoded into the physical body, or stored as energy patterns in the energy body. First, the raw data gets stored as is, and then it gets filtered, and that data gets stored for later recall. Everything we learn, every impression we form about something, and every emotional and thought pattern associated with an event is stored.

Ego is our sense of a separate identity and the source of our willpower. It is the great filter through which we perceive everything we observe. Nothing is pure observation, it will always be filtered first, and then interpreted in a way that

makes sense to us. It's the narrator in our head. It is also the one who names, claims, shames, blames, strains, and suffers.

Logic and reason take that filtered information and discriminate between various aspects of it, judging its validity, attempting to determine various outcomes based on cause and effect, and deciding what to do with all of that. It is typically a very linear process, with one thing leading to the next.

Direction and role of Mind

Energy or consciousness flows from the higher self to the internal personal self, and then out into the external world. It then returns from the external to the internal, and back to the higher aspects of self.

The mind goes outwards and imprints its ideas and beliefs onto what is perceived, it wants to control the external, and overlays its fears and desires on what is observed.

The mind "names" things, thereby separating them. It creates concepts and ideas about what it perceives, and then classifies and categorizes them into neat boxes. It keeps dissecting everything into smaller and smaller parts and looks for a relationship between them.

In other words, our observation is filtered through our perception and then interpreted in a way that is meaningful for us. The faculty of discrimination sorts through all the information, the relevant information is found, and then assimilation takes place, this leads to understanding, and eventually to the application of that knowledge.

The flow is from external and internal information perception, to internal processing through all 9 senses, to a considered, informed, and relevant response to that information.

It is our responsibility to be aware of this process and to observe these aspects of the mind in order to eventually master them and better define ourselves.

Everything is composed of thought-forms. Observe your own actions, speech, and thoughts to begin seeing and understanding this.

One way to do this is to just sit anywhere and look around, and as you see things, notice that they are actually thought-forms. Let's say you see a chair. You give it a name "chair", that's a thought pattern... you give it context, it's in a room, that's a thought pattern....you give it purpose, you sit on it, that's a thought pattern...it's made of wood, you give it substance and origin, that's a thought pattern and so on.

Take note of the personal filter through which these thoughts pass. Do you like the colour? Do you like the design? Is it comfortable? Is it cheap or expensive? Is it of good or poor quality?

Now, remove any of your judgement towards it and just see it as a chair, see the beauty in it, if it is butt-ugly, try to find something in it that is beautiful, a small part, a design feature, or just the concept behind it. See it as if you are seeing this thing for the first time, and just sit with it for a while, resisting the temptation to name it, feel its presence, and become aware of what is happening inside of you...

Refining the 4 Functions of Mind:

Refined Observation is sensory processing primarily through the superconscious, connecting to the essence of an object and allowing all information to flow in and through you without judgement or claim. This is the mind in its purest form.

Refined Memory becomes readily accessible to the conscious mind. We gain access to all experiences and their associated emotions, thoughts, sense data, and relevant information stored as memories in the body and energy field.

The refined Ego becomes the protector, and close ally, of the Soul, and truth.

Refined logic and reason become pure perception and awareness, free of all filters, misconceptions, and prejudices, and serve as a clear conduit for infinite universal knowledge and wisdom.

Personal, Global, Cosmic, I

Fields, planes, bands, worlds, bodies, field-points ("I") and the Unified Field:

The concept of a single unified field can be found in both, Eastern Philosophy and Western Science. This Unified Field is said to contain all of the universe's energy, matter, and information.

From a Western perspective, some describe it as a universal quantum information field, consisting of vibrational wave-particle pairs that carry information. It can communicate, and it exchanges information by means of quantum entanglement and harmonic resonance. It is theorized that this information is available throughout the entire system, from the micro to the macro levels.

We experience the Unified Field through our senses, but if we exclusively view the senses as the traditional five senses of taste, touch, smell, sight, and sound, we only get a very small glimpse of the Unified Field as a whole.

Sense-bands:

The Electromagnetic (EM) spectrum is a scale of vibrational frequencies within the quantum field. Wavelengths range from roughly 10^{-35}m to 10^{26}m , and humans fall more or less in the middle of this scale.

A specific bandwidth of vibrational frequencies is called a band. If we connect a band of frequencies with one of our senses, we could refer to it as a sense band. We receive

sensory information through our bands of perception: hearing, seeing, feeling, thinking, etc.

Consider cymatics, where a certain frequency of sound will cause sand to form a specific pattern on a vibrating plate. The sound is the wave of information in the Unified Field, and the pattern is our perception of it. Different sounds, different patterns. Different information, different senses.

If we connect to the emotional band, radiating from the body and the Unified Field, we perceive the whole range of internal and external emotions and feelings. A specific frequency will cause a specific emotion. Likewise, a certain vibration in the thought field will induce a specific thought in us. It is said that not all our thoughts have their origin in the mind.

The five traditional senses are linked to the olfactory-band, somatosensory-band, visual-band, auditory-band, and gustatory-band, and they are complemented by and interact with, the emotional-band, thought-band, subconscious-band and superconscious-band.

Human beings as antennae:

Tesla: "My brain is only a receiver, in the Universe there is a core from which we obtain knowledge, strength and inspiration."

A radio antenna can detect specific frequency bands within the electromagnetic field's broader spectrum. We can tune into specific frequencies within that band, similar to tuning into a specific radio station, which then provides us with information, such as the news. This, however, requires a broadcast signal from the radio station.

Humans act as antennae or transceivers both receiving information from, and transmitting information back into the environment. The broadcast of information occurs throughout the Unified Field and we "tune in" to it via the senses, enabling us to extract the information.

Universal broadcast:

Unified Field - the unified quantum information field.

The Broadcast – the manifestation of the universe in the form of matter, information, and energy.

Information-bands – emanations from the field in discrete bands of dynamic vibrational waves.

Personal perception:

The field of perception – everything that we can perceive within the Unified Field.

Personal consciousness – our everyday reality – is the limited awareness that we have of ourselves at any

particular moment, that is, "the sensations, images, thought, feelings, and impulses which we can observe, analyse and judge" (Lombard, 2017)

The senses – specific bands of frequencies within the field, the various senses connect to the various information bands that we can tune into.

Information – interpreting specific vibrations within a sense band as having a particular meaning. Hearing a musical note, or speech for instance.

Our consciousness forms our field of perception and through the awareness of the senses, we can transmit and receive information to and from the universal information bands.

Field-Sense-Resonance:

How do the senses actually connect with the information bands?

A Field-Sense-Resonance is proposed as a means of connection between the senses and the field, and a growing amount of research seems to support this view.

Through field-sense-resonance, we can consolidate all the bands of perception operating in consciousness to the 9 Senses.

We are now going to look for general perceptual patterns that we can identify within creation to try to understand the senses a bit better and how they connect us on a personal level to the cosmic, and vice versa. The patterns work from the top-down and bottom-up as one continuous flow and

will be interconnected as it is actually just one thing. The split is artificial. Think of one triangle pointing down, flowing from many to one, and one triangle pointing up, combining many into one, and intersecting, like the star of David.

We look for fundamental building patterns that might repeat in various instances, like energy densities, levels of information transfer, levels of evolution, levels of awareness, dimensions of complexity, etc.

Within each level, there will be sub-levels, sub-sub-levels, and so on, but we are just trying to get a general picture and don't need to go that far.

Each level consists of the same "substance" at different energy levels of vibration, and that gives rise to different energy densities or "forms".

For now, we are only going to look at the 9 senses and therefore will be using terms like bodies and worlds because that is how we are used to seeing them.

First, we will be working from the ground up, from most dense to least dense.

The field-point "I", our personal consciousness, exists in a world with a lot of information, we perceive, interpret, and relate to that information through the use of a body that has different sense organs.

Because we are expanding the traditional 5 senses of the physical body with 4 more "higher" senses we will expand the idea of how many bodies we have as well. We really only

have one body, but it will make things easier later to think of the other senses as having their own body, like a Russian Doll with bodies in bodies.

We have the physical body of touch, and that is split into the five senses, each of which has a specific frequency band in which it operates and can be seen as separate bodies as well but for simplicity, we will just lump them all together as one, the physical body with its 5 senses.

This physical body operates in the physical world. The physical world has different layers of information that surround it, and we connect to these layers by tuning into the frequency band of each layer with our senses. We can see a world, in this case, the Earth, and it has different bands of information that we can perceive through our body, and that, wherever we go on earth, it stays the same.

We have an "I", with a body, that senses things, on earth.

But we can also see things beyond the earth like stars, planets, galaxies, etc. and we can think of this as a "plane" of material things with different energy densities. We are part of this material plane, and we get information from this plane that we perceive through the senses, we can also interpret, interact and project information into, and onto, this plane.

All the stuff on the cosmic plane exists in a "field" that we call the Universe. Over-simplified as it is, this can give us a working model, or a pattern, that we can follow.

All the physical things we know exist in this field, we are part of this field, and we exist in it, it is all around us, and in us. We are "in" the universe. In the universal field, there are different planes of energy levels, and these energy levels can condense into clusters of energy.

So from the top down, we have the Universe that is a "field", and in that field, there are different planes of energy levels, one of which will be the plane of planets, on the plane of planets the Earth is a condensed energy density that forms a world, on this world there are bodies and within one of those bodies is an "I".

Bottom-up, it is an "I" with a body, in a world, on a plane, in a field.

We can now apply this pattern to all our other senses.

"I" have emotions, "I" sense these emotions through my emotional body, all the emotions are contained in a specific frequency band, this emotional band surrounds the earth and is connected to everyone, it is also connected to a larger plane of emotion that is an energetic level that runs through the cosmos and comes together as a field of emotion. The other way around, there is a field of emotion, that contains a specific energy level of vibration that forms a plane of emotion, and then that condenses into a band of emotion, and that creates a world that we connect to and interact with, as the "I". We get information from the field, but we also send information back into the field, it is a dynamic, interactive process.

"I" have thoughts, "I" sense these thoughts through my mental body, it's connected to the global mental band and cosmic mental plane, and they are all part of the universal mental field. We send and receive information from the field and it's a dynamic, interactive process.

"I" have subconscious programmes, "I" sense these subconscious programmes through my subconscious body, all subconscious programmes are contained in a global subconscious band, which is connected to a cosmic subconscious plane, which is a part of the universal subconscious field. We exchange information and it is a dynamic, interactive process.

"I" have superconscious knowing, "I" sense this superconscious knowing through my superconscious body, which is contained in a global superconscious band, which is connected to a cosmic superconscious plane, which is a part of the universal superconscious field. We get information from the field, but we also send information back into the field, it is a dynamic, interactive process.

The field-point of "I" is the point in the universal field that is always in direct contact with the field, because it is the field, but the "I" can also filter information through the planes, bands, bodies, and senses to avoid being overwhelmed, and in doing so, is able to personalize all the information it receives.

Fields – Universal fields of the 9 senses are contained within one unified field.

Planes – Cosmic planes of a specific energy level and vibrational state.

Bands – Lower Global energy levels and vibrational states.

Worlds – Denser energy configuration and conglomeration. A reference stage, where bodies, and the "I", can express and experience itself by interacting with others and making sense of the information received from the bands, planes, and fields. It's a collective.

Bodies – A body is a dense form of energy, and the way to perceive information through the senses. Each sense can be seen as having its own subtle body which connects to bands, planes, and fields, but is ultimately all part of one physical body with various sense receptors. It is personal.

Individual (Field-points) - Field points are individuated parts of the unified field but still one with it. We experience it as the "I".

Consciousness as computer network

We'll use the Internet as an analogy or metaphor to try to explain the various states or planes of consciousness.

Let us begin with the broad concept, which is very simple:

We have the internet, which connects millions of computers and databases containing vast amounts of data.

To make sense of all that information we create different websites. If we tried to connect to everything at once, our computer would be overloaded.

To access the information on the websites we need a browser.

To find what we want, we need a search engine.

We can find specific information or just surf the web.

We can also download or upload information to it. In other words, interact and use it.

We communicate with other people using email, text, audio, video, and SMS if we expand our definition to include mobile networks.

Now let's say that:

The physical Universe is the same as the internet but with trees, houses, people, things, and stuff.

To access that information we need our 9 senses to put the information into a form that we can perceive and use, just like a browser or any other computer programme.

But if we were to be aware of all that information at the same time, our heads would explode.... so we have to limit our perception and visit one or two websites at a time, or focus our attention on one or two senses.

Our brain is used to process the information and our mind organizes it into usable blocks. The I or ego perceives information through the senses, and then through discrimination, we break it down into smaller chunks and store that information as memory.

We can therefore interact and use the physical world just like we do the internet by basically downloading information from the world around us, and uploading what we do, as a way to change or augment that world.

Here we communicate with other people on many levels including feeling, sensing and doing.

Part 6 - Higher Aspects

Intelligent Awareness

Intelligent Awareness goes beyond intellect and reason, the latter is included in the definition but plays only a small part in our consciousness.

Here we are talking about the Fundamental Universal Consciousness which flows through everything and is the fundamental building block of absolutely everything, manifest or unmanifest.

Intelligent Awareness is Fundamental Universal Consciousness, the I Am, the Absolute, or the Infinite Source, whatever name you choose to give it. We are using Intelligent Awareness (IA) instead of consciousness to avoid confusion with our normal day-to-day consciousness by which we have hitherto defined our dominance as a species, albeit mistakenly so.

What is Intelligent Awareness and can I experience it?

Just for a moment pretend that you are not you, in other words, pretend that you do not have a name, you have no gender, you are not your job or profession, you are not your body or the senses, not your emotions, not your thoughts, not your subconscious programming, or your superconscious intuition. Pretend that you are not anything that you can think of at all.

Anything that arises, say to yourself "I'm not that..." until you reach a place of peaceful emptiness and just rest there for a moment.

Notice that beyond any label, description, concept, or name, there is still Awareness.

Now go through the process in reverse and include everything you have just negated and say "I am that...", your name, job, gender, etc etc. Have some fun and include anything you can think of: tree, elephant, world, money, space, energy, blue, pink, soul, death, life, keep going!

That is Intelligent Awareness.

So Intelligent Awareness is everything that your intellect, imagination, and 9 senses can come up with and more, so much more.

Intelligent Awareness is also everything that you are made up of your muscles, bones, organs, cells, atoms, subatomic particles, energy fields, energy itself, the elements, minerals and metals, everything that had its creation in the Big Bang, all the cosmic "stuff".

All that "stuff" is intelligent and aware of the totality of all other things. Every tiny bit of stuff is connected and in communication with all the other bits of stuff. And because we are made up of some of that stuff, we are also in direct communication with all the other stuff that ever was.

That is Intelligent Awareness.

A combination of all 9 senses and this Intelligent Awareness, can be seen as an individuated energy form, or what we call a "soul".

The Soul – infinite Sparks of the Divine.

There is only one Soul/Source, but why did it decide to experience itself as many different souls? Why individuate and forget its connection with its Source?

The simplest way that I understand the soul is by thinking of the water cycle:

We start with the ocean – one huge water mass in which everything is connected, and all knowledge is shared.

One single water molecule breaks free and finds itself disconnected from the collective but retains in it all the knowledge of the ocean.

It then starts moving up in the air, and before long starts meeting other water molecules, and our water molecule learns from them and expands its own knowledge.

As time goes on clouds start to form and more information is shared, and some molecules join to form tiny drops of water.

At some point, these tiny drops grow too big and fall to the earth as rain, hail, or snow.

Here a variety of experiences await our intrepid travellers, they can fall on the ground and become part of plants for a while before being released again, or they can flow together to form streams and rivers and make their way back to the ocean or get trapped in lakes and dams. An infinite number of possibilities and experiences await them.

But finally, every single individual molecule will make its way back to the ocean, becoming one with it again and sharing everything it has learned with the ocean as a whole.

Then the cycle starts again.

The "I AM" becomes the "I am that" and then returns to the "I AM". Knowing everything there is to know about itself and about everything ever created.

Here is another way of seeing it:

(Edited from Neale Donald Walsch's Little Book of Life)

"Imagine that you were in an all-white room, totally white: white floor, white ceiling, white walls. And imagine you were suspended in that room, as if by magic, so that you couldn't touch anything, just dangling there, without even a string attaching you to it, just suspended in mid-air. Here you are in this sea of whiteness. And imagine that nothing else exists at all. How long do you think that you would exist in your own experience?" And the answer came up for me: "Probably not terribly long, not very long."

Because, in the absence of anything else, I am not. Not in my own experience. I mean, I am that I am. But I can't know that I am. I can't experience that I am, except in relationship to something else. So, I can't know anything about myself.

Yet, if somebody were to walk into that room of whiteness, and just put so much as the tiniest speck of ink on the wall, to the degree that I could see that speck of ink, that little black dot, to that degree suddenly I exist. First of all, over there would exist, and over here. Because the dot would be there, and I

would be here. I would begin to define myself in relationship to that other thing. In this case, the dot on the wall.

I would imagine that I am bigger, smarter, I may be faster, or slower, or "this-er" or "that-er," you understand, in relationship to the dot.

Put a cat in the room, and suddenly I have much larger experiences of myself, because that which is also in the space is much larger than the dot on the wall. So now I begin to conceptualize all kinds of things about me. Maybe the cat is softer than I am, but maybe I am older than the cat, or whatever. You see, I start conceiving of myself in my own experience, based on who and what is around me. Therefore, relationships – I'm talking now in the realm of the relative, in which we exist in physical form--relationships with other people, places, and things are not only important, they are vital. And in the absence of our relationships with everything, we are not."

The Soul's Journey as it relates to the above:

Soul on its way down (water cycle):

Water Vapour:

Soul disconnects from the Source and finds itself in the Angelic or Causal Realm. A place of harmony, pure light, bliss, and peace. Full of beauty and very fine and subtle vibrations. Still being very close to the Source, its overall sensation is of devotion and wonder. Some will describe it as heaven. Three types of souls inhabit this place: the new souls, the resident souls that never went lower, and the old

souls on their way back to rejoin the source. They all learn from each other and share their experiences.

The Clouds:

The soul now moves down to the Jinn or Astral Realms. It's a combination of the mental and emotional realms. In the mental, it is all about concepts, creativity, and mental ability, and in the emotional, mainly about energy states. Both the new and old types of souls inhabit this realm. The "old" souls that have returned from their physical existence, can build quite a bad environment for themselves here, due to the fear and pain they have experienced during their physical incarnation. The Astral realms have many levels that can go from paradise, right down to what we understand as hell.

Because this is a mental plane, anything you think or imagine manifests itself as real to you. So, if you enter this place with a bad vibe, you will find yourself in the most unpleasant situations. Not to worry, every single soul will eventually get tired of tormenting themselves and will move on up the ladder until they are ready to move back up to the Causal realm. Souls can also get trapped here as spirits, or ghosts, if they do not want to let go of the physical planet, or have Karmic debt. Recycling and reincarnation to the physical can hold them back for a while, but eventually, they will move on.

Rain and water on the ground.

This is the Physical realm, in our case Earth, but it can be any planet or any form of physical existence. The physical body reflects the Etheric body.

This is where we must balance everything, body, mind, emotions, soul, astral, causal, and everything in between.... not always all that easy....

This is also where the individuated soul meets the group souls from the lower physical realms. Our bodies here are food bodies, made from ingesting the lower realms of plants, animals, and minerals, and are powered by Spirit and the Soul that is still layered inside the etheric, astral, and causal bodies. The horse and the rider.

The River:

When we die, we just leave the food body behind to return to its previous forms. The soul with all its layers of our thoughts and deep emotions we have not dealt with will carry on with us to the astral realms. Here we have to be purified again, get over all our issues, and move our way up the ladder again, to return to the causal, and finally the Ocean.

Soul on its way up (white room):

The White room:

The void before the creation of the Universe

The Dot:

The big bang and the formation of matter. As the dot grows, we have the formation of stars, planets, galaxies, etc. This eventually forms inhabitable planets where life can start.

The Cat

Here the 5 elements create the 3 kingdoms of mineral, vegetable, and animal. Raising the vibration each time until it reaches a point where it can meet the individuated soul. Up to this point, it has mainly experienced itself as a collective soul. The Great Meeting in the Middle culminates in the Human Being.

The Journey

We exist in a universe consisting of many realms that interact and influence us all, not only on a spiritual or soul level but on a physical, mental, emotional, elemental, and energetic level as well. A transpersonal journey is our way of exploring the relationship between all the above and how we fit into the whole.

The whole consists of a combination of the Material|Energetic|Subtle states or realms, and is experienced by Intelligent|Conscious|Energy, made manifest through Resonance|Vibration|Frequency. The 3 Trinities.

Material–Energetic–Subtle states or realms.

Let's start unpacking...

The Universe consists of the following building blocks that interlink and permeate each other to give birth to life as we know it.

1. Material realm: (physical)

The Material realm consists of atomic and subatomic particles that make up the: Mineral, Vegetable, and Animal kingdoms.

2. Energetic realm: (emotional/elemental)

Energy is transmitted through the 5 Elements: Fire, Water, Earth, Air, and Ether. All of which manifest as emotions in us.

3. Subtle realm: (spiritual)

The Subtle or Spiritual realm consists of the following:

The Angelic or Causal realm focused on beauty, harmony, and devotion – home of the Oversoul.

The Conceptual or Jinn realm focused on Imagination – home of Soul Groups.

The astral realm focused on the Mental and Emotional aspects – home of the Individuated soul, training grounds between lives, and eventual return to higher realms.

All three of these realms then combine to create Humans and other sentient beings.

Intelligent-Conscious-Energy

Consciousness: (Soul)

Consciousness is the soul becoming aware of its own existence, as a separate entity, with its own identity. It is but an illusion of separation, as it will always be directly connected to the Source, but as it moves down to a more physical reality it becomes more and more convinced that it is a separate being.

On a physical level, this is perceived through the body and senses. The illusion is so strong that it can become encased by the ego, and the soul starts to truly believe that it is completely separated and disconnected from the Source which is its true self.

The individual consciousness is the awareness of the small I am. I am this, here, now.

Once we reach this point, our journey back to the source starts by expanding our awareness once again.

Intelligent Awareness: (Mind)

Intelligent awareness is the process by which the individuated soul becomes aware that it is aware. As the soul enters a physical existence it first becomes aware of its surroundings, then sensations, then emotions, then thoughts, then mind, then awareness of itself, and finally awareness of itself being more than the sum of its own parts.

It also becomes aware of other beings, and forms having awareness, and it starts to explore the world around itself, and how it fits in with the rest of creation.

To be able to do this and to understand itself better, it uses space and time to separate, measure, and enhance its experiences and to break it down into smaller, more manageable packets of realization.

This is done through the 4 faculties of the mind which are ego, discrimination, memory, and processing.

The mind continues this process until the illusion of separation, which it created itself, starts to disappear.

Energy Flow: (Spirit)

Connects all the individual aspects of consciousness, and awareness, and aids in communication.

Conduit for quantum entanglement and is beyond space and time.

Makes creation possible.

Universal Collective Consciousness:

Is a combination of all of the above.

The big I AM.

Omnipresent, omniscient, omnipotent.

Resonance–Vibration–Frequency.

First, there is Void – Nothing.

Then there is Consciousness that becomes Aware, and that Awareness wants to know Itself better, and so It explodes into Creation with one mighty Big Bang.

This sends shock waves through the void in the form of Vibration creating Time and Space as the singularity expands and contracts.

Over time these vibrations settle into particular frequencies. Some of these frequencies interact and form resonances, or standing waves, which then become the birth points for matter. So each piece of matter has a resonant memory complex, giving it form and keeping that form in the physical world.

Some vibrations become energy carrier waves and are refined into the Elements and Spirit.

Further refinement of the vibratory system gives rise to the Subtle realms of the Soul.

Triune of trinities

All of this brings us back to where we started: "the whole consists of a combination of Material–Energetic–Subtle

states experienced by Intelligent-Conscious-Energy made manifest through Resonance-Vibration-Frequency" but at least now we have an idea of the big picture which is but a very small glimpse of the Absolute.

The Longing

We all have a longing, a yearning for something, it is what drives, motivates, and inspires us, but it can also cause stress, anxiety, and depression in us. It is a fundamental force or energy.

If emotions are energy-in-motion, then the Longing is that energy that contains all of the emotions. Sadness, happiness, fear, anger, surprise and disgust are all expressions of this Longing. It is like the carrier wave that contains the different frequencies of many radio stations, the one which we dial into is the one that we hear, but they all exist in the same carrier wave. They all exist on the spectrum of the Longing which extends from Fear to Love.

But it goes much further than that, as we will see in the summary below.

What is Longing?

The Longing is the fundamental carrier wave of all emotions. It's the full spectrum of fear and love and everything in between.

Longing also drives our thoughts and activates our autonomic nervous system. The Longing rules our subconscious and belief systems. And writes our stories. The Longing is the Superconscious.

Consciousness begins when infinite awareness becomes aware of itself, giving birth to the "I." The "I" then attempts

to define itself as the "I am," expressing and experiencing itself via the 9 Senses.

Deep down we know there is no "I am" and hence no "I"... It "longs" to just be the Isness again and the "Longing" starts which drives it forward and backwards at the same time. "Life" drives it forward relentlessly to discover all that it can be. And the "struggle" draws it backwards to want to return to Source... between this push and pull is all pain and suffering, but also all the awe and wonder!

Not taking anything personally reduces the "I am". Reducing the "I am" reduces the "I" until it becomes the One.

Once the One disappears there is only the Isness, the Absolute.

Only then the "Longing" stops, the story stops, life stops, time and everything else stops and there is only Issing in the Isness...

No "I", no "I am", no "I am that", no "thing", no senses, no story...just the Nothingness which Is everything.

Embrace the longing,

Surrender to the longing,

Be the longing,

Appreciate the longing,

Honour the longing,

Be grateful for the longing.

For the longing is Unconditional Love, reminding the One that it Is.

Nothing is Nothing - Issing in the Isness

There can never be nothing because there is no such thing as no thing. Even if there is nothing, something must be aware that there is no thing, implying that there is always something.

If there is only awareness, something knows that it is aware of this awareness, and so there must be a thing that is aware.

When there is awareness of nothing, there is also an awareness that there could be something or that there is the possibility of having things that exist. There is an infinite potential for things to exist before anything is created, so everything exists in the form of pure potential before creation. Even if something is only an idea, the concept of it exists, and that concept is a thing.

If every thing, and everything, already exists, how can there be no thing, or nothing?

The Isness is the place where every single thing already exists. Everything that could possibly be created, whether now, in the past, or in the future, is always present, and it Is. To be in the Isness is to be aware of this fact, and then we are Issing in the Isness.

Pure Being is a sea of infinite potential.

Our inner being is always connected to this Isness because we can never be apart from everything that Is, we can only be a part of it. Our "being" is inextricably linked to the "Being" that is all things and in all things.

If we are "a part" of everything, it means that we can never be "apart" from anything and, therefore, we can never be "alone". Because oneness is a fundamental state, aloneness is not possible.

When we incarnate into this life, we lose sight of our oneness and experience ourselves as separate entities. And if we forget our oneness, we will always be alone because no-one else can ever experience exactly the same things we do, and this makes us feel lonely. On a wide emotional spectrum, loneliness and a sense of belonging are diametrically opposed emotions. However, they are only emotions and not a fundamental state of being. Emotional feelings change and vary over time, but fundamental states do not.

You can only ever be alone from the perspective of the individuated entity, but you can never be alone from the perspective of your being. Your experience of reality will always be determined by the perspective you choose. This is what is meant by Freedom of Choice.

Unconditional Love and Pure Golden Light Energy

Mystics, Masters, and other Enlightened Beings throughout all of the ages have basically agreed on the same thing, everything is Unconditional-Love-and-Pure-Golden-Light-Energy. It is the source of all of Creation, It is everything, It is everywhere, It is all-knowing, all-powerful, and It is us. We are It, of It, in It, and It expresses Itself, and knows Itself, through us and everything else. There is nothing but It.

We have given It various names, and we have started many religions around It, but nobody can really define It, so we describe It by Its attributes and the manifestation of Unconditional-Love-and-Pure-Golden-Light-Energy.

We are It.

The Void – Infinity and beyond

Now that we know who we truly are, we can even let all of that go as well, and step into the Absolute. The Unmanifested source of all manifestation, the Unknowable Knower, beyond Fear or Love, beyond Unconditional-Love-and-Pure-Golden-Light-Energy, beyond words, concepts, time, space, explanation, creation, beyond infinity.

Infinite Awareness and Pure Potential, and much MUCH more.

Part 7 - Additional exercises

(This section includes some exercises adapted from the Practical School of Philosophy in Cape Town.)

See the beauty in all things

Look at everything as if for the first time, approach it like a child in awe and wonder, and experience it in a new, fresh way.

Try to find something beautiful in everything you see, touch, hear, smell, taste, feel, think, and sense.

Especially try to see or sense the beauty of every person you come in contact with, no matter your experience with them before.

See or sense the beauty in yourself.

Find your 9-Sense-Self or Full9 – The Conceptual Blueprint or "Perfect" Self, the highest version of your Being that you can imagine or contemplate.

Get tempted UP

They say man moves between ape and angel because both can be found in ourselves.

We think of being tempted, or temptation, as always being downwards, towards our animal nature, but we can also be tempted upwards towards our angelic nature.

Can we get to a point where we are instinctively and naturally tempted upwards towards our Full9? Try it for a while.

9 Sense Activation - being in the moment through the senses

Awareness of our 9 senses.

Become aware of the weight of the body....just feel the weight of the body...

Now feel the pressure of the clothes on your skin...

And go on to feel the gentle play of air on your hands and face.....

Now that you are completely aware of the body....scan, and check if there is any tension in the body and just let it release and let it go.....

Become aware of tasteand smell.....

Be aware of any images, colours, or shapes that might appear in your inner vision.

If anything does come up: just notice it, acknowledge it and let it go... Just observe whatever it is and let it go.....

Now, become aware of the sound around you...

Once again just notice these sounds, let it come up, notice it and let it go.....as it rises up and subsides again.....

Now let your hearing expand a little and become more acute.... start to notice faint and soft sounds behind the foreground sounds.....as it rises up and subsides again.....

And now allow your hearing to expand even further..... notice the sounds coming in from the outside or much further

away...Just notice it, acknowledge it and let it go.....as it rises up and subsides again.....

Slowly and gently keep expanding the hearing....and let your awareness gently float out with the hearing....just let the hearing go further and further awayand as it drifts out, you become more and more relaxed.....further and further..... more and more relaxed.....to the most faint and distant sounds and beyond..... into the silence.....the silence of the self....

Just rest in the peace of the self.....just rest.....

Now become aware of the emotions flowing through you...just observe them....if anything catches your attention...just notice it, acknowledge it and let it go...

Let your awareness move to your thoughts...watch them come and go...listen to the different voices in your head...if anything catches your attention...just notice it, acknowledge it and let it go...

As you relax more and more.....become aware of your subconscious....are there any limiting beliefs or negative programs that come to your attention....Just notice it, acknowledge it and let it go.....

Now relax completely and let your awareness open up completely.... let go of all other sensations, thoughts and feelings.....expand your awareness like you did your sense of hearing.....expanding and expanding.....into the peace of the silent witness...

Meditation, self-hypnosis, and relaxation techniques

Trance states:

We are always in trance, as this is just another word for assessing our consciousness level at a certain time. From our "normal" waking mind, to total deep trance, and everything in between is but a measure of our different trance levels.

We use a variety of techniques to enter deeper trance states, the most commonly used will be meditation and hypnosis.

Bypassing the critical mind

There are many ways to bypass the critical mind, we do it quite naturally, regularly, and easily. This bypassed mode can be called trance states, or sometimes altered states of consciousness, and is colloquially referred to as "zoning out".

(The term "trance state", as used in this work, will mean to indicate how involved and active the critical mind is during our perception.)

Trance states come in various forms: daydreaming, enjoying nature, listening to stories or music, watching movies, TV or VR, playing games, art, dancing, or any suspension of disbelief activity where you are "sucked in" to the experience and you temporarily "forget" yourself.

The levels of trance will vary from very light to very deep and can be measured by EEG brainwave activity, in the Alpha, Theta, and Delta ranges.

These trance states can be passive or can be actively induced to access the subconscious.

Sleep, dreams, and Lucid Dreams

We go through various levels of trance every night, as we fall asleep and when we wake up again.

When we sleep the critical mind switches off but so does conscious awareness. There is a brief window of opportunity to access the subconscious just before we fall asleep when the critical mind retreats, but we are still awake. And then, there is that moment between waking up from a deep sleep and just before the critical mind fully activates. With practice, it is possible to extend these periods.

This no-man's-land between states can allow the subconscious to surface and be used for intuitive problem-solving. During this period the information is unfiltered by the critical mind and can be combined in interesting, and unexpected, ways to provide a novel solution to a problem, or to give us some deeper insight. However, these moments are quite hard to capture and utilize.

The subconscious does not sleep but uses this time to run through, organize, and categorize the information of the day, and relate it to past events. When we become aware of this process, we call it dreaming. Dreams can be quite weird and disjointed, but sometimes they can also provide valuable insights.

Lucid dreaming is when we become aware that we are dreaming, and we are able to guide and control our dreamscapes, this is a much more active participation with the subconscious mind and can be a very effective way to formulate new concepts.

Meditation

Meditation is a way to keep the critical mind occupied with something else, while we access the subconscious. The critical mind is assigned to watch the breath, repeat a mantra, focus on the heart, sensations, and the internal landscape, or focus on the senses. By doing this the guard dog is given a task to perform, and this creates the opportunity for the subconscious to share its insights.

Prayer

Prayer is similar to meditation and can also be used to bypass the critical mind.

Hypnosis and Hypnotherapy

Hypnosis is an active process by which the critical mind is bypassed, or acknowledged and allowed to observe and protect, without interfering with the information coming from the subconscious. Because the subconscious has total recall of all information, new insights can be achieved, and then this can be presented to the critical mind for acceptance and integration. This process is called hypnotic suggestion and can be quite powerful if the critical mind integrates the insights gained from the subconscious.

Flow-state

Another way to access the subconscious is through repetition and practice, which leads to muscle memory and automatic actions being performed with efficiency. Like driving a car, playing a sport, etc.

In the flow state the critical mind, with all its filters, is bypassed, and we can use our subconscious ability to process vast amounts of data, react to it instantly, and in so doing enter a state of optimal performance.

Meditation and Hypnosis

Stress triggers the body's flight or fight response. A sudden release of hormones, like adrenalin, results in an increase in heart rate, blood pressure, and breathing rate and your entire body becomes tense and ready to take action. By itself, it is not a bad thing, especially if you are in danger but long sustained periods of stress are very damaging to our health and it is the root cause of more than 80% of all illnesses today.

Why do we meditate? We meditate to reduce stress and rediscover our inner self by becoming more aware. The relaxation response, also known as the "rest and digest" response is triggered when we relax the body and calm the mind during meditation. We become more aware of our own inner mental, emotional and subtle worlds as we turn our attention away from the outside world and redirect our focus inwards.

This brings homeostasis or balance and equilibrium to the body, mind, and spirit. Recharging our batteries or increasing our own energy.

Not all types of relaxation were created equal, certain forms of what we perceive to be relaxation actually drain our energy, leaving us worse off, things like watching too much TV or drinking and partying.

Meditation is a very receptive and open state of deep relaxation. Hypnosis, on the other hand, is a very focused state of deep relaxation, both communicating mainly with the subconscious and superconscious mind. A state beyond your normal, critical, conscious mind or what is also known as the fear mind.

A deeply relaxed state enables you to become aware that you are the observer, observing consciousness. You realise that you cannot be the stuff you observe, and that takes you further and further into true awareness. First, you become conscious of the things around you, then conscious of being conscious of them and then you become the awareness of consciousness itself.

The more you can observe, and not identify with, things like your body, emotions, thoughts, desires, needs and wants, the freer you become. That, in turn, makes you more calm and relaxed, making you more open and creative, causing more energy to flow through you, and the cycle repeats and continues, releasing your Full Potential!

The Pause

It is very important to pause between activities to give the body and mind a chance to recharge and recover. Imagine this whole page without any paragraphs, words, or punctuation, just one long continuous bunch of letters. It would not make much sense, would it?

itisveryimportanttopausebetweenactivitiestogivethebodya
ndmindachancetorechargeandrecoverimaginehiswholepag
ewithoutanyparagraphsorpunctuationjustonelongcontinuo
usbunchoflettersitwould

notmakemuchsensewoulditbutthatishowwegothroughlifew
wakeupgetoutofbedbrushourteethmakecoffeejumpinthe
carsitinthetrafficgettoworkcheckemailsanswersomecalls
haveameetingcheckfacebook

haveabreakmakesomecoffeeeremembertoansweraclientbac
kforgettophonesomebodyelsebackhave lunchanothermeeti
ngcheckemailsdosomestuffwaitforhometimejumpinhecarsi
tinthetrafficgethomehave

oodbingewatchaseriestogotobedworryabouttomorrowsleep

But that is how we go through life.

We wake up to get out of bed brush our teeth make coffee jump in the car sit in the traffic get to work check emails answer some calls have a meeting check Facebook have a break make some coffee remember to answer a client back have lunch another meeting check emails do some stuff wait for home-time jump in the car sit in the traffic get home have food binge watch a series go to bed worry about tomorrow sleep.

And that is just a very chilled day with no drama or kids or partners, and very abbreviated, no wonder you are ABSOLUTELY EXHAUSTED at the end of the week! They should pay you a LOT more money!!!

Now by simply allowing ourselves to take a breath.....a pause..... between stuff that happens during the day....our lives would immediately become a lot better.

We wake up...

Get out of bed.....brush our teeth.....Make coffee. (actually sit down and drink the coffee while listening to the early morning sounds)

Calmly get in the car.....Sit in the traffic (smiling and waving at everybody).

Get to work....check emails..... answer some calls..... have a meeting..... check Facebook..... have a break..... make some coffee..... remember to answer a client back.....have lunchanother meetingcheck emailsdo some stuffwait for home-timejump in the car..... sit in the traffic..... get home.....

have food..... binge watch a series..... go to bed..... (don't) worry about tomorrow..... sleep

See you feel better already!

A pause can be anything, just thinking 'pause', taking a deep breath, or doing any of the following exercises even if it is just for a second or two.

Breathwork

Breathwork can be as easy as becoming aware of your breath and just watching it flow naturally.

Take a deep breath in and let it out. Repeat.

You can also focus on breathing in calm revitalizing energy that spreads through your whole body on every inhale.... and exhaling any stress, tension, negative energy, and emotions. Calm In – Bad stuff Out...Calm In - Bad stuff Out..

You can now add colour to the breath as well, see below.

Building on this, you can take a very deep, gentle, slow breath in, right down to the bottom of your stomach, filling your whole stomach, chest, and lungs... pause...exhale, slowly and gently squeezing all the air out your chest, lungs, and stomach....pause.....(exhale should be a bit longer than the inhale). Repeat.

You can also do this with a very short swift extra intake (like a gasp) at the end of the inhale and a short push/blow and the end of the exhale.

If anxious, do two short inhalations and one slow breath out, preferably with a sigh as you exhale.

Colour wash.

Emerald Green, Royal Blue, and Purple

or Chakra colours – Violet-Crown, Indigo-3rd Eye, Blue-Throat, Green-Heart, Yellow-Solar Plexus, Orange-Sacral, and Red-Root

Pure Light – pure Gold or also seen as White light or any other colour that resonates with you or comes to mind. Colour is less important than the fact that it is Pure. At the highest vibration that will be pure gold.

Imagine the colour washing down on you from above like a shower or waterfall or a penetrating light, washing over you, into you and through you, from the top of your head down all the way through your body and out the bottom of your feet and into the earth. This colour, coming down in wave after wave, washes away any stress, tension, negative energy, or emotions and at the same time fills you with calm, revitalizing energy and causes you to relax more and more.

The "dirt" that washes into the earth gets filtered, transformed, and purified again into pure energy and returns to you via the feet to spread through the whole body taking you even deeper into relaxation.

Mantras

Man = mind + tra = to liberate or transform

OM or AUM - the original sound or sacred syllable

Om mani padme hum – The Jewel in the Lotus.

Om paramatmane namah – My mind bows down to the Absolute

Chakras – Lam, Vam, Ram, Yam, Ham, Sham, Aum

Sanskrit Mantras have an ancient and deep meaning to help you go deeper faster, they can be very powerful but any word or phrase can be used to occupy the conscious/fear mind and can be used to let it go off to play somewhere else, so we can get in more direct contact with our true selves.

You can say or think anything, start off fast and then slow down until you really stretch every syllable out.

Gobbledygook Gobbledygook Gobbledygook Gobbledygook
Gobbledygook Gobbledygook

..Gobbledygook...Gobbledygook.....Gobbledygook.....Gob..ble
..dy..gook.....Gob....ble....dy....gook.....Gooob.....blle.....dyyy.
....goook

Going in search of the “I”

Who am I? What am I? Where am I? How am I? Why am I?

Let’s start the search for this “I” that I’m so sure that I am. This “I” is the only thing that I can be 100% sure of because “I” am here, reading this.

Remember that if you can see it, or observe it, or imagine it, it can’t be the true “I”... the answer to all of the below questions are dual, a yes, and a yes but there’s more, so that makes it a no, and we dive deeper...

Am I this body? My brain, skin, blood, bones, tendons?

My cells? The mitochondria? DNA?

The molecules, the atoms?

The sub-atomic particles, quarks, bosons, etc?

Yes to all, but still more, more subtle, finer, just more, I am more than that, a field?

Am I my mind?

Am I my physical senses, my emotions, my thoughts, my subconscious belief systems, my superconscious connection?

Yes, but I am more than that...

Am I my name, my lineage, my personality, my ego?

My relationships?

Yes, but I am more than that...

Am I part of my family, my society, my country, the earth, the sun and solar system?

The galaxy, the universe, the multi-verses, and beyond?

Yes, but I am more than that...

Am I my soul, my higher self, the collective complexes, the source?

Yes, but I am more than that...

“I” am more subtle and much greater than any of that.

But I can’t define it yet and still haven’t found my “real self”, my “I”, yet...

All I can say is that the “I” is something because it is me, it is just an “It” and that “It” just “Is” it is Issing in the Isness...

But Issing in the Isness means that there’s Nothing! But, I am?! So, there is something in the nothing. And if I am, then I must be everything of that something...which is the nothing...

Sooo, how do I know what the “I” is then?

“I” must be here, I know that “I” am, but HowWhatWhyWhereWho am I?

Maybe “I” am the source, the collective complexes, my higher self, my soul?

Maybe "I" am the multiverse, the universe, the galaxy, the sun and solar system, the earth, my country, my society, my family?

Maybe "I" am my relationships, my ego, my personality, my lineage, my name?

Maybe "I" am my physical senses, my emotions, my thoughts, my subconscious belief systems, my superconscious connection, my mind?

Maybe "I" am the field, bosons, quarks, subatomic particles, atoms, molecules, mitochondria, DNA, cells, my brain, skin, blood, bones, tendons, this body?

Yes, I am the "I" of all of this and yet I am so much more.

I am that I am.

But we can go even further...beyond the "I".

The 9 Fundamentals

There is one emotion – longing.

There is one sense – touch.

There is life and creation.

There's experience and expression.

There's consciousness and awareness.

There's individuation, identification, claiming, pain and pleasure, suffering and letting go. Taking things personally.

There are concepts, ideas and beliefs systems – Mind

There is the Issing in the Isness.

There is the Knower.

Now let it all go

Now let all of this go, let it become part of who you are, and engage with life and every person, thing, and situation as a 9ner expressing yourself as closely as possible to your 9-Sense-Self or Full9.

All the best.