

TRIPLE
STRIKE



PROLOGUES



Prologues

By

The TS Network

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Beggaring Belief

GhO\$T V1rU\$

ghostvirus2011.blogspot.com

“Knowing is not enough, we must apply.

Willing is not enough, we must do.” (Bruce Lee)



Fig.1 – A Martian testing the human brain for the presence of a ‘self’.

This piece started out life in June 2011 as a short piece about belief but I let it roll and it became a mini series examining belief, the resultant cognitions and how thought works in the mechanism of self-destructive behaviour patterns perpetuated by the false self. I promise you, although it sounds complicated it is spelled out with the layman in mind. There is nothing amazing here for anyone already liberated and even some folks who have some idea about cognitive dissonance will probably say it is self-explanatory, however, these are some concepts behind no-self for the layman especially when it comes to addressing the power of belief. In contributing to this E-book I had to select one article that reflects the work I am doing and I decided it had to be this one despite its lack of philosophical power.

At the stage I wrote this piece I had never even read a philosophy book or article and was using pure insight I had gleaned from no self and the basic drug-store psychology information I already knew. Reading this back, I thought it was written badly in places but the saving grace was that I still have no reason to disagree with the fundamental insight I had in to belief at the time. I have gleaned far more insight in to belief than the narrow scope of this article provides and this was the beginnings of my investigation but what really made me choose this piece was that it was geared towards helping those with cognitive dissonance, so that perhaps they could recognise these patterns playing out mechanically in their minds and provide them with the inspiration to break out of this destructive cycle.

Beliefs are powerful and can be destructive, yet they are also necessary to an evolutionary survival machine that has to navigate a sometimes-hostile jungle environment – the urban jungle! I am keeping the basic structure of the original article but have modified it to make it more satisfactory and balanced in places without the RT dogmatism that was presupposed at the time. The

meat and potatoes are all still here so I hope you may find it relevant and inspire you to look in to the idea of non-duality. At the core of non-duality there is an insight in to the nature of the self where it is seen that “you” is really an illusion of a self that actually does not exist in reality. What you believe to be “you” is not real, you are nothing more than a thought; an illusion. On observing this, it renders the core mechanism of human dysfunction inert and opens up a whole new angle on living authentically and in line with your human drives. It becomes quite simple to explain away some puzzling phenomena with no self and is a liberating insight in to the human condition. So, without further ado lets see if this really does beggar belief or not.

-Gh0\$T v1rU\$

If there is no self, why is there thought?

First of all, we already know that life lives itself if there is no self, “you”, “I” or whatever label you want to give it. The core of liberation is simply seeing that there is no self present in real life. For starters, we claim that “I” is a fictional reference in subjective thought, there is no “I” separate from experience. Thought just happens - it always has done it always will whilst a human being is alive and functioning in the relevant capacity. Without delving in to the origins of self awareness we know that at some point the functionality of the human brain in conjunction with the origins of language and our evolutionary psychology gave rise to an “I” function or what some neuroscientists and philosophers call the ‘self model’. This not only facilitated communication in social hierarchies but was also responsible for giving the brain massive scope for analysing its own cognitions and being able to use concepts to think abstractly and form a planning capacity unsurpassed by any other creatures.

A human being is simply an organism living life, strip everything away and we are simply animals. It just so happens that this animal developed a self-model that gave rise to an idea of a thinker eventually. We already know that is exactly what “you” is a fictional idea in subjective thought. We know thought happens and we have already seen evidence of thought and planning capacities in other creatures. You need only check out monkeys making spears in National Geographical, or the abilities of rats in mazes, and perhaps even pigeons being able to display simple cognitive capacities. Obviously they don’t speak language so there is no internal dialogue going on in their brains but there is plainly the capacity for the brain to represent the world and function in a coherent but simplified planning capacity even without the use of concepts grounded in a language. It is not absurd to claim animals have cognitions in a simple form but it is our arrogance that assumes we are something much, much more than an animal. We are all complex biological organisms as it happens and whilst our cognitive capabilities far surpasses those of other creatures, we are still just biological organisms and as far as the earth is concerned we might be the smartest here but we are just mere organisms existing on a rock hurtling through space at 67,000 mph in an insignificant corner of a gargantuan universe. Fortunately, we have evolved and advanced to form a cohesive co-operative society and demonstrate many more traits of intelligence that other creatures simply do not have. Morality may be one trait that animals do not have but we can simply say morals are societal conditioning. We do not choose what is morally responsible; we simply follow a rule set governed by our society and our parents and peers. Of course, deluded religious folk may claim that religion

is their basis for morality, but it seems clear that morality is purely subjective and has no objective basis whatsoever. Thus, religious folk seek to find this objective grounding in god. If we are going to investigate belief, we may as well demonstrate the deluded fantasies of fundamentalists who seem blind to self-evident matter of fact discoveries in the sciences.

So what exactly is a belief?

A belief is simply a part of the subjective map the brain has made of reality. I am going to be talking about a class of beliefs that are distinct and refer to these as core beliefs. I am going to allow that we appear to choose and infer certain beliefs, which I will call intellectual beliefs but these form a unique class that are set within the parameters of our core beliefs. I want to avoid the philosophical quagmire that this will generate, so I will refer to core beliefs unless otherwise stated. Our existential experience dictates any core beliefs we hold and this may sound quite a bold claim to make on first glance but we can investigate some reasons for thinking this is the case. People can say “I choose to believe in god” but quite simply it is part of human nature to follow others. If we look at what can cause someone not to believe in god it is usually the direct experience of not seeing any evidence to prove gods existence and the societal conditionings of others who might claim the god squad were simply deluded. In other words, a reason for not believing in god is that the brain cannot form a cogent model of reality through this belief structure that:

- a) Satisfies its survival and replication prospects
- b) Ties in with existential experience

The brain is strictly only able to form its model of reality from what can be experienced. For instance, one can be tricked in to believing something but once it is seen as a fallacy it is not possible to hold this belief again. Neither is it the case that someone can believe spaghetti is really custard no matter how hard one tries. It also follows that this is why you cannot logically convince people of some things because a map is formed of reality and any deviation from this mental construct is seen as something that will affect our survival and replication prospects. People who believe in god may well be ostracised by their non believing peers somewhat and they will often align themselves with others who believe the same version of the story and hence we have grouping of sects under a wide banner. In other words people will naturally seek to align themselves with people who hold common beliefs and values. This is merely human nature and is self-explanatory of course.

So, lets look at where such beliefs may arise. Often, religious people are born in to religious families and are conditioned in to believing in god. From this point in life religion is seen to be a normal thing it is at home, in the school and it is pretty much taught as truth in many state schools even to this day. To some unfortunate people this would be all they would ever know and they would just accept it as their reality. As time goes on the belief would be called in to question numerous times and people would have to cling hard to this belief but as long as you had your little clan of believers to keep you in this reinforcing circle of beliefs, as long as you found solace in your beliefs, as long as you thought hey I’m a good person and I will have an afterlife, you have a nice neat model of reality. The threat of oblivion upon death, which the false self fears (fear of death is the primary motivation of our fear), dovetails

perfectly in to this model of reality. Whenever the going gets tough you can pray to this entity upstairs and hey, if you genuinely believe god is in your head looking out for you, then you have the equivalent of an imaginary friend helping you through life. However, we are not in position to tell between genuine cases of split personality disorder and genuine religious experiences; I will leave a fair enquirer of sound faculties and reason to decide this.

This model of reality has its perks it may be insular and requires blind belief but it does tie up all the loose ends nicely. There is a definite attraction with this model of reality and if it was imposed on you from a young age and you never found reason to question it then why would you? You can turn round and say I choose to believe but if you had already been conditioned in to it then it is not your belief. New converts may well be introduced to this model, get to meet nice people and have a good time doing the whole thing. The attraction is there and there is no denying this. Perhaps they have had some kind of religious experience or satori, or perhaps a new split personality or the “voice of god” that they attribute to supernatural happenings. However, most rational people will not entertain this model of reality and as such you find born again Christians, are often people who have had many problems in life and find a convenient escapism and stability in the idea of religion. I am just generalising here but my point is that for all the door to door visits and street sermons, they simply do not get people to convert by rational thought alone, this simply does not happen by conscious choice. To test this for yourself, one need only try to impose a belief on themselves such as “I will choose to believe in god”, or “I will choose not to believe in god” for a period of one month. At the end of this undoubtedly one will affirm that they could not logically alter their belief by conscious choice.

The religious may hold to the claim that the belief was their decision but you clearly cannot pick and choose your core beliefs. The brain below the level of conscious choice decides your core beliefs. They are not your beliefs in any way shape or form because there is no “you” to own the beliefs or influence them. Life lives itself, it always has done. You don’t get to choose what is worthy of believing there is just a model of reality that the brain accepts or rejects. In other words, you do not choose what is believable or not, it just simply IS believed or it is not. We know this because we only have to take newspaper stories that are simply repeated enough times and unless there is some threshold of belief in the opposite camp, it is usually taken on as a belief among the population. This belief is not some decision we actually sat and thought about it is simply conditioning through repetition. We only need listen to all the crap they spew about immigrants in the UK coming over taking all our money and jobs for instance.

Of course, one may object that they can choose to believe that they think the number 21 bus will arrive at eight o’clock in order for them to get to work. However, I am sure one will ponder that experience taught them this was the case and in no way did they have to consciously create a belief about this occurrence. It is simply the observation of a timetable that was believed to give the correct bus times. When did the belief that bus timetables were accurate appear? You were probably too young to remember deferring to authority and even then you have no way of establishing the conscious choice you made to suddenly decide to believe this was the case. You could perhaps infer that tomorrow something will be the case but then you would be trying to claim that you are self that has free will to decide, and this can simply be debunked should you try to establish some facts about free will; which is beyond the scope of this piece. However, you may raise your arm in the air and then try to believe it did not happen or perhaps believe that milk is

dangerous, or that you are not afraid of spiders, if you are. Digressions aside, we are talking about intellectual beliefs that we appear to choose here in any case and are not core beliefs. Whilst religion is a wishy washy subject it is a well intentioned core belief even if it is grounded in nothing substantiating apart from conditioning and accepting new models of reality below the level of conscious choice.

What is striking though, is that people harp on about how the bible is the most accurate document ever and I am sure you are familiar with various other questionable claims. We can simply see that within a circle that promotes a model of reality, beliefs become self-reinforcing. Any belief that is held by a human will often cause the brain to look for evidence to reinforce that belief and thus the model of reality. You get religious folk stating questionable things they have heard elsewhere and all the time they ignore the fact that some parts of the bible were repressed, the overwhelming evidence of evolution and of course what empirical science tells us. We have proven the earth is older than 8,000 years old just by simply measuring light wavelengths from the far reaches of other galaxies. However, what is really happening is that they are ignoring stark facts and their belief is still firmly staked in the bible. How can this really be? Science has debunked most of the nonsense that appears in the bible and yet the belief still remains, even to the point where some sects have decided that it is metaphorical rather than the truth and still cling to the belief. Take evolution for instance, you can go on Conservapedia's evolution page and don't forget it is "the reliable encyclopaedia"- it is merely a collection of anti-evolution propaganda.

Why would they go to such lengths to deny reality?

It is simply because a belief is held and when it is called in to question, the belief is defended through a self-reinforcing system. If a model of reality is threatened, an organism conditioned to a belief structure will always try and seek out evidence to maintain the belief structure, to the point where we actually become blind to evidence to the contrary. We know this because the brain filters the incoming sense data through its subjective map of reality. Only once its model is updated can an old belief no longer be held. On an evolutionary level this makes perfect sense, as the brain needs to form a working model of reality in order for it to be able to judge the appropriate action to be taken. This ties in to the pattern matching nature of the brain.



Take a look at this picture. Do you see a six of spades?

Look at the card again before reading on.

It is actually a red six of spades. As we know the six of spades is black and the

red six of spades does not exist. As you have never seen a red six of spades before, the brain filtered the incoming sense data in terms of its model of reality. It literally warped your perception of reality to try to make the novel stimulus fit with the brain's map of reality. Our beliefs in this case skewed our perception of the environment and in a sense they can literally blind us to what exists in real life. This is literally what is happening when one is presented with the idea of no self. It seems strange and contradictory to our experience that there is no self and thus we try to warp the concept of no self in to our existing framework of belief. The brain warps reality in terms of: an illusory entity being responsible for the thought and actions that occur, an illusory entity that suffers when things don't go its way, an illusory self that worries about what people think of it, and an illusory self that strives for things formed by attachments.

Now, the false construct of self or ego is always driven to try and be superior in some way simply because the brain believes it be real. Our evolutionary psychology is driven by the need to increase our value in the social strata, as it is perceived as taking us towards survival. Of course there is nothing wrong with this in itself, however, through this base level socio-biological drive and the anomaly of an illusory self, we have this mechanism created where thought is feeding back in to perpetuating cognitive dissonance and suffering through an illusory idea of self. Have you ever really asked why is it that we do not like being proved wrong? Why is it that we desire to make other people subscribe to our model of reality? Of course evolutionary psychology made us so that we follow people who are sure of themselves and we also have the desire to lead and influence people. The point is, when we are proved wrong or ridiculed this is perceived as taking us further from survival since we are social creature who are trying to navigate a complex social hierarchy. Hence, we often associate these events with some negativity. Even now being liberated this holds true because it is witnessed simply as a socio-biological function that arose from evolution.

Our problem arises when this is tied in to our false construct of self. The belief of self is actually warping our view of reality to fit the brain's subjective model and through this illusory construct, we become identified with this idea of self and the desires we are tricked in to believing we 'own' and 'have'. These things, rather than being viewed as natural biological mechanisms, become what defines us as a person and our self-image is actually tied on to the many beliefs and concepts we hold about ourselves. The beliefs form an attachment to our sense of self along with our desires and our empty conceptual labels that we impose over reality. We can span out from religion here and we can see how people's belief structure tie in to their identity. Look at politicians, animal rights activists, whatever the identity it always based on beliefs, which form the basis of this imaginary construct of self.

When these beliefs are threatened, not only is it a perceived threat to our survival in terms of our evolutionary psychology, it is also seen as a threat to the actual entity of self. So, not only are we naturally wired in this way the false self thrives off these things and perpetuates its own illusory existence. The end result we see day in, day out as people try to defend ideas such as ludicrous ideas such as religion in the face of insurmountable evidence. Rather than look at it with honesty religious people will always focus on any perceived fault in science and literally warp reality to fit their belief structure. It is not their choice to believe it is simply this mechanism of delusion at work. Hence why religious people often insulate themselves from non believers, have a reinforcing circular logic for their belief, and rather than actually embrace science try and seek out every loop hole they can and exploit it

to bolster their belief structure. You don't really get Christian physicists or research biologists. What you do get is people masquerading under the science banner trying to defend their belief structure. It is tragic really that we see the gaps in the fossil record getting filled in, only for another set of goal posts in between the time frame of these new discoveries. We know how rare fossils are anyway only forming in rare instances. For us to have a full picture is never going to be possible.

If we look at the overall picture to see what is going on the evidence is simply overwhelming. Yes, there are holes in evolutionary theory but as our understanding increases these gaps get filled in and as our friend Dawkins put it "Religious people fear the advancement of science, like a witch fears the encroaching light". All it really needs is some honest looking in reality to see what IS real. Belief can be so strong that some people devote their lives to reinforcing this collective religious delusion. As our understanding increases we will eventually view religion as some silliness that played a useful role in the advancement of the socio-biological beginnings of the structuring of a large-scale human society. Dawkins advocated the fact that there is a propensity to believe in god and this would tie in nicely as a result of this self-model and the desire of the false self to avoid the perceived threat of its non-existence. That is for another topic though.

When we look at the self it is nothing more than a core belief that "you" exist. That is literally all the conditioning of the false self is; a subjective map that was accepted as reality since no other alternative model was presented. You simply believe that "you" exist and there is no objective grounding for your belief in the self it is simply a trick of the mind, a very crafty illusion. That is why the only way to break out of the conditioning is looking at reality and then the brain can no longer hold a belief that is not cogent with reality. That is the whole idea of looking to find out if the notion of the self is coherent with reality. The underlying concept is simply to break the conditioned thought patterns of the brain and this can only be done by looking at real life. At what point did you ever question your own existence? When you were younger did you actually turn around and decide that you actually existed or rather did the brain just fill in the blanks from its experience? People who choose not to look at this no self idea are simply subject to the mechanisms that we have outlined so far. The brain is driven to protect its model of reality since we are tricked in to identifying with its thoughts and it is little wonder that many people find it so difficult to actually look, such is the nature of this illusion.

However, we need to take a look at something more personal to cement our understanding regarding belief structures but religion is always a good starting point to illustrate how a collective self-reinforcing delusion works. We need to look on the level of individual organisms to try and qualify how this illusion of self causes problems for some people on a day to level. The thing is with religion it is collective and it has the illusory nature of free will behind the decision making process, and is also diluted by a peer group that reinforces a collective delusion. On an individual level though, there are no holds barred as far as flawed self-reinforcing logic is concerned.

Survival

First of all we have to take a look at the process involved in the survival drive. As you can see from the diagram (fig.2), we first want this survival equilibrium as our goal state. This diagram is not meant to insult your intelligence; it is merely to form a basic illustrative picture of what is going on. Then we can transpose cognitions on top of this model. The brain will decide a course of action depending on its physiological needs, to move the organism in

to taking action. As we know, we are driven towards survival and our brain rewards us with good feelings and highs of neurotransmitters such as dopamine and serotonin, when something is achieved that increases our survival prospects.

Feedback system

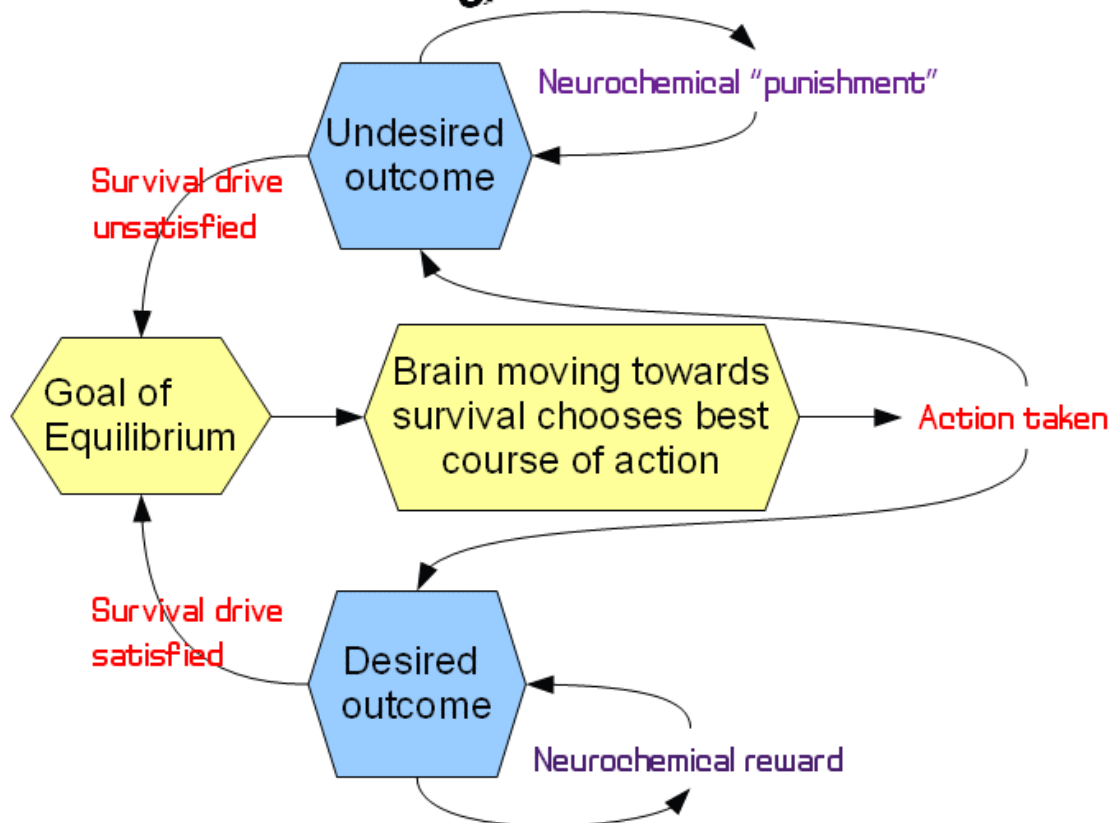


Fig. 2 – Highly simplified reward and punishment model.

Our brain has this neuro-chemical reward system in place to tell the brain it is moving towards survival. This system then fills in a gap as far as evolution is concerned because before advanced cognitive thought, there had to be some kind of biochemical process, to give feedback to a brain. We see that this not only appeared only in humans we can see in primates, rodents, and pigs for instance, that they have the neurotransmitters serotonin and dopamine. This indicates that without a language, there are limited cognitions and of course this biochemical feedback system which is intrinsic to the mammalian brain.

I labelled on the undesired outcome “neuro-chemical punishment”. This is inaccurate as it does not work in this way, however, as we know we do not feel great when things don’t go our way. We have a Behavioural Inhibitory System (BIS) that is involved in us not taking actions that would decrease our survival prospects but that aside, for our purposes we will call it neuro-chemical punishment as some neurotransmitters are involved in mood regulation and if we look at serotonin regulation we could deem that the brains re - uptake of serotonin being akin to a punishment system of sorts that tells the brain that the survival criterion are not met. So to keep it very basic we can use this metaphor of reward and punishment.

If we take our biochemical system as motivating the brain on a biochemical level the resultant changes in our brains chemistry forms the basis for our reward and punishment system. In effect we are driven towards feeling good neuro-chemically as this is registered by the brain as moving towards survival. This reward system can be tricked though. As an evolutionary function it is merely there for survival, however, by going to theme parks,

going skydiving, taking drugs etc. These things are ways of altering our brain chemistry and tricking the survival reward. For instance when the flight or fight response is triggered, we produce adrenaline and norepinephrine to prepare us and when the perceived threat to survival is over, we may receive a rush of euphoria which is of course our neurotransmitter reward system at work. This is how we can explain our propensity to do certain activities that are not specifically for the purposes of survival we can attribute to this to the tricking of the reward system.

Just by looking at this system, we can see that if we had enough events going against us our neuro-chemical punishment system would be triggered. It does not operate on a one event = increased reward or punishment. There are just feedback loops and different levels of feedback within a given brain. Basically, we are heading towards survival or not but in the short term if things have not been going our way, we get frustrated more easily and we also have a build up of stress. Particularly, where a fictional entity is concerned more thoughts about more negative thoughts that a fictional reference in thought failed to accomplish is pretty much how this feedback of thought that can cause destructive and dysfunctional thinking. Let us take a look at the cognitions behind this mechanism.

Now we are in a position where we can transpose cognitions on to our biochemical feedback system from fig.2. Obviously our cognitions are governed by our drive towards survival and of course our map of reality. We could take a dodgy core belief such as “I am not good enough” as a good starting point. This seems to be quite a popular facet of dysfunctional thought as far as conditioning is concerned. A member at RT bought my attention to something called the Lefkoe method, which I had a quick look at. His conclusion was that many people hold this as a dodgy core belief and are not even aware that they hold it. So, seeing as it is such a popular problem we can start to look at the dynamics of this belief structure, how it plays out, and how it reinforces the illusory notion of self.

To start with, this belief was formed from an early age and as parents “never studied parenting at university” it becomes easily apparent that in some cases a parent can often be displeased with a child. There is no way a parent can be happy with a child all the time because a child merely wants to explore and play, whereas parents want their children to be quiet and behave. These causes a conflict of interest from the get go. By encountering scolding and shaming from parents it is quite easy to conceive of how a child could feel inadequate without having the cognitive capacity to work out that there really is no reason to hold such a belief. It is just accepted as a construct of reality by the brain from a young age and remains unchallenged, perhaps even for ones whole life. At a young age we are highly impressionable and it is no surprise that at this stage of life we adopt a whole bunch of sometimes-erroneous beliefs that forms the brains model of reality.

Without actually even considering the logic behind this process, a child’s brain will form this map of reality just from its existential experience. This construct is a fundamental building block of its reality and from this dodgy foundation its future experiences will be framed through this view of the world. We can draw a parallel with the concept of self here. As a child from a young age assumes the concept of self, it is also drawn as a construct through which all future experience is framed. That is why even to this day you are

still resting on this assumption. We already know this is purely through repeated conditioning that one believes their self-model refers to something controlling the actions and thoughts that arise, and we also know that many of our responses to certain situations are also governed by our conditioning. If you start looking in to no self, you will notice that the experiments on my blog are actually designed to start you noticing the conditioning of the brain and highlight the faculties that you thought you were responsible for and demonstrate that in fact; you actually have no influence over these processes.

So we can simply take our core belief formed by our conditioning and look at how it works on a cognitive level. Anyone who has suffered with dysfunctional thought before will describe thinking that keeps popping up as negativity about themselves. It can seem like there is no escape at times and at other times these people can take things in their stride. We can look in depth at this process and form a model of the cognitive processes that occur with these parameters.

I can't ever win

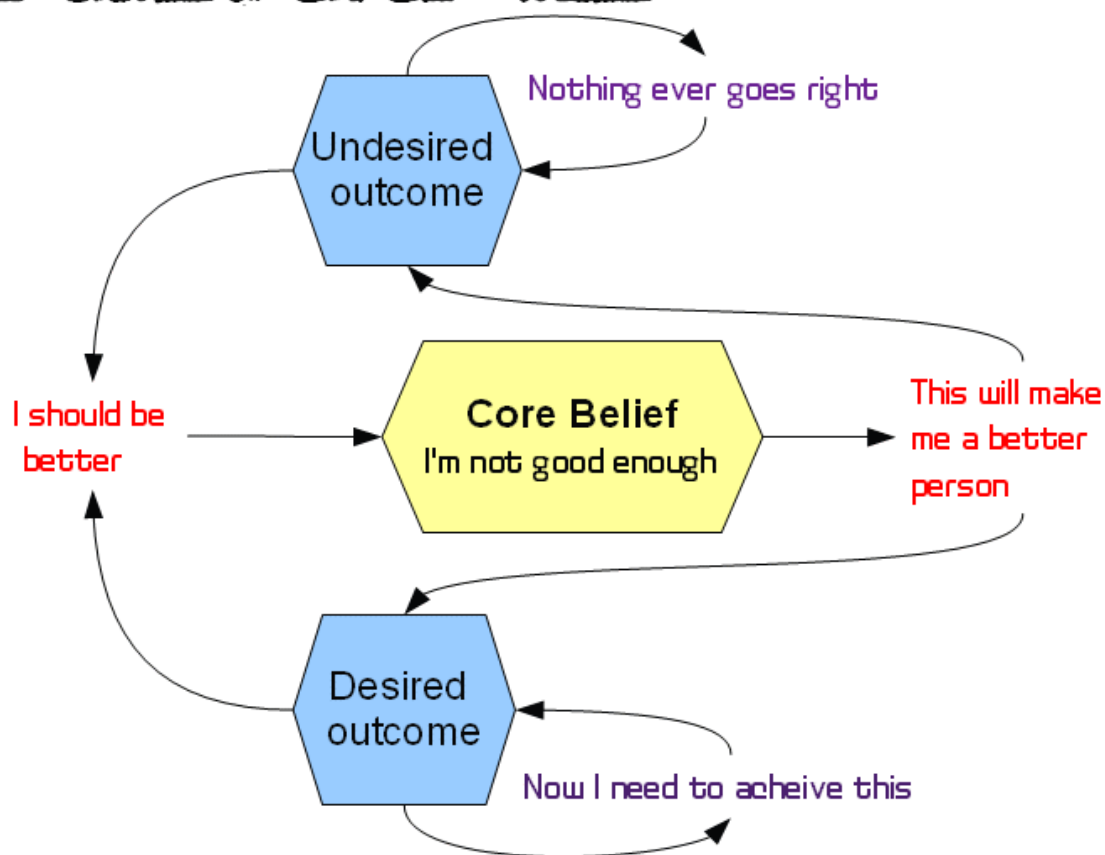


Fig. 3 – I can't ever win model.

As we can see we have a feedback system here, which is pretty elementary. At the undesired outcome level we have an attachment formed in our perceived outcome. When thought is put through the frame of an illusory self the propensity for the thoughts occurring is always driven on some level towards propagating this self-image and there is a constant running away from bad feelings towards our good feelings, generated by the perceived value of our outcome. When we factor in the illusory self there is a degree of self-image involved, how we feel about ourselves, and how we look in the eyes of others. There is a measure of what this makes you as a person and this is exactly how the false self works by attaching to these illusory attachments. These attachments are always coupled with how this or that thing will makes us a better person somehow.

When we factor in our evolutionary psychology we are driven towards survival

within the confines of our socio-biological hierarchy. It makes sense that we are driven to achieve more and get higher status in our tribe, not act like a spaz in front of others and reduce our social value. This much is true. However, with the self-factored in we not only have cognitions towards our goal state we also have cognitions about an illusory sense of self whilst going towards this goal state. This phantom self causes feedback in thought as our cognitions are geared towards taking us closer to survival and thus the survival of the false self. When we have this illusion of self the brain is literally tricked in transposing ideals and values on to a fictional entity based in thought.

Let us look at an example now and say that our desired outcome is a job interview. At any point in the equation any thought that is geared towards this false entity can become a disrupt to the mechanism of awareness. It is actually thought feeding back in to itself about a fictional entity that takes our mind away from the present moment. In this sense the false self forms an inhibitory mechanism.

“The zone”

“The zone” - where everything is effortless and you forget yourself. This is the brain working temporarily without this inhibitory mechanism quite simply. To illustrate, before you even go in to the interview you are probably nervous about the interview, which is perfectly natural. We hold the belief that we have to go in and make a good impression to our potential employer. Maybe you feel quite anxious and the thoughts arise about what the interviewers will think of you, whether you will be able to sell yourself in the correct way, and other tangents of thinking. This represents the inhibitory mechanism of self at work. At this point the feedback of thought starts to gain momentum and causes you some unnecessary worrying. You tell yourself not to worry but rather than calm you down it actually has the opposite effect. It is the brain producing thoughts about an illusory entity and illusory attachments that are tied in to the outcome of this particular event. It is literally thought being produced in reference to a perceived threat, to a perceived entity that does not exist. This is literally the brain warping reality to fit its beliefs. In reality, all you have to do is go in a room and talk to some people; it's not such a big deal. However, through this illusory construct of self, there is a sense of importance and the gravity of the situation is massively amplified.

As I said it is natural to feel nervous but if through the interview you are constantly wondering what they think of you, analysing what you are saying and trying to come across as intelligent, witty, or whatever, you are actually repressing the brains ability to do its job through thinking instead of being in the moment. Rather than focussing on the task at hand, the brain is diverting its resources in to thinking about something illusory and is trying to deal with a situation and imagining a false construct of self and its supposed values simultaneously. The brain is actually subject to an inhibitory function through this idea of self. Go figure, but what is observed post self is that this kind of thinking actually represents an inhibitory mechanism. Of course, this can prove a useful function sometimes but how can you be in the present moment when you have this automatic foreground-processing going on?

So, say we don't get the job. There is some kind of level of negative feedback, especially if we staked in to our attachment and from this attachment began to form attachments to other desirable qualities. For instance, maybe you had already started planning on buying a new place or a new car. So on top of our attachments we have formed another level of false attachments. When the failure becomes apparent, we will feel negative about it but hey, that is normal

to feel disappointment. Our body doesn't reward us with good feelings when we don't accomplish things. This is a normal part of the body's feedback that we can experience and that is down to our evolutionary psychology and our neuro-chemical reward system.

There is no problem here until our façade of attachments comes crashing down. As the self invests in to these things and tries to derive a sense of self from the outcome, this particular outcome can be viewed as an inconvenience all the way to a total catastrophe, depending on the investment in to the attachment. At this point, maybe the thought "nothing ever goes right for me" may crop up, as you beat yourself up over your failure to get the job. Now at this point, this is where thought is literally feeding back in to itself. The self-image that crumbles causes negative thoughts about a non-existent entity to self-perpetuate. Thoughts about negative thoughts and what they make you, as a person will continue to cycle and this feedback can cause from a little, all the way to a lot of distress for a person.

At some point, an evaluation will be made about this and a judgement will be made about what this makes you as a person. Obviously you view yourself negatively in this light and the natural thought is to think you should have done better. It is a simple case of reactivating this core belief of I'm not good enough again. Even if life has been going good for a while, you will suddenly find that after all this time, this core belief will be reactivated. Now for many people it is not a catastrophe and they can move on from this but if you throw a few other negative things in to the mix that happen around the same time, you have this potent mix of negative feedback and a downward spiral of cognitive dissonance that may or may not result in depression in varying degrees. Some people are better able to cope than others with the cognitive dissonance, some people see it as a tragedy, others will see it as a minor inconvenience but all of us will experience some degree of negative feelings about this event.

On the flip side, we got the job and rather than be wallowing in self-pity, we feel good, really good in fact. So good, we go and get a loan for the new car and everything is running swimmingly now. However, have you ever noticed that once everything is finally sorted, you are happy for a short time but for some reason, you expected to feel differently than you do? It maybe a short time but as the old saying goes, "more wants more". This is exactly the problem with this illusory construct of self. In order to perpetuate the illusion, the lie needs constant reinforcement of its existence.

We can also take any point in fig.3 and we can try and layer another scenario on top. I read a post that a woman posted on a psych forum and the crux of the post was that she had everything that she thought would make her happy, yet she was getting depressed about the fact that her life seemed empty. She had a loving husband, a family and a house and yet she expected that she would be living in domestic bliss. You see, the self is always striving, always wanting more, hungry for the next set of attachments to feed on. Once it stops getting these new attachments, the sense of self starts to become threatened because without new fuel all the time the sense of self begins to lose its reinforcements. As the brain is tricked in to thinking it is a real thing through its belief structure, we again start a feedback cycle in which the brain perceives that without this reinforcement of the illusion that it is actually a perceived threat to its survival, simply because it believes a threat to the self is a threat to its existence. So you can have everything you think you need yet you are still subject to this illusory mechanism. The self is tied in to this survival drive and causes negative feedback of thought about an illusory mechanism, which sets off our neuro-chemical punishment system.

Our neuro-chemistry can be directly affected by negative thought about a fictional reference of self-image. Depression not only affects the thoughts we perceive it has been shown to alter the bodies chemistry. The entity of self was never supposed to be believed to be a real thing. The self-model was there to give the brain the ability to analyse its cognition with higher order thought processes, which resulted in a massive leap of intelligence, but it was not actually supposed to be believed as a real entity. The brain has simply warped its model of reality to reference a fictional entity, however, this is in no way an evolutionary glitch. Simply the brain believed it to be real entity that is all. It mapped a fictional entity over reality that was responsible for the brains thinking and actions. To believe that this self is real is pure fantasy, to put it in plain terms.

As you can see, and as you know yourself, our successes are very often short lived. Once our neuro - chemical reward system goes back to equilibrium, we are still driven to climbing this social ladder and chasing good feelings of sorts. The desires attributed to a false self are like a void that we are constantly trying to fill we always think that if we can just accomplish this one thing then everything will be OK. I covered this in another article so I won't dwell much further on this idea as a metaphor. On an evolutionary level, it is worth pointing out that it makes sense that our neuro-chemical reward is short lived anyway. It is only recently in the history of Homo sapiens that we know where our next meal is coming from. As a result of unstable survival conditions million years ago when mammals first appeared, it would make sense that our evolution would facilitate a short lived neuro-chemical reward system as long-term rewards would hardly be conducive to an organism's survival. In a sense, we always seem to be spending our lives chasing good feelings and avoiding bad feelings. We are driven to do this anyway on a psychological and physiological level but through our false sense of self, we seem to put this over and above all else. This is just stating the obvious but there is some reasoning for this as far as our evolutionary past is concerned.

Anyway, back to the matter in hand. We have this feedback system and eventually we come back to the point where we perceive that we need something else to complete us. In our positive feedback cycle we have our neuro-chemical reward and then it is not long before we feel we need the next thing. We end up coming to the "I should be better" idea, however, in this case the connotation may be neutral depending on our positive outcome and it may also be negative depending on our undesirable outcome. Then, the cycle starts all over again. The outcome this time may be desirable or undesirable but this model is self-perpetuating in the sense that cognitions are driven in this manner. All it takes is one negative event sometimes and our whole sense of self can take a massive dent and we can get really down about stuff. Basically once our core belief is activated, this is where our cognitive dissonance comes in to play. Whilst the brain holds this core idea that we are not good enough, we are driven towards improving our prospects all the time. At the same time the brain is holding two opposing ideas where it is trying to reinforce the self-image and yet it also holds the conflicting belief of "I'm not good enough" and this is where it gets messy.

We can look at any model of depression from this point and see how some people are quite prone to this cycle of "I can't ever win" which stems from this unfounded core belief and the resultant dysfunctional negative thoughts. Interestingly we can substitute any core belief in to this model and it still holds true apart from our labels change. Even if people have a lot of good luck and things going right for them for a while, when things do go wrong, people will literally come back to this core belief and this provides the basis

for the “I can’t ever win model”. It is completely false but as a result of the core beliefs being activated, the focus switches to the negative events and the positive ones are soon forgotten. This facet of dysfunctional thought is called maximising the negatives and minimising the positives.

Our sense of self is derived from these beliefs and all it takes is one negative core belief to interfere with our lives. We also clearly derive our sense of self from our ability to achieve things. If we take someone who had a good start in life and is used to operating on the positive side of the model, we can see how people can still function and still remain healthy psychologically despite this core belief, however, there will be times when something major such as the breakdown of a relationship, will trigger these beliefs and it is no surprise that it is estimated that one in three people suffer from clinical depression in their life time. Not everyone holds this particular core belief but there are plenty more that do and plenty more erroneous beliefs.

Do you see the problem with this system?

With our sense of self, we are making attachments within our outcome system about obtaining these objectives and investing in to them. Very often we hold the belief that once this one ‘thing’ is obtained, then we can sit back and be happy like it is just something we can suddenly decide to do one day. As you can see from the diagram if we take feeling great as a biochemical induced state when our survival criterion are met, then we can actually see that it can never really make for lasting happiness. If we are literally drawing a sense of self through external objects and criteria being met, we can see that really this is never going to be more than a fleeting possibility. Since feeling great is a biochemical state in the brain it is plain to see that when the brain is operating on this model of reality, that feeling great is a fleeting thing that is impermanent. In this model of reality only once we reach our survival criteria we get to feel good about ourselves. This model does not really allow us to feel great since we have a sense of self that literally needs feeding these new attachments all the time and after our fleeting reward, we are left wondering why we are not happy and desire other things to fill our void from the metaphor.

This

This is the void we are trying to fill through self and no matter what outcome we achieve we are still left yearning for more. You can’t ever win; the system is rigged through this illusion of self. This is the void we are trying to fill with material goods and promotions and future events. It cannot be fulfilled through a belief in the self. Here it is spelled out for you as concisely and plainly as possible.

So, how do we get to feel great all the time?

The simple answer is, that it is impossible. We can feel content and serene most of the time though, that is possible. Once we stop searching for something to bring us happiness, once we stop investing in to our illusory attachments, and once we stop beating ourselves up over these trivial failures that we think of as perceived blocks to our happiness, then we can achieve a degree of peacefulness and break out of this cycle.

So after all this what can I really say apart from this is not ground breaking nor is it some amazing conception. It is simply me trying to put it in to layman’s terms for those that are not yet liberated. The funny thing is if we remove the self from the equation, we actually breakdown the model at this

point. Whilst it still holds true, we have actually removed the core component of the model, the illusion of self. Since “I am not good enough” actually refers to a fictional reference, what we now observe is that in fact all the attachments are no longer there and the engine that produces the negative thoughts about the fictional entity becomes inert and the negative feedback cycles are diminished in power. Once the self is removed from the equation, the attachment to outcome disappears and when things don’t go the way you wanted, there is actually no identification made in the outcome anyway it is just accepted for what it is.

What really happens is, there is no entity called self to actually invest in to the equation any more; no sense of self to be derived from any outcomes. When you see that it actually is a fictional idea then it becomes apparent that all the suffering is actually illusory in nature and is produced by this engine of dysfunction. It is not real because there is no entity called “you” that actually exists in real life. Whilst the mind still produces negative thoughts and the neuro-chemical “punishment” these are actually a useful tool for an organism and as such are viewed as biological events in existential experience. Once it is seen that there is no self the feedback cycle of negative thoughts feeding back in to each other and causing this cognitive dissonance is essentially disrupted. Whilst the thought complexes may begin to form, there is the clear seeing in reality that they are in reference to nothing and as such, these thought complexes no longer are able to gain the momentum they once had. Essentially, the brain does not have the belief in them since it is realised that thoughts about the self refer to nothing. There is no you in real life it is an illusion. Any reference in thought to yourself or what something makes you as a person is simply a fantasy manufactured by the mind.

This is freedom, realising that the thought that occurs in terms of “I” is actually in reference to nothing tangible. This is not denying your own existence because there is a human being that is experiencing life. There is still thought occurring but the references in this thought that refer to the illusory self are seen as fallacious. That does not mean that they stop occurring but there is the clear seeing of reality and the seeing that they are entirely illusory in nature. There is no separation from thought or existence, there is no you, there never was.

Now anyone who tells you that enlightenment means being in a total state of ecstasy bliss is full of shit. What they are literally trying to tell you is that you can circumvent this biochemical mechanism. This is of course impossible. It cannot be circumvented. How would you be able to function if the brain were signalling that everything was OK when you were not moving towards survival? This makes no sense in terms of our evolutionary survival drive. What they actually have cultivated is indifference and equanimity, and destruction of beliefs that are centred around the false sense of self. In seeing that the self you thought you were is actually false this is equivalent to witnessing the illusory nature of conscious thought in reference to this entity called “I”. On seeing this, the brain is still conditioned to think in terms of this fictional reference, however, it does not have the same level of gravity as it did before as discussed. Quite often, the enlightened folks have been de-conditioning themselves for many years before they see this final truth. What happens through something like Advaita is that on seeing the truth of this a lot of their conditioning has already been broken. People say I no longer have ego, but in essence ego is entirely illusory anyway it does not exist as an entity.

Ego is just the label given to thoughts that reference an illusory entity. There is no ego but the thoughts can be thought of as being egoistical in nature.

So whilst ego is not a real entity, it can be termed as thought in relation to a fictional reference. You could be forgiven for thinking that the body requires a self to function but it is simply not true. All these drives in humans are the culmination of evolutionary design, if there was the case for a self being required we would have to begin to question whether any other entities have a self. Look at pigeons they can work out basic puzzles that require cognitive thought. Does thinking require a self? Well obviously not or that would most living creatures would have to have a proto-self of some description. Think about a dog, a cow, and a horse... they don't have self-awareness yet they are driven by their instincts to eat sleep and fuck. Life just lives itself; it always has and always will until it ends. Unfortunately, this false construct of self that formed from the self-model actually ended up introducing a feedback mechanism in human thought that can be destructive. That is all self really is, a glitch in our belief system that originated from evolutionary design. Whilst this self-model is no evolutionary glitch in itself, the false self actually forms an anomaly that causes thought to feedback in to itself.

In the meantime this lie has been spelt out for you, so get cracking and get looking in reality to break your conditioning and "update" the brains model of reality to what is real. That is all liberation is, the true seeing of what IS in reality. No magic tricks, just what is true. As a bonus you will break this "I can't ever win" cycle, if you happen to be stuck in it.

Mental Clarity: How To Read Reality

Nick

blog.undisguisedlife.com

As I promised, I'm going to start digging into the benefits/effects of having the no-self recognition, which I've been blabbering on about in all the previous posts...

All of these things are possible to develop without that recognition; the one in this post is required to have it. What the recognition does, however, is greatly enhances your ability to develop these.

All right, so first one up: mental clarity.

Mental clarity is the ability to read reality accurately. I don't mean being able to look at the complete objective picture of an event, as you don't have any direct access to that. I'm talking about the ability to read the data presented by your subjective experience: thoughts, sights, sounds, etc. Once you get a clear picture of what that data is, you can then go on and use it to build or falsify your ideas about the world.

This post will focus on the "getting a clear picture" part.

I use the word "read" because it's no different than reading from a book, or from these words. When you read a book, you are actually curious as to what the words are saying. You wouldn't read anything into it that's not there, which would be counterproductive to your understanding.

You just look at the words plainly, and through this your mind automatically recognizes and presents the patterns: the meaning of the sentences, their relation to the topic, the visual imagery associated with them, all of that. If you want to know a truth about reality, just look at it and read what's there.

Want to know what the weather's like? Look outside - read what's going on.

Want to know if the Earth revolves around the Sun, or vice versa? Look at the movement of the planets, read what they're doing, see which theory fits better.

Want to check if your beliefs about the world are correct? Take one, read the reality that the belief tries to correspond to, and see how well they compare.

This is the root of all science and all epiphanies.

But if it's so simple and obvious, why am I talking about it?

It's not something that we as a species often do. For trivial matters, sure, for science too, but not for our strongly held opinions. Not for the beliefs and positions that shape our self-image, make us feel good/comfortable, or get us approval. Not for our political opinions, religious ideas, moral judgments, and little white lies.

If you were utterly convinced that your wife was faithful, moreso, if you liked to think of her in that way, and your friend came along and said she was cheating on you, you'd be reluctant to read reality and check if that's true. Doing this would challenge your comfort and throw you into an unknown world with some potentially massive changes. It would be much more comforting to rationalize why she still might be faithful, than to take one easy look at the true information. It would also more damaging.

Delusion is reading into reality things, which aren't there. Telling yourself that everything's fine when it obviously isn't, for example. It's the equivalent of looking at a book about vampires and jumping to the conclusion that it's about wizards.

Sounds insane. You do it all the time. You'll catch yourself if you're willing to read the book of your own thoughts: flowing through your head, in plain view, is a whole mess of opinions and ideas of people, places, and positions you've

never even encountered. Crikey!

That mess is incredibly dangerous to have. Being a host to unchecked or false beliefs about the world is like having a faulty map of a terrain: you're bound to get lost or fall off a cliff. Reading the terrain and re-drawing the map accordingly is the only way to accurately know where you're going. Having an accurate map is the only way to achieve your goals.

So you want to develop mental clarity? Be less confused, or more successful? Have a better understanding of the world, the structure of reality, or the accuracy of your ideas?

Just practice the accurate reading of what's going on. Surrender the content of your beliefs to the data gathered by your reading of reality. It's that simple.

It can also be scary, especially when it comes to challenging your "personal" beliefs. It's well worth the fear, however, as a life built on truth won't crumble like one built on fiction.

Truth doesn't crumble.

Stay true.

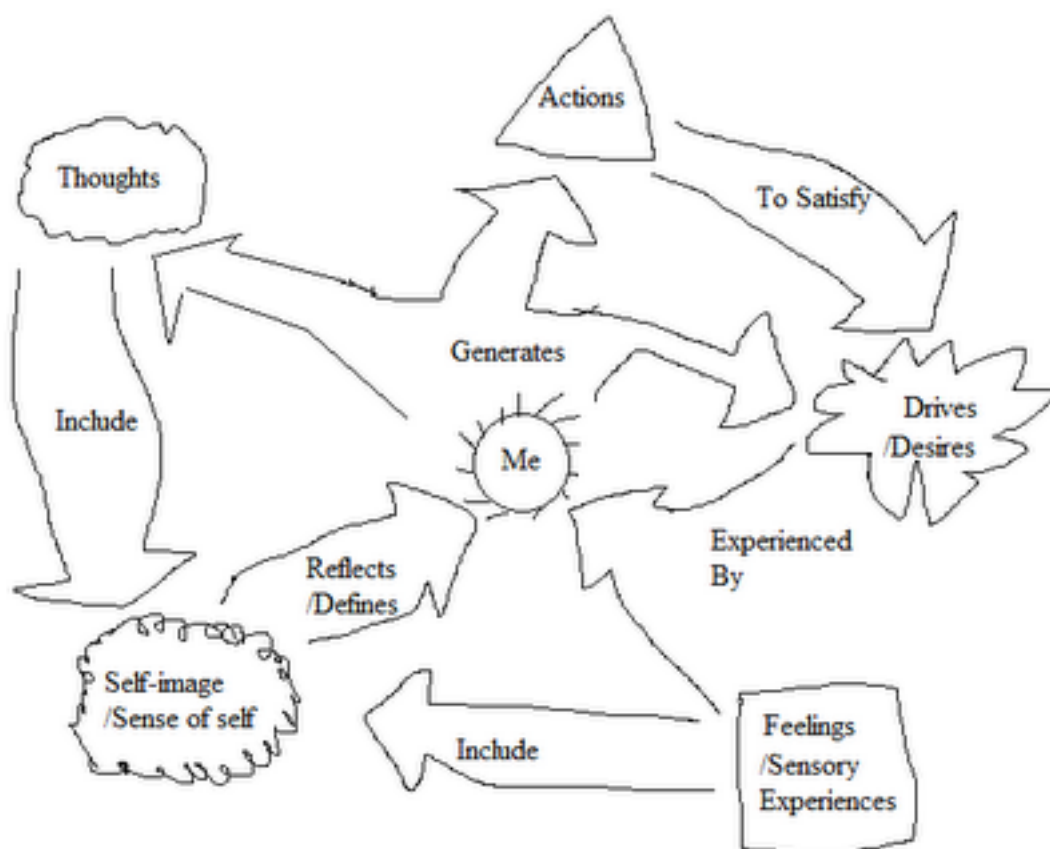
Why Seeing There's No You Makes Freedom Inevitable

Nick

blog.undisguisedlife.com

It's simple, actually.

The average person's model of how life works is similar to this. Excuse my incredible artwork:



Let's take an average random person - Bob. Bob feels as if he is this personal core of life who experiences feelings, thinks thoughts, and moves his feet. In other words, he believes himself to be the receiver of experience and the causer of conscious actions.

Bob feels, actually feels like this personal core is behind experiences - behind his eyes seeing sights, or behind his reasoning connecting the dots. This feeling is usually called the sense of self, and is often noticed when the self-image, or thoughts about me/I, pops up. The sense of self is what keeps alive Bob's assumption that there's a him, which owns his life.

This assumption is the primary cause of human dysfunction, and this is why:

The human gets a 'high', a flush of endorphins, every time your self-image paints itself (you) as a "good person", or as "cool", or "powerful", or "humble", or even simply "accepted." Bonus points if other people give you approval for this image.

Anything that paints you as "bad", or "lame", or "weak" feels really... bad. Constantly judging one's actions as bad is what throws some people into massive depression. You learn these rules at an early age - I remember personally making these self-judgments at around five years.

Now, this is the problem: you don't have to do actual good things to have a 'good' self-image.

All you have to do is lie to yourself. Interpret whatever you're doing as good, or compassionate, and you're golden. Because it's a lie, however, people can start calling you out on it - which means, if you're not prepared to examine it (and feel 'bad'), you dig deeper into it, make more rationalizations, ignore the people, attack them, or find other people who give you approval for it.

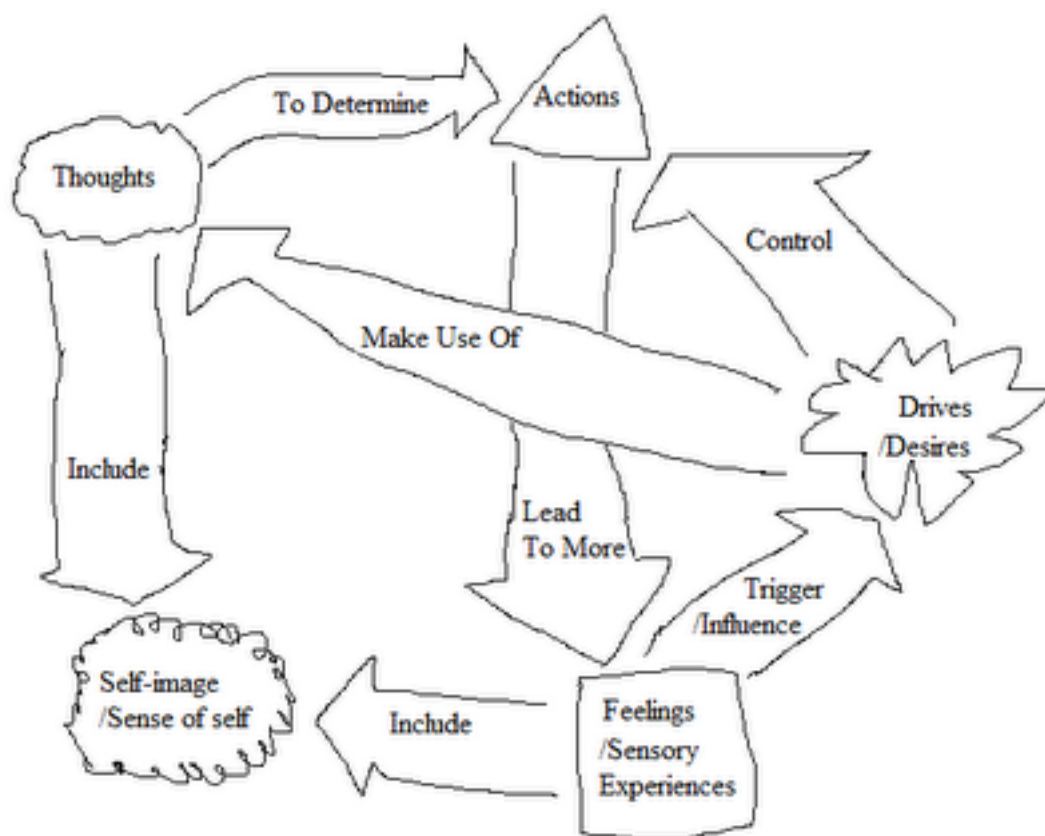
Think of a time you were challenged for something you believe - these are

the things you did. Look at political debates, religious debates, basically all the positions that mankind has come up with, and you'll see these things happening, and very little else.

You learned to do this at a young age as well, and by now, a great amount of your time and energy is being poured into showing off and acting out the character of your self-image, and maintaining the lies, which support it. I'm not singling anyone out here, this is the human condition, and it's pulling your strings.

Or life's strings, I should say. There is no you.

Here's a more correct model, rough, but much closer to how life actually works:



You can check this, right now, by looking at how all these things operate in real-time. Experiences triggering goals triggering actions/thoughts leading to more experiences, with none of this felt or controlled by a personal core. The self-image describes nothing real.

Seeing this disrupts the whole process described above, because your mind only gives credibility to thoughts, which it considers to be accurate, and it takes recognized patterns (things you actually see) over unchecked assumptions.

In other words, because there's no you, there's no reason to live for a 'good' self-concept, because there's nothing real that concept is describing. And because your mind recognizes this (if you looked), it sees plainly and clearly the ridiculousness in doing so.

Then life is free to run authentically, smoothly, directly, honestly. I say "free" because it doesn't happen automatically - old habits die hard, and pampering your self-image is a very old habit. But it becomes a lot easier to break; at least it did for me and many others.

If you want some help triggering this, feel free to contact me or start a post on the new forum.

As always, give it a shot and tell me how it goes.

Reality Impact

Viv

v4vivality.blogspot.com

Yesterday I knocked someone over whilst driving my car - (as opposed to using a baseball bat or a battering ram!)

Miraculously, she was fine. Or as far as I know, she may have got home last night and died of delayed shock, but since I've had no call from the police, I'm guessing that all she's doing is rubbing arnica on some bruises.

Aside from the fact that the actual event itself was dramatic, unexpected and totally random, it led to several insights into reality from my point of view: Vivality.

So this is what happened:

Sitting in the left hand lane at a crossroads, waiting for the traffic light to turn green so that I can drive over the junction. A car is next to me on my right, but several feet in front, waiting to turn right. The traffic light turns amber and then green. There's the sound of a car horn, and I pull away from the lights. Then, BHAM!, out of nowhere somebody hits the right side of the car bonnet, flips right over the front of the bonnet and ricochets off the left front side landing on its back in front of my car. Whilst the body is boogying with the bonnet, I slam on the brakes and think 'I've killed her', a feeling of physical alarm (nerves firing) a profound sense of horror and shouting 'Fuck, No!'

All this happened in the space of probably 3-4 seconds.

I pull on the hand brake and unbuckle my seat belt, and the woman starts to move and get up. I think: 'No, don't move', and then realise that she isn't dead. But then fear that even though she's moving doesn't mean that she isn't seriously injured or about to die. I get out of the car and move towards her. She looks confused and distressed and I ask her if she is o.k. She replies 'yes' and apologises, looking straight into my eyes, and continues by saying 'It was my fault'. I reply something along the lines of 'Don't worry, I'm so sorry, are you sure you're ok?'. Then a couple of other people join us, one leads her on to the pavement and a man says to me 'do you want to pull your car over'. I get in turn left, park and put on the hazard lights. I get out again and go over to her. A man is talking into his mobile phone, I'm not aware of what he's saying. I ask if she's ok, again. She says yes and a lady with her tells me that she's her next door neighbour and she'll take her into the coffee shop we're standing outside and tells me not to worry, she seems fine but she needs to get in somewhere warm. They go into the coffee shop and not knowing what else to do, I get back into my car and just sit there. A woman gets out of the car parked in front of me and walks up to my car door and asks if I'm o.k. At which point I start shaking and crying - gone into reactive shock. The woman advises me to wait until I'm calm before driving away. She leaves and then a man approaches my car, asking 'is she alright? She just stepped out in front of me.' I realise it's the driver of the car who had been on my right at the traffic lights and that it must have been him sounding his horn as the woman stepped out in front of him. As I drive a low, 2 seater, his car would have concealed that there was someone crossing in front of him, which is why I didn't see her. I tell him she was fine and he leaves. After a minute or so, I drive to my original destination.

Then starts the interesting bit (and I'll explain why the 'accident' wasn't interesting in a while, so bear with me): The thoughts start.

They come thick and fast for the next 10 minutes:

'oh my god, I can't believe that happened' 'thank fuck she was alright' 'what if she hadn't been alright' 'imagine if i'd killed her' i could go to prison, i couldn't

live with having killed someone' 'it was her fault' 'i didn't do anything wrong' 'did i do anything wrong' 'did i pull away too quickly' 'should i have stayed and made sure she was alright' 'is that ambulance there been called to see her' 'how can i just carry on driving'. And some imagining of me telling people about it, and their reaction - all in the form of thought images.

And on and on and frickin' on.

And meanwhile the driving to the destination is happening completely on automatic.

(Just to say that I did phone the police when I reached my destination and they confirmed that an ambulance had been called and had checked her out and she WAS fine.)

Then the day continues on it's way.

So that's what happened in Vivality.

In REALITY, what happened is this:

Woman standing at traffic lights, legs start walking and woman crosses in front of car. Car horn sounds, woman carries on walking. Another car accelerates and moves forward. Woman walks into car as it's moving forward and momentum carries the body over the bonnet of the car and onto the road ahead, whilst body in the car applies brakes of car. Car stops. Woman in road moves and stands up, woman in car gets out and walks towards other woman, there is talking, and walking to pavement.

That's all that actually happened. And that's why it's not interesting. It's just what happened.

And as part of that happening there were thoughts, which conceptualise the actual continuous happening and chunk it into AN EVENT.

And not just an event, but an event that happened to 'me' and to 'her'.

'Me' and 'her' also a part of the continuous flow - tagged by thought only.

Thoughts that added speculation, drama, causality.

Vivality speculation: 'oh my god, I've killed her'

Reality: She wasn't dead.

Vivality speculation: 'What if I'd killed her?'

Reality: She wasn't dead.

Vivality drama: 'If I'd killed her, I might go to prison, I couldn't live with it'.

Reality: She wasn't dead, I wasn't going to prison, I was living with it.

Vivality causality: 'It was her fault'

Reality: She no more decided to walk in front of a moving car than I decided to knock someone over.

And whilst those thoughts were part of the continuous happening they did not in any way describe the reality of that stream of action.

The action happened entirely spontaneously, in a continuous flow. There was no cause. There was no effect.

In fact, nothing happened at all. There was no static event - but the thoughts tagged and described it, somehow setting it down as a permanent picture, like a mini-film; complete with sound effects, commentary, dramatisation - a little soap-opera. A complete figment of thought.

And even though the thoughts didn't describe the reality, they were (and are right at this moment) no more than an uncaused flow of continuous reality.

The CONTENT of thoughts is Vivality (or Johnality or Sueality - insert appropriate name).

THAT they are is reality.

We Are The Dead

Viv

v4vivality.blogspot.com

Something kind of hit me today. The pure effortlessness of life. When the belief of there being any causative agent is seen as just an idea, itself without cause, then life becomes...very juicy.

When the notion of control and authorship is seen for the sham it is, then everything appears more real. More vibrant. Vivid. Sensual. It's very sexy. Very obvious.

When the belief that there is something at base that creates life, is seen AS a belief, it's incredible how that simple movement, that is spontaneous in itself, seems to reveal a totally easy fluency. There's no backdrop of story trying to force cause and effect, rhyme and reason.

Not Creationism, Evolution, the Big Bang - they're all just theories. And all created absolutely effortlessly.

They purport to explain the cause of life, but the wonderful irony is that those very theories are themselves causeless, spontaneous.

Something kind of hit me today... 'WE' ARE the dead. And that leaves only life. Smack in your face. Up close and totally non-personal!

Check out the Bowie track of the same name from "Diamond Dogs".

Beliefs

Cam

cam-rt.blogspot.com

This quote was uniquely profound prior to my liberation...

"Everything we know, no matter how sure we are, is really just Belief, and ALL beliefs are self limiting, and serve to reduce the truly infinite to falsely finite"... Jed McKenna

This really set a fire in my gut, and jump-started my appetite to challenging EVERYTHING! Though at the time, I hadn't "popped" yet... Nonetheless it blew my mind.

Beliefs have been a part the imagination of mankind since before recorded time, and evidence left from many ancient civilizations indicates this over and over throughout history. Whether seen as entertainment, or as a way of controlling the masses.

Think about it...How many beliefs can you think of off the top of your head? There's bound to be a million more...

When was the last time you found money on the ground (heads up ;^) or made a wish and tossed some in a fountain? Silly isn't it...But on a deeper level, there's a certain amount of reinforcement to the belief Structure.

People still go as far as reading the stars, and using the zodiac (When you were born.) to describe what 'type' of person you are. Then tell a fortune about what to expect in an upcoming event in your future and advise on how you should react...I've come across people in the past, that were so kind and pleasant when we first met and then upon asking what sign I was, or asking my birthday, becoming rude and judge "mental" and storming off.... Never heard from again.

No matter how all this started, this "delusion" has created quite a dual sided sword metaphorically.

On one side of this "deluded" spectrum is viewing them as messages of hope and good fortune. Mystics have enjoyed this ride for centuries making it a career choice... Casinos use "odds" as luck, in turn making profits from those looking to change their luck and double their paychecks...

On the opposite side of this spectrum are, beliefs instilling fear of impending doom, bad luck, the end of the world and hell and damnation to those who do not heed the superstition or belief...When reality comes knocking many would rather blame something non-existent than to use logic and investigate further. Disasters throughout the world are blamed on "sinners" for enraging a God that will return bringing the apocalypse and seeking revenge for those that refuse to believe...Or pointing at prophecies from men, written centuries in the past.

I recall seeing a television documentary, regarding the studies of a group of various patients, testing their DNA looking for a marker that would point toward a physical connection in the brain presupposing a person's "belief system" could be determined by noticing if the marker was present in each subject. This is interesting, as beliefs do appear more apt at being handed down, from generation to generation. I remember at a young age my family having various beliefs handed down from their relatives, whether of a religious nature (Catholic), or superstition that was referenced from time to time...

As a guide, the most common belief my clients suffer from is the belief that people see themselves as not worthy, or a failure in society; as a part of the battle for their liberation.

What surprises me now more than ever since liberation, how people are so willing to thrust themselves into T.V. and movies so freely? (This is when I'll stop and look around the room to see how literally dazed and disconnected from reality their bodies appear, as they continue to watch ;^)

Have you ever noticed how popular and deeply rooted beliefs are the most commercialized? The marketing schemes are endless...Doesn't matter what time of the year it is. Whether on television or at stores it's pretty clear what is in demand by the consumer.

Perception, Perception, Perception...

Cam

cam-rt.blogspot.com

Experiencing life around us in the environment we live in is the same for everyone, how one interprets it is another.

Depending on the experience, motivational state and finally the emotional state, each can alter the outcome. From a physiological point of view, this is just scratching the surface.

From the moment of experience, the inevitable 'aspect' cascades through the mind, presenting itself within the conscious and unconscious fields attempting to identify with or refute the input presented within the mind, in turn labelling it with the conditioning and morals each individual has attained through life...

Animal perception is keen and direct, with out the contemplation of good or bad. Their focus is purely on survival at any cost. Humans surmount this with memories, and influences, along with the intellect and wisdom attained throughout our lifetimes.

I am a staunch supporter of non-duality...Prior to liberation I too thought nothing of snap judgments in any given situation.

Care must be taken in the judgment of many situations.

This seemingly endless stream of perception of the experience's we encounter on a daily basis is only challenged a mere fraction of the time, and in most cases dismissed. While using ones morals is the most common reference in determining ones conclusion. Wrongness is in the eye of the beholder and nowhere else.

My dad once told me "You're not a thief unless you get caught", which at the time had me wondering what had lead him to this conclusion... Now I see clearly that if someone feels "victimized" this label is then imposed upon the other, where as consenting leads to charity.

Society imposes laws in hopes reinforcing peace amongst our neighbours and promising "fair" justice for those in need.

The justice system deals with issues of perception on a daily basis, attempting to be as fair as possible, using the resources of lawyers, a judge and jury to create an unbiased environment in examining evidence and applying it to the laws of the state or government. Yet we all have seen, that this is still flawed... If one pay's enough attention to the various detail in any given situation, there's all way's unique differences in each individuals view of the out come.

I'm hoping everyone that reads this is familiar with the various formats of the word "Coexist" this word has been used to call together all the belief systems into a peaceful coexistence. Yet as long as differing beliefs and separate opinions exist between them all, this is a futile attempt.

These scribbles you're reading right now mean nothing to someone that doesn't read. Governments, religions, and corporations use symbols to supposedly point toward a belief or system. To the aware these point toward nothing but groups of people attempting to keep their causes from inevitable collapse. Ancient civilizations are proof of these failed attempts in the past. The human race in itself has flourished despite disparity, and is the perfect example of resilience, and will be sure to continue this quest of existence on this planet in spite of itself.

The only constant is the solace of reality and the clarity of liberation.

On a Clear Day

Thassa

thassa.blogspot.com

Attempting to find better pointers for a friend, I reviewed “my” moment of no self realization to look for any clues I could give as to where and how to “look”. The following is an email, which came out of that review. It’s posted here just in case it’s helpful to a casual reader.

Understand that this is not a prescription. And no moment of realization is ever the same for anyone, so don’t look to “how it happened” as an event to be expected or grasped. The clues here are in the complete surrender of the intellectual grasping at no self. It’s that relaxing of what had been an entirely intellectual pursuit, which lead me to begin a very clear and direct examination of experience.

But how to get outside the intellect? How do I “look” if not with the mind? Where are all of the pointers pointing?

They are pointing you into looking for cracks in the flow of thought. It’s there.

Email sent 04/14/2012

I know I’ve told you about my final “moment of seeing” (there were several glimpses beforehand). Well, I’m not sure I told you about the part where something surrenders, and what is surrendered is the notion that the world has to be a certain way or another. So, let me see whether I can describe what happened again, but include the part about surrender.

I was sitting at my computer after a few weeks of reading just about every thread on Ruthless Truth, and also no-self.com. But it was RT that explained it most clearly and in the end I found that the best directive, which can be given, is,

“Just Look”.

You may not see that right now, but looking back, it is obvious now that this is the clearest pointer... The question comes, “how do I look?” And just before realization, I just happened to come across a thread, which explained it something like this:

All you are doing is checking to see whether the thing exists. That’s it. If you were going to check to see whether the thing in front of your face right now was actually there, you’d probably reach out to touch it. The check is really that simple.

Now, do the same to check for a self.

I initially read that and took it in, but what I didn’t understand was that I wasn’t TAKING IT IN. I didn’t believe in the method, or that it was really that simple, or that it could be done that quickly.

So, I went along on my way and read other threads and books thinking that the answer would be buried in a single sentence somewhere. All this did was lead to frustration because every time I’d go back to RT, there was someone saying, “Just F’ing LOOK!” I mean, they were SCREAMING it. The biggest

and most important question that came up was, “Why?” “Why are they so sure, why are they saying it’s so simple, and why do they keep repeating... ALL OF THEM... they all say the same exact thing?!!!” And I’d also come across something like this within the threads:

There is no you.

There never has been a You.

There is seeing but no seer.

There is hearing but no hearer.

There are thoughts but no thinker.

I’d stare at that for long stretches, trying to understand it. I couldn’t. But something about it nearly vibrated with a truth I couldn’t pinpoint. No matter how many times I read it, though, it seemed to touch something “I” couldn’t touch.

Back to Ruthless Truth... Ok, now I was frustrated. I’d been spending nearly every waking moment in looking. I looked at everything, I read everything, and I listened to podcasts and watched videos and fell asleep each night to podcasts playing in my ears. Why couldn’t “I” get this? In complete frustration, I read yet another RT thread and that’s when a thought popped.

What if it was exactly, I mean EXACTLY as plain and simple as they’re saying? So, I tried it. I just looked for the self, checked for it as simply as I would check for the monitor in front of me. That’s when it hit.

Of. Course.

Why do all of the teachings call it simple? Because it is.

Why do so many say it’s beyond the mind? Because the mind actually tries to complicate it.

Why did those at Ruthless Truth say it takes all of 3 seconds? Because that’s how long a check takes.

In front of what I thought were “my eyes” there was a monitor. There was a keyboard. I kept checking reality... computer speakers, a mug. Ok... thoughts pop in: “keep it simple. SIMPLE. Just f’ing look.” Still looking, I saw dust floating in the air, caught in a stream of sunlight. Right then and there it became obvious. I could see each speck of dust more easily than I could see a self. As a matter of fact, there was no trace of a self “in front” of the dust. There was seeing the dust, but nothing there seeing it, just seeing! Further, there was no filmy gauze, no ghostly thing in the shape of “me”, no color, no texture, nothing standing as an intermediary between seer and seen. Then I listened, and checked. No intermediary there either. And if the self wasn’t right there, where in the hell could it be?

cue choir singing

I continued and checked memory, checked all of “my” history. There had never, ever been a shred of evidence of anything filtering hearing, seeing, touching, tasting. There was nothing controlling or directing any of that. In order to engage the world through the senses, nothing was needed but the body and brain. And the body didn’t need a self either. The heartbeat, the breath moved in and out, walking happened, reaching for a beverage... everything. It was all automatic, including the uncontrolled thoughts, which popped into “my head”. Decisions had been made, thinking had happened, preferences seemed to be there... but there was no evidence that a self had

done any of it.

The complete absence of a self was seen to be true as far back as memory went. Even when I could come up with times I thought I'd been there directing things... a decision to go to college, or to buy a car, or even a house... the final decision popped into being, and only later did a thought or assumption claiming ownership of it come up.

Worse, the "self" thoughts popped up on their own too. There was no one controlling THOSE either!

The self was a complete farce. And it really did take only 3 seconds to see that.

As for surrender, I'm not sure you can tell, but it came in the moment before the "just looking". It happened when the frustration level got so high that "I" stopped trying to figure it out, and abandoned intellect for just one moment, long enough to follow the simplest directive. Once that surrender of intellect happened, "I" was free to explore looking clearly. In that single moment when the thinking mind was suspended, a crack opened, and the truth was seen.

Of course the sense of self came back. It continues to. But it has no hold. That surrender and check proves the reality every single time. There is simply nothing there.

In essence, it's a stepping back. That's why the question "What or who is seeing?" is often asked. Step back from the assumption that a self is there, and what is the truth of what is plainly missing. It's missing from EVERYWHERE and EVERYWHEN "you" look.

It's missing right now.

Practicalities.. Burn After Reading II

Thassa

thassa.blogspot.com

A review from Part I of this series:

Thought is real. The content of thought is not.

So what does that mean, and what does it have to do with freedom or liberation?

Thoughts are real events, which actually occur. There's no doubt that they appear, and even if the source or form can't be pinpointed, they are a phenomenon with presence. They happen, and only one at a time. There's no such thing as multitasking when it comes to thought.

Try it.

Think about picking up that object in front of you while simultaneously thinking about the object itself. While a switching back and forth may happen quickly, the thoughts are never simultaneous. There's a distinct switch between the two, and EXPERIENTIALLY, there's a whole lot of difference in each of those types.

The first thought involves a mechanical action on the part of the brain and body. It's a functional thought in that it can directly lead to a "how to", to performing an immediate physical action. The second thought is a reflection or mental commentary wholly unnecessary to the action itself. It's useless except for entertainment value, and what's more, the commentary likely includes judgments as to whether you "like" the object, or "dislike" it.

How much of the process of sustaining physical life is related to commentary?

None.

But what percentage of "your" thought fits into that second category?

Running mental commentary can be a mild form of entertainment. Continuous and involuntary, it's the source of even more thought which then judges previous commentary. A perpetual spiral, this cycle is always looping, never controlled, and often leads, sooner or later, to "undesirable" concepts, ideas, and beliefs. Worry, anxiety, ugly, or bothersome thoughts appear, given enough time. Worse, for some brains the timespan is short, or even nil.

But is the content of the commentary tangible, real, or true? Is it even linked to reality in any way, shape, or form? Let's look:

Go back to the object and pick it up. Notice how swift and clean the action is, and how a manipulation of physical reality took place. Perceptual feedback occurred. Perceptual reality, taken in through the body's senses, was altered.

Now comment on the object and check to see whether physical reality changes in the slightest. What happens to the object itself, or to the action of handling it? It remains as it was. Now, reverse the content of the commentary. Change the mental description. Does it have any bearing on what appears in reality?

There are two very distinct aspects of reality here. More importantly, one has absolutely no direct affect on the other. They are wholly separate even when thought appears to refer to reality.

Practicalities:

This next step is to be experienced, never just imagined. One of the first mistakes a seeker makes is to mentally walk through an exercise as though it's a good facsimile of reality. Relying on thought to see through thought is redundant and useless. It can NEVER produce the same result as experience. If you still think, after reading this post, that thought will suffice, you've missed the entire frigging point.

NO.

Should I repeat that? Because missing it misses everything.

IT WILL NOT.

Take this exercise to your next mental commentary on any situation. When a comment appears, immediately check it to see whether it is simply narrating and judging already present reality, or directly leading to a physical task, a mechanical action with which the body manipulates reality. This is to be EXPERIENCED.

Then answer this question. Does the commentary have ANY basis in what's tangible, what physically affects the world, in reality?

Most importantly.... What does that mean about the nature of thought?

Ex nihilo nihil fit

StepVheN

www.burningtrue.com

The absence of self has some huge and majorly overlooked implications.

Internal dialogue. We consider this to be the voice of our “self”. Utterances of the controlling article that commands our human faculties, but it cannot be. It is not. It’s a voice unto itself, possessed of it’s own free will. It does not represent your opinion. It does not represent what is best for anything other than itself.

You must be critical of this voice. It cannot represent YOUR mind/feelings/opinions on subjects if it is not YOUR voice. It is “A” voice. It represents feelings/opinions and beliefs on a subject. Not YOUR’s.

The question of whether or not these things are yours and therefore are important to you is NONSENSE. There is no you for them to belong to for them to be important to. They are only ideas/opinions they do not matter in that way. They don’t relate to you in any way, the only measure of a thought is in how it achieves it’s objective. The objective of this voice in your head, for the most part during the ordinary day, is to provide an analysis of reality. The only measure of the voice in your head is in how well it represents reality. How true it’s words are to reality, that’s it’s only measure.

It’s not sacred, these aren’t your opinions/ideas just ideas/opinions, and you don’t even will them into existence. These thoughts need to be criticized. This voice needs to be analysed and related to reality.

Now we’re approaching this with the wrong model because we’re looking at this through a framework of “selfhood” but just removing the self. Here’s the post-self framework. There is no self involved in it, not even referenced as a notable absence, that would defeat the whole purpose.

The human body->mind->reality (reality mind and body are one, I’ll do an article on this embodiment of reality at some point or you could just figure out whether or not that statement is true for yourself.) is at the whim of different drives towards the actualization of certain agencies. The agencies are complex meshes of thought, emotion, compulsion that propel an individual. The route an individual human life will take, is defined by such forces on the micro and macro level. At any given time we are experiencing some form of metaphorical drive towards actualization be it the drive to get up in the morning or the revulsion from sodomizing your Chihuahua. These drives are just as metaphorical as the drives towards big ideals like courage and compassion. To “get up” is a simpler metaphor than courage but a metaphor none the less.

In actualising these metaphors we embody them. Our body actualises “getting up” or commits some “act of courage”.

The individual totally at the whim of these metaphorically understood drives (human agencies).

So much so that, when embodied, they alter how we experience reality. How we think, how are bodies act. When embodied by the agency toward “getting up”, reality in that moment is all about getting up, all about actualising that drive. The human can pretty much be considered an automaton who’s behaviours are modified by new perceptual/cognitive filtering software that take the form of these drives towards actualisation of human agencies.

I do draw a line between these drives and their actualization. They are obviously the same thing.

What is important about this reading of the human condition in terms of what we are dealing with here, the voice in your head, is that the mind is in a state of flux and defined by these agencies, these drives.

These agencies impose their filters; their unique spin on your interpretation (framework) of reality, and all thought unfolds within that framework. All thoughts are subject to the perceptual/cognitive filters imposed by whatever the dominant human agency is at that moment.

It's not that your the voice in your head represents the dominant unique human agency. It's that it understands reality in terms of the dominant human agency. It relates the view of reality that agency would have were it conscious in the way a human is, were it "alive".

This is why you have got to remain critical of that voice. It doesn't relate or analyse actual reality, it relates and analyses reality as courage would see it, or as passion would see it, or whatever other drive towards action happens to be dominant.

It's not your voice. It's the voice of human agency. It's never relating the truth it's relating opinion as filtered through courage/passion/whatever.

It is not describing your feelings/opinions on a situation it's describing the opinions of an individual human automaton with it's unique bank of experiences, as filtered through courage/love/passion/jealousy/hopefulness.

Be aware of that. Of what it is and what it is doing. Don't accept it's every word as fact, much less your fact. Don't even accept it as a plausible take on reality. Test it and see. You need to challenge everything "inside" (Cartesian error) "your"(Cartesian error also) head and out. Accepting one outlook as an actual "constant" reality is how you get stuck in a rut on the micro and macro levels.

Try to stay aware of just what drive possesses you when you are critically analysing that voice in your head. Especially before making big decisions. Take a look at what it is that's driving you. Challenge the validity of your thoughts. Compare. Contrast. Challenge. Challenge. Challenge. Make an informed decision. Oh and also:

Freedom – Shadow of a ghost

StepVheN

www.burningtrue.com

We work very hard to stay true to who we think we are. We consciously act in accordance with our identities always. If there is no actual self however, what does identity represent?

Does it matter? What matters in my mind is that it does not represent you. It's a set of beliefs about an erroneous non-existent self, informed by experience. The limitations of your character do not define the scope of your potential experiences. You are not your self.

There is no You so your Self is redundant. Its limitations are redundant. They do not apply, as there is no self for them to apply to. Human potential is defined by the limitations of each individual human body & mind complex.

In your identity society and the individual overlap. It is socially and personally limiting. We need some limitation of course. We are creatures of extraordinary potential both creatively and destructively, without some form of limitation this world would be even more of chaos. Should that limitation be imposed by self-deception however? Surely compassion is enough of a limiting factor for human potential?

In (mis)taking ourselves (to be selves), we miss out on the wealth of our human potential.

We do only the things our identity allows us to do. We think only in ways our identity allows us to think.

We limit what we allow ourselves to do, to dream and to become based on these false notions.

Identity is the limiting factor in our pursuit of anything we may want. All self-limitation is incorrect. In choosing to uphold an identity we choose to incorrectly limit ourselves. The limits that go along with the individual human body& psychosocial complex are the only limitations of that individual. The big problem with identity is that it requires you to pretend to be less than you are and that is no way to live.

Identity is the shadow of a ghost and there's no such thing as ghosts.

We like to pretend there is though. Our society is founded on the notion that there are ghosts in the machine. Selves.

On this assumption we build and empower social contracts.

In deferring authority to social contract is what holds this network of selves, this league of shadows, in place. This dynamic is at play across the social spectrum, from your relationships to family and friends to your relationship with your government.

There are two social contracts. The contract you enter into with your own self-image, and the one that self-image/identity holds with the wider world.

Self-image/identity consists of a set of rules by which we live our lives. Judging what we can and cannot, should and should not do. We defer our authority to this self-image. We relinquish our sovereignty and self-expression to self-image. We live in accordance with that image at the cost of our authentic desires/intents/agencies.

Where you defer to self-image, self-image is dictated to by the wider world, by broader social convention. It is given meaning and value in the context of a wider network of identities. Society. Your own self-image exists only in your head. Other people project their image of you onto you in their heads. The self-image people attribute to you is judged based on social convention. Conventions like rich, adventurous, athletic, humorous, intelligent, confident,

are given certain values within a society. Your self-image is valued based on its conformity to these conventions. That value is foisted upon your self-image and you are expected to accept that as your own inherent value.

That is the dynamic that holds society in place. That is how the game is played.

In order to step outside of it you have to break the social contract.

Easier said than done.

The contract between the wider society and your identity/self-image cannot be broken. Not initially at least. This contract is enforced upon self-image from the outside. It is what adds inter-subjective (socially agreed) value to an identity. It is how others value your identity. There is no changing and no breaking free from that, save creating a counter-culture to usurp the original or act as a safe haven. Of course that has been tried numerous times in recent history with Hippies and Goths respectively. There was a much simpler more elegant solution available which both seem to have missed. Break the social contract you hold with your identity and you are free to operate outside convention. Resign the belief that your identity represents your “self” and you are free to exercise your own sovereignty and self-expression. You no longer have to play by the rules defined by your identity or accept the values forced upon your identity by the wider world. Freedom from the rules of convention. Not inherent freedom from convention, but the choice to act within convention or without it. Still it’s not easy. You cannot just decide to “stop believing your identity”. You’ve been acting in accordance with it for your entire life quashing authentic human agencies, your desires and intellectual drives, in order to conform to it. You can’t just turn that off of your own volition, not without some groundwork. You need leverage, something concrete. You need to prove to yourself that self-image is in fact limiting.

“The day science begins to study non-physical phenomena, it will make more progress in one decade than in all the previous centuries of its existence.”

Nikola Tesla

The method of freeing yourself from the employ of your self-image is simple. You apply the scientific method to your own self-image, you test it to see if it represents an actual self. First-person, empirical inquiry, into the nature of self. That is the key and the cure. The fact, that there is no actual, inherent self. The lack of an experiencer experiencing your life, the lack of a single essential entity driving your life, provides the leverage for you to wrench life from the clutches of limiting self-image. Don’t take my word for it. Take your “self” as the hypothesis and find the first hand evidence to support or deny it’s existence beyond a reasonable doubt. That’s liberation that is how you get free. The application of the scientific method to philosophical questions is an earth shatteringly powerful tool. What does an honest person do when she discovers that they have no self? Live accordingly. If there is no self then what is free? The body and mind that thought you existed and that they belonged to you. Their drives, ambitions, goals, intentions, joys and passions, which are free from the spectre of a false and a limiting identity. They’re free to authentic expression regardless of convention. There’s no amazing shift in perspective on liberation from identity. It’s a small re-adjustment. Life goes on, no self required. You now have the ability to step outside of your identity. You can stop pretending to be your self-image with ease. To act in whatever way you feel driven to act without the need to consciously project and uphold your self-image/identity. You no longer have to pretend to be of less value than others based on some

social convention. Nor do you need to pretend that you are of higher value in order to go about your life. There is no obligation to act in any certain way. You just act without needing accordance with an identity. You are not your identity. Social agreements may define the value of your identity, but your identity doesn't represent you. There is no you. Pretending to be your identity and allowing the value of that identity to be defined by outside sources is dehumanizing. Moreover, it is self-deception. Unspoken social agreements can be revoked. You do that by denying the legitimacy of your identity/self-image through methodical empirical investigation of all those things you thought to be your "self".

Life without the Blind Faith

Rikki

theobviouselusive.blogspot.com

Before liberation, I used to wonder how people like Jed McKenna came up with these amazing quotes that just blew my mind. They were just so on point. An exact commentary on what was going on. Not only how people live their lives, but how they feel living them. The internal structures, the way we avoid things, and the motivations.

I used to wonder where they'd write, and what kind of preparation would lead to such clarity. What was the thought tree to get to that startling conclusion? Was it difficult? I wanted to learn the structure of how to do that.

Probably to be all cool and mystical. Chicks love that. But I digress..

What I loved about them most, was not only their accuracy, but the fact it was an actual look at the reality of the situation. Not shrouded in love, bliss, or serenity. No spirituality or religion. No good, bad, ifs or buts.

BUT AN ACTUAL LOOK AT THE SITUATION - A blinkers off 'hey, this is what's actually going on.' - I can't believe how simple that sounds.

It was looking without running it through any kind of mental filter to understand it. And the first author i'd ever read that wrote of enlightenment as it was, not some super state to achieve or some mystical 'other level'.

What strikes me most after enlightenment, is the way people avoid reality, and how. They build some kind of insular mental wall that disconnects them from what's real. They don't see the world, they see their perception of it in their mind.

Let's take religion for example. - Wow, that's a biggie, right? Better make this good..

The most fundamental presupposition of any religion is a God at the top of the food chain, right? The boss. The creator. The man. The Al Capone of the blind faith game.

But, where is the actual evidence for this? Yeah, everything is. Everything we see exists, but that doesn't mean an individual created it. Who created him?

I don't see any more evidence of a God than I do for the boogie man. The actual reality of God, in the way he's typically worshipped is where?

The evidence of suffering in this life to live for eternity in heaven is where exactly? Yeah it's an awesome dream, who wouldn't buy into that if it was proven to be the case? But unfortunately it isn't. It doesn't matter how much you or I want it to be, it just isn't. Mainly because nowhere in actual real life, is proof of it.

And this is endemic. It seems we believe what we want to be true, not what actually is.

All we really can possibly ever actually know, is what really exists right now. Life without the blind faith.

And that's essentially how to write these amazing mind blowing quotes. And realising that they aren't - in any way, shape or form - amazing. By taking an

actual look at the situation. A ruthless look at what's real. Not what you or I want to be real, but what actually is.

Then you'll get people like 'wow, that's so true, and amazing, and wow. How do you do that?' - Well the way to do that is drill through all the bullshit of everything and get to the core. The reality. What is actually real, that we know to be real, what can be seen to be real without any kind of belief needed to make it true.

Look at reality. Take off the blinkers and just see what's true. Actually look without wanting it to be one way or the other - that's all this really is. That's all it can ever be because anything else is mind made and requires blind faith.

Imagine - just for a second - that you could switch your brain off. Just looking around, just seeing. That's what's real, because it exists, and can be seen, or heard, or felt to exist. (You could argue that there is more to life than the five senses, but isn't that just a thought too?). Then try and take that looking into your mind and see what's being thrown up, what thoughts are entering this space and how they're being identified with.

I'm not saying these thoughts aren't real. Clearly they are, but the content of them isn't necessarily. Just thoughts. But a lot of people get stuck at this level and don't question their reality. They just naively believe thought to be true, and look where we've found ourselves.

Look for the reality of everything. Always.

All we can ever really know for sure, is what is. It has to be doesn't it? Run the numbers yourself, do the work yourself. You must if you want to live in reality. Living in the mind is getting this place real fucked up. Get it done.

So, yeah. If you want to be all cool and mystical, err, don't be.

The problem with acceptance

Rikki

theobviouselusive.blogspot.com

The 'spiritual' school of thought seems to be to accept everything as it is, as that was the way the universe decided it.

That then begs the question; if someone was standing next to you, punching you in the face, do you stand there and take it just because the universe decided it so?

I've literally seen people 'OK' with the suffering of the world, kids starving, wars, whole countries suffering under some tyrant, all because 'the universe decided it so'.

Are you fucking kidding me?

Really?

Watch the news everyday, the consequence of delusion screams from the rooftops.

Sometimes literally.

If the world had been 'spiritual' during Hitler's rampage, if we'd have accepted 'this is what is', then untold more suffering would have been inflicted upon millions more people.

Get a grip.

Look at what's real, what's really going on here. Saying 'I won't take action, the universe decides, and this isn't my time' is just another attachment to a phantom belief controlled by a universal puppet master that doesn't exist.

If he does, where is this guy? I'd like to meet him.

The problem with acceptance is that it seems to kill any desire to take the bull by the horns and figure anything out yourself. It's just another rule to live by, but it masquerades under some illusion of nobility.

"This is karmic, the universe decided I need to suffer in order to blah blah blah..."

Why so? Where's this universal rulebook that says, well, anything?

Let's look at this, something is a belief until there is undeniable proof. Then you could say no belief is necessary, as it stands alone as true. So where is the proof everything needs to be accepted just as it is?

Would Hitler have stopped if the whole world 'accepted what is' and let him get on with it?

Maybe the universe will save you seconds before the SS stuff you naked in a shower room with 200 other 'accepters' and gas the fuck out of you.

Evidently not.

Truth needs no belief. No belief is true.

'Trusting the universe to decide' is just attachment to a thought that arose in the space and was taken as true. It was never looked at, and seen for what it is. But unless you're liberated from this delusion, this can be said for all thoughts.

What's really real, is the fact that planet Earth could explode into a trillion pieces, and the universe wouldn't shed a single tear.

Attachment to belief is the real issue here. People decide the universe is in control and any action you take 'against it' is futile. These are the people you may punch repeatedly in the face.

Beliefs are what cause people to act in ways they do. 'I'm right, you're wrong'. Attachment. 'The universe decides' is just another belief. A belief that goes under the 'spiritual' section and makes the believer feel either superior, or fucking lazy to do anything about it.

Let's wake the fuck up and see what's real around here.

It may frighten your intellectual comfort, but there is no god, there is no saviour from the heavens, and the universal puppet master you hold so dear, is just another attachment to a phantom belief that's slowly killing the world.

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