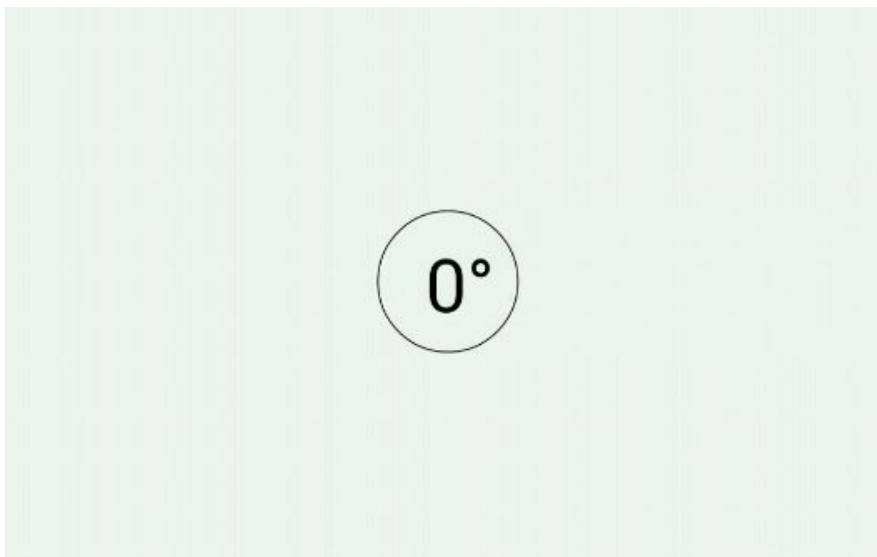


*The Book of Ultimate Wisdom Series*

**- THE BOOK OF CLARIFICATIONS -**

**By Team O°chelle**



**An Offering of Clarifications to Understanding This Universe  
And the Existence of Human Beings and All Life therein  
AS PERCEIVED OUT OF THE DIVINE AND SUPRA-DIVINE**

The Members of some Religions might be held by their respective authorities **not** to study this Offering.

## INTRODUCTION

This 'Book of Clarifications' is a second publishing in 'The Book of Ultimate Wisdom' Series. It may be considered an add on to the earlier publication under the title 'The Book of Ultimate Wisdom'. Both books constitute an OFFERING to a much confused human world.

Confusion reigns Planet Earth and us human beings don't know the very basics pertaining to our own existence here. Myriads of concepts have been expounded by ways of religious interpretation and the overall context has been lost.

These days of the so-called modern and advanced 21st Christian Century we speak of six Major World Religions that are largely in disagreement with each other. These six religions are Buddhist, Christian, Hindu, Islam, Jewish and Tao. Each one of these six proclaims to have and know the sole truth to human existence and salvation. That means under such claims that only one could be the right one; but which one?

This 'Book of Clarifications' introduces new conceptional views to approach the age old subject of understanding human existence here on Earth including the 'before' and the 'after'. In such attempt, the authors have chosen a more scientific approach to show the underlying facts of life and existence. This book is **not** to facilitate just another religion, but to show the underlying harmonies existing in the major religions, when taking a look out of a so-called 'supra-divine perspective'.

In many ways, the human beings entertain a logic that is based on an **absolute** principle. Looking at things from an absolute standpoint, only one in an array of conflicting views could be the right view. But when shifting one's logic to a **relative** perception of things, then, relative speaking, several conflicting views could exist in validity side by side as integral parts of a much larger picture.

The authors maintain that the absolute approach is a typical human one, whereas the divine approach, accredited to the 'Gods', is of a relative nature. After all, in this world and creation nothing is absolute in essence, but everything is relative in one way or another. The gigantic size and complexity of this our Universe make things just appear to be absolute, when in reality all is based on relativity.

The authors further maintain that all universal principles are following a circular pattern and not a linear one. As such, in a circle, Zero and Infinite are essentially the same point. Linearity is a misperception of Mind, as the actual diameter of such circle could be incomprehensible to human beings. In a huge circle linearity can be perceived, but actually is a misperception.

The authors also interlink with the scientific discussion of whether this our world was the result of a Creation, a so-called 'Big Bang' or an Evolution. In an absolute approach, only one of those concepts could be the right one. But switching to a relative approach, the authors show that all three opinions can actually exist in parallel and maintain that we are living currently in a world between two 'Big Bangs'. Some other world existed before the 'Big Bang' that got our present world started and there will be yet another world after the coming 'Big Bang' that ends this world as we know it. Further, the period between two 'Big Bangs' consists of an evolutionary phase that will eventually be followed by an equal devolutionary phase. Thus, the very origins of this set up being a sequence of an untold number of 'Big Bangs', likely also set in a circular arrangement, leaves the question to the actual 'Creator' of such set up to speculation.

The authors speak of religious minded 'blind believers', who are complimented by 'blind disbelievers' that call themselves atheists. Both groups have one thing in common and that is that they are both 'blind'. Absence of proof doesn't automatically mean that the discussed concept is wrong, but blind belief is not such proof either. One needs to conduct a thorough investigation and in this

attempt both blind believers and blind disbelievers have utterly failed. Religion and religious contexts need to be put to the test; likely in a personal dedicated approach rather than just waiting for 'someone' to prove things to us. In such thorough investigation existing views and perceptions may need to be corrected and adjusted and that is a field where religion rebels and insists that things are just exactly the way they 'believe'. But mere belief is not a proof; it's just an assumption that still needs to be verified.

So, human confusion and ignorance have a root in that both camps, the blind believers of religion and the blind disbelievers of atheism, have so far resisted all attempts to conduct thorough investigations to find out the facts; partly because both atheists and religionists are worried to be proven wrong. For one thing, in the metaphysical world no one can really prove anything to another as things are non-physical. Whatever concept a keen researcher would establish, such concept gives others, once again, only the choice to believe or disbelieve. One would need therefore to conduct one's own thorough research individually and could only come to a common understanding in comparing the results; in relative terms and not in absolute ones. This, of course, takes time and self-effort and who really wants to put both into a research project, when in our busy days almost everyone already proclaims to be too stressed and occupied to undertake anything else than 'just making a living'.

The authors further maintain that many already existing informations, concepts and practices, which could have been of great value in such research studies, have been deliberately distorted for commercial exploits. The authors seek to clarify a number of those; including fairly common misperceptions in respect of Yoga and Meditation.

These Series of Publications in so far two volumes link to existing publications of Taoism by Lao Tsu, publications by Biblical authors, the Mahabharata by Vyasa and the Ramayana by Valmiki (both of whom have taken the poetic approach), the ancient Pali Scriptures of Buddhism and the Koran of Islam, all

of which have expounded in different words and concepts the very same ultimate facts and truths. The authors consider those their predecessors. However, finding the actual references in their respective Holy Scriptures has been left to the readers, lest this present publication may be accredited to be the promoter of some specific religion. This publication is **neutral** in its essence and nature and doesn't take sides to who is right and who is wrong, as relative speaking, all are right and all are wrong. The 'Ultimate' is still shrouded in clouds of mystery till one oneself is willing to conduct one's own thorough research and makes, personally, the necessary adjustments to one's life and life styles. This publication shows how to actually go about such.

'The Book of Clarifications' is divided into three parts:

Part I speaks of various concepts that one can actually verify in one's own sincere research.

Part II gives a series of practical tips and aids to proceed with what the authors call 'one's most important study in life'.

Part III gives a number of concept explanations and the overall 'Rules of the Game' pertaining to our human existence here on Earth.

We hope that this Publication will inspire and encourage many to conduct a more thorough personal investigation to discover the actual facts underlying life and existence.

July 2015

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## I.1.0 Introduction to the Fundamental Settings

The Fundamental Settings of this Universe and our Existence therein are of a most baffling simplicity. What is confusing, though, is the complexity of options that have come out of such simplicity.

The root cause of our confusion is the simple fact that we are the 'end product' in all its mind boggling complexities and not the start of things. We are the 'created' and not the 'creator', so to speak.

So, when we start WITH US in our analysis and exploration to understand ourselves within this huge Universe that is surrounding us, then we must come to some confusing conclusions. We must reverse our analysis and start from 'where things started' and not 'from where things ended'. The problem we are facing in such approach is simply the question 'how did it all start' and that's a question we don't know how to answer. We know nothing about our inherent origins and the inherent origins of our Universe. How did we come here and ended up in a strange sort of human body that in itself is so complex in operations that we simply can't fully understand it? Still, we are sort of living or existing in this marvellous instrument called 'body'. How come?

Though we are living within this strange instrument called 'body', we know very little about it and have sort of quite limited control over it. Okay, we put the food into the mouth, chew it per chance and then swallow it; but after that all else happens sort of 'automatically'. We are not involved, actively, in our own digestion. We only get alerted a little later that it is time to eliminate that digested food again; but all else in between swallowing and elimination had been sort of out of our control. Are we just hapless puppets inside that instrument called 'body'?

Here we discover the first valid question to our own existence: 'Who are we?' - and the second question follows straight after: 'Who is that who calls itself 'I' or 'me'? Very valid questions, indeed!

Sort of instinctively we know that 'living inside that body' we are 'an entity living inside that body', but we are not the body ourselves. Somehow we know that 'us' and the 'body' are two things, though these two things are much interwoven with each other. Being so much interwoven with each other what is happening then with 'us', when the body gets sick or the body simply is said to have 'died'. Who dies? Only the body? Or do we die with our body?

Who is that whom we call 'I, my, me, mine' or 'we, our, us, ours'? So many questions that human kind has been discussing and marveling about for millennia. Are we going to get some answers to such questions now, finally?

Yes, you are, and such answers may be the most surprising for you. So sit back, comfortably and relaxed, to get a first sight illustration that explains, who and what you are, essentially, and who is the one that calls itself 'I, my, me, mine'. Ready for that?

We said earlier that to understand us, the end of the line or end product, we must switch back to the start of the line, to that what was there when it all started. So let's switch our viewing angle now away from us, the end product, and take on the perspective or viewing angle of the one that was there, right at the beginning of the line; the one that could be termed the 'creator' or 'developer' of what came after.

So, please switch your mental perception away from the one who is just relaxing in that reclining chair, the one of whom you thought so far of as 'you' or 'me', and switch the mental perspective to YOU being the creator of some sort of NEW UNIVERSE with many living beings and creatures in it. How would you go about that, now that YOU are the Creator or Developer of a new world yourself? Please give yourself a few moments to wonder and marvel about such prospect, will you?

### **I.1.1 'Me' or 'Us' being the Creator(s) of the Universe**

Creating a huge Universe like ours with so many processes and living beings inside is not a small thing to accomplish. So, as you can see already from the above headline, you could employ 'some helpers' in your creation of the Universe and making it 'us creating' instead of 'me creating'.

Have a look back at the world, where you were reclining in that arm chair along with some friends, per chance, before we took you away from 'yourself' into the operator's chair of the one that is called the 'Creator'. In your world 'back home', how came things to pass, how was that world of yours created? Many people, you included, worked on many ventures and processes and created cities with buildings, streets and bridges as well as fields to sow and grow the food and various means of transportation, too. So the world you lived in, before you were assigned the new role of being The Creator yourself, was created and came to pass through TEAMWORK with other like-minded beings. Such world was, inherently, the end

product of Teamwork. So, why don't you call your friends from their reclining chairs over to join you in the Operator's Lounge and jointly create a Universe together?

You can see from the example of our simple suggestion of your friends joining you that the Creation of the Universe came to pass, in all likelihood, with some unknown team following the same patterns that we employ in building our own worlds of countries, cities and towns: Teamwork! But then, who were the members of such unknown team?

A valid question, indeed. So let's switch perspective further up the line. In our human world we have teams to accomplish something together and such teams likely will have a team leader or project manager. Who is the Project Manager in our project of creating a Universe?

An effective Project Manager must know the project in all details and be able to communicate with all team members effectively. So let's draw up a so-called 'organigram', showing the set up of the overall team in a sketch.

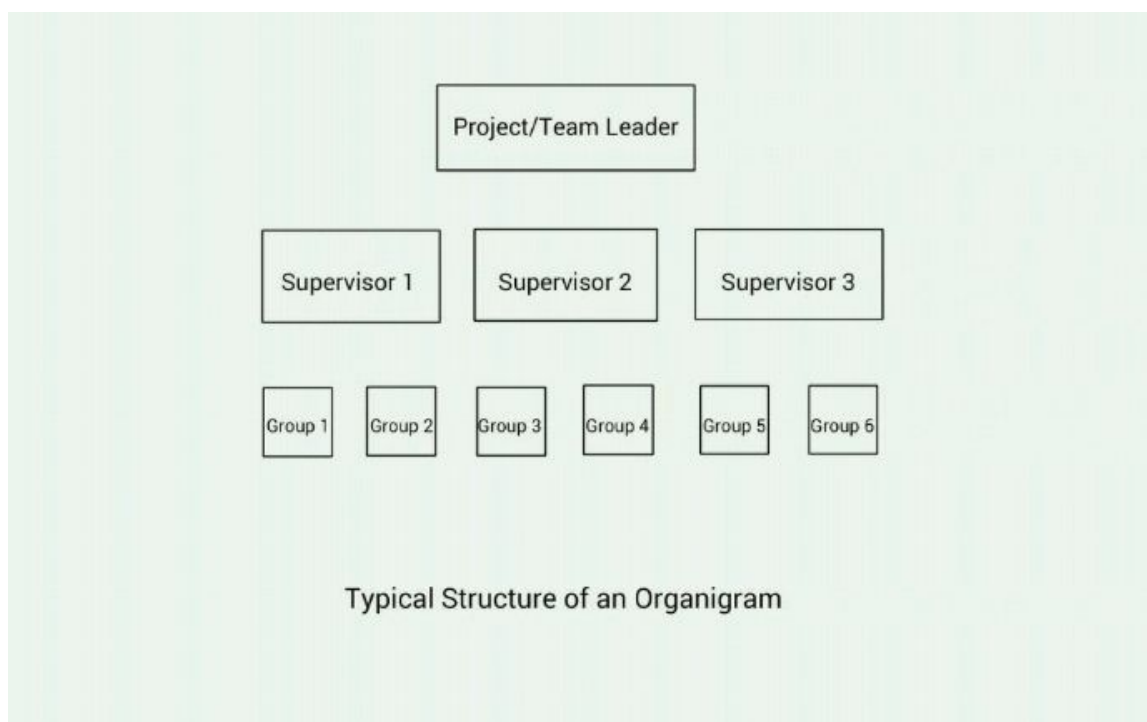


Figure I.1 Typical Structure of an Hierarchical Organigram

Our Hierarchical Organigram starts with a Project/Team Leader and spreads out towards the bottom. Depending on the magnitude of the project, such Organigrams could be more or less complex. Let's redraw that a bit more simplified in Figure I.2, while expressing roughly the same.

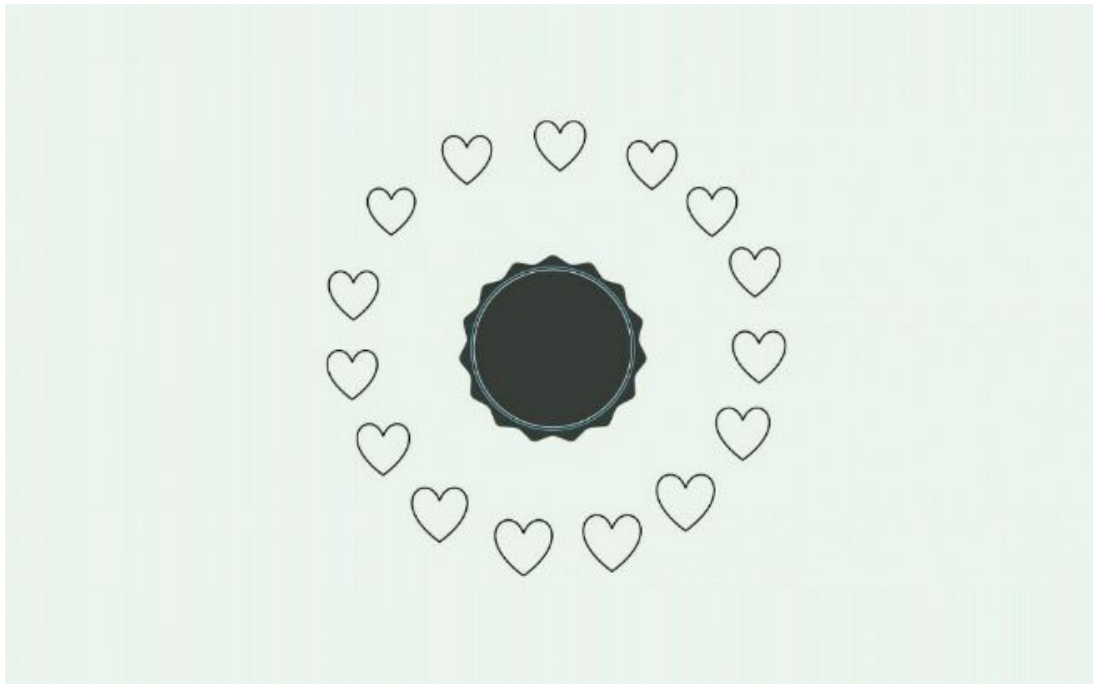


Figure I.2 A less hierarchical Organigram

The less hierarchical organigram, as shown in Figure I.2, shows a Team reporting individually directly to the Project Leader rather than via supervisors like in Figure I.1. It's based on love and the trust that each team member will give its best without supervision and control, irrespective of what are the circumstances. Could we, the human beings, live up to such high ideals of love and trust towards a Project/Team Leader?

The illustration in Figure II.2 isn't wholly correct, but shows the principle. In effect, the circular 'something' in the middle should fill the entire page and the individual love hearts are projected out of such circular 'something' like small wavelets that projected out of the ocean's bosom. So our love hearts, in such context, are none else than 'individualised something' just like wavelets are 'individualised ocean'. Imagine that now a step further: That those individual love hearts were projected out of that circular 'something', but not floating on its surface like wavelets, but rather swimming **WITHIN** that circular 'something' like fish in the ocean. That's 'individualised something' projected out of 'non-individualised something', which is then swimming within that 'non-individualised something'. Does such illustration make sense?

For definition's sake, we will call the 'non-individualised something' the inherent 'Creator' and the little individualised love hearts 'swimming' inside the 'non-individualised something' simply 'Souls'. That's the basic set up of 'folks' that are creating a Universe of their own together to 'just have some fun'. Creating an entire Universe is simply Team Work of Beings

that are 'individualised team leaders' and thus all individually self-responsible for their actions pertaining to Creation and Participation of the entire project.

Can you put such set up into a context to your own existence here on Earth? Do you realise now, who and what you are, inherently, at the very basics?

Due to our 'flat' organigram structure, such as shown in Figure I.2, all 'love hearts' are equally 'entitled' and none is more and none is less than the other. If you find that some love hearts are a bit bigger than others or closer to the 'center something', that's coincidental in the creation of such illustration and not intended. All love hearts are meant to be wholly equal to each other and also in respect to the 'non-individualised something' in the center, in which those equal love hearts are actually 'swimming' and not, as illustrated in Figure I.2, just circling around.

You, in your inherent nature, are a Soul, 'individualised something' and endowed with the same qualities as that 'non-individualised something'. Whatever name or title you may wish to give that 'non-individualised something', you are that, just individualised. If you want to call that something 'God', then you are that God, but individualised, though endowed with all the qualities, criteria and powers that you may wish to accredit that 'God' with. That is the real 'I, my, me, mine' respectively 'we, our, us, ours'!

Then, how come that we don't know, respectively, are not aware of that?

## **I.1.2 Creation**

As the TEAM of 'individualised something', which was originally projected out of 'non-individualised something' and is now swimming in that 'non-individualised something', sets out to build a world of its own WITHIN the boundaries of that 'non-individualised something', all building bricks of such Creation are taken out of such 'non-individualised something' in a similar fashion as soil from Earth is taken to make building bricks and iron ore from Earth is molten into metallic structures. We see, once again, the process of the macro-cosmic Creation followed exactly the micro-cosmic Creation patterns, which we engage into here on our Earth, except that the macro-cosmic building materials are taken from the Macro-Cosmos, the so far little understood 'non-individualised something', while our building materials are largely taken from our Earth in our micro-cosmic setting. If we call that 'non-individualised something' GOD, then everything created was made 'out of God' as the source material in the

same sense as all our structures and buildings here on Earth source their origin back to base materials taken from our good old Mother Earth. In the further, if we call that 'non-individualised something' GOD, then we, as a SOUL-TEAM, are individualised GOD. Thus, individualised Gods, projected out of GOD, engaged in creating their own little world of fun and entertainment, sourcing all building bricks and materials from GOD in the same fashion as us human beings sourcing the building bricks and materials from Earth. In a similar sense, as our world is created 'out of Earth', our Universe was created by us, as Souls, 'out of GOD'.

Here we answer one of the most thrilling questions of all times: Where is GOD? Asking such question is similar to the fish in the ocean asking 'where is the water?'.

No, GOD in its very origins is NOT a venerable old personality as expounded by some religions, but in individualised projections has taken form in all living beings and all existing materials. You are individualised GOD swimming within the boundaries of GOD like a fish that is swimming inside the waters of the Ocean. You'll find GOD on the outside, every where, but the closest within your own psychology, if you can break 'the spell' that makes you currently think that you are a human being.

Now you should know, who you essentially are, where you came from and how this world of ours was created, originally.

### **I.1.3 Belief**

RELIGION holds us to BELIEF, but what is the value of a blind belief concept, formulated by someone in the distant past, when such belief concept has no answers to so many situations of our present days. 'You must believe', is the common order given by so many religions to its followers, even if 'such belief' contradicts the most fundamental scientific findings and has no explanation for the many idiosyncrasies of our daily life. And when then, per chance, religion and its concepts are enforced with threat to life and freedom, then such religious concepts are likely ill-footed and more likely than not just power tools in the hands of some self-oriented power players.

True Religion gives the Freedom of Choice; it doesn't seek to enforce an existing belief concept. It further invites people to investigate on their own. It will also adjust erroneous belief concepts to their Holy Texts and not, the other way round, adjust the Holy Texts to suit their belief concept, be it by convenient translation and interpretation of such Texts or



outrightly taking inconvenient parts out of such Text. If a Religious Doctrine is based on a Holy Text, such Holy Text is PRIMARY and the BELIEF CONCEPT is secondary. We would like to ask all religious authorities to take note of that.

Simple minded masses need to be guided, but intelligent people should investigate on their own and not be hindered by any authorities in such undertaking. True, in the starting we are all 'children' that need a lot of guidance. But then, when we grow up, we should be allowed, if not encouraged, to investigate and explore on our own and not be held down to the basics by others, be it our families, societies or religious bodies.

We are presenting here a concept that may be foreign to most religions on Earth, but we insist that our readers and students DON'T BELIEVE us. We would like to encourage everyone to investigate on their own and find the ultimate answers themselves. Knowledge of facts can only be obtained in a process called Self-Realisation. For the process of Self-Realisation both Understanding and Application of the Understood are vitally necessary. Blind belief concepts, which are never investigated and verified, do not give Self-Realisation. As the term says, Self-Realisation means understanding logically out of oneself and not to be repeating, parrot like, what others have said or taught.

Therefore we would like to ask everyone, individually, to engage in a process of personal research to understand one's own existence here on Earth and not to cling to belief concepts that some religious authorities promote and perhaps even enforce. Freedom of Choice is yours; and whosoever doesn't give you such BASIC RIGHT in religious matters is likely a power player and certainly not your friend or well wisher.

Please conduct your OWN research and don't rely on so called 'findings' of others, no matter how academically qualified, unless you have verified the same in your own personal research. Fraud in religious matters, as in so many other walks of life, is unfortunately widespread these days of the 21st Christian Century. Please be aware and take note of that.

## I.2.0 From Soul to Self

We have spoken about SOUL in the previous chapter and how SOUL came to pass. We are, all of us, whether aware or unaware, SOULS in our inherent natures, which have been projected out of an 'Non-individualised Something' that can't be really explained and classified. So, in such context, we start our consideration with SOUL, something that can be classified and explained.

Out of 'Something Unexplainable' Soul was projected. Then what happened after. How SOUL became us?

SOUL in its own kind was, in the projection process out of the 'Something Unexplainable', endowed with a dual partner called MIND. Mind is an integral part of SOUL and Soul is an integral part of MIND. Mind and Soul are ever interacting, before, in mutual compensation based on the legendary Philosopher's Stone Equation, both merge back into that 'Something Unexplainable', where they were originally projected out from as a dual pair.

The question here arises, who is the 'boss' in such set up? Neither is the boss, absolute, but depending on 'relative' to the circumstances one could dominate the other. Ideally, however, soul and mind should interact in harmony with each other.

Soul is the Experiencer and Mind the one that facilitates experience and our world the thing that gets experienced. Some ancient holy scripture speaks of a 3-tier set up or three fields, which are the foundation of our world and surroundings and our existence therein: The Experiencer, the Experienced and the Process of Experiencing. This is correct!

Then how did it all start from the very Beginning? Simple, the same way you might want to create a world within your own computer and ultimately very similar to you playing a video or computer game, which you set up yourself. There are so many parallels to the processes of our own existence that we can find in our daily lives and the way we go about doing things. In fact, we re-enact the entire story of creation and existence again and again in our daily life styles here without knowing it. We will soon know, why things are like that and, how come, we don't even know about it. So, please read on!

Out of our inherent and natural 'Something Unexplainable' State we 'created' a world or stage, in which we proposed to participate in as active players. So, first there was a 'self-created setup' of 'something' putting the foundation to 'options'. One could most simply compare that

with a human theatre building, which houses a variety of 'options' that actors entering such building could adhere to. We created that theatre building and the array of 'options' ourselves; there was no 'God' up there, who did that for us, as in the very origins, we have been that 'God' ourselves; in non-individualised 'Something Unexplainable', which later projected itself into individualised Souls with an inherent Mind as dual partner. This world of ours, as it is, is our own creation and, thus, we summarily are all responsible for it. So, please, never blame the 'God up there' for any shortcomings we may discover over here; we created them ourselves.

Having created 'the theatre' with stage, scene options, as well as mask and dress options inherently ourselves we then set out in participation. We avail of the options that are available. So, not a 'God up there' created us, but we created us ourselves and adopted out of our own choice the various pleasant or perhaps unpleasant roles we are playing here. We will, at a later stage, explain in detail, why someone would be so 'stupid' to choose an unpleasant role to play, when he/she could have chosen a pleasant one instead.

Now the scene is set; we created that 'theatre building' and the various options to 'stage play' all ourselves and finally entered that grand building to become the actors and players on stage.

### **I.2.1 Equality**

The participation in this Grand Play, in which we are all participating as volunteers, knowingly or unknowingly, is based on the term of EQUALITY right from the start, even if it may not look to us like that, when we look at the actual settings in the world around us.

Equality or equal rights and duties are the foundation, because as Souls, projected equally out of that 'Something Unexplainable', we were all endowed with the same qualities. But our subsequent participation in the play changed the mix of 'same qualities' through unbalanced development respectively suppression of such 'same qualities'.

A simple example will explain that. In our inherent soul nature, all equal and endowed with same qualities, we are, inherently, gender neutral. For those, who are not familiar with the term or meaning of 'neutral' the following quick explanation is given here.

'Neutral', in gender terms, means being optionally (1) neither male nor female or (2) both male and female equally to the same extent and proportions. That is the inherent Soul Status.

As we now enter that 'theatre building' as Souls and acquire roles to our liking, we must not forget that, inherently, we are Souls, though in suitable mask and costume we are playing roles on the stage of that Grand Theatre. If, by choice, we acquire in gender terms a mask and costume of a male role character, we may be tempted, if not forced by outer circumstance, to only portray and develop our male characteristics 'on stage' and in such process neglect our inherent female characteristics. Remember, in Soul Nature you were neutral, and, strictly speaking, should have portrayed, lived and developed both male and female characteristics EQUALLY on stage, even if using a male body as your mask and costume. That's because you are, inherently, dual-gender male and female in your inherent Soul State and not single gender, male or female, as on the stage in that Grand Theatre. Loosing the grip on your inherent Soul Nature you slip into the lower consciousness of an actor actually believing TO BE THAT what the role prescribes. And then, in confusion of a mind that loses the grip on 'reality', irreality of stage becomes a new fictitious reality in the mind. Now you are, in actuality and in your own self-perception, exactly that what your role within the play portrays, a human being, per chance, endowed with a human male or female body, brainwashed, hormonally, into believing in your gender role already within your mother's womb and further developing your self towards an one-sided 'career on Earth' right after birth subject to name, dress and environment. In such state, your mind is already thoroughly confused and in all sincerity believes in that role, which Soul and Mind jointly are enacting here on Earth. You are what you see and feel you are, even though, objectively speaking, you are not. You are, now, none else than a Soul, which is mind-confused, firmly believing in Earthly existence being supported, in such, by five-sense experience, which is your inherent sense feedback to the mind. Unreal becomes real, fiction becomes reality.

Isn't that much different from the Earthly experience you have, when getting emotionally wholly absorbed into a movie? We actually re-live the process from mental clarity into mental confusion so many times while here on Earth in other daily life venues. Going to the movies is one of such venues, watching a magic show on stage another one. Our five senses are not developed enough to furnish us the factual feedback and mind is getting misled over and over again. Next time you go to the movies, please distance yourself from what you see on the screen and hear over the loud speakers to a point that your mind can't get fooled through this just two sense experience to emotionally react to what is seen and what is heard in the movie theatre show. If you succeed doing that through the entire showing of the movie, then you'll understand. That's exactly what is happening to you on a daily basis of your life here on Earth: Your mind is fooled through now FIVE senses to believe in the reality of what the mind experiences through these five senses and then emotionally responds to that.

Please remember that there are three fields involved: The Experiencer, the Experienced and the Process of Experience. Don't let the Experiencer get confused by the Process of Experience.

## **I.2.2 Inequality**

The State of Inequality arises, when we have allowed our Mind to get confused in the process of 'on-stage participation' and actually take the play on stage as our reality. Unreal has become real. Now, in confusion of the Mind and no longer aware of our inherently NEUTRAL SOUL STATUS, we are choosing SIDES and develop certain angles of perception more than others. Thus, in inherent neutral and thus balanced Soul and Mind State, an imbalance is created, which ultimately amounts to inequality. Having, per chance, focussed just on the male qualities and their development, while participating in the play on stage, due to the Mind firmly believing in being male, we are now in a state of self-inflicted inequality in gender terms in soul state, as the female side has been 'brutally' neglected. That asks for 'compensation' in us participating 'on stage' a second time, but this time with a female body as our mask and costume, to make up and compensate for the 'injustice' done to our inherently neutral soul nature, which should have developed and involved BOTH the male and female characteristics in the first play participation. In eagerness for 'revenge' we overshoot the target of balance and, once again, are in a state of inequality, this time over-favoring the female side. And so it goes on and on in ever new mental confusion of one sided gender settings 'swinging' from one gender to the other, as in eagerness of finding compensation the necessary balance is no longer found.

Gender, of course, is only one of many aspects, in which the neutral balanced Soul can unexpectedly find itself, through confusion of the Mind, in an imbalanced state or state of inequality within its inherent own state of equality. There are many other issues involved, beyond gender, in this play and that makes things extremely complex: so many 'inequalities' being created and sought to be compensated within the settings of the Soul participating in that show in that Grand Theatre. Of course, while the Mind is confused and confused over and over again, Soul has little chance to get out of the trap due to overcompensation on each and every round. That sets the scene for something that is commonly known, though little understood, as 'reincarnation'. One lifetime in confusion of Mind sets the scene for another round trying to set the created inequality or imbalance straight. But, as long as Mind is in the state of confusion, there is little chance of escape from ever new imbalances and inequalities being formed. 'Healing of Mind' and 'Keeping the Head Clear', like in our proposed movie

experience above, without getting emotionally enraptured to respond to sound and vision perceived, is therefore paramount. So, please give it a try with the two-sense movie experience and once you have mastered that, please transfer that experience to your own 5-sense experience of your daily life here on Earth. Don't allow the Process of Experiencing to confuse the Experiencer in its perception of the Experienced. You got to get the balance back right in your inherent soul nature; without keeping on swinging to and fro through each time overshooting your target of balance, speak equality. You are neutral, balanced and equal in your inherent Soul State and should not lose that in your participation within the framework of the Play in this Grand Theatre Show. But if you do, you'll be 'in trouble' and be 'forced' to participate in this Play until such balance, neutrality and equality are re-established again.

### **I.2.3 Realities of Life**

We must NOT forget, though, in view of the above discussed realities and unrealities of life and existence, that we, ourselves, were the Creators of such Play and are now participating as Actors in our own devised Show. There are, quite certainly, valid reasons for everything that may not make sense to us, now that we have read and thoroughly studied the above.

Why are we being brainwashed hormonally into believing in our inherent bodily genders while still within our mothers' womb? Why are we being taught and brought up in respective societies that distinguish, typically, by nationality, culture, class/caste/race, religion and gender? Why are we being confused, on purpose, and why would have we created such show settings ourselves, before we came here, when our true purpose is just to re-establish clarity of mind towards balance and equality in soul state?

Well, there is a reason for everything, and finally that makes the Play a Fun-Game to play. While you certainly aren't 'in charge' in the days of infancy, childhood and perhaps even youth, try to realise yourself as early as possible within the correct settings of the Play and then play CONSCIOUSLY rather than CONFUSED and ABSENTMINDEDLY. That may, perhaps, spoil some of the fun, but certainly you'll know, where you are heading in life instead of just erring and blundering around.

The imbalance of soul nature due to confusion of mind in gender terms, for example, sets a practical stage to propagation. The imbalance or inequality in soul state caused by confusion of mind by us believing firmly to be just male OR female by NATURE, as this is what body and feelings portray, triggers us, deep within, to seek outer balance in Earthly life and

existence, though semi-consciously. We seek, in all likelihood, an opposite gender partner that has, by Nature, all those qualities that are absent or lacking in us ourselves, because we ignorantly neglected their development in ourselves. That is the foundation of WHY we tend to fall in love, wishing to marry and having a family. Very few people these days of the 21st Christian Century realise, WHY they fall in love and WHAT is the ultimate purpose of being married. We attract to ourselves on the OUTSIDE what is lacking in ourselves, physically and emotionally, due to one-sided self development of our own. The purpose of such marriage relationship, as such, is then not just having sex and children, but to aid each other to develop the neglected soul qualities, which inherently constitute soul balance. The wife is supposed to aid the man, in such respect, and the man is supposed to aid the woman. It is not the purpose of the man trying to turn his wife into a man, like him, nor the wife turning the man into a woman, like her. The meeting point of such venture is IN THE MIDDLE. Balance is the goal and not someone becoming exactly like the other, be it male or female respectively.

The roots of 'Homosexuality and Transgenderism' have been discussed, in detail, in Chapter III.7.6 of 'The Book of Ultimate Wisdom' (from the same authors as this Book) and we won't discuss them here again. Meeting in the MIDDLE and 'Seeking Soul Balance in Gender Terms' has also nothing to do with Bi-Sexuality, which is of different roots. Balance means, in such context, that the consciousness is established in the brain and not just between the legs, like in confused people. Mind, in confusion, seeks to express outwardly and sexually, while clarification is only found inwardly and beyond sexual activities. That's not to say that sexuality is bad; it's just to say that sexual expression in outward terms is a step towards further confusion of mind and away from mental clarity towards soul balance. Depending on what are one's goals in life, sexuality could be a step into the wrong direction, if soul balance and clarity of mind are the declared and desired goals. One can't find clarity of mind by intoxicating oneself, be it by lust, alcohol, nicotine or any other sort of drugs. Those who intoxicate themselves in any way or by any kind, even blind religion and ritual, will not find clarity, but ever increasing confusion of mind blundering around largely aimlessly and without true self fulfillment of any kind. If you feel frustrated, stressed out or depressed, just investigate the life style you lead, and, correcting a few things, the ill feelings may leave you soon. Remember, you are the Creator of this Play and of your own circumstances in your life. Therefore only YOU can change things for the better, by changing yourself, particularly your life styles, whims and moods and general goal settings. If you wait for others or the circumstances to change in your favor, you may wait forever. You are the Master of your own Destiny and only you can change things for the better for yourself, by finding new constructive approaches to your own life and lifestyles. But if you think that you can 'win the race' by stealing from others or pushing others out of their rightful ways, life will soon teach you that you were mistaken. You must proceed in fairness and consideration for everyone, as

everyone is EQUAL and no one is more equal than another. So, please keep these basic rules in mind, as you set out to change your life towards more happiness and self fulfillment.

Please remember that the Self, which you presently worship, is illusionary mind confusion and you are not the one that you think you are. Discover your inherent Self, hidden deep within the recesses of your subconscious mind, and you will be starting to learn to understand right out of your inherent inner Self.



### I.3.1 A matter of 'I'dentification

It's a matter of 'I'dentification and confusion abounds. Who is 'I'?

With 'I' all starts and with 'I' all ends and, as we can see, we are once again running in circles; a circle called 'I'. That's what it is all about, ultimately. But 'Who is I'?

We certainly know the 'I' that we are identifying ourselves with in our daily lives here on Earth. That 'I' has been commonly termed 'EGO'. But are there any other 'I's' beyond the one, which we know as 'EGO'?

The 'I' is a distinctive classification 'in relation to' and wherever there is any form of distinctive description, there 'I' exists in the contrast to 'You'. That's due to the nature of duality, a dual mirror projection out of the third, which we have not identified yet. As we explained in 'The Book of Ultimate Wisdom', a descriptive person or object can only exist in contrast to something that is different from such person or object. Consequently a King can only be such in contrast to something that is not King and a God can only be such in contrast to something that is not God. Consequently, being King or God is relative and not absolute. The same rule applies to 'I', which only can be such in contrast to something that is not 'I', as for example 'you' or 'they'. As such 'I' is relative and not absolute.

As long as we refer to ourselves as 'I' in any form, we profess a relative nature and not an absolute one. In absolute terms an 'I' cannot exist or have existence. Absolute is only something that is incomparable. Even a God that has a name isn't thus absolute, as 'name' is of comparable nature. The word 'God' in itself as a descriptive means is thus relative too. If we want to classify something or anything as absolute, we have to do away with our so much cherished classifications and even calling such 'absolute' doesn't make it so, as the term 'absolute' is, once again, of a descriptive and thus comparable nature; comparable to something that is not absolute. Does that explain this point?

As 'I' we are thus 'relative' and as long as we refer to us as 'I' we are and remain relative. As we wish to see ourselves as absolute beings in our own rights, we will have no other way than doing away with all forms of self-identification, as all forms of self-identification make us relative.

It is the same, when we identify ourselves in a group as 'we' or more generally as 'us'. Once again, we are 'we' or 'us' only in comparison to something that is not 'we' or 'us' and as such

we are relative, once again. Then why are we being held to think and act in terms of 'we' and 'us', instead of thinking and acting in terms of 'I'?

Learning to think in terms of 'we' and 'us' is certainly a step or development in the right direction, but certainly is not the end of such development, if we wish to embrace the incomparable absolute.

So, having learnt to do away with our most cherished 'I' in being unselfish and learnt to think in terms of 'we' and 'us', instead of in terms of 'I' and 'me', we must finally also do away with all sorts of 'we' and 'us' identification.

Please go back to the earlier Figure I.2 in Chapter I.1. What do you see? Don't you see a large number of 'love hearts' that circle an undefined center? Even at such stage we speak of relativity. We are Souls that have been projected out of a 'Something Unexplainable', but as Souls we are still relative to each other by distinction, though our qualities are all exactly the same. Such distinction is individuality. Beyond we are relative to that unknown 'Something Unexplainable', which in such terms is relative, too, as it stands in contrast to us, the Souls. We may understand at such stage that the question of 'absolute' must rest even further beyond the situation depicted in Figure I.2. Then who or what am 'I'?

We see from above explanations that the matter of 'I' isn't a simple thing and there may be many 'I's' involved, which all refer to 'us' in some specific way. There is first, starting from human self-understanding, the EGO-I, which we commonly know. Then there is, deep within us, a so-called divine 'I', which we could give some descriptive title like Christ, Buddha, Krishna or Rama.

Surprised? Haven't those been personalities that lived centuries ago. What have 'I' got to do with those?

Christ, Buddha, Krishna and Rama are just descriptive titles and no names. Such titles have been conferred to certain personalities of ancient times, but are not limited to them. When a holy scripture just speaks of Krishna or Rama without a further name added, then such holy scripture refers to the inner divine Self of a fictive person, who could, virtually, be anyone, who has established itself in such divine consciousness. Other holy scriptures speak of Jesus Christ and Gautama Buddha. Here the names of the respective persons are given and are to be read as Jesus in Christ Consciousness and Gautama in Buddha Consciousness in distinction to Jesus in EGO and Gautama in EGO. Adding the title to a name, we discover two forms of 'I' identification, the one being EGO and the other the Divine Consciousness aptly expressed as

Christ, Krishna, Buddha or Rama. Then, why are we then held to worship the Christ, Krishna, Buddha or Rama, when they are none else than descriptive titles?

The Divine Consciousness is inherent to our Nature in as much as the Human Consciousness is inherent to us, too. We just have not focussed on such Divine Consciousness as yet, as we were so busy developing our cherished Human Consciousness and thus thoroughly have neglected the equal development of our equally inherent Divine Consciousness.

Once again, we can see now that we have caused an imbalance in Soul State by one sided focus and development. We know already from the earlier explanations that we are male and female in equal proportions (the definition of 'neutral') in Soul State. Likewise we are both human and divine in Soul State, as both human and divine are mere projections out of Soul State, which are wholly equal to each other. If, by one sided focus, we develop only the one side and not the other one equally, too, we are causing an imbalance in Soul State.

Whether we talk of a Buddha, Christ, Krishna or Rama, in all cases we are talking about the same, as we understand now that we are not talking about historical persons in such context. But, if we still want to refer to our so much cherished historical personalities, who were given such titles, we must now see their respective statements in terms of consciousness and no longer in terms of a person having said this or that. Was it Jesus or Christ who stated the famous words 'My father and me are one' and 'No one comes to the father except through me'? Okay, the words may have come out of Jesus' body, but which 'I' was actually speaking within that body, when the mouth uttered these words? Was it Jesus' EGO-'I' or Jesus Divine 'I'? We know now that within us many 'I's' are involved. In such context, we are one body inhabited by many I-entities, which are meant to be developed all equally to maintain balance in Soul State.

So, go ahead and worship the Christ, Buddha, Krishna or Rama within you, as these are all titles for your inherent Divine Consciousness. Yes, go ahead and worship Christ, Buddha, Krishna and Rama, but not the external personalities, who were given these titles once upon the time by much confused human beings, but the inherent Christ, Buddha, Krishna and Rama within you. Focus on such in worship lest you forget to focus on self-development of your inherent divine angle in being so busy with your human side.

Pray two times, three times or even five times a day to link yourself to your inner Divine Consciousness, whatever its name. That's not a duty, but a privilege to do. Such prayer links you back to your inner divine consciousness, your second 'I', which you have thoroughly forgotten in being so busy with being your first, the human 'I' called 'EGO'. Not enough doing

five prayers a day, fill up the gaps between those prayers with divine thought and practice, so you stay 'connected' and re-establish yourself again in Divine Consciousness at equal terms as in your so much cherished Human Consciousness. Having neglected your Divine Consciousness for so many years in onesided outside worship of any sorts, even in mechanical prayers or focus on external Gods and Deities, you need to make now a supreme effort to catch up on what has been thoroughly forgotten: To find your inner balance in Soul State again.

What applied in Gender terms applies in Human/Divine terms too: You need to find your inner soul balance! You are not just what you presently think you are; you are much more than that. And in being EVERYTHING the circle closes. Then you are again your true Self, which is EVERYTHING and NOTHING at equal proportions, and then just one more step beyond and you are out of this fictitious Play of illusionary existence. 'Out' means to be in a state that is neither Everything nor Nothing and particularly not Something or Something Else. You are not what you think you are. Go ahead and discover yourself!

### **I.3.2 The Five Expressions of 'I'**

We can easily calculate from the said before that there must be at least five versions of 'I' involved in our very existence and life on Earth. But we commonly know only one of the five, the one that has been termed EGO. An illustration might be helpful here.

When an actor embarks to play a role on stage or in a movie, that actor changes 'identity' for a limited period of time pertaining to which role he or she is to play. So we have two identities involved here, the identity of the actor in normal life and the identity of the actor on stage or in the movie. We will certainly understand that. But there is more to acting than just being on stage or in a movie. There certainly will be a screen play that tells the story to be depicted in all details and beyond a movie or stage director who directs the movie or show. The actor, who becomes 'someone else' in the movie or on stage, still has to bear in mind the story as depicted in the screenplay and further the instructions set by the director on how to play. So it's not just about acting on stage alone; there are further factors involved.

Let's say the author of the book and screenplay sets out to be the movie or theatre director him/herself. Beyond, he/she decides to play one or more roles in the movie or on stage. What's the situation then?

Looking at our scenario of human existence on the stage of this Grand World Theatre right from the start, we realise that, originally, there was only that 'Something Unexplainable', which multi-projected itself into love-hearts (see Figure I.2), which in turn were none else than individualised 'Something Unexplainable' consisting of Mind and Soul Nature standing in relation to each other. That already makes three 'Identities. Add to that the inherent Buddha, Christ, Krishna or Rama, whichever one we wish to choose for our Divine Self, and the human EGO, which we already know, then we have, inherently, FIVE 'IDENTITIES. Then which one of those five is the real one. They all are real, relatively, but none of them absolute. All five have illusionary character, but serve valid purpose within the settings of this show on stage within the Grand World Theatre. So, in a relative sense, all five are 'you' or 'me', while objectively speaking all five are not 'you' or 'me', as they are just fiction set up towards practical purpose: To make this play, in which we are participating, feasible in the first place.

Does that clarify a bit? If not, please read the earlier paragraphs and chapters over again.

Let's have a look at a typical actor on stage or in a movie, who displays a virtual illusionary identity, which is, for a limited period of time, that actor's real identity. We could call, for practical purpose, the fictive role identity of the actor EGO and the real identity of the actor outside the movie or stage SOUL. That's to say that the SOUL is to play a role on stage or in a movie. The role played is fiction and thus illusionary, as is the Role-EGO. Still, without the Role-EGO things won't work; Role-Ego is a necessary ingredient to make this acting of the given role feasible. An actor, who is wholly him/herself during the show or movie, is a poor actor. A good actor can slip into his/her role and really LIVE what he/she is depicting, to a point that he/she genuinely laughs, when things are funny, and genuinely cries, when things are sad. A poor actor won't be able to do that, won't he/she?

We can see from this very simple example that our human EGO is a necessity to participating in this show on stage in this Grand World Theatre. Without EGO it won't work and we just would be poor actors, who can't really depict and live, what they are playing. So, as much as people these days are rambling about unselfishness and getting rid of the EGO, that very EGO is an inherent necessity for us living here on Earth. So, the question that just remains is 'how much EGO is really necessary?'. The simple answer to that is 'Sufficient EGO that enables us to really live and experience what we depict or play', but 'not as much EGO that we wholly forget that we are just participating as actors on stage in this Grand World Theatre'.

Just think of a stage or movie actor, who can't snap out anymore of whom or what he/she was playing and, in all seriousness, believes that he/she really is, what he/she plays and depicts.

Wouldn't we classify such actor as crazy, mentally unstable, or even mentally ill?

We got a problem, as we may realise now. We, the movie or stage actors here on Earth are so convinced in EGO that we really are, what we play or depict, that we can't snap out of it anymore. Are we mentally unstable or even mentally ill?

Who is the actor anyway? Isn't it the one we earlier called SOUL? So, in such context, SOUL must have gotten thoroughly confused playing us, the fiction, that SOUL really believes to be us. Too much EGO likely is the cause of that. So, in simplest terms, cut down on EGO, though understanding that EGO is fulfilling a practical purpose, and balance within. We can't afford to display so much EGO that the actor in us, our SOUL Self, becomes mentally ill and sincerely believes to be us. Remember, we have five identities and not just our well known EGO identity. While EGO is necessary to a limited percentage to enable us to participate in the show here on Earth as 'good and genuine actors', that EGO must not be so high that it eclipses the true actor playing the role.

When SOUL participates in a show, SOUL projects DUAL in our World of Duality. There is an 'outer us' and there is an 'inner us'. These two sides stand like mirror images to each other. If the outer side is human, as it commonly will be, then the inner side is divine, the earlier identified Buddha, Christ, Krishna or Rama within us. Should the outer side of us, body-specific, be female, then our inner mirror Self will be male - and vice versa.

Add to these three the Facilitator MIND and the UNKNOWN 'SOMETHING UNEXPLAINABLE' and we have FIVE Identities, which are ALL inherent to us.

We will be well advised to involve all five in our participation here in this Earthly play. The question here, which remains, is just 'each to which proportions'. The answer is very simple, indeed: In as much proportion as that we are able to still be good actors on stage, while not losing the overall sight to knowing, who is the one acting and the one directing, beyond the one experiencing and the one projecting and finally the one facilitating. We are all that in one; not just actors, but also the audience, not just participants, but also the ones who invented the show, wrote the screen play and so on. It is all us! So, it is in our very interest that we stay in touch with our five identities, in a balanced and suitable fashion, without ever over focusing on any one of those five, as to not mess up the Play. In an ultimate sense, one could say that the real actor is the 'Something Unexplainable', which, individualised into love hearts, plays all the roles itself, ours and all others, as that is the place where individuality, as we know it, originates. Further 'down the line' it is our inherent SOUL Self, which put on the mask of EGO to be able to participate in real terms as a truly good actor. So, some EGO is necessary,

while too much EGO is harmful, as it renders the actor, the SOUL Self within us, mentally ill and leaves us, at the end of the line in EGO, ultimately confused and bewildered to our own existence here on Earth.

We can reduce our EGO to see the true settings and picture to our existence on Earth, but we can't wholly remove EGO, while participating in this stage play, as EGO to some extent, at least, is an inherent necessity to us being here. Ultimately, it is all about proper balance and inner communications among our other five identities that we won't lose the overall sight. That's just practice and the will to stay in touch. We have five identities and not just one and all identities are wholly valid ones. So, let's communicate with our TEAM. We are all that and all should be involved in balanced proportions; none to be brushed rudely aside. Perhaps we will from now on use the term 'we' instead of 'I', when referring to us, as we are MANY sharing one body at different levels of consciousness. Is your name 'Peter'? Then why not refer to yourself as 'Team Peter' and speak in terms of 'we' instead of 'I', while thoroughly and honestly involving all your five identities on a constant basis in your daily life and transactions here on Earth. It's simply done by ways of inner communications and you may be surprised how much personal support you can garner from involving all your five identities in your daily life. Remember, you are no longer the doer alone; so give credit, where it is due, and share credit received with all your identities and not just claim it selfishly in EGO. You are a Team, after all, and no longer EGO-you or EGO-me.

Who is the Team Leader? Please go back to our simplified organigram in Figure I.2. Where it all started from? Yes, it started all from the 'Something Unexplainable' around which the love hearts are circling. That's the Team Leader, your Self beyond Soul Level. So, keep your human EGO in limits; your present 'you' or 'me' in EGO is none else than fiction. Remember that, please! But you have your inherent Divine Consciousness right by your side, the one that you may have called Buddha, Christ, Krishna or Rama or some other similar divine title close to your heart. The inherent Divine Consciousness is the first you need to seek and activate in you, as activating and communicating with the other three, though inherent identities, may be a bit more difficult and likely more time consuming to develop. But Buddha, Christ, Krishna and Rama are right by your side, and, as all four, in essence, mean and are the same, you could involve all four as your Team Members in Divine Consciousness. The choice is up to you!

Daily practice and will to practice makes you the Master!

## I.4.1 The Four Forms of Action

There is a Holy Scripture that speaks of Three Forms of Actions, while mentioning the fourth, in brief, at the beginning of its last chapter. That is so, because the fourth form of action is difficult to understand in a human context. But us, who have followed the outlines so far and now are knowledgeable to the fact that there are several identities involved in us, can certainly relate to all four. We therefore set out, now, to explain the four forms of actions in our Universe, which is the stage in the stage play of this Grand World Theatre.

The following are the Four Forms of Action in brief:

- (1) Selfishly Inactive
- (2) Selfishly Active
- (3) Unselfishly Active
- (4) Unselfishly Inactive

What do these four constitute?

(1) Selfishly inactive are all forms of laziness, which are self-motivated, like willful avoidance of work and duty, preying on others for selfish sakes, and letting others take care of oneself while conveniently avoiding any form of work, help or contribution of any kind.

We got to contribute in any practical ways, as long as we live within the boundaries of a human society. The ways of contribution could vary; they could be monetary, but also educationally. Sharing insight knowledge like the ongoing explanations given in this book would be valid contributions, too, even if such explanations are not easily understood by everyone. Contributions don't need to be necessarily physical or monetary.

But opting out of all forms of contribution, while still living from human resources, is selfish inactivity.

(2) Selfish Activity is all form of activity that is goal or result oriented. Working for some kind of reward, even 'good kama' in exchange for services rendered, is selfish activity. Collecting, in Christian terms, 'treasures in heaven' to be welcomed and pampered there at some later stage amounts to selfish activity, too, as it is goal oriented. Selfish Activity includes having children towards having someone to care for oneself in old age, as are all forms of investment, which focus on some form of return.



That's not to say that Selfish Activity is necessarily 'bad', as it could be practical under certain circumstances. Good and bad are relatives, just as are appropriate and inappropriate; integral parts of the dual world we live in. We are just classifying here without attaching good/bad labels to such classification. Selfish Activity, thus, is best understood in the context of the other three, of which two are still following below.

(3) Unselfish Activity is all activity, which is not goal, result or reward oriented. It is activity, which is realised as something that needs to be done, irrespective of whether there is a direct or indirect benefit for oneself, the one performing such activity. In Christian terms one would perhaps say, rather than selfishly collecting treasures in heaven one unconditionally works for God to just make God happy. And those who have already collected treasures in heaven through past selfish action may decide now to give those treasures to God as an unconditional gift, even if that means that they will end up in hell, because they have no treasures of any kind left in heaven.

Does that explain what unselfish action is?

(4) Unselfish Inactivity is something that is not easily understood in a human context, as in the human world usually EGO is the driver to action or inaction in one way or another, even in the state of selfish inactivity, in which willful avoidance of action constitutes an EGO action.

Unselfishly inactive can only be the one, who has self-realised itself in its five forms of self-identity and works as a TEAM from within. In such terms, with EGO being realised as a necessary overall ingredient but without willful emphasis and focus on EGO action, such player lets any of the other four identities work through itself. So, in our earlier example in Chapter I.3, where we quoted Jesus saying that 'No one comes to the father except through me', Jesus was in the state of unselfish inactivity in EGO terms, letting the Christ Divine Consciousness speak through his tongue. In unselfish inactivity all EGO dominance is blended out and we let one of the other identities speak and act through ourselves. In such context, Team O°chelle could be said to be a TEAM, of which EGO is just a 'secretary with EGO attributes for practical reasons', but EGO is inherently not the author. Authored are the works by one or several of the other identities, who give the relevant information in forms of dictation from within so that the 'secretary' can type them down. As such EGO has a minor role of just typing and can't claim to be the author of the work. Consequently, EGO also can't ask for the copyright, as EGO isn't the actual author. The other four entities or identities involved have no worldly claims, whatsoever, and are happy to just offer and share deep insight facts and information with a much confused and bewildered world.

Those, who have developed far into divine and universal insight, will be able to experience the said for themselves, while for persons riddled in EGO consciousness the said may remain incomprehensible. The body is jointly owned and shared by at least five entities or identities. That's something wholly incomprehensible for the EGO centered human folks. But the one, who has lived and practised towards ultimate self realisation, will, over time, discover those five identities for oneself and be able to relate to and communicate with them.

There are three stages in such development, which, once again simplified in Christian Terms, would amount to

- (1) Working unconditionally for God without asking for any benefits for such work
- (2) Working with God side by side, jointly sharing the body in whatever action is performed
- (3) Allowing God to 'slip' into one's body and act through it, freely and unhindered, even though EGO could be hurt in such process, when God decides, for fun's sake, to make a fool of oneself. Sure, only the one who has reduced his/her EGO to a large extent will be willing to unconditionally let God use one's body without any condition. Who really would like God making him/her a fool right before the eyes of the world? In unconditional surrender God has such right and others, too.

We see that in the context of Unselfish Inactivity the scene has changed and we are no longer the sole controller of ourselves in EGO terms. Yes, EGO has validity in the overall settings, for practical purpose, but the actual players are the other four identities we have discussed before. EGO, as such, isn't then the real player anymore and just maintained for practical purpose. This is called the state of Unselfish Inactivity, as the EGO, no longer active or inactive in any self-terms, lets the other four identities run the entire show completely to their liking. Yes, EGO could get badly hurt in such process, but where there is no EGO there can't be any hurt either. Does that explain this point?

## **I.4.2 The dual Nature of Action Consequence**

It all starts in Zero and ends in Zero and in such context things are circular and not linear, as often believed, and Infinite is just at the rear side of Zero. Thus Zero and Infinite are practically the same. The one, who can't relate to such facts, is asked to please go and get 'The Book of Ultimate Wisdom' by the same authors and read up for oneself. Things were explained their in great detail and we won't go into things in such detail here again.

Walking in a circle, no matter of what dimensions and diameter, we are changing DIRECTION with every step we are taking. That means that there is constant change of direction, but all that change adds up to bring us back, eventually and perhaps after a very long period of time, exactly to the very point where we started our walk from.

If we walk in a perfect circle, we will be walking on a circular, perhaps invisible, line. We could side step that line and walk the circle line in a zig zag pattern, once to the right and once to the left of such line. In such circumstance the circular line becomes the center line to our zig zag walk. No matter how far to the right or the left of the line we are walking, eventually we return to the circular center line again.

The circular line is prescribed by our Universe. That's sort of automatic and not a matter of choice. However, side-stepping that circular line to either the right or the left side is our free choice. No matter, however, how much and how far we side-step that center line, we'll eventually perform a whole circle, prescribed by the Nature of our Universe. So, we have here a mix of a 'no choice' and 'free choice' existence within the framework of our Universe and our existence therein.

Our Universe is a balanced system that is of a circular nature. The circle brings us back to where it all started. Our side-stepping the circle line is force-balanced in a fashion that we will use both sides of the circle center line in a balanced way. If we willfully walk one circle on the shorter inner side of the circle line, we will have to add another round, in which we walk a full round on the outer side of the circle line. Thus balanced circling is maintained by compensation.

While we have thus freedom of CHOICE on how to proceed around that perhaps huge circle, we are bound by some basic rules. Thus, both 'choice' and 'no choice' are involved.

People sometimes ask, whether we have 'free choice' or are controlled by some 'higher force'? We certainly can now answer that question ourselves, can we? There is free choice, relatively, and also control, relatively. Free choice isn't absolute, nor is control absolute. Both free choice and control are involved, but relative and not absolute. Does that answer the question?

One could say that the need to use both sides of the circle, if we err off its center line, is dual compensation of action. The center circle line is prescribed by Universal Law as is the performance of circles. But the side stepping the center circle line is our choice, which just is governed by the simple rule that from start to end of our 'journey' we must have used both

sides of the center circle line equally. If we fail doing that in one round, we are compelled to do another round, and so on. That's the natural set up of the Universe we are living in. That are the 'Rules of the Game'.

ACTION is defined as 'Side stepping the Center Circle Line'. As, by the Rules of the Game, both sides of the center circle line have to be involved EQUALLY over the entire 'journey', we can say that our action is of dual consequence, if our action constitutes sidestepping. If, however, we stay along our entire journey in a perfect state of equanimity, always exactly on the center circle line without the least side-stepping in any direction, then there will also be no consequence involved. That may sound familiar to those who are engaged in Buddhism of some sort. Equanimity is an issue that has been taught by Gautama Buddha to a large extent.

We may see, in such context, that all World Religions contain portions of wisdom to help us finding our way. None of the many religions and doctrines, however, is the sole panacea to our ills of human existence, but all have some valuable contributions to make to our overall understanding and overall benefit. Those, who can leave behind all forms of fanaticism, can, after having lived their own doctrine or religion, as received by nature right from birth, within the surroundings of their own growing up phase as an infant and youth, look further beyond the horizon of such doctrine and religion and become 'multi-religious' of sorts. That doesn't mean giving up what one had lived and practiced before, but adding what was not a natural ingredient of one's life in infancy and childhood; enlarging our mental horizon, so to speak. A multi-religious consciousness precedes the higher possibilities of multi-gendership and realizing the various entities/identities within oneself and putting them all jointly to fruitful cooperation and great results.

Please take note, at this stage, that those, who insist or even force you to just practice ONLY your own religion or doctrine, are often power brokers that want to see and keep you 'stupid', lest you slip, per chance, out of their control and power grip. By Universal Law, your journey is based on the 'Principle of Free Choice'. Anyone that interferes with such Free Choice doesn't act in YOUR interest, but more likely in THEIR interest. By Universal Law, you are born into pre-conceived settings of Nationality, Culture, Class/Caste/Race, and Religion, but you are FREE to change what was given to you by birth; most constructively by ADDING what you don't know or have, rather than replacing one with another. In such context, better than changing one against the other, learn to be Multi-National, Multi-Cultural, Multi-Class/Caste/Race, and Multi-Religious. If not possible physically, make the changes at least mentally and discover new ways on how you approach the various themes in your own daily life. Such is within the framework of your own choice and anyone interfering or blocking you to such free choice is acting against your own interest and against Universal Law.

Those, who see 'God' as the one that upholds Universal Law, thus act against the Will of God, when they force religious terms down your throat, irrespective of which religion such people follow. Everyone is a 'volunteer to this universal play' and as such has 'free choice' within the framework of Universal Law as explained above.

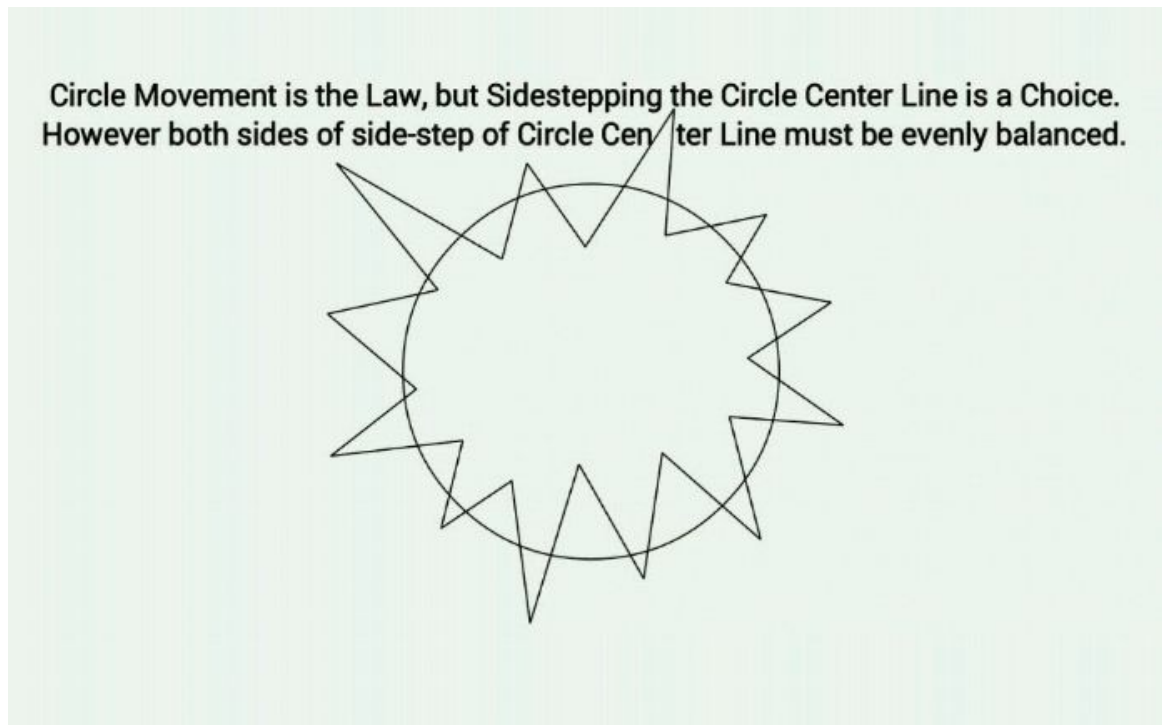


Figure I.3 The Basic Law of Action

### **I.4.3 Action Consequence**

All action has consequence, except perhaps for an ideal non-active state of equanimity, which is centered right on the circle center line (refere Figure I.3 above). Alas, mission impossible, as even breathing is action! So, by nature's law we will act, one way or another, whether we like it or not. We just need to know from our five inherent identities **HOW TO BALANCE** all action. That's why **TEAMWORK** of all our five identities is vital!

We also could keep our action very close to the circle center line with least deviation, couldn't we? That's what Gautama Buddha referred to, when he spoke of equanimity: Keep action gentle, don't apply too much force, which in return could trigger a tsunami of counter action.

A ship sails peacefully on the Ocean on a calm day, but in a storm the waves go high and the up and down caused by those waves could bring the ship to sink. That's the advice that was given in ancient times: Don't cause big waves in your life; stay close to the circle center line.

But if you do or have ignorantly done that before, what then? Then we must face the compensating forces and find practical ways to 'calm the storm' that we don't perish. On the ocean one doesn't have control over nature's forces, but in one's personal life here on Earth one has, even though it may not necessarily be easy to accomplish. Use constructive action to compensate the forces that you earlier unleashed with inconsiderate action. The storms, which you are facing now in your daily life, are nothing else than compensations to the forces that you yourself unleashed before.

Perhaps, someone hinders you 'by force' to proceed on your rightful chosen path. Could it be that this is the direct result of you having hindered someone else in his/her rightful chosen path and the difficulties you are facing now are none else than compensatory forces under Automated Universal Justice? Whatever we do to others eventually comes back to us, automatically under Automated Universal Justice. There is no God up there that facilitates such difficulties. How will you 'compensate' now? Acceptance is based on the Understanding that you just rightfully receive what you deserve and willfully fighting back likely will be doing more damage. So, best is initial acceptance followed by constructive compensating action.

#### **I.4.4 The one that kills with the sword will die by the sword**

Words of wisdom drawn from some Holy Scripture! What does that mean?

Please consider, once again, the situation of a theatre stage where actors enact a play. If such actors wholly follow the screen play, there will be no willful action involved and all will enact exactly what has been prescribed by the screenplay. Such actors could be said to be in the fourth stage of action explained above, so called unselfish inactivity, in which EGO is not self-motivated in any way. If in such state an actor on stage 'kills' another actor on stage, such actor follows the prescribed role of the screenplay. The 'compensation' then is built into the role.

But, in our human world, EGO is typically very active. If in EGO action one actor kills another actor, such actor is side-stepping the center circle line and compensatory counter-

action will be 'automatic' under Universal Law. Typically, in another round, both players, the killer and the victim, could switch roles and enact the same again. Now the one that was the victim will be the killer of the one that was the killer in the previous round. Thus, justice is facilitated under Universal Law. We have to be careful to judge situations that unfold before our very eyes. The lady that got raped could have been the rapist in the previous round that now receives justice by suffering exactly the same and the present rapist could be the one, roles switched, that was raped in the last round. Thus 'compensation' has taken place under Universal Law.

But Universal Law reaches much further than just to individual action compensation. It also could refer to group action compensation. Let's say the Nation 'A' willfully suppresses Nation 'B'. The people constituting Nation 'A' could be asked by Universal Law to switch 'mask and costume' with the people of Nation 'B' in another round. The 'direction of suppression' is maintained; in Universal Justice still Nation 'A' suppresses Nation 'B', but the 'players' have been switched. Those who were the evil doers as integral members of Nation 'A' are now the inherent victims of Nation 'B'. For the human eye, it would be still the same situation as before in that Nation 'A' suppresses Nation 'B', but the actual occurrence is not what the human eye is seeing.

Similarly, players of great EGO having committed serious SIN and EVIL under Universal Law, could find themselves in another round in some tyrant's Concentration Camp suffering great torture and abuse. The human eye may see 'innocent people being slaughtered', but in all likelihood such people aren't innocent. They just receive what's due to them under Universal Law and Justice; fitting compensation for what they have done in an earlier round in wholly different mask and costume.

That's certainly not a lovely picture we are drawing up here, isn't it? It's like the water of an ocean going up and down and up and down again. How to stop that? The practical solution is a wisdom particularly promoted by Gautama Buddha and Jesus Christ, but also by other Masters. It's simply FORGIVENESS. If the VICTIM doesn't insist in punishment of the CRIMINAL, then the criminal will not be the victim in perhaps another round. Then the vicious circle is broken. It is by insistence of the victim that the criminal is punished that the chain of circles is upheld and maintained, irrespective of WHO started it initially. In Italy such thing is known as Vendetta. Vendetta can only be put to rest by some victim accepting and not insisting in revenge and punishment of the other party. Otherwise Vendetta will go on over centuries and millennia. The same principle applies to circular punishments under Universal Law. One of the affected parties will have to break the vicious circle by acceptance and not insisting in revenge and punishment of the offender. We are all 'from God' inherently.

It's our self-centered consciousness that turns us into angels and devils. Realising us as 'from God' consequent wisdom action will end the dual interplay of angels and devils. Contrary to some Earthly belief systems, the 'God' is the neutral party, while the dual good and bad ones could be called 'angels' and 'devils'. The Ultimate God never positions itself as the 'Good Guy', as some Earthly belief systems want us to believe. The Ultimate God is the 'Neutral Party' to the Universal Play. And under such scheme we, originally 'from' the Ultimate God, will need to cease the dual 'angels' and 'devils' interplay and find our way 'back home' in neutrality.



## **I.5.0 The Art of Action**

We were speaking in the previous chapter about the 4 Forms of Action and gave some examples of how 'action' is compensated within the framework of Universal Justice. We also gave the example of 'mutual forgiveness' as a practical means to circumvent the Automated Compensation facilitated by Universal Justice.

This chapter called the 'Art of Action' focuses on further constructive ways to find one's way out of the labyrinth of Earthly existence. We are all Gods, after all, but having engaged in inconsiderate action we have ended up in a seeming labyrinth from where there seems to be no escape. Are we having to play our human parts in all eternity without the slightest chance of escape back into our inherent Godhead? Will we have to be human beings forever?

### **I.5.1 Action and Karma**

How do the terms of 'Karma' and 'Action' relate to each other? They are both the same word in different languages. 'Action' is a word in the modern English language, while 'Karma' is a word in the ancient Indian Sanskrit language. Both mean roughly the same.

We sometimes hear people of the East saying they have 'bad karma' or 'good karma'. That's incorrect terminology, as one can do action, but not have action. In Christian religion one speaks of SIN. 'Sin' in itself is not 'action', but the interpretation of action performed: sinful action meaning inappropriate action.

While different religions and philosophies have different terminologies, the end of the it all is called 'consequence'. Action of whatever kind is 'of consequence'. That's so, because there are not only good and bad action, but also neutral action. There are always three sides involved, while we human beings may only be aware of two sides; good and bad respectively sinless and sinful action. The third side is neutral action, neither good nor bad. Interestingly, the neutral or 'neither-nor' is the foundation from where it all started. Where it started there it must end, as this Universe is a balanced one of a circular nature where zero and infinite constitute the same point. Over the entire 'show' there will be no change; while within the 'show' there may be almost infinite changes. That is so, because all the changes within the 'show' compensate each other in such way that over the entire 'show' there is no change at all. Where it started there it must end; and that is the NEUTRAL, where the 'account balance' is neither positive nor negative.

Art of Action comprises knowledge, application and experience in such way and manner that we compensate previous action as much as possible without creating further imbalance in the good-evil pattern. The imbalance of such good-evil pattern revolves around a neutral centerline, which is circular in nature, as depicted in the previous chapter in Figure I.3.

There are two forms of action that need to be considered here:

- (1) 'Action performed'
- (2) 'Action desired'

Both forms of action are relevant for one's journey around that huge circle. 'Action performed' is subject to 'consequence' due to the nature of the action performed. 'Action desired' is subject to an imbalance in the mental framework that yearns for fulfillment of such desire. Both 'Action performed' and 'Action desired' bind the 'player' to the 'play'.

Think of it! You are a God, inherently, and have lodged a desire deep in your subconscious mind. Such desire must be fulfilled, as such desire was lodged by a God, irrespective of whether such God was aware of its inherent nature of a God at the time of lodging such desire or not. Therefore one should be careful of what one desires, as such desire can become a trap that holds the divine player within the framework of the overall play till such desire has been fulfilled. We are speaking of twofold action or karma consequence, one being action performed and one action desired. Both consequences are binding the player to the 'show'.

## **I.5.2 How to proceed?**

We are Gods, inherently, relating to the Ultimate God as explained in earlier chapters. But, in being human, we have forgotten that we are Gods and have no memory of our real nature anymore. We are Gods, but don't know it, as one Holy Scripture puts it.

Good and bad are relatives of opposing nature. The root cause to good and bad action is found in thought. Thought precedes action. Knowledge precedes action. Clarity and confusion of mind precede action. Should our action be wisdom guided, such action will take into consideration the bigger picture and not just our limited EGO perception. EGO is blind. But EGO is only one aspect in a much larger setup. We have at least five personality traits or Selves in our nature. EGO is only one of those five.

EGO is blind, but if we were to step away from our EGO and let one or more of the other Selves in us speak for themselves, then wisdom would filter through. The closest to our well known EGO is the dual divine partner self within us. The other three are of higher wisdom nature and not as easily accessible in the starting. But the dual divine partner is accessible, if we only volunteer to reduce EGO and let our inherent divine Self speak for itself. We got to involve our divine Self within to know, what we are doing. As much as EGO is willfully blind, as much our inner divine Self is guided by wisdom and clarity of mind. That's because EGO and the inner divine Self are dual opposites.

Okay, EGO is a need to the play, but EGO is just mental misperception. Let the divine Self in us be the actual actor and take things from there. Then EGO can't claim the fruits or results of action, as EGO wasn't the doer of action, neither in the good nor in the bad. EGO then is under the control of the Divine Self. EGO then is just mask and costume, outer expression, which the Divine Self uses, conveniently, to participate in this Earthly show. You, in your present self-perception, are likely EGO inside a human body. That's the outer part. Go deep within yourself and discover and develop your inner divine Self. That's the real YOU; for the start, though not ultimately. But you need to get a start, first. Discover your inner Divine Self by stepping away from EGO and from blind willful action. After finding your inner Divine Self please take and follow its wisdom guidance and develop the EGO-Divine Partner Relationship to a point that both are equals in your Mind. True partnership! In such 50:50 setup you'll discover the inherent Third Self, which is the foundation of both EGO and Divine Self. The third Self projects the dual pair of EGO and Divine Self for practical purpose. That's another real You at a higher stage, though not yet your Ultimate Self. Your Ultimate Self is found, ultimately, in the Ultimate God. But for the time being you will have to be content with the Selves that you have re-discovered and put to practice out of yourself. This got to be your own Self Realisation and not some other belief system. Belief will not help you here. You have to know, who and what you are, in every fibre and corpuscle of your being or else it will not work. Belief is not enough; you really got to know and experience that for yourself. Only then you can be YOU.

### **I.5.3 Understanding the inherent Setup**

As important as it is to understand yourself, as important it is to understand the inherent setup in which you are participating like an actor in a big show. Who is the actor? Is it EGO, your Divine Self or your Third Self? You need to know who and what you are. Not knowing, who

you really are, you'll be just aimlessly blundering around. You got to know, who you are, first, and then, what you are doing and why? You got to understand the environment and settings of World and Universe, which are presently your temporary home. Your divine Self has wisdom, the Third Self as the projector of both EGO and Divine Self has wider understanding. Consult all your partners for best results. Your fourth and fifth Self will join at a later stage, if you are open to further self-perceptual self development. For the time being, though, work with what you have; not by creating another blind belief system based on doctrine and fanaticism, but being open for further perceptual realisations to come. Here we find the downfall of religion, which commonly blindly clings to a pre-formulated 'belief system', often with fanaticism, and thus isn't open anymore to new discoveries. Such religion, per chance, may adjust scripture and holy text to the propagated belief system in a process called 'interpretation', rather than the other way around of adjusting the belief system to their existing scriptures and holy text books. Please don't go down that road, too, by creating a new belief system out of what you are presently understanding from what you are reading here. Your understanding is incomplete, at this stage. You need to be open for new realisations to come. In blind fanatic belief in one system, no matter how nice and beautiful, you limit yourself to limited knowledge and understanding. You can't afford to do that. You need to be open for more to come or you will put your own self-development on hold. Religion, as such, is no more than just pre-school and perhaps primary school training. There are also high school and university. If you fanatically cling to some religious belief concept, you block out the possibility to further study and education. There is much more than just religion. Religion is just an **introduction**.

### **I.5.4 The World around us**

We need to know not only ourselves, but also the World around us, as that World is the stage, on which we are participating as 'actors'. In EGO consciousness we have forgotten that we are just 'actors'. Therefore it is crucial that we step away from EGO and discover our other inherent Selves. Those other Selves have more knowledge and understanding of things, as EGO is largely blind and thus knows only little.

The World around us is a set up based on great wisdom and knowledge that surpasses all human knowledge and understanding; though we are the Creators of that World ourselves. How come we don't know? We don't know, because we have forgotten. It's up to us to re-discover all that forgotten knowledge again by activating the other Selves beyond EGO within ourselves. They sure know!

In a nutshell, our Universe is of a circular nature. We, ourselves, as human beings are just running in circles without knowing that. There is much more to things than just our Universe and us being human beings. But to reach beyond, we must get out of that vicious circle that binds us to being humans within the larger setup of a Universe. Understanding ourselves does help and understanding our Universe will help, too, as by understanding ourselves and our Universe we will know what we got to do. Then we just got to do just that and we can get out of that vicious circle, which holds us in this World and Universe as virtual prisoners.

Where it starts there it ends and Zero, inherently, is the same as Infinite, as things are circular and not linear, even though they appear like that. We spoke of that earlier in more detail. Further clues to this subject can be found in 'The Book of Ultimate Wisdom' from the same authors.

But there is more. We, as inhabitants to Planet Earth, are subject to the circular motions of our solar system. In ancient days there was a belief that our Earth is flat like a 'pancake' and all other planets including our sun circle around Earth, as Earth was perceived as the Center of our Solar System. We know better these days.

Even our sun performs a circle around so-called twelve zodiac signs within a time frame of some 24,000 solar years on Earth. That's a very long period of time compared to the presently average human life span of perhaps 80 solar years. No wonder then that we perceive things as linear, when in fact they are circular. The circles of our solar system and further beyond of our Universe likely surpass all human comprehension. What are just 80 human years on Earth in comparison to 24,000 years and even larger cycles beyond that in our Universe?

We would like to point out here, though a bit off our subject, that the discussed 24,000 solar years are of a relative nature and not of an absolute one. This time frame is subject to change, too, as nothing is constant or absolute in our Universe. One could marvel that those 24,000 solar years are perhaps the median average of all the solar cycles from one big bang to the next big bang. So, some cycles are going to be longer and other cycles to be shorter than those discussed 24,000 solar years to result into a median average of 24,000 over a vast period of time.

Good and Bad are dual relatives and the root cause to both good and bad actions are found in the Mind. It is relative clarity and relative confusion of Mind that cause us to act and behave in certain ways. EGO is blind and the inner Divine Self is wise and both are projections out of Mind, the declared third Self in us. In clarity of Mind, understanding the basic set up as just

dual projections out of Mind, we can see clear again. Sure, EGO has a practical purpose, but EGO isn't the entire story. The wisdom guided Divine Self in us is an integral part of the action team that performs on the Stage of this World and Universe. When such knowledge is taken away from us, then we act like fools.

Within the gigantic circle of 24,000 solar years the access to knowledge and wisdom varies. By nature, over a period of 12,000 solar years, we Earthly beings are in a more blind EGO consciousness, while in a period of further 12,000 solar years we are in a more Divine Wisdom sort of Consciousness. Please note that both EGO and Divine Self are dual partners to each other. In order of establishing ourselves in the higher Third Self and Consciousness both EGO and Divine Self in us must be evenly balanced. So being established in our Divine Self alone some time in the distant future doesn't get us out of that vicious circle that we talked about earlier. We will just be more knowledgeable then, but such knowledge alone won't help, as we have to be put such knowledge to practical purpose to distill wisdom. Knowledge could be said to be the treasure of the human, but knowledge distilled into wisdom is the actual treasure of the Gods. That is why, the legendary Philosopher's Stone (The Formula of Wisdom) is a great treasure in the hands of the Gods, whereas in human hand the Philosopher's Stone doesn't serve much purpose. Unfortunately, one can't distill or make physical gold with it, as many people still erroneously believe. The 'gold' of the Philosopher's Stone is **Golden Wisdom**: 'Whatever (subject) one touches with the Philosopher's Stone turns into pure gold(en wisdom)'. Interpretation out of a human angle of perception, once again, got it wrong. We humans have to be very careful with our interpretation of divine texts and matters, as we see things out of a different perspective. Many things will only become clear, and then logically very clear, when one sees them out of a divine perspective. For such purpose it is vital to activate our inner Divine Self and then have a look again at things out of that divine perspective. We have it all within us; we just need to fall back on what we already have and actually **use it**.

In Karma or Action Consequence terms, we must be evenly balanced, too. Good Karma or Good Action Consequence facilitates a life in better circumstances, while Bad Karma or Bad Action Consequence facilitates a life in worse circumstances, but even Good Karma or Good Action Consequence alone doesn't get us out of that vicious circle of illusionary human existence. Good Action Consequence only helps us in 'getting there', by making outer circumstances a bit more easy for us than the circumstances would be under the influence of Bad Karma or Bad Action Consequence. We got to INVEST the Good Karma or Good Action Consequence towards further personal growth in wisdom, beyond us just waiting for a 'better life' with more opportunities to come. Does that explain this very crucial point?

Where are we standing right now at this time of the 21st century of the Christian Calendar? Well, we are in a phase, where things are going 'forwards' (again) with knowledge and, perhaps, wisdom that comes along with this knowledge is increasing. Wisdom tells us these days, for example, that in the case of a nuclear war among nations there will be likely no winner, and when everyone wants to burden nature's processes recklessly, we will need to reduce the number of people living here on Earth. Earth, like the Universe, is a balanced system and if we imbalance such system through blind recklessness, we may lose our very base that facilitates human existence. Presently, we don't know of any other planet to migrate to, when in recklessness we have disturbed the processes of Nature so thoroughly that the resulting natural effects make Earth a humanly inhabitable place. There will be no 'End of the World', of course, as Earth and Universe will continue to exist. Questionable is only the existence of human beings on and in such Earth and Universe. The end of a human race doesn't mean the end of Earth and Universe. So, there is no 'End of the World' in sight as often propagated. There are many other species here on Earth and not just human beings. It is religion that has misguided people to take themselves so important to believe that this World and Universe starts and ends with the human race. Nothing is further from the actual facts. A so-called Big Bang, which ended the setup of another World and Universe that existed before such Big Bang, was the start of our World and Universe as we know it these days. In a process of so called Evolution the settings were created to facilitate human life. If, by blind recklessness, we manage to imbalance and perhaps destroy the ideal settings that facilitate our human existence here on Earth, then the human race, as we know it these days, will simply disappear. But that doesn't mean that we are out of that vicious circle then; we just lost 'as Gods' the practical facility of an existence in a human body and world and may have to wait for perhaps a very long period of time 'outside a body' for the circumstances to EVOLVE again to a balanced setting that allows us to continue our 'play'. The religious terms of 'heaven' and 'hell' then are just an integral part of that vicious circle that keeps us like prisoners in a fictive existence, be it as humans on Earth, angels in Heaven or devils in Hell. All those are just of an illusionary kind and not the 'actual thing'. We are the Gods that created this Theatre and the Show and then have entered the Play as Volunteers to participate therein to the 'Rules of the Game', which we ourselves had originally devised for such participation. We all are bound by such Rules! But as human beings we conveniently have forgotten such Rules, though they still apply to us. It is therefore vital to activate all the Inherent Selves to remember again and position us correctly within the Grand Play in which we are all participating, knowingly or unknowingly.

## I.5.5 Positioning Ourselves

Now that we are a bit familiar with 'Who we are Ourselves' and have learnt about the 'Inherent Setup' of the World around us and some of the 'Rules of the Play' that are the underlying foundation of us participating here, we just need to learn to POSITION ourselves correctly and appropriately. Where are we actually 'standing' right now within the Universal Framework? Knowing the answer to that question it will be so much easier for us to participate in this Play in fruitful terms; that's finding our way out of the imprisonment within that vicious circle, which we have been speaking about so many times.

We are likely stuck within the framework of a strong EGO consciousness, which, in practical terms, is just meant to be for practical purpose and not to be inherently ourselves. The actor, as a matter of fact, is the Divine Self within us as much as the dual partner called EGO. We could give such Divine Self almost any name we wish to give it, but would perhaps choose in such context a name that relates in our consciousness to a divine state, such as Buddha, Christ, Krishna or Rama. Such names are inherently titles associated with divine nature personalities, but not the actual names of such persons. It is important for us to distinguish that, as it doesn't serve much purpose to 'worship' an external historical personality that lived perhaps centuries ago. As such, we don't worship the external Gautama Buddha or Jesus Christ in any way, which would defeat our purpose. We rather worship the actual Christ, Buddha, Krishna or Rama within ourselves, inherently the same divine consciousness, which the historical persons have been associated with. So, we could take heart from those persons' ways and approaches to daily life without falling into the mental trap of making them so-called 'Gods before the Lord' in our minds. The same rule applies to those who have a Master or a Guru. Never make the Master or Guru a 'God before the Lord' in your consciousness, as in doing so you divert from the appropriate path. The 'God' in you is the 'goal' and not an outside person, no matter what standing in life and society such person is associated with.

It is interesting to note that many followers of some particular Master, when asked, often would rather cling to the precepts of their parents, family, elders, society, customs and tradition, when those point the person in a different direction than the direction their accredited Master is pointing to. Are then Christians really Christians and Buddhists really Buddhists? Are then Hindus really followers of Rama or Krishna and Muslims really followers of Allah? When we declare ourselves as followers of a particular person or God, we must follow such person or God and **not** the views of our loved ones, society or customs and traditions, no matter how dear to our hearts. Religion, these days, unfortunately is often interwoven with much family, society, traditional and customary framework.



So, where are we standing within the Universal Setup these days of the 21st Christian Century? We perhaps understand now that we are inherently set into a solar circle of 24,000 Earthly Solar Years, which constitute an alternate cycling of clarity and confusion of mind, which give boost to either EGO or DIVINE SELF within us.

Beyond, we are within the even larger cycles of our Universe that could culminate in a circular set up of ever repeating 'big bangs' facilitating ever new Universal Settings for our own participation and enjoyment. Starting from the last 'big bang', which heralded our present Universe after leaving behind the unknown settings of an earlier Universe prior to that 'big bang', our Universe, as it presents itself to us, is still in a process of 'evolution' whose zenith has not yet been reached. Beyond such 'zenith' things will reverse and the subsequent devolutionary process will be heralding the next 'big bang' to follow likely within the same frame of time that it took our Universe to evolve. So, the 'end of the world', which we sometimes like to speak of, is still many, many solar years away and such 'end' isn't absolute, but only relative, as after the next 'big bang' a new World and Universe will emerge.

In a nutshell, we are presently set within the framework of an evolving Universe in which the solar cycle of our Universe is in an evolving cycle, too. So, things are likely to get 'better' over time. Some literature puts the 'Point of highest mental confusion', arbitrarily called Point Zero, of our present solar cycle to roughly the year 500 of the Christian Calendar and precisely to the autumn solstice of the year 499. We can work with such figure for orientation's purposes.

What does that mean practically? It means, practically, that we are presently not only in the 21st century of a Christian Calendar, but also in the 16th century of a solar cycle that will peak roughly in the year 11,500 by Christian Calendar terms. We see from that figure that we still have quite some distance to go in evolutionary terms just based on the impacts caused by our own solar system cycle. What is still ahead of us in evolutionary possibilities based on the presently evolving Universal Cycle can only be marveled about. But, alas, the evolution we are going to see in the future, is not straight lined respectively linear, as after the year 11,501 our Solar Cycle will be on the downswing again and confusion of mind will increase once again. But with regard to the current evolutionary cycle position of our Universe, things likely will not become as bad as they have been before, even though our solar cycle will lead us back to a stage of ignorance and confusion. All the natural cycles of the Universe interact and impact together like small wheels running a giant clock. It is very difficult to analyse the impact on us in great detail, as too many factors are involved. We therefore just outline the basic principles.

Being, in relative terms, so close to the 'Zero-Point' of an up swing cycle suggests that our state of mental confusion must be still fairly high. In mental confusion we likely behave like 'idiots' and likely act without knowing what we are actually doing. The natural consequence to such acting would, quite likely, be Negative Karma or Negative Action Consequence.

Considering the cycle nature of 6,000 years before the year 500 of the Christian Calendar, which was in a down swing below a fictive 'Even Balance Line', which cuts the 24,000 year cycle into two equal parts of 12,000 years each, as shown in Figure I.4a and I.4b below, we would have certainly accumulated 'debts' in Karma respectively Action Consequence Terms. Our mental confusion was increasing since the last peak in Clarity of Mind in the year 11,500 b.c.

So, in all likelihood, all human beings, born in the present times, have 'debts' to pay, which would, in part, explain the horrors of our present days' world situation. We all will have to do 'plenty of good' to make up for the 'bad' or 'sin' committed in earlier centuries and millennia since roughly the year 11,500 b.c. and especially since the year 5,500 b.c.

Therefore the saints and masters of preceding centuries and millennia have always advocated us to do good; to pay the 'debts' incurred in 'Karma' respectively 'Action Consequence' in earlier 'visits' to Earth, us being inherently the same actors, but different outwardly in our roles. Our face and body are none else than the mask and costume of an Actor participating in Stage Play. We are the Actors ourselves, irrespective of in Divine Consciousness us knowing or in EGO Consciousness not knowing.

Here we find one valid reason WHY it is so important that we develop ourselves in Divine Consciousness: So that we KNOW and are not just depending on guessing and believing. Irrespective of whether we err knowingly or unknowingly, ultimately we are responsible for our actions. We are Gods after all, whether we know or don't know this fact and, beyond, we are the Creators of this 'Show' in all its details and the Rules of the Game. We may just have forgotten that, but ignorance doesn't protect from punishment. So, please make a supreme effort to awaken your inherent divine consciousness, the Buddha, Christ, Krishna or Rama within you, so that you **know** 'what you are doing'.

We spoke of positioning, didn't we? Do you now how to position yourself in your personal circumstances here on Earth, if not in full detail, then at least in the basics? Do you know now, what you got to do and got to focus upon in your own interest as a participating God in this Show? If you still don't KNOW, beyond blind belief and guess work, please keep on

investigating. Ultimately you are responsible for yourself and the Karma respectively Action Consequence of all your Actions.

Such Consequence may be the actual reason WHY you are suffering presently and you alone can improve your situation by appropriate action under the present circumstances. So, please don't wait for 'good luck' or 'miracles' to come your way, which are, once again, the outcome of earlier action performed. Investigate, establish yourself in the Divine Actor Consciousness and KNOW what you are doing and WHY you are doing it. You are the Master of your own Destiny, but as you 'sow' so you will 'reap'. Never forget that!

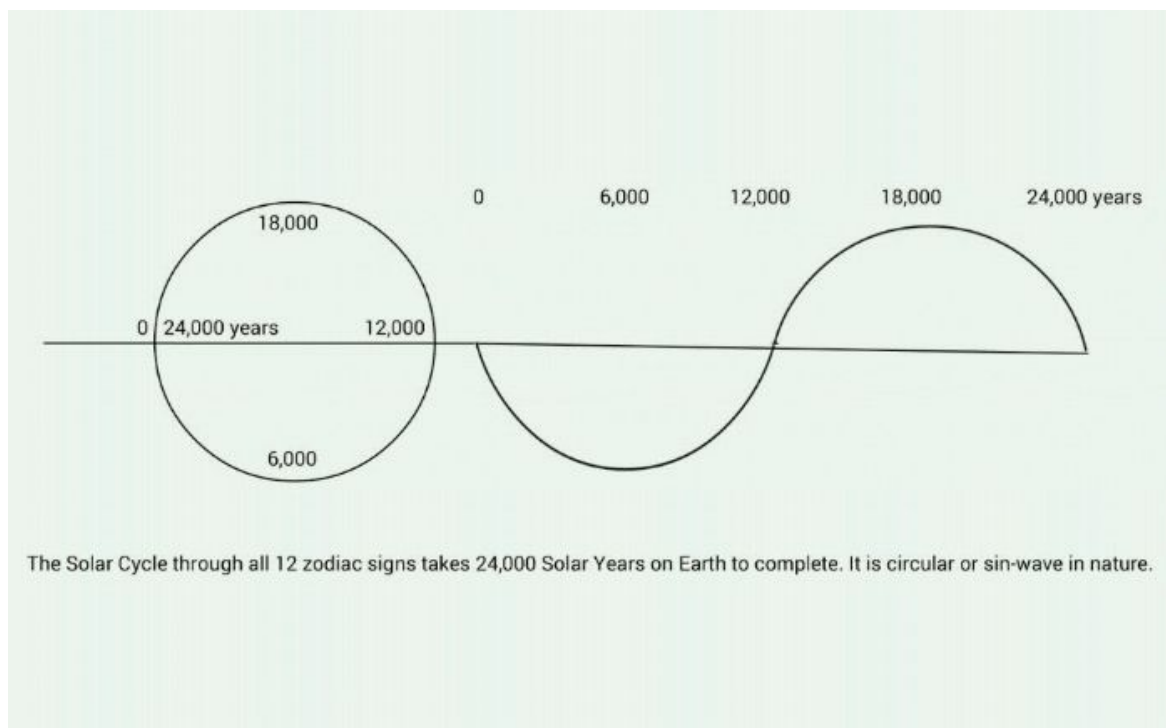


Figure I.4a The Solar Cycle which governs our Solar System

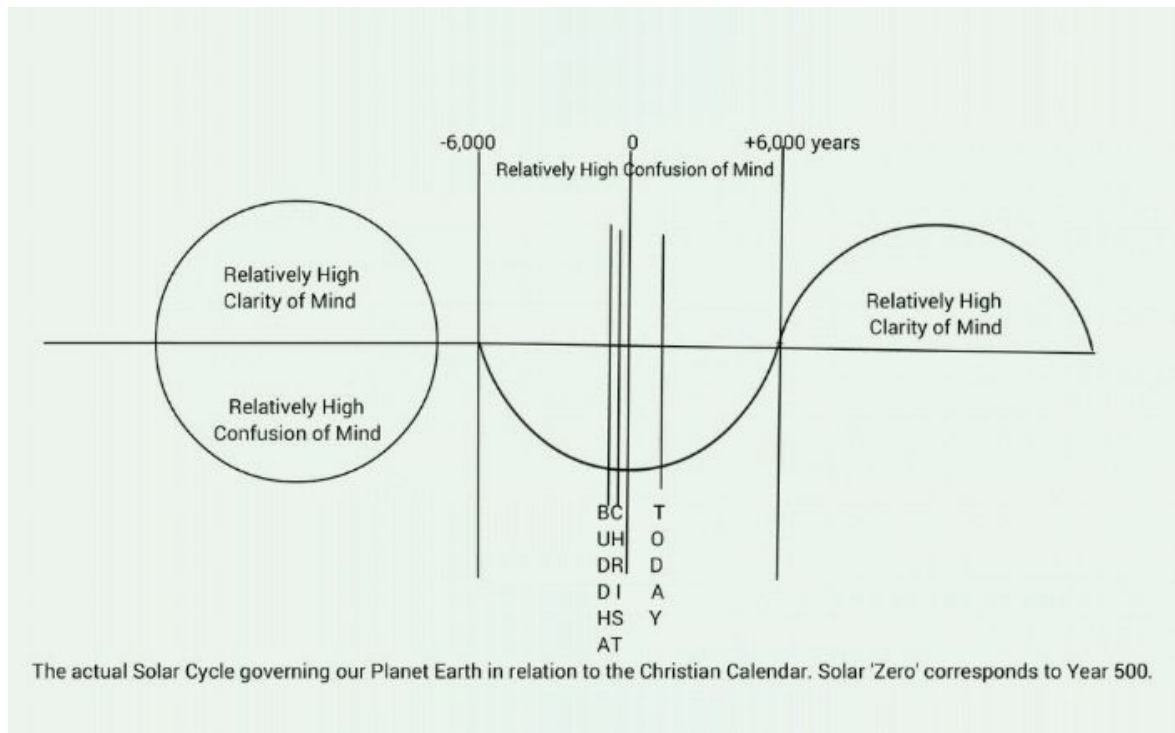


Figure I.4b The Solar Cycle in relation to the Christian Calendar considering the point of Highest Mind Confusion as Solar Zero. (As per such Solar Cycle we are presently in the 16th instead of 21st Century)

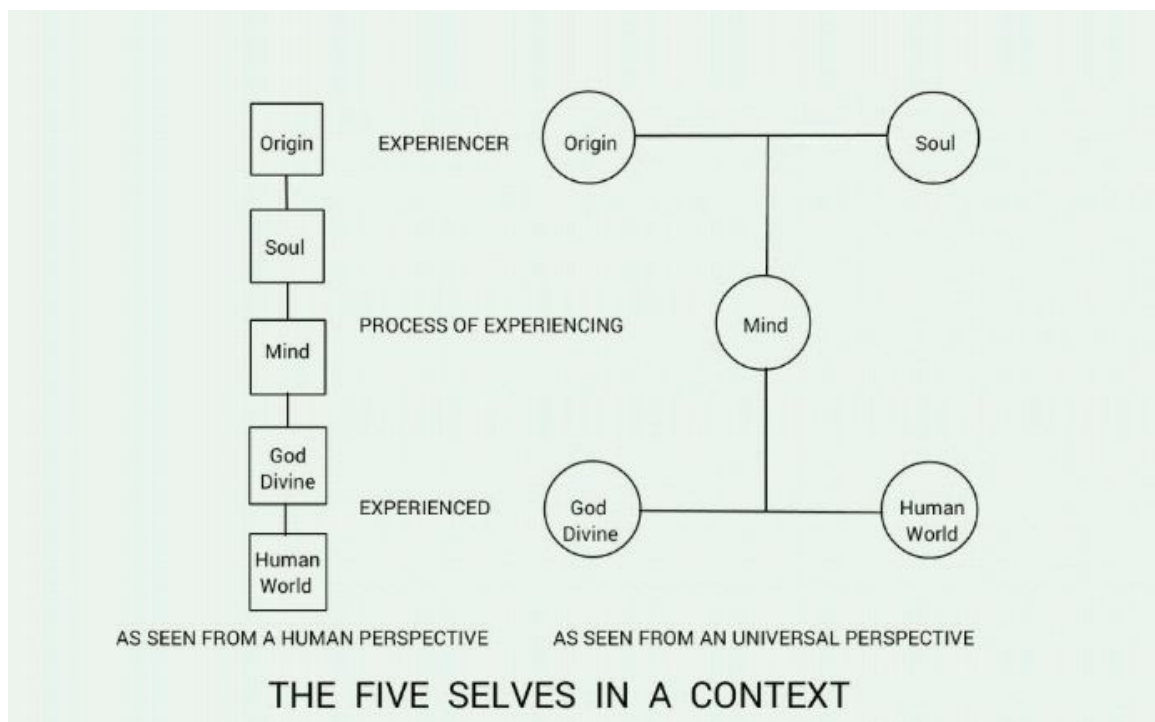


Figure I.5 An Illustration of the Five Selves as seen from two Perspectives

## **I.5.6 Where does it start and where does it end?**

That's actual OUR choice. It is up to us to define Point Zero of any cycle and consequently that will be the end. As we don't know the actual point of time of us entering this Grand World Theatre for the first time nor the accurate point of time of the last Big Bang, we would be best advised to choose any definition of START to our liking. We may choose for 'Start' or 'Zero' the Birth of Jesus Christ or Gautama Buddha or some other Master of our preference, but we also could use the Solar Cycle for our reference.

In terms of the Solar Cycle we need to define WHICH point of time stands for 'Zero'. Is it the point of greatest mental confusion or the point of greatest mental clarity? Is it the point from where the cycle moves away from the 'Balance Middle Line' in either an ascending or an descending arc?

Following the choice we make in such context we will easily be able to calculate the present year and century we are in.

Time is relative and not absolute. In terms of counting the years, time is relative to the point of time we declare as Zero and from where we start counting. Perhaps, some day, the human beings will agree on a joint calendar in terms of length of the week, month and the actual year we are in. The Christian Calendar is not the only worldwide reference these days, though it is perhaps the most common one. But then, does the week start with a Monday or with a Sunday?

Perhaps we will be better advised to adhere to the above discussed solar circle beyond all religious and political affiliations. We just must agree, WHEN did it start or, more accurately, WHERE do we want to put 'Point Zero' to count from?

## **I.5.7 The Five Selves in a Context**

Figure I.5 above shows our inherent Five Selves in a context. Out of our human consciousness we tend to start with us, though we are the 'end product' and not the 'origin'. Looking hierarchically 'upwards' from us, we see God above us, and don't realise then, that God is our dual image or mirror picture, just like some famous Holy Scripture says. Thus, God is much closer to us than we would have thought. Human and Divine are mirror images of each other. Perhaps nowhere is this more visible than in comparing a photo negative with a photo positive, which are true images of each other, but still are looking so much different

from each other.

Out of an Universal Perspective all started with a no further defined 'origin of non-individualised nature', which acquired a dual partner in 'individualisation'. Such individual dual partner is simply called 'Soul'. Origin and Soul, as the Experiencer(s), are both 'dual' relative to each other and 'triune' jointly relative to a Third, which is Mind, who facilitates the 'process of experiencing' a dual human and divine world. In such set up, the human and divine, the Experienced, are also 'dual' to Mind individually and 'triune' jointly.

One could almost say that 'Origin and Soul' experience through 'Mind' how it feels to be dual 'human' and 'divine' within the boundaries of an illusionary stage play. Origin (non-individualised) and Soul (individualised) jointly projected the idea of such illusionary stage play through Mind in the first place and now enjoy the feedback (reflection) coming back through Mind via the five senses of the human body.

We are playing a similar game here on Earth sometimes, when we loudly shout against some rocks and enjoy hearing the 'echo' of our own voice. Our own voice could come back a bit distorted in such process depending on the quality of the reflection from the rocks.

Likewise, what Mind sends back to the Experiencer(s) is likely a 'distorted' reflection of what was sent out in the first place, as our five senses are anything than perfect. Such experience then could be described as a 'fun game' like us listening to our own distorted voice reflected by an echo or us heartily laughing seeing us reflected in some imperfectly formed mirror, which distorts our reflected image thoroughly.

We need to learn to mentally detach us from our human Self by developing our inherent divine Self equally. As human and divine Self are 'opposite' to each other like mirror reflections, being actually equally human and divine, speak fifty:fifty, both sides neutralise each other through mutual compensation and we realise ourselves to be the actual creator of such illusion of a human-divine world and existence, individualised as SOULS and non-individualised as THE ORIGIN. We are that, inherently, and dual human and divine in projection as well. We have five Selves and must learn to involve all of them strategically so that confusion of Mind is kept in limits.

**WE ARE THAT!**

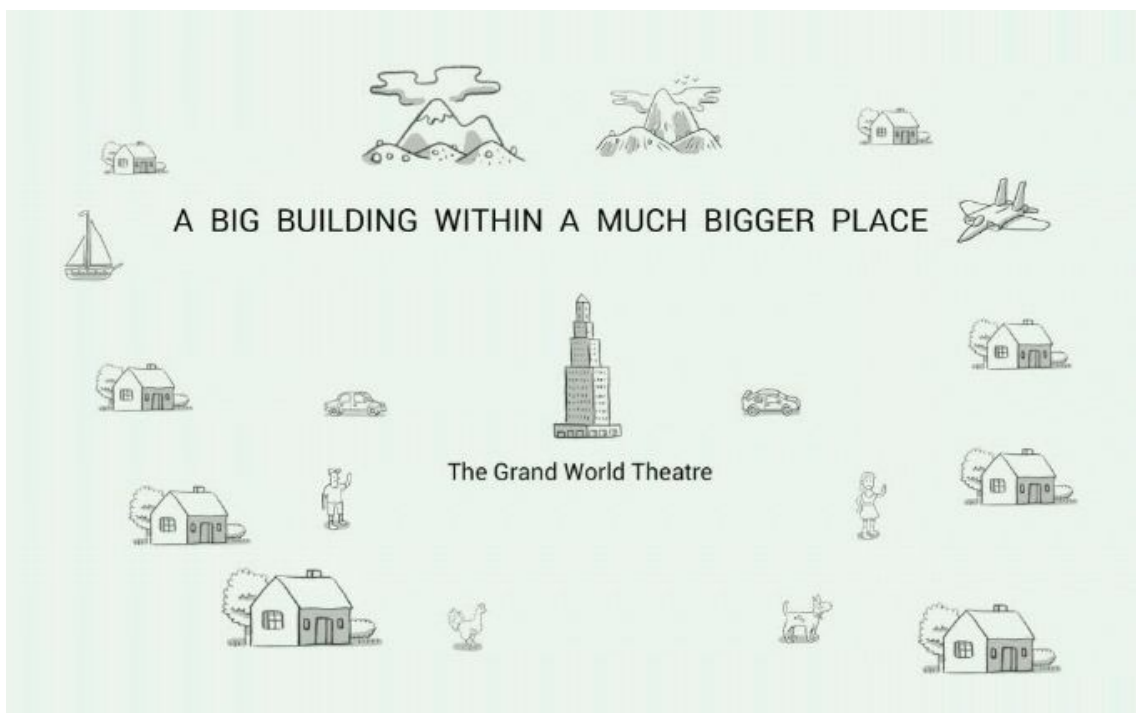
## I.5.8 All is an Illusion!

The ones of our readers and students, who could follow us so far in eager study and understanding, may now ask a very valid question:

If the human and divine sides can compensate each other to be realised as an illusion, if we only manage to be EQUALLY human and divine, speak 50:50, then what about the Origin and Soul? Both Origin and Soul are also dual images of each other. What will happen, if we can be EQUALLY non-individualised Origin and individualised Souls, speak 50:50?

That's actually the final answer to 'illusory existence'. That's the actual clue to leaving this Grand World Theatre and no longer having illusory existence in us believing to be Origin, Soul, Mind, Divine or Human.

Essentially, WE ARE NOT THAT!



But for the time of Participation within the boundaries of this Grand World Theatre WE ARE THAT. But as this entire Grand World Theatre, ultimately, is just fantasy, we will realise that WE ARE NOT THAT once we succeed in getting out of that Grand World Theatre. Then we will be neither ACTOR nor ROLE, neither engaged in any other duty or role in such Grand World Theatre, as we effectively have left it.

Such Grand World Theatre is just a small bubble within a much larger world in a similar sense as our human theatres are just small places compared with the much larger cities they are in. It is our choice to enter such theatre and we certainly could enter that Grand World Theatre again, if we wish to. What and who we really are we will only know, when we have left this Grand World Theatre having met all the departing conditions set out under the Rules of the Game.

SEE YOU THERE, OUTSIDE THIS GRAND WORLD THEATRE!

### **I.5.9 It's an Aliens' World**

We hear, sometimes, these days of the early 21st Christian Centuries people marveling that some Aliens must have created and dropped us here on Earth. That's an interesting idea, though not wholly correct. Those, who have followed our outlines so far, may have come to the more realistic conclusion that we all are these Aliens ourselves.

One fine day in OUR alien world we were tempted to visit a place called the 'Grand World Theatre'. That's a huge building in our own world that promises to be great fun. But instead of others entertaining us, we entertain there ourselves.

In TEAM WORK we design and create our own world located on some 'planet' within some giant Universe to later then, individualised in mask and costume beyond recognition and memory, to participate in our own created world in a most fascinating entertaining play.

Being Aliens, in our true nature, we have created ourselves in our fantasies to have five self-identities of various degree and insight: Creator, Soul, Mind, God, Human. Each of these five self identities affords us different clues and insights, but ultimately we can only get out of such illusion by balancing all five selves in an act of mutual compensation against each other. In such mutual compensation of all five the illusion of us 'being that' will disappear and we can be again ourselves, Aliens, and are then ready to leave that Grand World Theatre again.

As we are active participants and not just stationary objects in such entertaining play, all actions performed and desired must also be balanced out in mutual compensation, as must be all illusionary perceptions like nationality, culture, class/caste/race, religion and gender. They are illusionary attributes of entertainment in our stay as illusionary beings in our self-created



world. Great fun and entertainment, indeed, and that is what draws the crowds into that Grand World Theatre in that Alien World!

Just an illusionary **illustration** that explains, in ways, our present existence here on Earth!

It's all Illusion!

What lies beyond? That's a secret that no one will ever reveal, as it would spoil the fun of us participating here on Earth as illusionary human beings in such thrilling masks and costumes.

Giving up all one-sidedness, a typical character trait in most human beings, we need to learn to be everything at the same time and in such act of balancing dual concepts against each other finally get out of the illusion of being that. In mutual compensation of all dual concepts, including the concept of our five Selves, we will realise our world and universe to be just an entertaining dream and wake up again in our own and real world, the world of Aliens, per chance.

Enjoy and have fun, but don't forget that it is all illusion and remember to wake up some day.

### **I.5.10 Till Death does us part**

The ones that have followed us so far will know now that physical death doesn't really 'part us'. Physical death is nothing else than a perhaps short interlude, during which the participating players shift from the front stage to the backstage. There, on the backstage, they rest and likely will engage in mask and costume changes to prepare for the next round again. So, you'll meet your Earthly loved ones again, if not on the backstage, then at least on the front-stage in your next round. But due to mask and costume change you might not recognise them anymore, as mask and costume, along with the associated looks and identity, are only of a temporary nature. Same goes for your enemies from the last round that you will quite likely meet again towards further interaction. Neutralisation respectively mutual compensation of both love and hatred are the goal; not getting attached to either love or hatred. Once again, the legendary Philosopher's Stone Equation applies.

So, neither physical death nor suicide lead out of the portals of this Grand World Theatre, but only to the backstage, from where one sets out again to the front-stage to reap what one has sowed in the last and perhaps earlier rounds.

### I.5.11 Drugging oneself is not an Option

Some people steeped in a strong EGO-consciousness may feel depressed by such 'bleak settings', from which there is no easy escape. But drugging oneself, conveniently, with caffeine, nicotine, alcohol or even hard drugs of any kind is not an option, nor is suicide. In all cases one just re-cycles to further participation and will have to do better than in likely even worse circumstances.

In a sense, being unaware of our current settings and factual circumstances, we are already in a drug-like state of Mind, in which we don't really know anymore what we are doing. In order to know what one is doing the Mind must be clear and one needs to know the circumstances in all clarity of Mind, factually and not just of a blind belief kind, so one can position oneself correctly and KNOW what is there to do. Taking mind altering drugs of any kind, even the so-called 'harmless' drugs of caffeine, nicotine and alcohol, worsens our situation, as we superimpose an already naturally drugged Mind with further drugs. How could we even HOPE, to improve our personal situation in such a multi-drugged state of Mind?

If you are 'on drugs' of any kind, even medically prescribed anti-depressants and strong pain killers like morphine and the kind, try and seek to get off them as soon as possible, as they all have terrible side effects, which may be an additional burden to an already difficult existence in the next round. If cigarettes don't give you cancer this round, you'll likely will get cancer in the next round or will already be born with cancer. The side effects of anything that doesn't catch up with you in this round likely will harass you in the next. Here we find a root cause to people being born with ill health. Illness needs to be addressed and not just conveniently be suppressed using strong drugs and medications. Illness and sickness suppressed, but not addressed and healed, will likely bother you on the next round again, as will the side effects of the medicines and drugs that you used for suppression of such illness and disease. The symptoms being gone after powerful medication doesn't mean the illness and disease have been healed, as the symptoms may just have been 'masked' by such strong medication. Symptoms are usually an 'alarm signal' from within that something isn't okay and should be addressed as soon as possible. So, please take note of such warning signals and don't try to suppress them with strong medications. Once the underlying illness or disease have been healed at their roots, the inconvenient symptoms will disappear automatically.

There is much more that could be said about the subject of 'The Art of Action'. But this book presentation is too small to address all the issues involved. Just use common sense, will you?

## I.6.0 Good and Evil

Good and Evil are none else than dual relatives projected out of a confused MIND. For the dual play both Good and Evil are inherent ingredients. Our human dream of an all perfect world will never materialise, as this world is of a dual nature.

But, due to our solar cycle, we observe changes that also affect the Good/Evil Pattern. Good and Evil, being expressions of a confused Mind, therefore change in conjunction with the strength of mental confusion respectively clarity of Mind.

The human being, in a strongly mind confused situation, remembers nothing of its inherent divine nature and is bound to BELIEVE in whatever doctrines are formulated from time to time. Such doctrines may be derived from equally confused minds that set targets of a political or religious nature, for example, seeking to control and, per chance, exploit the masses. If such doctrines are then enforced by the relevant political or religious authorities, the members and followers of such doctrines have little choice then 'just follow', irrespective of what such doctrines teach.

We have been through a number of periods over the past few thousand years, where such doctrines were simply enforced and all 'questioning' was severely punished, even when the relevant Holy Scriptures taught otherwise. In these days of the 21st Christian Century respectively the 16th Century of the Solar Cycle we still find authorities of a political and religious nature on Earth that simply enforce their doctrines. The option of 'free choice' then no longer exists.

This Book of Clarification is given free of cost to anyone, who wishes to get clarification on some simple facts of life and existence. Everyone, without exemption, is invited to study this book and seek clarification, but some people may be obstructed by political and religious authorities in doing so. Such people then will either miss out on getting such clarifications or will have to study in great discretion and secrecy. The choice of studying or not studying this publication thus rests with each individual.

In the Framework of Universal Law each and everyone, both as an Individual and as a Group such as a state or nation, is self-responsible for all actions performed. It is therefore in the interest of each human being to seek clarification to be able to decide the appropriate and non appropriate actions in one's life and existence here on Earth.

## I.6.1 Individual Settings

Individual settings are the direct result of one's earlier actions and no one should blame another for one's individual circumstances. Such 'earlier actions' may have been performed prior to the present life time here on Earth under likely entirely different circumstances. Memory may have forgotten such action, but Universal Law is automatic and 'doesn't overlook or forget'.

Such 'clarification' may be a painful one for those, who are presently suffering on Earth. The frequently asked question 'Why a loving God permits such suffering on Earth?' simply answers itself that all suffering is self-inflicted and the 'loving God' has no share in such.

Yes, there is something like 'forgiveness', but such forgiveness is subject to certain rules and not necessarily automatic. For starters, there is a 50% 'debt reduction' built into the Universal System. Beyond, all forgiveness has to be 'mutual'. Those who cannot forgive those, who 'owe' them, can't expect forgiveness for themselves either. Such are the Rules of the Game, unfortunately.

Then, what are we going to do, if we find ourselves in particularly bad circumstances this present life time?

We got to realise that each and everyone born in the present phase of time, that's roughly the year -6,000 to +6,000 of the Solar Cycle, has been born into this phase due to DEBTS that are to be paid. Such DEBTS are best paid by accumulating CREDITS that compensate for the earlier DEBTS accumulated. It's simply quite similar to current finance systems; just that 'debts' and 'credits' don't refer to money, but to unwise and wise actions performed. The one that has been born in particularly bad circumstances can compensate by performing plenty of good, while those, who are born in particularly good circumstances, should not 'rest on their laurels' and perhaps become proud, but add to the overall good and invest into further self development. It is much easier to go for such evolutionary self development, when one is in good circumstances, than when one is in bad circumstances. But both parties can seek further self-development, of course. It's just that one group may be born into circumstantial political and/or religious circles that simply prohibit such self-development, while the other group may be born in an environment that makes it fairly easy to 'invest' in further self development. Here we may find our answer to the much asked question, WHY 'my life is so much more difficult than the life of someone else?'

Please note that under Universal Law everyone has FREE CHOICE, but such free choice may be limited by circumstance due to the nature of action performed at an earlier stage.

Does that mean that those born into war zones and those who die in a tyrant's torture camps simply receive the just punishment that is due to them under Universal Law? Yes, it unfortunately means just that. Please note, in such context, that Universal Law distinguishes between individuals and groups. As such it is possible that individuals of a similar 'debt' are herded together under the guise of a nation or group of people that are summarily punished. Thus both the individuals and the group or nation pay for their debts through suffering.

Then, who is the judge?

The 'judge' is each and every individual itself, prior to birth on Earth. There is no God 'up there' who is the 'judge' to reward and punishment. Each and every 'individual' seeks out fair circumstances as per the current debit/credit account prior to birth.

Those in debt 'volunteer' to receive their just 'punishments' and those in credit 'volunteer' to receive their just 'rewards'. Back on Earth such individuals, of course, have forgotten everything that was decided in the pre-birth period and experience both punishment and reward 'as real' in five-sense terms. As such, reward and punishment under Universal Law can be said to be 'automatic'.

## **I.6.2 The Universal Settings**

Why would any reasonable individual, prior to birth on Earth, VOLUNTEER to discomfort and suffering? It certainly doesn't make any sense, does it?

We will only understand the humanly illogical answer to this question, when we know and understand the BIG PICTURE including the entire set up of Universe, life and existence. We currently judge out of a human angle and we aren't human beings, inherently. We are of a much different nature.

Imagine an actor setting out to play a role on stage. Such actor will don a suitable mask and costume to depict the given role. Let's say the actor Peter Smith is playing the role of Hamlet from Shakespeare. Who is Peter Smith? He is the ACTOR. Who is Hamlet? Hamlet is a fictional person from one of the theatre plays written by Shakespeare. The actor is for real,

but Hamlet is only fictional and gains fictional reality only on stage.

We human beings in our present self understanding are just fictional beings just like Hamlet. We have fictional reality only on the stage of Earth. Who is then the actor that is playing us?

Yes, there is an actor that plays us, fictional beings, here on the stage of Earth. We are not what we think we are; we only exist in our own imagination. It's a psychological issue that we are speaking here about and not a physical one. It is our Mind that deceives us to think we are real here on Earth. Inherently, our Minds are deceived by our five senses. Those five senses make our surroundings as real as perhaps sound and vision enthrall us in a movie theatre. There, in the movie theatre, only two senses are involved, but we imagine the movie 'for real' as long as the show goes on. Here, in this world of 'reality', we have five senses to deceive us 24 hours a day. No wonder that we eventually believe in our world being the real thing.

In order to understand WHY we would volunteer to suffer here on Earth out of our own choice we must 'dig' much deeper. We must get away from our present Selves and realise ourselves as the ACTOR that is playing us. Once we come to terms with the so-called supra-reality beyond Earthly life and existence and are able to position ourselves in the correct context and settings beyond fictional Earthly life and existence, yes, only then we will be able to understand.

The crucial self discovery question thus must be: "Who am I, if I am not the person I think I am?"

What would be the correct answer, if the above cited Hamlet realises itself as fiction and asks the same question? Sure, you know the answer, don't you? Now, what about you?

### **I.6.3 Good and Evil Compensation**

All action started in Zero and as such all consequential action consequence must add up to result in Zero again. Once again we are looking at the famous Philosopher's Stone Equation as shown in Figure I.6 below. Over any given or chosen time frame the entire sum of all good and evil action performed must result in Zero. This is the Law of Auto Compensation.

It is up to the ACTOR in which ways he/she wishes to compensate for past action. One really could design a board game around such pattern and perhaps some day someone will design

such board game for the general public. It would surely help people to understand what they are really up to. One needs to know by which most effective steps and means one can resurrect oneself from past error to reach Point Zero in Action Terms to free oneself from Action Bondage to this Grand World Theatre. Certainly, one can switch roles, but one is bound to participate till all Action Consequence is compensated back to Zero.

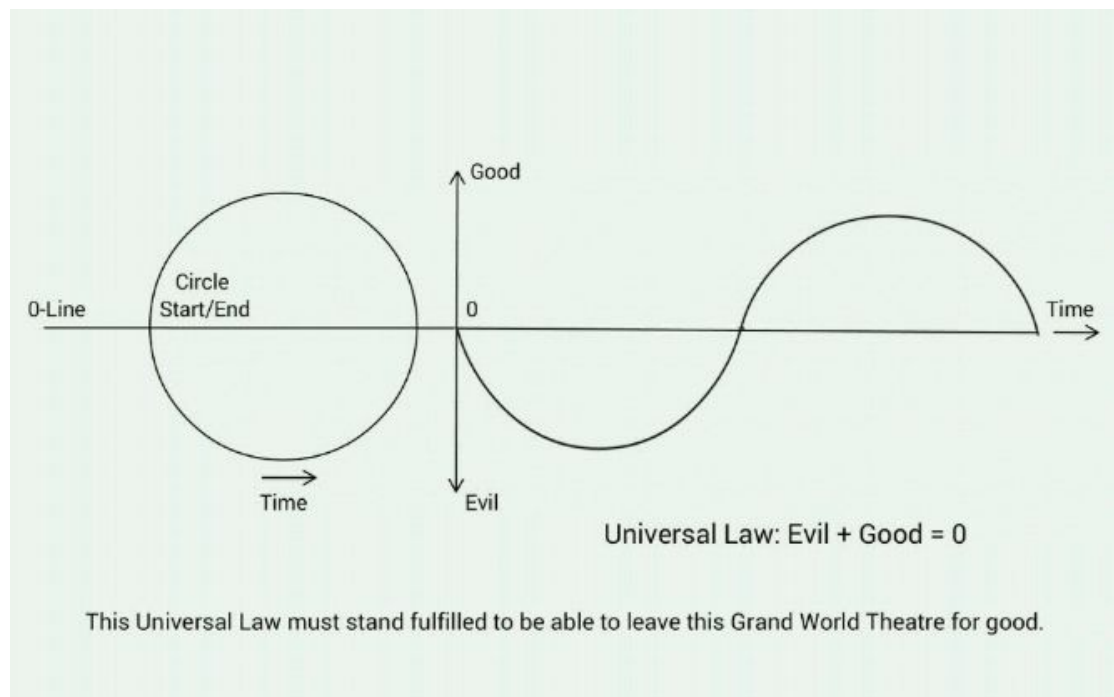


Figure I.6 The Universal Law of Action Compensation in Good and Evil Terms

Does it now make sense for everyone WHY some actors choose to suffer badly? It's a quick step to freedom from bondage to evil action consequence. Sure, it's certainly not fun to suffer like that in human five sense terms. But, in essence, we are not humans, but the actors playing humans. The actor chooses the role within the framework of the Universal Play to afford itself the quickest means to free itself from evil action consequence. As a human being, then, such actor suffers in five sense terms, which makes his/her suffering as real as the suffering he/she had inflicted on perhaps some other actor in the Universal Play in an earlier round. As such, compensation is facilitated. One may call that 'cruel' in human terms, perhaps, but fair and just in Universal Terms. Forgiving one another therefore plays a vital role in such set up of fairness and justice, lest not everyone has to suffer the consequences of one's actions. Otherwise there will be pain and suffering without end.

Just imagine, a woman got raped and the evil doer escaped. The woman vows revenge and is awarded such facility in another round where the roles have been switched. The woman is now the man that rapes and the evil doer the woman that gets raped. Justice is done! But now

the woman, the earlier evil doer, who got raped in the new round, vows revenge again and in another setting roles are switched once again and, once more, the woman gets raped like in the very first instance. One after the other is victimised and one after the other suffers 'rape' as compensation. Wouldn't it better here that one of the two forgives the other, if not both each other, to end this vicious cycle of rape and revenge?

In our human world we see the effects of past action that we don't remember anymore. Those who suffer may perceive themselves as innocent or be perceived as innocent by others, but certainly they are not. The Universal Law of Justice doesn't punish without cause and reason. It's automatic and 'the judge' is not a 'God up there', but the actor that plays the human being.

The real issue here is psychological and not physical. As human beings we are not aware that we really are our own judges.

Those that break the veil of ignorance and learn to see beyond the human settings will discover these facts for themselves. So, self-realise yourself as the 'actor' that plays 'you' instead of remaining stuck in the erroneous belief that 'you are you'.

The earlier cited Hamlet isn't Hamlet in real terms, but the actor Peter Smith who plays Hamlet. In the same sense, you are not 'you', but the actor that plays 'you'.

Go for it; you are the Master of your own destiny.



## I.7.1 The 'nasty thing' called DESIRE

What was it that perpetuated the 'circle of suffering' of the rapist and his victim in the example given in the previous chapter? Wasn't it the firm DESIRE for 'revenge'?

We are coming now to a second chapter of Action Consequence. Besides the issues of good and evil there is also the issue of DESIRE that fosters action consequence. It is action that has been desired, but has not yet been executed. Such desired action, too, is binding the actor to the Grand World Theatre.

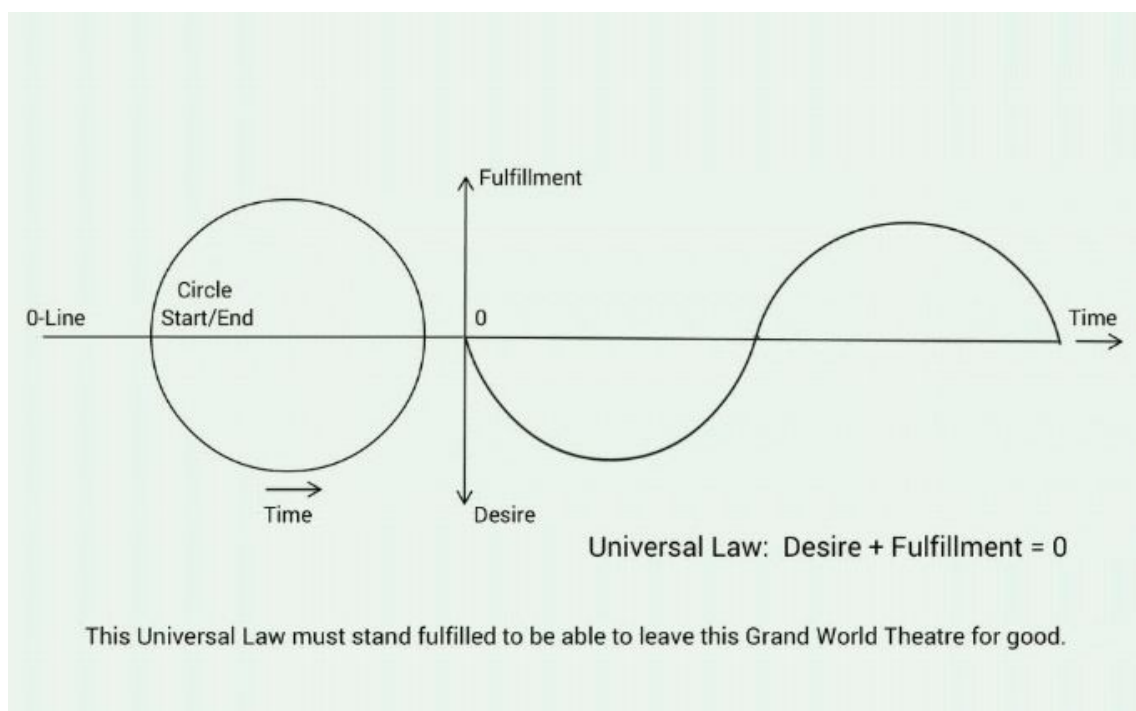


Figure I.7 The Universal Law of Action Consequence in Terms of Desire and Fulfilment

Figure I.7 shows, once again, the famous Philosopher's Stone Equation that states that both desire and fulfillment must compensate each other out. Let's elaborate a bit more on this issue.

What we learn here from the graph in Figure I.7 simply is that ALL DESIRES must be fulfilled to be able to leave this Grand World Theatre for good and stop acting and participating here. Do you carry any unfulfilled desires in your heart, something you wanted very much to do or possess, but the circumstances didn't allow for that?

We must be very careful what we wish or desire; once lodged into the subconscious mind it must be fulfilled, unless we find a practical way in application of wisdom that frees us from

the subconscious desire. If we wish, in hatred and anger, to harm another human being or animal, we may be bound to fulfill that desire sometime in the future and in doing so invite new consequences in the good-evil department on our head.

If you ever wished to be the Prime Minister or President of your country, you may have to wait till, by the inherent settings of your personal action account, you QUALIFY to get such role. Same, if you eagerly play lottery every week and pray for a big win, you may have to play on till by the settings of your good-evil account you actually qualify for a big win.

Good luck isn't coincidental, but something you have earned sometime in the past by good and constructive actions. Now it's time to harvest, but ask yourself in which way you'd prefer to use your good luck? Do you prefer a big lottery win or rather 'miraculously' survive a car crash, which normally would have killed you? Sometimes it is better not to play poker with your good luck, so it is still available to you, when you really need it.

We speak so much of 'accounting' and, yes, in terms of action, whether executed or desired, things work just like an account in your bank. You may have debts or you may have credits, depending on the nature of your actions performed. Everyone though started, at the very start of participation, with account balance zero. No one received 'an advance' like in some board games. Whatever your present position in life, it is the direct outcome of your own actions and desires. You gain, you loose, but when you want to quit this game for good, you must be back to zero where you started. So, those who are in credit, instead of being evil to reduce the account balance, will best INVEST the account surplus towards further evolutionary self development. Again, it's like on Earth; if we want to go to school for further education, we'll have to invest some of our savings. In terms of evolutionary self development it is your surplus in your 'good-evil action performed' and 'action desired' accounts that are the foundation of your investment. Yes, you can also incur further 'debts' in your already indebted account towards further evolutionary self development, but such move likely will make your daily life settings more difficult. Such move towards further self development, quite likely, will be easier for those who have a comfortable credit on their action account. Ultimately, the choices are always your own within the frame work of Universal Law and the Rules of the Game.

## **I.7.2 Evolutionary Self Development**

What is evolutionary self development and is that also a desire, if we wish for that?

Evolutionary Self Development is the essence of this Play within this Grand World Theatre. We all came from the same 'origin' and will, eventually, return to just this origin and that is where the circle closes. In such context, we are walking in a huge circle, where the starting and the ending are the same point. Our 'origin' is the connecting point where start and end of the circle meet. Start and end are mirror like opposites; so in such sense our personal development scheme has two opposing sides, too. It's just that we, who are EVERYTHING, become NOTHING and then try to become EVERYTHING again. From the ORIGIN, which is neither Nothing nor Everything in absolute terms, but both Nothing and Everything in relative terms, we move through a giant circle. Within this circle IMPORTANCE is a term that doesn't exist. Everything and everyone is equally important. How does that work?

The 'non-individualised' splits down into 'individualised', as shown in Figure I.2 in Chapter 1. The 'perfect' gets 'limited in perfection'. While the essential player in all roles is always the same, like an actor in a movie perhaps playing several roles, the 'mask and body' make it appear, as if the player is always a different one. Adding to that mental confusion and mento-physio limitation, we arrive at a grand show with many players depicted by a single actor.

So, in such sense, you are the Creator of the Universe yourself, in your non-individualised state as depicted in Figure I.2, and you are also the many love hearts depicted in the same Figure I.2 in individualised form. So, when you, a single individualised love heart 'cheat' or 'hurt' another single individualised love heart, you, in your non-individualised nature 'cheat' or 'hurt' yourself. Essentially, there is only YOU in non-individualised existence playing the roles of everyone and everything. How does that make you feel? Important? More important than others? Think again; YOU are the others. So, how can you be more important than others? And if you make yourself 'think' to be more important than others, don't you then look down on yourself, as YOU ARE THE OTHERS.

A 'big thought' that is difficult to digest in your present limited human form, isn't it? You are the Creator of the Universe yourself that has imagined itself through mento-physio limitation to be 'YOU' in a human body and the MIND has obliged to really believe that.

'Whatever you do to the least of my brethren you have done to me', one of the Masters has declared. Do you understand now such statement?

Please take some time to think, contemplate and marvel about this, will you?

### I.7.3 Desire

Was it DESIRE that made YOU embark on a dual Everything/Nothing game lodged into an imaginary Something Existence, when you were, inherently, already both Everything and Nothing yourself? Then WHY engage in a silly game that makes you believe that you are Something?

If it was DESIRE that motivated you to set out in such silly game, then, certainly, desire is the essence of such game. But, if it was just a playful non goal-oriented thought, like 'just for fun', that made you engage in such game, then there is no desire involved.

What is left for you is the CHOICE to play on till 'eternity' or get the grip on yourself and remember who and what you essentially are: The Creator of this Game!

But, you can't, in such memory of your own nature as the Creator of the Game, willfully change things to afford yourself and perhaps your loved ones better terms, as you are 'everyone' essentially yourself and would in such move likely disadvantage yourself. In such sense, miracles performed by any Masters, just like the ones accredited to Jesus Christ, could be considered '**inappropriate**', as they essentially constitute a self-driven disturbance of the overall play. Can you see that now? If you heal one, you must heal all, as healing one and not the others you discriminate against yourself, as 'you are the others'. Does that thought sink in?

Any action performed by you, as such, must consider the interest of everyone and everything, as, essentially, you are everyone and everything yourself. If you can do that, then you are on the road to self-remembrance of your own True Nature. If you can't do that and still, selfishly, act in the interest of your Nation, Family, Community, Class or Caste, Religion, Gender or whatever other limiting groupings may exist here on Earth, then you still have not yet realised yourself in your True Nature and are still haplessly blundering around. Wake up and see 'who you are' and change your life style and approach to match such nature!

Be your own true Self and not your imaginary Self.

You are that!

## I.7.4 Your Road Ahead

Having been both Everything and Nothing in the very start and having taken the 'Start with Nothing' Route of the Circle, you must strive to become, again, everything in your mental framework and consider everyone and everything in this Universe as your essential Self.

You are a human being, now. What lies ahead?

You must learn, next, to become a Divine Being in your inherent Nature, Outlook and Actions while here on Earth. Divine Beings are different from typical Human Beings. You must investigate and know those differences and be able to live them. In as much as human beings are EGO-driven, selfish, self-focussed and proud, in as much a divine being is just the opposite of that. That is so, because human and divine are mirror reflections of each other. In a mirror the reflection is opposite to the original in front of the mirror. So, if you are still a typical human being in your present nature and expressions, you must learn to reverse and express the mirror picture of your present typical human nature, meaning your divine nature.

Most people aren't all human or divine, inherently, but a mix of both with likely the human side being the stronger one. You need to learn to balance both sides equally. If you can do that in your everyday life, you'll realise that being human and divine is nothing else than a clever projection out of the mirror axis. Following up the mirror axis into the Unknown you'll realise yourself as a 'Universal Being' that has both divine and human qualities, relatively, but is neither human nor divine, absolute. That's your road ahead out of the confusion of mind.

Having established yourself, inherently, in your Universal Nature you will know, how to set all 'accounts' back to 'zero' to arrive just where you set out at the 'starting of the game'. That's the exit door, as you originally entered this Grand World Theatre through that door. All else, since when you entered, has been just vivid mental imagination; once you left through the exit door you will know that all out of your own self-realisation.

Please note that physical death is not such exit door from this Grand World Theatre, but only a temporary exit to the 'back stage' to re-orientate yourself, before you go back 'on stage' to participate again with likely changed settings. You may call such 'back-stage' hell, heaven or paradise, if you like to call it as such. Based on the time frame of perhaps just 80 to 100 years as a player on the 'front stage', your stay on the back stage could be of 'relative eternity', but certainly not an 'eternal life in heaven, hell or paradise' in absolute terms. Your personal

'belief' and the well meant assurances of your 'clergy' will not make things like that for you.

Wake up and realise that you live in a Universe of relativities and not in a World of absolutes. If you see any absolutes here, please look again and make yourself aware of the big picture. Yes, the soil beneath your feet appears firm in absolute terms, but deep under there is molten stone and lava. The firm crust on which you are standing and which you consider firm is just 'swimming' on an ocean of fire and molten stones. And the planet Earth, on which you are feeling 'so safe', is spinning and moving with great speed through space. 'Absolutes' are just wishful thinking. Discover your inherent divine nature by learning to think in terms of relativity and drop the cherished human thinking in absolutes. Then many things will become mentally clear to you.

Desire? If you have any desire, then make learning to be a Divine Being your desire, as this is the next step you'll have to master. Any desires in human terms only hold you down in human consciousness. Be the divine being that you were essentially meant to be and, beyond, learn to be an Universal Being. Then you'll understand the big picture of life and existence here on Earth; out of your own self-realisation and not out of some religious concept that someone has told you 'to believe' and which you then, parrot-like, just repeat. You must reach far beyond all belief concepts, which you only can by becoming a Universal Being.

Only then you'll KNOW FOR SURE.

## I.8.1 One-sided Existence

One-sided existence of any kind is the very root cause of reincarnation. The Universal Being, inherently, is 'everything' and in participation in a dual entertaining world one is supposed to develop uniformly and not one sided in any direction.

'Jack of all trades and Master of none' is a human term for someone that knows many things, but hasn't mastered any. Human beings, by such nature, want to be Masters, and in absence of sufficient time within one lifetime, can then only be Masters of one trade. Such self-development then necessitates reincarnation towards development of the other 'trades' that were neglected in the earlier round.

**- Under Universal Law it is NOT necessary to be a Master of any trade -**

Such statement contradicts widespread human perception. But, 'universal' means just that: uniform self-development on a large spectrum rather than a perfectionist that knows one and nothing about the other.

Once again, our often discussed Philosopher's Stone Equation applies: The sum of all expressions or trades results in Zero, whereas one-sided self development of any kind creates a 'vacuum' in Mind that desperately seeks for BALANCE in another round. Universal Beings are Balanced Beings.

The Universal Philosopher's Stone Equation

$$\sum_{n=1}^{\infty} X_n = 0$$

X meaning 'expression'  
 n meaning 'type of expression'  
 $\sum$  meaning 'sum of'

Figure I.8 The Universal Philosopher's Stone Equation

The Philosopher's Stone Equation considered so far related to a dual system of just two opposite expressions. But our Universe has many expressions and not all are dual, but also multi in expression. Whatever concepts the participating Gods are getting involved in, any one-sidedness in such concept expression results in a subconscious vacuum of the other associated concepts missing, speak not developed, which subsequently will need to be developed equally to balance the overall concept. Here we find the very root cause to reincarnation.

The Philosopher's Stone Equation of Figure I.8 translates in simpler terms for those, who are not so much acquainted with scientific mathematics, to the following simplified equation:

THE SIMPLIFIED UNIVERSAL PHILOSOPHER'S STONE EQUATION

$$X_1 + X_2 + X_3 \dots X_\infty = 0$$

$X$  meaning EXPRESSION

This is the Universal Condition that must stand fulfilled  
to be able to leave this Grand World Theatre for good.

Figure I.9 The simplified Universal Philosopher's Stone Equation

As we can see from both Figure I.8 and I.9 above, such Philosopher's Stone Equation asks for UNIFORM DEVELOPMENT to be able to finally escape the illusion of existence within this unreal world that ultimately exists only in Mind. Mind has been deceived in a clever light and shadow show, which is not just sound and vision like in a movie theatre, but an actual 5-sense presentation. No wonder, then, that Mind BELIEVES in the reality of such 'world', especially when the show goes on non-stop 24 hours a day and 7 days a week without even a moment's break. If we only could 'take a break' and re-orientate our Mind to see things as they really are: All bluff and deception! Don't you feel like that, when you leave a Movie Theatre after watching a thrilling movie? And then, what does 'reality' look like after leaving the Movie Theatre? Sure, you would have experienced that already in your own life, wouldn't you?



The Universal Philosopher's Stone Equation for a dual Expression

$$\sum_{n=1}^2 X_n = 0$$

$$X_1 + X_2 = 0$$

X meaning 'expression'  
n meaning 'type of expression (maximum 2)  
 $\sum$  meaning 'sum of'

Figure I.10 The Universal Philosopher's Stone Equation for Dual Expressions

## I.8.2 Getting a Break

There are two very practical ways to 'get a break' from this thrilling 'movie' of human existence here on Earth, which help us to re-orientate our Mind to get a glimpse of 'reality':

- (1) Develop uniformly and avoid all one-sided expression of any kind
- (2) Withdraw from the 'show' in a practical way, which closes the gates of the 5 senses

If we don't develop uniformly and get one-sided engaged, the vacuum caused in Mind causes something that feels like Desperation of Mind in the subconscious urge for BALANCE. Such desperation then forces us, beyond a lifetime, to play on and on seeking to balance out the vacuums. In such desperation of Mind it is very difficult then to just 'step back' and ask the valid question 'Hey, what's going on?' We are then compelled to participate without break and consideration pushed by the up and downs of the 'waves' like in a big storm on the Ocean.

If we could, just for a few minutes a day, just sit and try to get away from ourselves and the show by simply closing the five senses, which misguide the Mind by the ways of feedback, then we would be able, over time, to come to terms with our own life and existence here on

Earth. Have you ever tried this in a two-sense movie showing in a movie theatre? If not, next time you go to the movies, just close your eyes and press your ears 'shut' with your thumbs. Where is the movie gone? It has disappeared, as you have closed the respective gates, eyes and ears, that 'suggest' the movie experience to your Mind. You could even go a step further to use your little fingers to close your nose by gently pressing on the sides and even that smell of 'popcorn' will be gone. Don't people love to eat popcorn during the movies? Now there is nothing left to suggest to your Mind that you are in a Movie Theatre.

The act of closing the 'gates' of the five senses that switch off 'the movie experience of life and existence here on Earth' is commonly known as 'Meditation', which is practically nothing else then reverse concentration. Unfortunately the term 'Meditation' has become mystified by being drawn into religious practices. The Meditation, which we are speaking here about, has nothing to do with religion, ritual, incense, candles or heart warming music. It is simply just 'concentration', but instead through the 'open gates' of the five senses to the outside, now behind 'closed doors' towards the inside. The 'closed doors' are the 'doors' (gates) of the five senses. Instead of listening through the open gate of the EAR to the outside, in Meditation we close the ear to the outside and listen to the inside. You may plug your ears with suitable material like cotton, if you have trouble keeping disturbing sounds out by just concentration to the inside. Or use one of those handy ear phones of your portable music player, which are designed to keep surrounding noise out, so you better can enjoy the music. Then the pressure inside your ear will be a habitual one that doesn't distract and you just have to switch off your music player. Never think that you are meditating while listening to music; in such action you are concentrating to some sounds coming in from the outside. Meditation means listening to the inside.

Then you close your eyes, which should not be difficult, and gently look into yourself without straining. You could try to look onto the inside of the point between the eyebrows, perhaps, as something might be visible on the inside right there. Without straining, of course, in a gentle gaze upwards from within! Make sure that there is no incense burning and the room or place you are in is neutral in smell. You could open the window to let in some fresh air and oxygen before you start. No chewing gum or candy in your mouth, either! The taste of your mouth should be neutral; wash your mouth with clear water before starting meditation, if necessary. Ensure that you are feeling neither hot nor cold in the place, which you have chosen for meditation, as skin sensation (touch) of heat, cold, wind and the kind would disturb your concentration towards the inside. If you lie down on your bed, you might fall asleep. So better sit on a chair with your spine erect, which keeps you awake and focussed. It is difficult to focus, when the spine is slouched. There is no need to sit cross legged on the floor or in the so-called lotus posture. Those postures supported a straight spine in the days,

when chairs were not a common facility. Not everyone's body is suited to sit in such demanding positions nowadays. So use a chair without arm rests sitting comfortably with your spine erect. It's all about BALANCE. Too much comfort in sitting posture and environment will make you sleepy and inattentive, while too little comfort will distract your inside focused concentration to the outside. So, find your own and perfect balance towards the important engagement called 'Meditation', which simply switches off the 5-sense movie of daily life, which suggests to your Mind that what you experience here on Earth is real. Now you are alone with your Mind after all the outside messages coming in have effectively been switched off. But inwardly you still experience, quite likely, the mental static of all the messages that came in before. It's sort of an 'echo' from within. It takes some time for that static to calm down. So be patient, please, in your daily Meditations. It takes time to develop the will and stamina to meditate for several hours at a time. Both length and focus of Meditation are necessary to come to terms with yourself inside. 'Yourself inside' is actually behind or beyond that Mind that is still brimming with all that past five sense information. As you reduce five sense experience in your daily life, your Mind slowly will become calm. Then you can 'look' beyond Mind and communicate with the 'beyond', your inner Self on the rear side of Mind. That's what and where you want to be in touch and contact with.

We will discuss some simple Meditation Techniques and associated details in Part II.

### **I.8.3 Mental Static**

Mental Static experienced as an obstacle in meditation is often an indication of inner imbalance either caused by an imbalanced outer life style and/or some inner mental congestion.

We spoke in an earlier chapter about the three fields, being the Experiencer, the Experienced and the Process of Experience. The Mind, in such context, relates to the Process of Experience. The spectrum of the Process of Experience ranges from the five sense gates to the ultimate message that reaches the Experiencer deep within. The ultimate message could be different from what the message at the five sense gates was portraying. The Mind is dependent on the messages received and needs sufficient time to sort and digest such messages. If too many, perhaps contradicting or emotionally burdening messages, come in in a quick sequence, the Mind might not be able to sort these messages properly and we'll experience in Mind a phenomenon that is known as 'fragmenting' in computer data storage. Computer enthusiasts know that the computer develops a tendency to 'crash', when the

storage disc is too much 'fragmented'. The same happens to the Mind; if the storage in Mind is unsorted and undigested, speak fragmented, the Mind develops a tendency to 'crash'. Such 'crashes' could express in nervous or mental break downs on the outside. Modern psychology is familiar with such.

In our first contact with Mind in the process called Meditation we will likely face all sorts of hindrances, which obstruct our communications with the inner Self on the rear side of Mind. We will have to address such obstructions one by one.

Our current life style on the outside, including what we eat and do for life and entertainment, has an effect on our inner mental balance. Add to that imbalances (vacuums) created by one-sided self development and we have a jungle of emotions and feelings to deal with before we are able to get in touch with that inner Self. These, the emotions and feelings, are also an integral part of us, but not necessarily a healthy part of us. We got to sort that out, so to speak, to digest what was poorly digested before and defragment our Mind. So two steps are essential:

- (1) Watch our outer lifestyle and self-developments in order not to create further imbalances or vacuums in Mind
- (2) Clean up what has been already stored in Mind, but likely not well digested in Mind, and defragment the Mind in putting everything well sorted in its appropriate place. In such way our Mind works similarly to the storage drive inside a computer, except that we don't have to just push a button to defragment. We may have to defragment our Mind step by step and item by item. Some suitable techniques that help have been discussed in Part II of this book.

### **1.8.4 One-sided Self Development as a Cause to STATIC in Mind**

One-sided Self Development creates vacuums or imbalances in Mind that Mind more or less seeks to compensate for. Such imbalances or vacuums are both the cause of sometimes severe Mental Static as also a root cause to Reincarnation.

We will discuss this subject in the next chapter in detail, as it is most important to understand, what effect our ill conceived actions and perceptions have on us in our inherently Universal Nature, which illusionary expresses 'human' due to confusion of Mind.

## I.9.1 Reincarnation and How it Works

We spoke, in an earlier chapter, about the three fields consisting of Experiencer, Experienced and the Process of Experiencing. The PROCESS in such context is most important, as when the Process of Experiencing is not appropriate, then the Experiencer is fed with incorrect information.

The actual Experiencer, by Universal Standards and not by human standards, is the Self at the rear of the Mind. But, when that Experiencer at the rear of the Mind is fed inappropriate information in the Process of Experiencing, then the Experiencer might identify itself with the Experienced. The Process of Experiencing is administered by the Mind.

'Cogito, ergo sum' (I think, so I am) was the conclusion of the famous French Philosopher Descartes and it was an incorrect conclusion. An example will illustrate his error.

When actor Peter Smith depicts the role of Hamlet from Shakespeare in suitable mask and costume on the stage of a theatre, Peter Smith could identify with such Hamlet so much that he is mentally convinced to actually be Hamlet. In such situation Hamlet now might have the jolly idea to have self-existence that is independent of the actor that is depicting Hamlet. In such idea of firm belief of individuality of its own Hamlet might say, just like Descartes, 'cogito, ergo sum', as Hamlet in mental identification falsely reasons to himself being the thinker. In such reasoning, Hamlet cements himself in the idea of self existence as being the thinker, when, in reality, the actor Peter Smith is the thinker and not Hamlet. Descartes fell for the same misconception, because in being Descartes he didn't realise that he is fiction, none else than just a role played by some unknown actor. It is the mental framework of false self-identification that leads to such error. That is what we call 'confusion of mind' caused by inappropriate processing of the Experienced. The actor, in false reasoning, believes to be the role he depicts. The logical conclusion then is 'I am Hamlet' instead of 'I am Peter Smith playing Hamlet'.

This misconception of Mind sets the stage for our human existence here on Earth. We all firmly believe in the various roles we play, being convinced beyond doubt that we actually are what we are depicting here. After all, 'Cogito, ergo sum' the famous Descartes had said. So, where is there room for any error?

That's the scenario 'on stage'. What is the scenario 'on backstage' from where we enter the 'front stage' to participate in our chosen roles and costumes? Let's have a look at that!

## I.9.2 The Back-Stage Scenario

Here, on the backstage, the actors are assembled, gently chatting with each other, and none of them would even think for a moment to be the role they will be shortly depicting on stage. But then, stepping on the front stage, the world magically changes and quite suddenly they are being addressed with the names their roles depict and no longer with the actors' names. The stage world surroundings suck them in; forgetting themselves as the actors and becoming the roles they are depicting. Actor Peter Smith no longer is Peter Smith, but Hamlet. Same goes for the other actors in the play adopting name and role the drama prescribes and no longer being their own true Selves.

That's just what happens to us human beings when from 'somewhere unknown' we enter this world and our entire surroundings assure us from earliest infancy that we are right that what the world wants us to be and calling us by an identity that the world sees in us. We then play on in oblivion for perhaps some 80 to 100 years and all of the sudden we are called off-stage to return to the backstage from where we started from. Such process is known as death.

Does the actor Peter Smith, who played the Hamlet on the front stage, die when he returns to the backstage? Certainly not! What dies is just the role, which Peter Smith played on the front stage, when Peter Smith removes mask and costume and is Peter Smith again. It is Hamlet that died in virtual existence as a role. There is no Hamlet; he's just the imagination of Shakespeare that created Hamlet and the Actor Peter Smith's participation on the front-stage depicting Hamlet in a Hamlet style mask and costume.

If we want to call the backstage of such theatre 'heaven or paradise', then WHO went to 'heaven or paradise'? Was it the fictional Hamlet or was it the actor Peter Smith?

We see here in all clarity that we are totally mistaken about our true identity here on Earth. If it is true that we are only playing a role, then we could, perhaps, in agreement with the theatre director, change our birth given role and be someone wholly different, couldn't we?

Certainly, we could! We could even make surgical alterations to our mask and costume, speak human body, and set out to depict a totally different person. There is only one big hurdle we'll have to master in such move: It's our Mind. It's of very little use trying to be someone else, even with surgically altered bodies, if our Mind doesn't believe in it and still insists that we are our previous Self. Memory becomes a big hurdle in such move. It's our

memory that will be reminding us continuously that we are just faking the new role and in reality still are our own old Self. That won't really do for being someone else. We have to find practical ways to convince Mind, beyond doubt, that we actually are what we depict in our new role by some practical memory erasion.

That is what, as a matter of fact, conveniently happens in the process of reincarnation; we forget who and what we have been before. Whatever we have been before is no longer relevant, though it may have been the very foundation of our present existence on Earth. Why burden ourselves with memory? Past is past and past doesn't belong to us anymore. It is gone and there is nothing we can do about it. So, why worry about the past?

Now we are a new Self in different surroundings and have to focus on what is at hand right now rather than worrying about who and what we were in the past. But if we choose to change our role in an ongoing incarnation, which we certainly could, we must be sure to remind us that the past doesn't belong to us and delete even our most cherished memories from our mind. We are no longer the person who experienced what is lodged still in our mind; we must delete the past with all its good and bad from our memory to really be the 'new one' we have chosen to be.

Can you let go of everything, both good and bad and all pleasant and unpleasant, from your memory banks? If you really can, then you certainly could impress your Mind with a new identity, which has no connection with any 'before' other than some very distant subconscious memories. The Mind will respond to that, if you really wholeheartedly go for that. After all, whomever you depict here on Earth is fiction anyway, just like Hamlet, and the real Self, the Peter Smith in you, is the actor that plays such role. Who are you in your Peter Smith actor's role? Wouldn't it be marvellous to find out?

### **I.9.3 An actual 'on front-stage' new role selection**

An 'on front-stage' new role selection is difficult, as one is still, mentally, endorsed with one's previous role's memories. If that previous role had been traumatic or painful in such role play, additonally, one would have to deal with all traumatic effects lodged in the conscious and perhaps even in the subconscious mind. It is not easy to forget, when the Mind is in pain due to past experience. And forgetting the past is a most important issue, when one sets out to depict a new role. Otherwise one might be just faking the new role and in memory still be the same as before.

Another drawback of an 'on front-stage' new role selection is the simple fact that one is already known among existing family, friends and peers as the one, who one has been before, and a new role selection would, in all likelihood, entail to leave all family, friends and peers behind.

One learns the fastest among like minded peers and choosing a new role that is uncommon here on Earth will turn one likely into a loner without friends; initially at least. Who is there to help the actor in his/her new role to understand the do's and don't's of such role? So, most likely one would choose a role that is, naturally perhaps, already being played by other actors here on Earth. Then one would have to only mingle with such actors and learn from them the do's and don't's.

In an isolated case, some person, in higher self-realisation and self-understanding, set out to be something that likely was unheard of so far on Earth. When one becomes something that virtually doesn't commonly exist on Earth, one will also have no friends and peers to orientate upon. One would then have to develop such role entirely out of oneself without any peripheral help. Such is a very difficult move.

In our 'imagination', meaning confusion of Mind, we see ourselves wholly and totally as human beings, when, in all reality, we are only 'universal actors' that PLAY the roles of human beings. If we were to depict something entirely new, so far unheard of on Earth, we likely could do so only out of an Universal Consciousness and Self-understanding. In such case, we could orientate ourselves on the Universal Settings underlying 'existence' and put such settings to practice in our new role. Still, we'd likely be grossly misunderstood by the majority of human beings, but, at least, out of an Universal Perspective we will know what to do and where and how to orientate.

Our human world distinguishes typically between male and female and the concept of multi-gender is largely unknown. One would need to be accomplished in Universal Consciousness to really understand the do's and don't's to put such multi-gender presentation to practice in an 'on front-stage' role change. It's not an easy role change to accomplish 'on front stage' and much easier to accomplish on 'back-stage' in choosing a so-called hermaphrodite human body as one's mask and costume for Earthly participation. However, due to loss of memory one would not remember anymore, WHY one had chosen to come to Earth in a hermaphrodite body and the world around would have no answers, too, and suggest surgical adaption to either male or female. We hope that this 'Book of Clarifications' will serve as fitting information for a much bewildered world what is really behind some of the unexplainable



phenomena of human existence. We are not humans, inherently, but just Universal Beings that play human beings as actors here on Earth. Out of such Universal Perspective many phenomena of human existence can be clearly understood and explained.

### **I.9.4 An actual 'from back-stage' new role selection**

The actor has left the front stage and intends to slip into a new role. By Earthly standards, we would say that the 'old role' dies. What dies, however, are just the mask and costume, which are being removed respectively left behind on the front-stage, as the actor returns to the backstage, from where he/she started out from in the first place. The actor, certainly, doesn't die in such process.

In consultations with the movie respectively theatre play director a new role is chosen. In such context the actor chooses the role best liked and suited to him/her and gets his/her choice approved by the director. The approval of the director is necessary, because whatever new role the actor selects, such role has to fit into the ongoing play on the front-stage.

Religious-minded people sometimes say that GOD has created us. That is NOT correct. 'GOD' (without giving here an actual definition of what God is) has created the options and facilities that the actors can choose from; but each actor, choosing from the options and facilities, creates its character for the front stage play him/herself. It just has to practically fit into the ongoing play, but in such respect is not based on human standards and expectations, but upon Universal Standards. One could opt, in such context, to don mask and costume of something that is very strange by human understanding. This explains perhaps phenomena like siamese twins, hermaphrodites and other out of human standard physical bodies.

Ever thought WHY someone is born as a siamese twin? Just imagine two lovers that wanted to be together and were prevented by circumstances in doing so. Rather than accepting their 'fate' they preferred joint suicide; the old Romeo and Julia scenario! Such players could be born in an inseparable siamese twin body, where no outer circumstances could ever separate them again. We really must be careful what we wish for; enforcing our desire in suicide could have drastic effects for the next round.

It is interesting, in such context, to note that religious-minded people often claim that one should not change what GOD has given to anyone and then criticise people that make physical changes in line with their moods and personal wishes. On the other hand, such

religious-minded people are not shy to change physical appearances that are not conform with common human liking and perception. If GOD had really created every human body, then it would be blasphemy to separate siamese twins, change hermaphrodites into male or female or make other physics correcting changes, whatsoever, including wearing fashionable clothing, putting make up and make beauty alterations. It would, beyond, also be a sacrilege to send children to school for further education. If GOD really created us PERFECT to God's standards and wishes, then why we still need to go to school, learn a profession or do any other sort of changes to ourselves, both mentally or physically, which were not inherent to us right from birth?

We see on such simple examples that we have not been created PERFECT right from birth and that we apply constant changes and improvements throughout life in a process of further self-development. We are, in fact, the Creators of ourselves, within the framework of options and facilities available. Who and what you are in life is ultimately your own choice and creation and the settings at birth are just the starting conditions. Those, who by terms of politics and religion block anyone in one's own self-development, act against the basic rules of Universal Law. Everyone on Earth has FREE CHOICE by Universal Standards and no earthly power should force existing perceptions. That's to say, if someone willfully hurts the perceptions of others, who also have free choice under Universal Law, then one would have to put some constraint. So, ultimately it is a matter of arranging one with another towards the maximum freedom of self-expression and self-development practically possible. The correct standards in such framework are not local, political, cultural or religious standards, but the Standards of Universal Setting and Perception, as those are the actual framework underlying this Creation and human existence therein. Would please every one take note of that and seek to understand the Universal Settings beyond human and divine understanding. We are giving a few examples of such in this 'Book of Clarifications'.

The actor on the backstage has in the meantime selected his/her new role, mask and costume and is heading to the director for consultation and approval. What is it that makes such actor select a particular role? Are the criteria just jolly whims and moods or is more behind that?

Whatever mental framework was self-developed during the previous front-stage play, this sets the main foundation of an array of vast choices towards another role selection. A major criteria for such are past actions, both in a 'good-evil' and 'desired but not yet fulfilled' department. But, beyond, there are also a number of other striking issues that have affected the universal balance in such way that one has developed one-sided traits and experiences. Such imbalances now create painful urges in the subconscious mind; like a vacuum that desperately urges to get filled. There are a number of criteria in such respect, which we want

to point out now to our students and readers.

Besides other issues, there are 5 settings that are strikingly evident in human existence. One belongs, these days of the early 21st century of the Christian Calendar, typically to

- 1) A nation or tribal group
- 2) A cultural setting of certain cultural or customary do's and don't's
- 3) Some class or caste and likely have a racial group identification
- 4) Likely will belong to a religious group or sect, in which setting atheists are also a group
- 5) Will belong to a certain gender, typically male or female

Let's say you have been an actor that performed in some given role on the front-stage and having 'died' have entered the backstage to choose your new role along with suitable mask and costume. What would be your choice in the cited range of option of nation, culture, class/caste and race as well as religion and gender?

It is interesting to note here that we are, inherently, all of us Universal Beings that went to Earth to play for just fun and entertainment, initially, but then got entangled in the play in terms of good-bad actions, unfulfilled desires, and inherent imbalances due to one-sided affiliation and engagement. So, besides acquiring a NEW SELF in outer terms, we will seek, quite certainly, to detangle us from the imbalances created in our inherent universal nature.

As Universal Beings, we would have, ideally, developed all the traits of those five criteria options simultaneously, but due to one-sided affiliation we didn't. The thus created vacuums within ourselves are mentally screaming for being filled up and thus us being balanced back to our inherent Universal Nature. We therefore would draw up, here on the backstage, a 'battle plan' on how best to get back to our Universal Balanced State the fastest way possible. As human beings we may feel comfortable in one-sided traits and settings, but as Universal Beings we feel the most uncomfortable. How will we get out inherent Universal Balance back? By being exactly the same as before? Quite certainly not! We have to plan our next round of participation on Earth, speak front-stage, in such way that we compensate things back to as closely to Universal Nature as possible. Of course, the existing facilities on Earth may be some constraint in such venture, but where there is a will there is a way. And off we go back to Earth, speak front-stage, for another round of participation.

A loud cry and we pop out of our new mother's womb. Here we are in our chosen setting and big plans ahead for the years to come. But there is an unexpected problem; though we have encountered such problem already many times before on previous rounds. We are helpless

babes wholly dependant on our environment, which quite likely is steeped in their own ways and beliefs and perhaps not interested in what we really would like to do here on Earth. The world over parents teach their children what they, the parents and the community, believe in. After all, our little one, they say, is just a little baby that knows nothing. And, in such perception of the environment, the little one, once again, is brainwashed into views of culture and tradition, of nation and religion and of course inherent gender perceptions, which have nothing to do with what we could see so clearly on backstage and now leaves us no other choice than to follow our elders here on Earth, if we want to be their 'good and obedient children'. By the time we have grown up and then perhaps could exercise our own wishes and perceptions, we have been almost wholly brainwashed into existing communal perceptions to a point that we follow such views like automatons. Gone is our free choice and gone are our aspirations that we had so eagerly wished to portray on Earth, when we were still on the backstage. Another round on Earth in an error stricken Mind and likely even more imbalances in the good-evil account, more unfulfilled desires and more vacuums that desperately seek to be filled. And then, we have 'died' once more and find us, once again, on the backstage wondering 'what was that?' and 'why we could not do on Earth what we actually wanted to do there?' And so it goes on and on, one round after the other. Where did we go wrong?

The 'wrong' was simply that we allowed our environment to 'drive' us and in order to be in their good books we 'followed' without much questioning. We had adopted a sheep mentality, a sheep in a flock that follows the leader. Is it necessary to rebel and cause problems and friction with our loved ones? Not necessarily, but one should first come to terms with the existing situation, then with oneself in such environment, and then upon further realisation develop the courage to move discretely out of the crowd. Why we want to be the center point of attraction and admiration in our flock, when we inherently had other plans for our life here on Earth? Okay, we may have forgotten what those plans were. So, what we should do?

Rather than blindly following the flock or upsetting other sheep with too much questioning we find ourselves a quiet spot to withdraw to from time to time to come to terms with ourselves. After all, how those other sheep would know anything about why we came to Earth and what we wanted to accomplish here? Those other sheep certainly wouldn't know; then why bother and perhaps upset them? Having been brainwashed into communal views and perceptions we have to remember again, what WE originally wanted here on Earth and WHY we have chosen just that setting, which is now intent on pulling us away from what we actually wanted to do here. We got to remember and, once we remember, discretely pull ourselves away from the crowd and discretely go our own way; the way that we wanted to go, when we were still on the backstage so many solar years ago. If we are not discrete in such venture, our environment, even our loved ones, will likely pull us back into their flock, their

views, their perceptions, their ways and we will be bound, if not forced, to follow them instead of doing and living what we originally intended to do.

So, investigate discretely, WHY you came to Earth and WHAT you wanted to accomplish here and then discretely pull away from the crowd and discretely do and accomplish what YOU wanted to do and accomplish here. Once the crowd finds out, they may shoot at you with terms like you being selfish, inconsiderate, mean, if not crazy, because of you not following them the way they intended things for you. One got to be selfish in some way to accomplish what one set out from the backstage to do and accomplish here on Earth, but one doesn't have to be outright mean to others. But one will have to be **firm**! So, practise discretion as long as it is practically possible for you and once the crowd catches you in no longer following their views and perceptions, then you will have to be firm, likely very firm, to go your chosen way and not allow the crowd to pull you back into their own views and perceptions.

## I.9.5 Participation versus Engagement

The actor, who moves from backstage back to front stage, in any chosen mask and costume approved by the theatre play director, has two choices: Participation or Engagement.

In 'Participation' the actor adheres strictly to the screen play and strictly follows the play director's wishes. In 'Engagement' the actor interpretes the screen play and the director's wishes and adds his/her own ideas of enactment.

In 'Participation' the actor simply plays 'as prescribed and told' and as such is not responsible for the overall outcome. In 'Engagement', while playing in the basics 'as prescribed and told', the actor adds his/her own ideas and as such takes, in part at least, responsibility for the overall outcome.

Figure I.11 shows both 'participation' and 'engagement' graphically in the context of the Philosopher's Stone Equation. In 'participation' all action performed is auto-compensated, as in participation the actor follows strictly the prescribed circle respectively sinus-wave line. But in 'engagement' the actor doesn't follow strictly the prescribed circle respectively sinus-wave line, but superimposes the basic circle respectively sinus-wave line with his/her own ideas based erratic line. Here the actor is self-responsible in compensating the add-ons superimposed on the basic circle respectively sinus-wave line.

These days of the early 21st Christian Century are marked by wide spread mental confusion due to the present solar cycle as explained in an earlier chapter. Most actors here on Earth don't even know themselves as actors, but firmly believe that they are the **ROLE**, which they are currently playing. Likely nothing is known about the above described front-stage / backstage scenario and also little, if not nothing, is known about reincarnation, how it works and the choices each actor has in such setup. Naturally, knowing so little about the Play in which everyone is participating, knowingly or unknowingly, 'engagement' is relatively high and 'participation' is relatively low. That characterises our present age as the 'Age of Ignorance'. Some 12,000 solar years from now 'Participation' will be relatively high and 'Engagement' relatively low. Such age is then called the 'Age of Wisdom'.

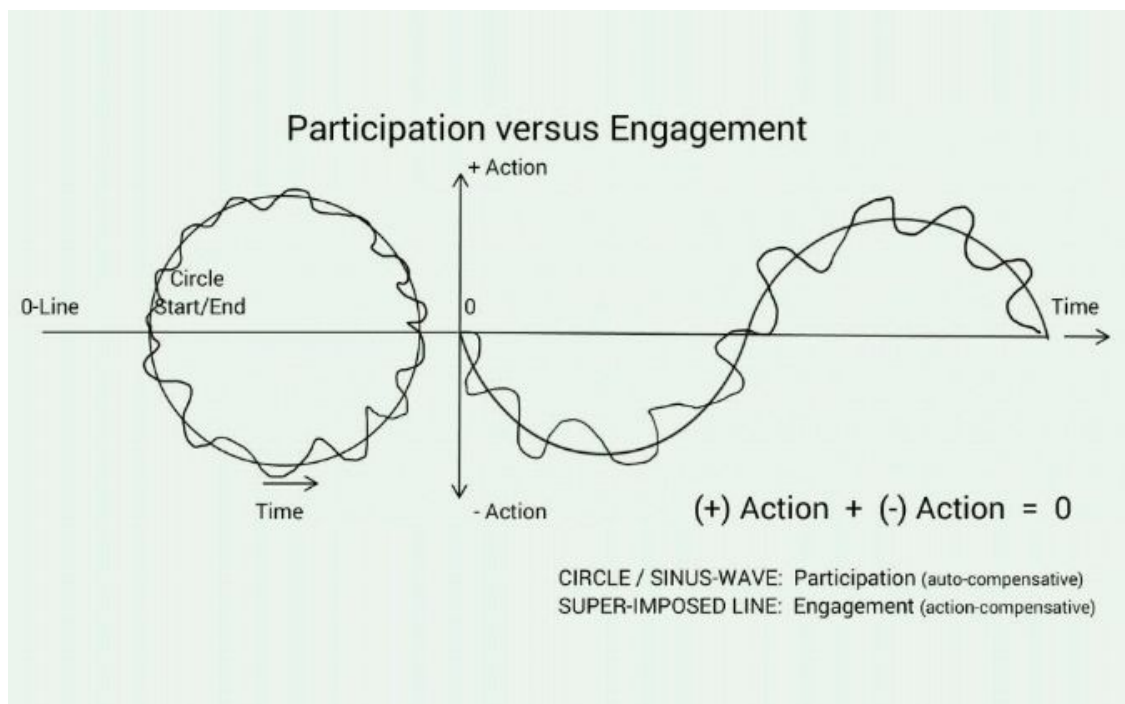


Figure I.11 Participation and Engagement in the context of the Philosopher's Stone Equation

We are actors and don't know it and we are Gods and don't know it. Here lies the tragedy of human existence and the many idiosyncrasies of our time. Our age is an age of suffering, as in ignorance we blunder around and keep hurting ourselves and our loved ones. We got to wake up from our self-inflicted sufferings, but who is really willing to make the effort to this end? Isn't everyone so much engaged with themselves and their own wellbeing, that we outrightly ignore that we all are living on one Planet called Earth? Whatever someone does in one part of Earth will affect others in some other part, as Earth is one system consisting of many associated systems which are interdependent. We may not have realised that yet or perhaps don't want to realise that, as it is inconvenient to know.

Same goes for our Universe, which is a larger system and Planet Earth and the Solar System are just an integral part of that. Our so-called Milky Way Galaxy is just an integral part of a whole bunch of galaxies. They all together form one huge system of which we, the human beings, are just a small integral part. But still, our actions here on Earth, even if minor by objective understanding, reflect on the overall system, which inherently is a balanced one. If we set the system into motion by disturbing the overall balance, the counter effect is going to affect us all directly, as we are an integral part of the overall system. It is not about the interests of families, groups and nations, not about cultural ideas and customs, not about on how we view ourselves in terms of self-importance based on class, caste, race or wealth, not about religion and ideology and not about gender. Such things are just superimposed on a much larger system, which we may not have understood yet. We are an integral part of such larger system and should not harass each other on grounds of nation, culture, class/caste/race, religion and gender. If we do, such choices go under the term 'engagement' and we are for the results self-responsible and will have to suffer, when compensation comes our way. There is no God up there, who is rewarding and punishing us for our actions; we ultimately reward and punish ourselves in choosing our respective front-stage roles at the time of staying on the backstage, when we know that we are only actors who are self-responsible for all 'engagement' based action.

Never say 'by the time the backlash comes to my actions I will already be dead', as you will be back, in time, to suffer the direct consequences of your earlier foolish actions, as you are inherently the actor and not the one you are depicting presently. The actor is eternal, while the one that you are now is temporary. It's just a role that you, the actor, is playing in suitable mask and costume. There is no resurrection of the dead bodies in heaven or paradise; that's just wishful thinking suggested by some religious authorities. Such resurrection doesn't refer to your human body, which is made of and belongs to Earth, but to you in your inherent nature of the actor playing 'you'. You are that! Wake up from your dreams and wishful thinking!

### **I.9.6 Wise Participation**

An actor on stage that doesn't know itself being an actor and believes to be what he/she is playing at the moment doesn't know what he/she is doing. An actor that doesn't know about any screen play or theatre play director is just like someone that 'happens' to be on stage without knowing how he/she got here and what he/she is supposed to do here. Such actor

likely will be the fool of the show, wouldn't he/she? Do you really want to be the fool in this world?

In 'Participation' we got to know our roles, which we are playing here, to be just roles as drawn up in a clever screen play and supervised, if not controlled, by some director. Isn't that how most movie making and theatre play is working? Where a theatre play on stage or a movie making would go, if all actors are acting on their own behests and whimsical ideas utterly ignoring the screenplay injunctions and the wishes of the respective director? Wouldn't chaos then prevail, a chaos that will affect all the participants of such enactment?

You got to KNOW that you are an ACTOR and you got to KNOW that there is a SCREENPLAY and you got to KNOW the PLAY DIRECTOR. Blind belief can't furnish you such knowledge. You got to KNOW for certain! So, please, be the 'disbelieving Thomas', as one Holy Scripture puts it, and ask for confirmation and proof. Didn't the 'disbelieving Thomas' in such Holy Scripture story get the proof? But, of course, if you are proud and arrogant, then a small 'scolding' will hurt you. Pride comes before the fall, the saying goes. One has to give something to get something. Ultimate knowledge and understanding has its price and such price is not monetary. Wisdom can't be bought on the market place. So, sacrifice your pride and acquire humility. Pride is a cup that is filled with ignorance; one got to empty such cup to fill it with knowledge and wisdom. Humility will get you ultimate wisdom, knowledge and understanding; pride and arrogance won't! Blind Religion and Ritual are for those, who fancy pride, arrogance and physical wealth, and the harvest then is blind belief and ignorance. Ultimate knowledge, wisdom and understanding are for those, who are humble, caring, serving and sacrificing. Make your choice of what you really want and take things from there. Pearls of wisdom are not to be thrown among the swine, as a Holy Scripture puts it. Remember that, please!

In the Age of Wisdom, some 12,000 solar years ahead from now, the actors of the show will be 'participating' rather than 'engaging'. It's likely going to be a very happy time, so much different from the ways things are currently here in our times. It's up to you, if you want to be one of those actors participating in the Age of Wisdom, or perhaps being disqualified, having to wait another 24,000 Solar Years at backstage locked up in perhaps some 'not so happy place', waiting for your time to come to 'engage' once more in the Age of Ignorance, which will best facilitate the circumstances to face the ill consequences put into action your last time round. In relative ways 'heaven' and 'hell' exist, but they are temporary and not eternal. It is just what YOU, the ACTOR, ultimately make out of that, while on backstage. You are the Master of your own destiny, here on Earth and on the backstage. Always remember that, please!



## I.9.7 Who is the Movie respectively Play Director?

The whole world speaks of 'a God' or 'the Gods', but no one knows 'who or what this God is', as no one ever has seen God. Have a look into the mirror today, will you? That is God, your mirror image, which compares to you, the photo positive, like a photo negative. You can't see God, because you can't see yourself without looking into a mirror. Your image, God, is your inverted 'you'. This is the Movie Director or Play Director you got to consult, initially at least, as such Movie Director or Play Director has and knows the screen play.

On a larger scale, GOD was the point from where everything started from, which by division as individualism became 'many Gods', also called souls. Souls are nothing else than GOD individualised into many. In further development the individual Gods, speak souls, became human beings.

In such context anything and everything in our Universe is GOD. Psychologically speaking, GOD is the next authority 'up the line', with whom we should be in close association for the purpose of finding our way 'back home'. For human beings here on Earth the next authority is the dual image, the God within. This God is also the closest compared to 'other Gods' around us. The command 'you shall no have any other Gods before me' of some Holy Scripture means just that. While, in a certain context, even our family members and children could be considered as 'Gods', since essentially everything is God, as it was 'projected' out of GOD, they could, unfortunately, be 'distractions' from the God within us.

Your human eyes, along with your other four senses, are focused to the outside, but your inverted Self, the God, is on the inside. There we must look for your inner partner to help us with orientation in this world. No outside worldly authority can do that for you; no teacher, no priest, no pope, no king, no emperor! The God is right within you, as you are the outside mirror reflection of such God.

The concept of 'a God' ultimately refers to 'some higher authority to yourself'. As a human being the 'God' is your inner mirror reflection, which you must search and get in touch with in a process called 'Meditation', as explained in an earlier chapter. Once such contact is established, there will be a 'flow of communications'. You, the outside partner, serve and inform the inside partner and, in return, the inside partner will furnish you with vital information and supportive ideas. You got to experience that for yourself to know about it. It

works in all walks of life, even in business and other worldly ventures. In such context, you, the outside partner, will be mainly 'participating' based on information and guidance you receive from your inside partner. If you, the outside partner, are proud and arrogant, such relationship could be a painful one, as in 'knowing everything better' you may end up making a lot of mistakes in 'self-engagement'. But, if you, the outside partner, are humble and the serving rather than the ruling kind, such relationship could be a very fruitful one. It's ultimately what YOU make out of such relationship with the GOD IN YOU.

In eager communications and exchange, working together and sharing all thought and action in daily life, the God in you and you, the outside focussed 'God', will eventually merge into one. Then the crucial knowledge will dawn up in you that both you, the outside one, and God, the inner one, are nothing else than a dual projection out of some 'third authority' that we have called the Universal one. So, we have finally three parties to the game and not just two: The Universal, The Divine and The Human. The Human and The Divine are dual mirror images of each other, the inner and the outer Self, and the Universal is the projector of both. This Book of Clarifications was prepared largely out of a Universal Perspective trying to put human, divine and universal into an understandable context for our students and readers.

Is there anything beyond the Universal? Yes, there is, but it would take our readers too far beyond their present world of understanding. We have hinted to that already in some earlier chapter. People here on Earth are largely, by majority, human in their inherent natures and will have to develop their inherent divine sides, first, before in merging both the human and divine sides into one they will be able to embrace the Universal Realm. From an Universal Perspective one will finally understand. All else comes after!

## **I.9.8 Closing the Game**

Under the 'Rules of the Game' each actor will have to continue participation, on the front-stage in action or on the backstage in waiting position, till ALL the conditions for RELEASE have been fulfilled. Once again, such conditions are known to the inner Self that is advised in such by the Universal Movie respectively Play Director. Therefore constant communications with the inside partner(s) are essential. Then circumstances can be arranged by the Director to facilitate setting all 'accounts' back to ZERO. That's where participation started and that is where participation ends. Those, however, who want to do everything themselves, because they think knowing things better, will be unable in the framework of eager 'engagement' setting the respective accounts to zero and constantly be overshooting the target of ZERO by

arriving in either plus or minus. Therefore humble participation wins where eager engagement fails. Please note that the clue here is HUMBLY PARTICIPATION to the terms of the Play Director and not lazily waiting 'for things to happen'. True self-engagement means humble participation and not laziness or willful engagement of the 'I know it all better' - person.

The END OF THE GAME is leaving the 'Grand Theatre Building' for good, with the option to come back at a later stage, if we wish to. That's the ultimate freedom that can be achieved: having A CHOICE of participation, but not being under the COMPULSION of participation.

### I.10.1 Being Selfish don't be Selfish

In order to understand this seeming contradiction we need to come to terms with 'WHO' we really are. In our human consciousness we firmly believe that we really are exactly that what we are currently playing and are unaware of the fact that we are only 'playing' ourselves like an actor in a theatre. The actor is real, but what the actor depicts on stage is fiction. We, in our present self-understanding as human beings are therefore just 'fiction'. One must come to terms with such settings mentally, before one can proceed any further.

The FOCUS must be, initially, on the INNER MIRROR SELF, which boils down to an act of selfishness, of which the holy scriptures say 'you must have no other Gods before me'. That inner Self is the God in a human context and not some external deity. As we wholly and totally focus on that God within us, putting such God first before any other self-interests, whatever they might constitute, we need to be unselfish, when it comes to us in our present self-understanding of being human beings. Such unselfishness is psychologically necessary to get us away from our erroneous belief that we are what we currently think we are: human beings within a human setting. It is more psychological than physical. We do not know that we are just fiction and must arrive in our psychological self-development process at the clear knowledge of us being the actor that plays us and not being the played. The played is fiction.

As we focus on the Divine within us, which is our higher Self, we certainly commit an act of selfishness. But giving up our fictional Self in humility is an act of unselfishness. Therefore in being selfish we must be unselfish. Is this clearly understood by everyone?

Beyond, as inherently everyone and everything is GOD, as originally everything was projected out of GOD and not created out of some other stuff that is not GOD, we are fictitious humans within GOD. GOD is real and human is fiction, as GOD is the actor in all of us, and as we are, in essence, the actor and not the portrayed, we are such GOD ourselves. Such is the link that connects all beings and the entire Universe. In such way we are all related to each other on a Grand Scale.

The same rule of selfishness applies on the Grand Scale, too. We need to be selfish in order to develop ourselves into a higher understanding of us being inherently the GOD, while being unselfish on a lower scale leaving behind what we are currently attached to. That is like climbing a ladder, in which we 'selfishly' seek the next bar with one foot while 'unselfishly', without clinging', leave the previous bar with our other foot. In such act of climbing a ladder both selfishness and unselfishness are involved at the same time, one foot at a time.

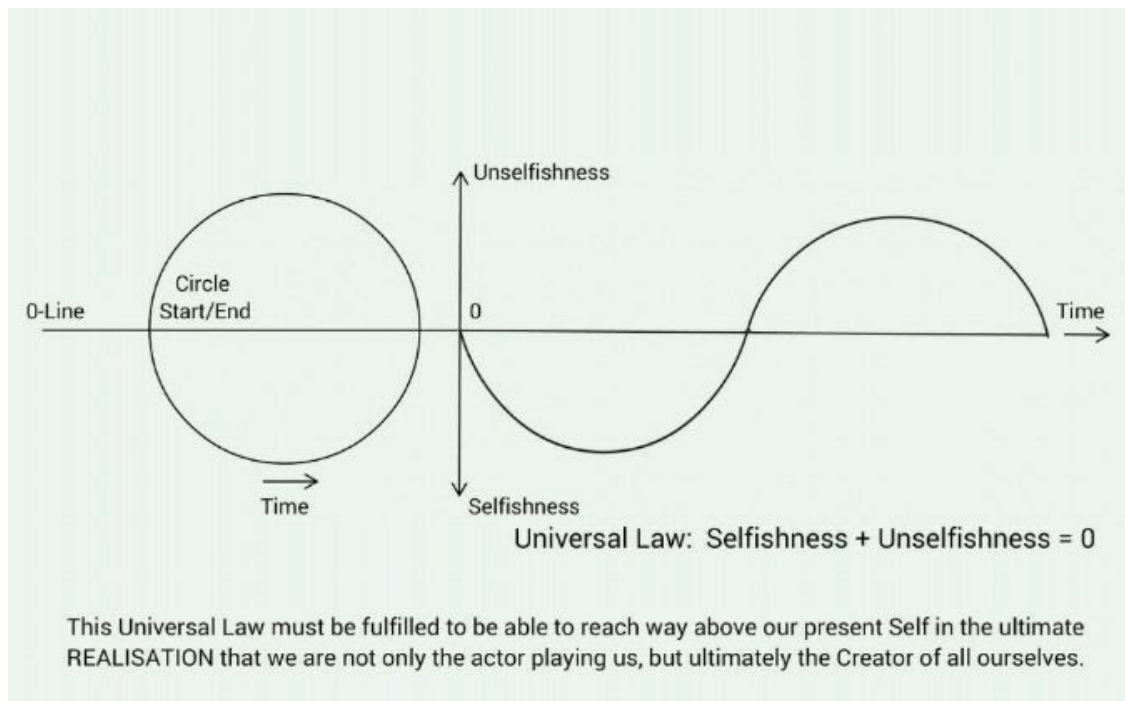


Figure I.12 The Philosopher's Equation in terms of Selfishness  
(one Self being selfish, the other Self being unselfish)

In a human context the rule of Selfishness means to be equally selfish and unselfish, when it comes to care about others. 'Take care of others as much as you take care of yourself', would be the appropriate wording here. Once again we speak of balance or Account Status Zero. It is always the same style Philosopher's Stone Equation; as depicted in Figure I.12 for this scenario. It is for such reason that the Philosopher's Stone had been held in such great esteem by the ancient ones, as it really 'turns into gold' (golden wisdom and not physical gold) 'whatever (subject) one touches with the Philosopher's Stone'.

In taking care of others, please don't neglect yourself and, in taking care of yourself, please don't neglect others! The danger these days of the early 21st Christian Century is human one-sidedness, however, in that some people take more care of others than of themselves and some other people take more care of themselves than of others. Such constitutes an imbalance in terms of selfishness and unselfishness. We must not neglect others, but also not allow them to become 'Gods before the Lord' in our consciousness. Beyond, if pressurised by world and environment, the God must always be **first** or we will never be getting out of the illusionary perception of us just being human beings. Ultimately, it is not just about collecting 'good karma' or 'bad karma' through our actions, but getting us out of the erroneous belief that we are human beings. But to finally get out of the Grand Theatre Show all our accounts must be balanced, too; also the good-bad kama and the desire kama accounts. Any account balance

to the positive or the negative keeps us bound in further participation in perhaps negative circumstances or positive ones. We must emancipate ourselves to find the middle between all extremes and in such context even good and bad are extremes, as they are standing DUAL to each other. You are welcome to draw up your own Philosopher's Stone Equation in the terms of good and bad.

Please be aware, in such context, that the Ultimate God can't be the 'good guy', as professed by some religions, but it has to be the 'neutral guy' beyond all perceptions of good and bad. As such, God and Devil, as portrayed by some religions, are just projections out of a higher one.

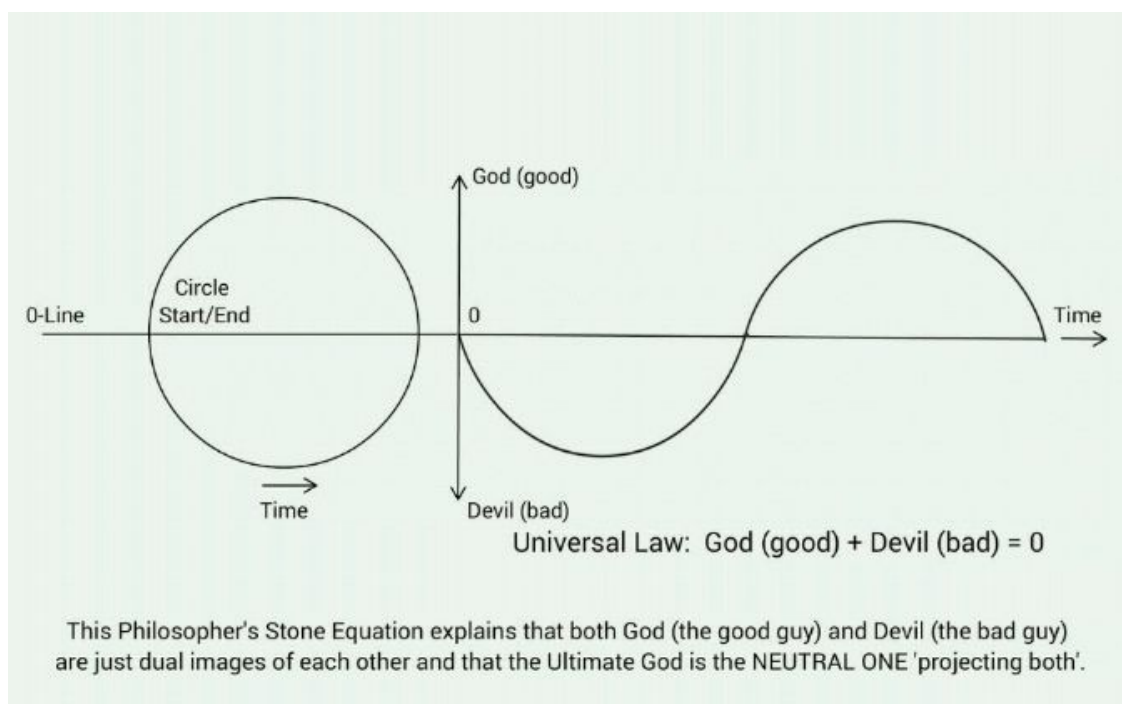


Figure I.13 Relationship between God (the good one) and Devil (the bad one)

Such NEUTRAL one, you ultimately got to search and finally unite with in ONE. Here it started and here it will end, as here the circle closes. You are that, as you originally were that and in confusion of mind only psychologically believed to be something else outside it, while you have been that all the time. It's just a psychologically cleverly arranged game and there is no one else 'up there' you could blame for it, as you have done all that, ultimately, to yourself YOURSELF.

## I.10.2 Introduction to Part II

We have provided you now, in our earlier publication 'The Book of Ultimate Wisdom' and now in Part I of this 'Book of Clarifications', with the basic details and informations, which should help you, our readers and students, to orientate yourselves at least in the basics. But details and informations, alone, are no proof and still fall into that 'blind or faithful belief' chapter. One can start with that, in absence of any other confirmed knowledge and wisdom, but one should not end with that. Each and every person is held to investigate him- or herself and get personal confirmations in a process called self-realisation. ONLY THEN you shall really KNOW.

How to get CONFIRMATION in the field of so-called metaphysics? Isn't that an obscure field or world inaccessible to human beings? Well, the ordinary world focused human beings won't have much access to the world or field of metaphysics, but, inherently, we aren't human beings. Once you rediscover your inherent Godhead the picture changes and you get access to knowledge and information beyond the human realm. The metaphysical realm is off limits to human-focused beings, as having access human beings likely would abuse such means. In EGO perception human beings often don't care about anything or anyone as much as about themselves. There have been a number of incidents that human beings, in devotional practice, got access to metaphysical powers and went straight back to the human world to show off with them to others. Remember, please, that the first mark that you are established in Godhead is HUMILITY. Those who show off are, best of all, 'fallen angels', but no Gods in their own rights. Never forget that!

In Part II we will introduce our students and readers to a number of practices and exercises that will help them in their own self-realisation process. It is most important in such process to understand that 'self-realisation' is not just about getting information, but also to put such information to practice. Confirmed knowledge has to come out of oneself, out of each individual, and for that both learning and putting to practice the learnt are necessary. So, just getting to know things for the purpose to theoretically knowing something, but without the intent to use and live it in daily life, is futile. This process of self-realisation is about CHANGE. It's not so much about changing the circumstances in one's life, but rather to change oneself. Those who don't want to change themselves better go and enjoy themselves in the movies instead of engaging themselves in metaphysical practices for the purpose of self-realisation. Only dedicated persons will succeed, as metaphysics are shielded from human beings that only want to show off or just fill themselves with theoretical knowledge without

actually practising things.

The same goes for techniques and practices. Such techniques and practices are a MEANS TO AN END and not the end themselves. Those, who don't practice sincerely and regularly with the proper frame of mind will just run in circles; a circle where the 'I, My, Me, Mine' is the center focus point. The center focus point has to be, initially, the dual partner within, the so-called Divine Side in each and every human being. Such Divine Side will remain out of reach, if any metaphysical techniques and practices are being undertaken in a hi-light of the 'I, My, Me, Mine' EGO-Self-Perception. Health and prosperity could be a by-product in such practices, but the one that undertakes such practices with the focus on health and prosperity will not get far in such practice and perhaps just acquires some short lived health and prosperity for the 'I, My, Me, Mine' EGO-Self. The ancient practice of YOGA is, in such terms, these days of the 21st Christian Century used almost wholly out of context. Wanting something for 'I, My, Me, Mine', like health, beauty and prosperity, the EGO-focused Yoga student runs in circles just around that 'I, My, Me, Mine', meaning his own EGO-SELF and **not** the God Within.

The focus has to be on 'the GOD within' and not on 'the EGO outside'. Please take note of that!

Having succeeded in devotional, humble, and regular daily practice to 'coax out' the hidden God within, one involves such God in all the daily activities as a partner; that is to say one SHARES instead of DICTATES. The God within never dictates or orders nor should we, in our present self-understanding, order or force such God to our terms. If we do force or command, then the God will withdraw and there will be no relationship and we'll be, once again, on our own to 'reap as we sow'. If we 'sow' bad, we also will have to 'reap' the fruits of our bad actions on our own, even if it means illness, pain and death. However, the one who 'sows' bad inadvertently, while being in constant contact and fair partnership with the God within, shall be protected and guided out of a perhaps hopeless situation by ways of inner help and support. We can see from such information that the one, who doesn't make close contact with God in the 'summer days of life' (good days) won't likely find such God by their side during the 'winter days of life' (bad days). Running to churches, mosques, temples and tabernacles in time of need, while having ignored 'God' all the way along, is an ultimately likely futile practice.

The partnership with the 'God within', once established in sincerity, is a most healthy one. Whatever our concerns or needs in daily life, ask within and follow the guidance received. Your own personal experience will be the best teacher to show you how this works. It can be applied to all situations of human life. Quite often, however, the guidance received from within may not be what WE, in our still existing 'I, My, Me, Mine' perception, think logically



to be right or what we really want. The divine logic and goal settings are different from a human one. For one thing, the divine side thinks relative and not absolute like typical human beings. The divine side, in such context, may take into account all the angles involved, relatively, and not just the one angle that we may be focused on in a given situation, absolute. The ultimate goal setting 'for the God' is us becoming Gods ourselves and not just mastering the particular venture that we are presently focusing on. As such, the guidance from within may be focused on a fairly different goal from the one that we currently may have in mind. Please be aware of such, if and when you feel that the God within seems to 'not understand', what you in EGO consciousness actually want. The God understands, no doubt, but the goal setting of the God may be, ultimately, much more than what you, in 'I, My, Me, Mine' self-understanding, currently can see and aim for. So, be courageous and sometimes try to go out of your own way and follow the God's advice instead of stubbornly following your own Ego-Mind. In doing so you will be protected and even if things don't work out the way YOU intended to, you'll understand, afterwards, that the different outcome was really in your greater interest. That's how we learn in working with and trusting our God within. Please, give it a serious try!

In the beginning, however, we might initially come to the experience-based conviction that there are TWO GODS within us. That is correct! The other GOD is actually a GOD BEFORE THE LORD; our own MIND, which is bound by HABIT of EGO SELF PERCEPTION from so many years. In such context, our Mind is now an enemy, relatively, though not an enemy inherently. We must understand that we have misguided our own Mind in a whimsical EGO approach for so many years that now, like an echo, our own Mind responds to what we have taught our Mind ourselves. So, our Mind isn't really the guilty party, but it is rather us, who have misguided and mistrained our Mind for perhaps so many years. In such ill teaching our Mind has become an unreliable partner. So, please don't look at your Mind as an ENEMY, absolute, but only an ENEMY, relative, to us having trained our Mind incorrectly. Re-training our Mind, of course, will take time, as our Mind is a Slave to Habit.

Then, how do we proceed with TWO GODS by our side, of which Mind is the God before the Lord?

There is a DISTINCT difference in the nature of these TWO GODS. The God within, our inherent divine side, is GENTLE in nature and more lovingly SUGGESTING than outright demanding. Our Mind, by contrast, is just the opposite; strongly pushing, if not commanding, and impatiently insisting in us proceeding as quickly as possible. While, in the beginning, you could be mistaken sometimes, who is talking to you from within, eventually you'll be getting 'the hang of it' to distinguish between the relatively loud voice of your Mind and the relatively

soft spoken voice of the God within you, your inherently humble divine self. Practice makes the Master also here. Go for it, please!

We'll be switching now to Part II of this 'Book of Clarifications' introducing you to simple practical techniques and methods of SELF-development; not so much towards the 'I, My, Me, Mine'-SELF, which you likely know already, but rather towards your inner, perhaps still unknown, Divine SELF: The God within you!

**END OF PART I**

**Free Page for your own hand-written Notes to Part I**

**Free Page for your own hand-written Notes to Part I**

# **PART II**

## II.1.0 A few Thoughts and Tips to Part II

Part II is the **Practical Part** of this 'Book of Clarifications'. We hope that our readers and students have thoroughly studied Part I of this Book and in particular also the Introduction to Part II at the end of Chapter 10 in Part I. It is important that our readers and students understand, **WHY** they are undertaking the essential practice presented in Part II.

It will certainly help (while not mandatory), if our readers and students have also thoroughly studied 'The Book of Ultimate Wisdom' (from the same authors). A sound base of information, at this stage no more than 'a practical foundation' in form of a 'belief concept', will help our readers and students understand, **WHERE** they are actually heading.

Belief is only for the **Beginning** and must never be the **End**. The End must be clear **Knowledge and Conviction** out of one's own **Self-Realisation**. That's what the practices and techniques of Part II are designed for: To furnish **PROOF** through one's own Self-Realisation.

### II.1.1 First and Foremost - Keep a Diary!

PROGRESS is measured in many small steps. Progress is realised in months and years and not so much hours and days, while the hours and days spent in faithful and regular practice are crucial for the overall progress.

WHY should we keep and write a DIARY?

Progress isn't really visible on a daily basis, but it is quite clearly visible over a longer period of time as an accumulation of many small hourly and daily steps. Keeping and writing a diary we are keeping **TRACK** on a daily basis of our thoughts and activities. The great benefit of a **DIARY** is in keeping us 'on track' and actually **TO SEE** our progress.

While the daily steps towards progress are quite small, almost invisible, the accumulation of many steps over months, perhaps years, is clearly visible, if we page back in our Diary to earlier notes and writings done perhaps six or twelve months ago. Our diligently kept Diary affords us such opportunity. Comparing our 'old notes' in the Diary with our 'present thoughts and standing' we can clearly see and judge our progress.

Why should we see and judge our progress?

Daily routine can be boring, if not frustrating, if we don't see any 'fruits of labor' in form of changes in our life or life style. We go on and on and on and nothing seems to come out of it. Or does it?

Let's go back in our Diary and see our thoughts, life and life style we had six months ago. Now we can see, from what we had written so long ago, that there is actual change and that we are progressing. And where there is visible progress as a result of daily routine effort, there is happiness and a sense of purpose. Without our Diary we'll never know, how well we are actually doing, and soon will be getting frustrated and likely will give up.

So, first and foremost, **KEEP AND WRITE A DIARY.**

## **II.1.2 Second and Foremost - Keep Track of Daily Development!**

Many people believe that keeping track of daily performance and development is unnecessary. But, how many times have we decided to improve ourselves and our life styles just to find out a few months down the track that we didn't change ourselves, as we lost track of things?

We may have, perhaps, drawn up some 'Good Resolutions for the New Year' and by mid January already have forgotten, what some or most of these Good Resolutions were. That's so, because we didn't keep track in form of daily reviews.

In order to change a firmly ingrown bad habit, we may have to remind ourselves, continuously, for eight to ten years till we really can say that we conquered such bad habit and certainly won't fall back into it again due to negligence.

We could wait for the New Year to come around OR write up our Good Resolutions Review Sheet right now. This Review Sheet would consist of perhaps eight to ten columns for the Good Resolutions and thirty horizontal lines for thirty days in the month. Yes, we got to do that on a daily basis in the evening before going to sleep. We can do that by hand or in a spreadsheet on our computer. We could give us 'points' for having done well, which add up to perhaps one hundred over the month. Then we could see, at the end of each month, how well we have done in respect of our Good Resolutions.

Let's give it a try, shall we?

Resolution								
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2								
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4								
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11								
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28								
29								
30								
TOTAL								



The Chart drawn above gives us space for eight Resolutions to be monitored DAILY for thirty days. If we set our maximum score per day to 3.3 points, we would, if we performed well in respect of the set Resolution, arrive at a monthly score of 99.9%, which is equivalent to 100%.

It is up to everyone to define the score, for example

- 0 = not done / forgotten
- 1 = somewhat done, though not well
- 2 = done quite well, but not as well as could be
- 3 = done well, though not 100%
- 3.3 = done 100%

Now, we got to set the Resolutions, which are PERSONAL on a case by case basis.

At the end of the month we add up, allowing us a 'free day' in the months that have 31 days. We shouldn't be fanatics, after all, but dedicated 'on the job' for at least 30 days in a month. If we draw this table up on a computer spreadsheet, the computer will add the monthly total up for us; otherwise we'll have to add up manually ourselves once a month. Then we can see in the total, how well we have fared.

What comes next? We design another sheet like the one before, but this time not for thirty days. We need an annual control sheet with twelve lines for the twelve months in a year. Then we can see, how well we fared over the year. Remember, we may have to continue this exercise over a few years to make things really count in our life. Bad habits die hard!

RESOLUTION								
JANUARY								
FEBRUARY								
MARCH								
APRIL								
MAY								
JUNE								
JULY								
AUGUST								
SEPTEMBER								
OCTOBER								
NOVEMBER								
DECEMBER								

### II.1.3 I won't need this...

"I won't need this" is an often heard comment, when one suggests writing a Diary and particularly keeping a Daily Review Sheet. Yes, it is sort of time consuming and who likes to judge oneself, when one has not performed well some particular day? But ask yourself, how many years did you have to study to learn your present profession starting out from preschool respectively kindergarten? If you intend to be a doctor or a lawyer, how many years will you study full time to become one? And if you also want to add a PhD, then some more time is added to the already many years of study.

Finding GOD and being able to communicate in a two way conversation is the highest educational training one can choose as a human being. Such course isn't offered in University, as the one who wants to offer such course would have to have mastered that discipline him/herself. It's not another belief system, of which there are already many on Earth, but a factual training with a factual outcome. One may start, as in religion, with some basic concepts, but one will **not** end with the common religious phrase 'You must believe that!'

This course, though starting with basic belief concepts, ends with proof and factual knowledge. Who wouldn't want to know one's factual roots of human existence and be able to communicate with a Higher Self for a joint venture success in life on Earth, whatever aims and goals one may wish to pursue? Aren't we all goal and success driven, one way or another?

If we study some twenty full time years to become a doctor or a lawyer, starting from our preschool respectively kindergarten days, then it is only fair to anticipate a similar time frame for the highest course one can study as a human being.

Of course, one also can study such course 'part time', but then the period of time required to actual complete such course could exceed one's life time here on Earth. Fortunately, this course isn't additional to one's life's duties, but it can actually and factually be built into one's daily life here on Earth by just setting some priorities.

But some basic requirements like writing Diary and doing daily Reviews, diligently, still remain. One needs to know, where one is heading. One needs to keep control on long standing mental habits, which could express in either body or mind. It's not just physical things, we may need to change, but also and perhaps more so mental shortcomings. Once you start sincerely monitoring your daily physical shortcomings you'll be surprised how many mental shortcomings you'll discover in yourself; traits like dishonesty, lust, anger, hatred, fear,

short temper, pride, show off, and so on, just to name a few. They are certainly not of the divine kind. Wanting to become a GOD in your own rights, you must learn to act like one, in sincere kindness and humility. You will need to review yourself every evening, how you have fared in each discipline or you will simply forget; perhaps not in a day or week, but very likely in the course of months and years. You must be in charge and in control of yourself and your own shortcomings; otherwise you'll find out some distant day that you didn't change as you had planned and valuable time was wasted. You have ONLY some eighty years or so here in Earth and bad habits are changed best, when one is still fairly young. It is much more difficult to change oneself in the second half of life than in the first one; though not necessarily impossible.

We certainly don't want to order you around in do's and don't's, but please be fair and don't blame others, including the authors of this Book, if you failed to get the expected results, because you preferred to take things 'easy'. You are the Master of your own destiny and as you sow so you will reap. Please remember that always!

And always remember the long standing famous saying that 'pride comes before the fall'. In pride you are human, but in humility you have the potential to re-establish yourself in your inherent Godhead. So, learn and practice HUMILITY first. It's a divine quality. It got nothing to do with being lazy, taking things 'easy' or being a doormat. Humility ultimately means leading an active life without claiming the 'fruits of action' selfishly for oneself. The 'fruits of action' belong to GOD and not yourself. Please remember that too; otherwise you will never get out of your present illusionary human EGO-Self consciousness and will die as a human being some day instead of realising yourself as a divine actor that is just changing mask and costume on the backstage. You need to self-realise that; blind belief won't help you here.

### **II.1.4 Humility, Sincerity and Honesty**

Humility, Sincerity and Honesty are the three foremost character traits one needs to participate successfully in the mentioned course, the highest study course one can pursue here on Earth.

Please be aware that the 'God in you', inherently your divine Self, knows your every whim and mood long before you become aware of them. While you may pride yourself of knowing perhaps 5% in your present life, the GOD in you hides away in humility knowing that 5% plus the remaining 95%, too. That ratio relates roughly to the brain power that is currently

available to you compared to what that GOD in you is capable of using. All the more reason to closely affiliate with that GOD in you, but in humility, sincerity and honesty. You can't 'cheat' the GOD in you, who knows your every thought and notion well before you are having it. So, never think you can 'trick' that GOD in you, no matter how smart you think you are.

## **II.1.5 Personality Worship**

The Holy Scriptures of all sincere religions, yes, in such context even the Hindu scriptures, maintain that one should refrain from worshipping external Gods and deities, as they are, effectively, distractions from the GOD within oneself. Such teaching includes that it is unwise to make statues or paintings of any sorts (including cleverly arranged photographs and videos) and lose oneself in ritualistic worship of the same. These modern days of the 21st Christian century some new religious groups and sects have risen promoting their leaders as Gods and Saints, but in such practice have only become cults of some sorts. But even some more ancient religions and organisations worship their said founders and leaders like deities, who in such context have become 'Gods before the Lords' in the hearts of the devotees; often without them realising it. The list is long of those who follow such irrational practice and we won't name any groups here in particular. GOD is the goal and no human being, whosoever its name or title, no founder, no teacher, no Guru. The purpose of such person was or is just 'helping the individuals' in finding the GOD within themselves; but all too often their devotees mistake them as the God they must worship. 'Follow me', the great Masters have said, but NOT 'worship me'. So, respect your teachers and masters; but respect doesn't mean worshipping them. Or else they will turn into 'Gods before the Lord' in their devotees' consciousness. Please take note of that!

Even the God in you doesn't want to be 'praised' or worshipped in any way. The GOD in you is not an earthly leader, king or emperor that wants to be flattered by his/her people. Such GOD only wishes to be accepted by you and invited to be involved in your daily life; in all situations and events and not just when you are in trouble. The choice, of course, is your own and the GOD in you will not force itself into your life unless you sincerely and honestly invite that GOD in you to partake in your daily life and affairs.

## **II.2.1 Affirmations - an Effective Way to get Ahead in Life**

AFFIRMATIONS are a very practical way to enhance one's life and perceptions. However they have different kinds of effectiveness on different persons.

You are what you are, currently, largely based on the natural 'trends' you brought over from your last round of human existence (speak last incarnation) PLUS the 'brainwash' you experienced in your life so far; especially by ways of 'upbringing' as infant, youth and teenager in your own family and community.

Affirmations are, in such way, just brainwash in a similar sense as your environment has brainwashed you into certain ways of perception and behaviour. What is effective into one direction can also be effective into the opposite one.

Affirmations, however, don't work on every person in the same effective way; in a similar way as two children growing up in the same family and environment may not be the same way in perception and outlook in their years as grown ups.

It makes a big difference, whether a person is more of an emotional or more of a rational nature. Emotional persons usually respond positive to Affirmations, whereas rational ones may find it more difficult, as their rational nature is in demand of FACTS.

An emotional natured person also will find it much easier to BELIEVE in some concept than a rational natured one. BELIEF and FACT are opposites of some kind and so are Emotion and Reason.

But what about factual affirmations? Factual affirmations are affirmations that have been self-realised as FACTS, not just hypothetical belief. When one has truly self-realised something as a FACT, then the only hurdle to overcome is the natural tendency of the Mind to be bound by and to HABIT. Affirmation then helps to 'brain wash' the Mind into a new setting of Habits.

Once Mind is wholly convinced, factually and not just emotionally, of a FACT, one can then proceed to implant such FACT inside the Mind. In such process one will have to weed out earlier perceptions, which likely have formed habits due to repetition. The weeding out process depends on how deeply certain perceptions have taken root in Mind due to habit.

Let's say, for example, that someone was 'brainwashed' by family and society in the years of

upbringing to be a believer and follower of a certain religion. Such religion is much more than a mere belief concept; it has also likely a big social structure. Having formally, socially and sincerely practiced such religion for more than 20 years, one will have established habitual emotional attachment in one's Mind in form of MEMORY. Such Memory will likely be a cherished one.

Changing one's Religion to a different one, if one had sincerely and wholeheartedly participated in the previous one, is then MENTALLY a difficult step to accomplish. Those who find it EASY to change their religion are often the ones, who had no religion before or who had not sincerely and wholeheartedly participated in their previous one.

Social settings in Religion are strong, if one participated wholeheartedly, and changing the social side from perhaps Christmas to Ramadan or Vesak or Diwali could be a difficult step, as with 'Christmas' one associates many cherished childhood memories. Similar would be the experience, if one changes from one of the other three to Christian; depending, of course, how wholeheartedly one was engaged in one's own Religion before.

If you can say of yourself that it was EASY to change your religion, then in all likelihood you were never wholeheartedly engaged in your previous religion, but just followed it out of some sort of disinterested child hood habit, because you were 'born' into it. Often the social structure around a belief concept weighs more than the belief concept itself.

All sorts of EDUCATION are some forms of 'Brainwash', especially if you are asked to just **memorise** something and then answer questions in an exam **from memory**. What about your own realisations? The exams, which we do these days of the early 21st Christian Century, rarely ask us for our own self-realizations, but rather parrot-like to repeat from memory what had been earlier taught to us. Or, if we are asked at all, it is usually asking us to expressing 'an opinion', but not a much firmer self-realisation. Expressing opinions in exams could get us into trouble, if such opinions contradict the preconceived opinion of our teachers and society at large. So, in a sense, us being asked to express an opinion in an exam, could be a clever trap to find out, whether or not we entertain any anti-social or anti-religious ideas of any sorts.

As such, most of our knowledge and consequential opinions aren't based on self-realisation, but rather mental brainwash. We are what we are, because we have been brainwashed into being that and then ultimately also are professing this in our life and opinions.

What, if your own self-realisation shows you that your parents, family, elders, teachers and so on were all wrong and that they all, ignorantly, have taught you wrong? What would you do?

## II.2.2 Practical Affirmation

Before you set out practicing Affirmations of any sorts, please answer two important questions:

- (1) Do you really want to change?
- (2) Do your family and society permit you to change?

Affirmation is about CHANGE.

'The Book of Ultimate Wisdom' and the present 'Book of Clarifications' are both written for everyone, but some people may not like to embrace any changes in their lives and life styles, whatever the reasons, and others may simply not be allowed by family, society, religious authorities or Government. In some religions professing 'to be God', even if factually correct, could be considered 'blasphemy' and be 'awarded' with imprisonment and even death.

Therefore the two cited publications, 'The Book of Ultimate Wisdom' and the 'Book of Clarifications', would have to be restricted to those, who ARE FREE and WILLING to make perhaps drastic changes in their lives and life styles. Such restriction, of course, is not applied by the authors of these publications, but by worldly or religious authorities, if not by friends and family in an established social structure. And if you are UNWILLING to CHANGE yourself and your life style for any other reasons, then you restrict YOURSELF in further studying these two publications, as the changes attained by application and practice 'beyond just study' could be drastic ones.

However, if you can't change or don't want to change, you'll be better advised to put these two publications away and study something else, which you are ALLOWED to study or which you wholeheartedly WANT to study. Doing something that you are not allowed to do or wholeheartedly don't want to do will not make you really happy in the end.

These teachings want to give you factual proof in areas, where others will give you only unproven concepts and religious ideas. You must decide, yourself, what you really want and what, based on your personal circumstances, you can really do. Facts will be only yours, if you self-realise them. Study alone will therefore not suffice; you'll need to practice, too.

If, by your personal circumstances, you could only secretly study, but certainly not practice,

you are welcome to fill your heart with study, but don't expect to receive factual self-realisation in this study. And also, please don't profess to others what you have not self-realised yourself, as you'll likely misguiding them into another blind unproven belief system. It is NOT the purpose of these publications to create a new belief system in any way, but to deliver means to get factual proof of things in a process called self-realisation, which could be said to be the OPPOSITE of blind belief, which is commonly professed by religion.

The choice, of course, is always yours! Remember, please, that ultimately you are the Master of your Own Destiny and that, in the finals, no one of your loved ones nor your worldly and religious authorities will take the responsibility for the final outcome under their willful guidance and control. You'll be responsible for the final outcome always yourself.

### **II.2.3 Affirmation Practice**

An Affirmation is a Statement of factual Truth that one should have self-realised in one's own eager study, practice and research, and now would like to cement into Mind as a new Habit.

One can also use Affirmation, of course, to impress on Mind certain other changes, which one has difficulty to impress due to deeply inground habit. Such could be, for example, notions of insecurity and fear, which one would like to replace by courage and fearlessness.

The correct practice goes as such:

\* The text or words of your Affirmation should be in your OWN language, or, if you were multi-lingual in your upbringing, in the language that is closest to your heart. It is of not much efficiency to repeat Affirmations in a language, which you don't or hardly understand, even if you know the actual meaning of what you are saying. Reciting texts or affirmations in foreign or dead languages, such as Sanskrit or Latin, is of little value and purpose, though some religious authorities profess otherwise. You must really understand every word you are uttering in the process of Affirmation. This is so, as you must become ONE with your Affirmation and not just recite meaningless words.

\*You must be in a quiet place away from disturbance through others. Following the actual process of Affirmation you must be able to stay there in silence and undisturbed for a longer period of time, during which you have to be able to listen within yourself to hear the echo of your Affirmations from within yourself.



\* The correct intonation starts with repeating the Affirmation aloud in slow speech. You must not read from a sheet of paper and should have memorised your Affirmation beforehand. Your whole focus must be on what you are intoning without being distracted by any of your five senses except your ears, which should try to identify with what you are uttering **aloud** with your mouth. There should be no music, candles or incense in such location, as they likely will attract some or all of the five senses away from your Affirmation Intonation and in such context will more disturb than help. Your eyes should be closed and the focus be directed inwards.

\* After repeating the chosen Affirmation about 36 times, you change the intonation down to a lower voice, such as about **half-aloud**. The number of 36 is taken from common prayer beads that often have 108 beads. Your three steps of intonation should be each roughly about one third of the total number of beads you use, if any, or approximately a third of your active intonation practice.

\* After repeating your Affirmation half-aloud for 36 times (or a third of your active intonation practice time) you change to whisper. Repeat your Affirmation in **soft whispers** for (once again) 36 times or whatever is about a third of your total active 3-step intonation practice.

\* Having completed around 108 intonations in three roughly equal steps of 36 repetitions each aloud, half-loud and whisper, you stop active affirmation and start the inactive affirmation part. The entire inactive affirmation part should be roughly as long as the active affirmation part, i.e. another 108 beads, as an even balance to the active part.

In the first third of the inactive affirmation you only **repeat** the affirmation **mentally** without moving your lips. In the second part of the inactive affirmation you **listen to the echo** from within yourself, an echo that repeats your affirmation from within. In the third part of your inactive affirmation you strive to **become ONE** with the affirmation that you hear from within. The affirmation that you are hearing from within is the same that you have sent to within in the active part. Here the circle closes. You are THAT!

Please stay in quiet meditation and inner communion for another 15 to 20 minutes after having diligently completed the six steps of affirmation in total. Rushing away from such practice renders an Affirmation largely ineffective. You must have and give time!

A few more tips to your effective practice of Affirmations:

\* You can use pre-conceived Affirmations from suitable sources, which express what you would like to affirm on or you design your own personal Affirmations.

\* If you design your own personal Affirmations, please make sure they stay simple and to the point. Don't make things unnecessarily complicated. Simplicity of words and intonation work best.

\* All personal and adopted Affirmations must use positive affirmative statements that don't mention the weakness one would like to remove from the Mind, but rather use the term OPPOSITE to such weakness in the Affirmation. For example, if one would like to eradicate habitual fear and insecurity from the Mind, then the positive affirmative statement must focus on courage and strength. Saying negatively 'I am not fearful' will likely be ineffective, but saying 'I am strong and courageous' will likely be effective.

## II.2.4 Mantras and Special Forms of Affirmations

Mantras are typically Affirmations set in the ancient Indian Sanskrit language. Reciting mantras without understanding what one is actually saying is as useless as mechanically reciting prayers without clear awareness what one is actually saying. Same goes for so-called prayer mills and other ritualistic worship. If eager awareness isn't there, such forms of worship affirmations serve very little purpose. Things are **not** about pleasing any external Gods and deities, but to change oneself in one's own mental framework settings. True Gods can't be bribed with ritualistic worship or affirmation of any kind. Remember, the true God is the most humble one; how then would one be able to win the favors of such God with flattery and ritualistic worship aimed to ultimately bribing such God for special favors. Even plain human logic would say here that this can't work, that this can't be right. God isn't comparable to a human king or emperor that might respond positively to such forms of bribery; the truly humble God certainly won't respond.

So, please don't waste your valuable time trying to bribe the God with ritualistic sacrifice, praise and hallelujah. The true God won't respond to that. True humility doesn't respond to such forms of bribery nor does it respond to monetary gifts seeking to win favors. So don't waste your hard earned money in temple donations seeking to win favors from the Gods. Things don't work like that. Of course, you can give donations of support to your religious affiliation, but not with the intent of winning the favor of the God in return for such act. The

relationship with God isn't a business venture. Only true and unconditional love and surrender can impress the God and you may have to prove such unconditional love and surrender in many tests that may be given to you, before the God accepts you as a real friend and associate. So, never use any form of calculated bribe to win the God for you; it won't work!

## II.3.0 The Science of Yoga

If human beings find a practical way to mess up things, they will certainly find one to do that effectively. Such was the fate of ancient Yoga Practice in the so-called modern days of the 20th and 21st Christian Century.

The ancient practice of Yoga was essentially 'non-self' focussed, whereas the modern interpretation is all focused on 'What can I get out of practicing that?'. That defies the very purpose of practicing Yoga. The correct answer to this human question, in respect of Yoga practice, is that 'there is nothing in it FOR ME practicing Yoga'. Then why would any sane human being want to learn and practice Yoga?

The essence of Yoga, in its original intent, teaches to focus away from the so much cherished human I, My, Me, Mine. The essence of Yoga in its modern intent focuses on achievements of the so much cherished I, My, Me, Mine in perhaps self-oriented goal settings like health and beauty. The ancient Yoga could also have been translated to 'slaying the Ego', whereas the modern Yoga is structured often to actually 'building the Ego'.

We can see here, in all simplicity, what true Yoga is actually about and how human eagerness and marketing has confused it. The field of scientific Yoga was not the only victim of such human folly; there are many other areas of human interest and engagement that have suffered the same fate. A very popular such field is religion. Religion is not meant to be 'opium for the people', but in its current presentation religion is often nothing much more than just that.

We will give, in the following, a condensed review of Yoga practice in its correct context. We may even want to go as far as to change the word 'Yoga', so much misunderstood and malpracticed these days of the 21st Christian Century. Why not speak about, in Sanskrit terms, about 'Ahamkar Visarjan', meaning 'Ego Slaying', as that is what true Yoga is all about, in contrast to the false Yoga that has become so much an integral part of human life these days?

Why is it necessary to 'slay the Ego', the very essence of our human nature and perceptions? Well, just because of the Ego being the essence of our human nature and perceptions! As long as we can't get out of our human Ego Consciousness, the I, My, Me, Mine, we can't claim our inherent Godhead. We are Gods and don't know that, some Holy Scripture proclaims, and the reason of us not knowing or understanding that simple fact is our so much cherished human I, My, Me, Mine; our EGO in short!

How could we ever slip out of the human error or seeing and professing us as human beings, when in all eagerness we cling to just that false perception: The perception of us actually being human beings. Unless we let go of such false perception, which is largely circumscribed by I, My, Me and Mine and, further afield, by We, Our, Us, and Ours, we can't realise the simple fact of us being Gods, indeed, as our human perceptions emphasise and affirm on the opposite of us being humans and the 'Gods' are 'someone else' and 'somewhere else'.

We are the Gods, indeed, ourselves, but we don't know that, and faithful practice of the proper Yoga will get us to such self-realisation and will not reconfirm us as human beings. We are Gods that have a human body, temporary, but we are not human beings. We are Gods, who temporary PLAY human beings, but in essence are Gods and not human beings. May all our readers please take note of that!

### **II.3.1 The Science of Yoga - or Ahamkar Visarjan**

We are Gods and don't know it. How come we don't know? We don't know, because in all eagerness we cling to our human perceptions and the ways things relate to I, My, Me, Mine and further afield, to We, Our, Us, Ours. We can't self-realise ourselves as Gods, if we habitually keep clinging to our human perceptions. Therefore, anything that builds and self-emphasises on Ego is self destructive. True Yoga isn't for ME, as that ME is illusion of mind. There is no ME in a human context. I am the God that plays the human being, but presently I don't know that yet. Presently, I still believe in this human being largely circumscribed by nationality, culture, class/caste, race, religion and gender not realising that I am really the God who plays such role, temporary, on the stage of the Solar System of which one inherent planet is Earth. So, in the correct context, out of a human perspective, I must practice Yoga and anything else NOT for ME, the presently conceived human being, but for GOD, which is my true Self. That God has no nationality, no cultural affiliation, no class/caste, no race, no religion and no gender and is, in actuality, all neutral in view and perception, in such typical human fields. So, don't claim to be the God, yourself, before you have mastered DIVINITY in outlook, view and perception in all your ways of life. Till such state of mind and, per chance, body you are still a human being. So, perform all Yoga practice and whatever else you endeavour to do in life FOR GOD and not for yourself. That is to say that all practice and endeavour must focus away from your present psychological understanding of being a human being to embrace, eventually, yourself in divine self-understanding, which can't come about without you actually thinking, feeling and acting like a God. You must be self-realised in

perception and practice and for that you must first understand what sets a God apart from a Human Being. Unfortunately, human beings have often wholly wrong ideas of what that is, a God, in contrast to a human being. Some Holy Scripture says that aptly: The human being is made in the image of God. This is as much as to say the 'mirror image' or the relationship of a photo positive and a photo negative, which are both true images of each other. One could even go as far as saying being a God is being a human 'upside down'. Can you understand, now, WHY it is necessary to focus away from your preconceived human ideas? The ways and thoughts of the God are very much different from human ways, some ancient prophet has proclaimed. And, yes, indeed they are!

We are still speaking about 'dilligent Yoga Practice'. The foundation of diligent Yoga Practice is 'Ahamkar Visarjan', and anyone practicing 'Yoga' aiming at benefits for oneself is actually not practicing Yoga, but something else, whatever one may wish to call it. Calling it 'Yoga' doesn't make it Yoga. Is that clearly understood by everyone?

### **II.3.2 The Science**

Why do we call Yoga or Ahamkar Visarjan a 'science'. We call it as such, as 'science' is involved and not much 'assumption and belief'. Yoga is a science building on facts, not a blind belief system. In such context, true Yoga is a threat to blind belief systems often condensing in religion, when such religion holds its teachings in such high esteem that religion alters the Holy Texts it claims to build upon and source from; likely in a desperate attempt to match the texts to the proclaimed religious thought. Yoga Science, in contrast, starts with concepts, like most scientists, and alters these concepts, when new realisations come in within the framework of eager study, research and application. In Yoga not the concept of some teaching is uppermost, but the ultimate understanding of such teaching in its correct context. Religion only rarely will accept that its initial teachings were wrong and alter its teachings according to new research results. The Yoga practitioners, in contrast, will be altering its initial perceptions continuously, as in the process of study, research and application new understanding is won, which shows the earlier understanding in a wholly new light. Yes, there is a marked difference in human understanding and divine understanding, even in human logic and divine logic. The one that has learned to practice Yoga out of a divine perspective rather than a human one may derive much more from it and be compelled to throw many earlier human perceptions overboard. Human logic can understand something, but not everything. Divine logic gives a much broader view of understanding. And beyond the Divine lies the even vaster field of the 'Supra-Divine', which

will give even deeper insights into all aspects of existence, life and death. One will have to let go of one's realisations, again and again, as the Ultimate is beyond human, even beyond divine understanding.

### **II.3.3 Aspects of True Yoga**

We are speaking here about 'True Yoga or Ahamkar Visarjan' in contrast to what the world at large understands, these days, about 'Yoga', which we simply term 'False Yoga', as it isn't Yoga in its initial and original intent. 'False Yoga' focuses on ourselves and 'True Yoga' away from ourselves.

We are also speaking here about Yoga in contrast to religion. Religion puts 'in stone and cement' a conceptual idea and when proof arises that such conceptual idea is incorrect in part or as a whole, religion typically seeks to destroy such proof rather than adapting its conceptual idea to new proof and realisation of its days and time. Where would the Christian concept stand, when it would be proven, beyond any doubt, that Jesus Christ didn't die on the cross and the entire process of his resurrection was just a cleverly arranged hoax towards an entirely different purpose? The Christian concept is chiselled 'in stone' and can't be altered without risking having to break the entire stone into pieces. The true Yoga practitioner, in contrast, doesn't chisel his or her realisations in stone and cement, knowing that such realisations are based on temporary angles of view. Such viewing angles could be human, but also divine and supra divine. Different viewing angles afford different perspectives of understanding. Human logic is different from divine logic. Supra divine logic is, once again, different from human and divine logic. As such, the viewing and understanding angle will change, when the true Yoga practitioner reaches such levels of understanding. Writing initial perceptions into stone and cement, the way religion endeavours to do it, would be a great folly then.

Different Holy Texts and Scriptures have been written out of different viewing angles, depending on what level of perception the author of such individual texts was capable of. Human thought and nature is ill prepared to classify such levels; the human religious claim that 'their Master or Teacher' had reached the highest one is human folly, as those 'levels' can't be measured on the yardstick of human understanding. Beyond, writing about universal facts out of a supra-divine angle can misguide human followers entirely. Things are not the way human beings understand them. To understand supra-divine concepts one needs to be able to think, feel, understand and act like a supra-divine being oneself. Beyond, it is very difficult to

translate supra-divine matters into human language and understanding, as the human logic is different and there may be no words to aptly describe supra-divine matters in an understandable human terminology.

It's almost like a human being reading a heartwarming fairytale to one's pet dog or pet cat at home. The animal may listen to it, but likely not understand at all what the story is all about and why it is 'heartwarming'. No one is born a divine or supra-divine being, but each human being has the potential to develop itself into a Divine and even Supra Divine Being. Unfortunately, the pet dog and pet cat at home can't develop itself into a human being other than in a process of evolutionary reincarnation. Those animals that have been closely associated with human beings are most likely the candidates that will choose a human body for their next round. Remember, we are all Gods that enact a play on Earth. Animals, even plants, rocks and stones are 'Gods' that have temporarily volunteered to play such role. We are all of the same 'origins', though our bodies and associated body consciousness are so much different from each other. We ourselves are the creators and masters of this play. Never forget that.

We have, so far, identified two critical aspects of True Yoga:

- 1) True Yoga focuses away from I, My, Me, Mine
- 2) True Yoga realisations can't be cemented in concrete and stone, as realisations are based on viewing angles and therefore could change, as one proceeds. We have identified, so far, human, divine and supra-divine viewing angles.

Here goes the cherished human view on I, My, Me, Mine and You, Your, You, Yours and beyond even We, Our, Us, Ours, which are still of limited outlook and view. In the supra-divine such terms simply don't exist. Then, how, could anyone translate supra divine insights into an understandable human context and language? You got to go the way yourself and self-realise. Some things can't be taught.

And here goes, too, the human folly of writing concepts of understanding into stone and cement, absolute in nature and unalterable. Your understanding will change, as you travel along. How will you deal with concepts of understanding, which you have chiselled into your subconscious mind and now break your entire world apart, when you come to new, further, higher understanding? Some day religious misconcepts will be exposed and then, where will religion and its followers stand? Be a scientist, eager to research, study and apply, but never foolish enough to chisel realisations into stone and cement, as new realisations may come that force the sincere scientist to alter and change his/her earlier views and perceptions. As such



should be the nature and outlook of the True Yoga Practitioner!

### **II.3.4 Why do we practise body postures (Asana)?**

The purpose of Yoga Practice is to reach, effectively, into a realm beyond human understanding. There are, initially, the divine field, and further beyond, the supra-divine field of understanding.

We are familiar with our outer world, as it presents itself to us on a daily basis. But reflected on the outer world, sort of a mirror image to it, there is an inner world, which very few people have ever attempted to explore.

Of course, there is the outer side of our bodies and modern science and medicine already has made some inroads to understand the inner body. But what about our mental faculties? We have five senses which interact with our eyes, ears, nose, mouth and skin on the outside and deliver sensations of seeing, hearing, smelling, tasting and touching to somewhere on the inside. What is that 'inside' and who is the one capable to respond rationally and emotionally to those incoming sensations? And who is the Experiencer, the one who experiences? Me? Who is Me or I?

When we interact with the 'outside', that's the world outside our human bodies, then we engage in a process of focussing to the outside. Such process is simply called **concentration**. When we use exactly the same process with focus to the inside, such process is called **meditation**. There is nothing funny or strange about meditation. It's the same as concentration, but in the opposite direction, from outside to inside instead of inside to outside.

**Meditation is just a different angle to Concentration.**

Our five senses are typically directed to the outside. Outside, in such context, are also our inner body parts and organs. Inside is 'me', the one that feels, experiences and responds to the stimuli coming through the five senses. There is nothing mystic about that; its simply terminology definition.

When we concentrate, we focus to the outside largely by employment of our five senses. Then how will we focus inside in reverse concentration, a process called meditation?

In reverse concentration, speak meditation, we simply switch off our five senses, as we no longer focus to the outside, but to the inside now. The problem is that it is easier said to switch off the five senses than actually doing it. Okay, we can close our eyes and put some cotton into our ears to shut out vision and sound. We then wash our mouth with plain water to remove all remaining taste sensations and retreat into some room without distracting scents. That's four senses effectively switched off. But what about touch? Touch is both outside of our body via our skin and inside our body via our nerves. Pain, how do we switch that off?

It is the fifth, the touch criteria, respectively our ability to switch off physical pain and discomfort, that we practice body postures or Asana for. The moment we have successfully managed to switch off the other four senses of seeing, hearing, tasting and smelling, our touch sense makes full use of alarming us to all the physical ailments. Asana thus has an impact on our physical health, but Asana is not self-purpose to such. Asana is an aid to effective meditation and not intended to be a self-focused means of health and beauty. All self-focused means in True Yoga are ultimately self-destructive, as self goal and purpose orientation give very limited results. Why be content with just the 'soup', when you could get an entire wholesome 'meal' by just changing your approach and attitude? So, practice Asana with the appropriate intend and you could get so much more out of it. Just a small change in approach and attitude sets the difference between True Yoga and False Yoga. The choice, of course, is yours.

### **II.3.5 How to correctly practise Yoga-Asana**

'I'm in pain; I've practiced Yoga yesterday', one hears Yoga practitioners frequently exclaim these days. Well, if you are in pain after practicing Yoga Asana, you have practiced anything else than Yoga Asana, even if that practice of yours was presented, taught or marketed under the name of Yoga.

Practicing Yoga Asana correctly there shouldn't be any physical pain or discomfort following such practice.

Yoga Asana is, practiced correctly, a humble relaxation technique and not any eager sort of body building exercise. Goal setting and competition among the practitioners, wanting to be as flexible as the teacher or the person practicing next to them, leads to overdoing things and likely painful reactions. Such endeavour is EGO based and EGO is the ultimate downfall of all Yoga practice. In such, Yoga distinguishes from many other human exercises that are

objective, goal and result oriented. In Yoga we don't compete for results; it's simply a 'letting go' exercise. Letting go what? Letting go of our natural human tendency of eagerly competing with each other for the attainment of some goal or objective! For such, all Ego notions must go; we are not in competition with others in terms of any results to be achieved. Thus, a person who is naturally flexible in body often makes a very poor Yoga-Asana teacher. That's because such super flexible body teacher sets improper targets for others to follow. It's not important how far one can bend the arms and legs, but it is important that one just reaches out to one's maximum without causing strain or pain. That's about 20% less than one could do as an eager practitioner. Never push yourself to what you perceive are your limits, as in such eagerness you'll likely will be setting your goal too high and cause physical harm and discomfort. If you are an eager practitioner, then, in Yoga keep your target 20% below what you could do. Yoga is not, unlike other forms of sport and gymnastics, about performance or achievement of goals. True Yoga is a non-competitive exercise. Human beings typically compete; True Gods are not competing with each other. True Yoga is a divine exercise that has been given to human beings to help them rise above their inherent human perceptions and learn, step by step, to ultimately claim their own divinity. That's the true purpose of Yoga and not 'bending bones and becoming miracle workers'. Divinity is humanity upside down; so as eager the human being is to project and work with and for EGO, as humble is the divine being of not letting EGO get hold of any activity performed. If you can practice Yoga with humility, that's to say without any sort of competition with others or even yourself (goal or target settings), then you are on the right track. Otherwise you'll be just performing a human rite, whatever you may want to call it; but certainly not true and correct Yoga.

Why we Yogis are practicing Yoga Asana? We are practicing Yoga Asana to remove tensions and strains from our body system. It's a relaxation technique of a special sorts. It has been used, analogue, for different purpose in refrigeration technologies. It simply works like that:

In refrigeration technology a gas mixture is pressurised; in such process the gas mixture heats up (natural phenomenon). The thus pressurised hot gas mixture is routed through a condenser in which it cools down. Subsequently, the pressure of the condenser cooled gas mixture is reduced again. In such pressure reducing exercise the gas mixture cools down (natural phenomenon). Having been already pre-cooled in the condenser in its pressurised state the gas mixture cools down well below the starting temperature of the previously non-pressurised gas mixture. This coolness won by alternate pressurisation and de-pressurisation of the gas mixture is used for the refrigeration process.

What does that have to do with Yoga Asana; we don't heat or cool in such exercise, don't we? In Yoga Asana we don't heat or cool, but use the same principle in tensing and relaxing. Our

condenser is our breath. Tensing the muscles of our arm or leg or some other body part by appropriate movement we create more muscular tension than is already present in such body part. Holding our tensed position we use then our breath to consciously relax the tensed body part; letting thus go of the movement induced tension. Moving our body part back to the starting position the breath-pre-relaxed body part relaxes even more, to a point well below the initial tension present in such body part. Alternate tensing and relaxing different body parts, using our breath as an effective relaxant, we free ourselves from physical tensions.

In Meditation it's those physical tensions that call first for our attention, when we successfully have succeeded to switch off the gates of the other four senses of seeing, hearing, smelling and tasting. The fifth sense of touch is very difficult to switch off, when there is physical discomfort, which is often caused by muscular tension.

We can see on this very simple description that all exercises that cause physical strain and pain in Yoga Asana practice defeat the very purpose of us actually practicing Yoga Asana.

Can you see and understand that now?

### II.3.6 Sound-Meditation

Those who have followed us, diligently, up to here will realise that there is something amiss here. 'Sound-Meditation' is an apparent contradiction in itself. Is it?

Well, it depends. If the sound is generated and perceived via the ear from the **outside**, then we speak of 'Sound-Concentration' and not of 'Sound-Meditation'. So, there is effectively nothing like 'meditation music', as the sounds observed come from the outside and thus our attention is focused to the outside. Focus to the outside through any of our five senses has been termed **concentration**, remember?

The situation is different, if the sounds perceived come from the inside and we become aware of them by actively listening to our inside. Then we can speak, correctly, of Sound Meditation.

But are there any sounds within us? Sure, there are. Just give it a test and try right now!

Close your ears with your thumbs, tightly enough that outward sounds can't reach inside, but gentle enough as not to give yourself physical discomfort. Now, focus your attention to the

inside and listen. Anything there you can hear? Nothing? Try again and concentrate.

There is a whole world in us and that world creates 'sound'. We can hear such sound by listening to the inside. The first sound we may discover by intently listening inside is our own heart beat and, per chance, the pulsing of our blood through our veins. If we focus to the inside with even more concentration undisturbed by outer events we may find that the heart throb sound slowly disappears in the background and gives rise to a new sound. It's the humming sound as if of a big bumble bee. As we persist in our concentration, we may find other sounds within us, like pipe sounds, harp type sounds and even church bell sounds as if coming from somewhere far away. Funny, where do these sounds come from and what is creating them? Is it just vivid imagination?

Your own experience will show you the way to discover ever new sound forms within yourself. Experience will convince you that they are not just imagination; they are really there. Then, how come, you never noticed them before? You never noticed anything of your inner world and its beauties, because you were so busy with your outer world using your five senses. But there is much, much more to that inner world of yours. Go ahead and explore your inner world by switching off the five senses, which connect you continuously with your outer world. This inner journey is what is called **meditation**. Any other process that involves your five senses focusing to the outside is just **concentration**.

### II.3.7 OM-Sound Meditation

One hears quite frequently Yoga practitioners intoning the so-called Om-Sound. What is that, the Om-Sound?

The Om-Sound, in essence is not a sound, but a vibration behind the sound. The human voice is ill equipped to produce the Om-Vibration and being sung with one's vocal cords such sound is external and being heard through one's ear, speak one of the body's five senses in focus to the outside. So, humming the Om-Sound or at least what we think it is by means of our vocal cords is essentially Om-Sound Concentration and not Om-Vibration Meditation.

Then what is Om-Vibration Meditation?

The Om-Vibration is a natural phenomenon, which is clearly audible to the practiced ear anywhere in nature. The problem is that most people don't have the practiced ear to pick up

that Om-Vibration. It is almost like most people claiming to never having seen God. They never have seen God, because they don't know what God looks like and, thus, don't know that they are seeing God, when God stands right in front of them. Similarly it is with the Om-Vibration. Those who have discovered what that actually is can hear it and those who have not discovered it simply can't. It's a journey of self discovery in both cases, knowing God and knowing the Om-Vibration. One can't teach that to anyone and everyone will have to discover that on their own.

But those who eagerly pursue the earlier outlined sound meditation to the inside with their ears closed with their thumbs will eventually discover just that Om-Vibration, which is just behind the various sounds they hear on their journey to their inside world. That is why this meditation technique has also been called the Om-Vibration Meditation Technique. It is in faithful practice of that simple technique that one comes, eventually, to terms with that special vibration behind sound, which erroneously has been called the Om-Sound. It is by listening behind the sound that you eventually discover the Om-Vibration.

Then, why this strange symbol? This symbol belongs to the (now dead) ancient Indian Sanskrit language in which one had tried to capture that Om-Vibration in the Sanskrit Alphabet. That 'symbol' portrays in Sanskrit Alphabet nothing else than an English 'u' spoken with the nose pinched closed with ones fingers (producing a nasal sound), which is then extended in length (not a short 'u', but a long 'u'). So the sound we are going to hear on the inside, the actual Om-Vibration, resembles **a bit** a long nasal spoken 'u'. Again, we are looking for the vibration **behind** the sound and not the sound itself.

Now that we have learned that this strange Om-symbol is nothing else than a letter combination of some ancient alphabet and that the Om-Vibration is a natural occurrence, though we may not have been able yet to identify and hear it ourselves, we come to see that there is nothing mystic or religious about it.

Religion has pulled natural occurrences, which were not understood by people of earlier times, into a religious context and thus mystified them. The Om-Sound Symbol and its human vocal cord intonation is just one example of such practice.

Learn to hear the natural Om-Vibration and forsake the folly of trying to intonate it. Once you can hear that Om-Vibration naturally, on the outside as on the inside, merge with it in consciousness to enjoy it in its full beauty.

Clarifications - we hope we could clarify a few things here.

## II.3.8 Mental Constraints

We spoke earlier, in Part I of this 'Book of Clarifications', about the need to 'defragment the Mind', when it got overburdened with undigested mental memory; speak 'fragmented memory storage', as one would call this situation in current Computer Language.

Analogue to proper Yoga Asana, which serves to relax bodily tensions, we need a practical technique to relax the Mind by effectively 'de-fragmenting' it. Such techniques do exist in the Yoga Curriculum, but have, unfortunately, been misinterpreted as rituals.

While such practices may look as 'rituals' for the uninitiated outsider, they effectively are not!

How do we de-fragment the Mind?

Well, how did we relax the body in the earlier Asana practice?

WE RELAX THE MIND IN A SIMILAR APPROACH AS WE RELAX THE BODY.

How we relax the body with Yoga Asana, non EGO-Self directed, we have shown before. Now we will show you how to de-stress the Mind, once again in a non-EGO-Self approach.

**FIRST STEP:** If we truly are **not** human beings, but effectively GODS PLAYING HUMAN BEINGS, then WHO is, effectively, the stressed party? Isn't it the GOD? Then HOW can I be stressed? Isn't it false EGO-Identification with MYSELF that I am feeling stressed?

Even human logic here implies that we simply pass all our stress and mental problems on to that GOD in us as 'that God's problem', as such God is playing us. In our present EGO perception we have not self-realised ourselves as that God, yet, and it's still a separate entity to ourselves.

**SECOND STEP:** In all fairness and humility, stepping away from our proud EGO consciousness, we OFFER that 'God in us' to lovingly HELP that God to de-stress itself. In other words, we assume the role of a NURSE that helps the PATIENT, the GOD, to de-stress itself: Teamwork in lieu of just dumping all our mental stress onto that God!

In stepping away from ourselves and lovingly delegating the problem, but humbly offering in 'helping' with the overall problem eradication, we have already unburdened ourselves to quite some extent, mentally, without evading our responsibility to the overall solution.

**THIRD STEP:** We engage now, jointly, in a practical 'treatment plan', in which we address underlying mental burdens that give us stress.

### **II.3.9 What Gives us Mental Stress?**

There are several factors that give us Mental Stress and all of them are EGO-involved.

#### **A) MY MEMORIES**

Do you have any memories of your life? Sure, you will say, many! But are those really YOUR memories? Or are they more likely 'that God's' memories and you have just selfishly claimed those memories as yours?

If you can ACCEPT your memories as that God's memories and don't selfishly claim them as your own, then those memories are no longer yours. But you got to be fair. You can't just dump the bad memories onto that God and keep the nice memories for yourself. You got to be willing to pass ALL YOUR MEMORIES on to that GOD, good and bad memories, and they will no longer be YOURS. You can take now a deep sigh of relief that all your memories, both good and bad, will no longer have to bother you, as you have passed them on to someone else, speak that so far unknown God in you.

#### **B) MY SINS AND SHORTCOMINGS**

Same approach as in A) above. You pass them on, in humility, to the God in you, the actor that plays you, as you can't have committed any sins or have any shortcomings, if you aren't the actual actor. Logic, isn't it?

Step away from your EGO and you are FREE.

#### **C) MY DREAMS, ASPIRATIONS AND DESIRES**

Same approach as in A) and B). Step aside and accredit all your dreams, aspirations and desires to that GOD IN YOU. Essentially, as that GOD is the PLAYER and you are the one that is 'being played' (perhaps that Hamlet of Shakespeare played by Actor Peter Smith), all the dreams, aspirations and desires that you have so far perceived 'as yours' are in all actuality



the dreams, aspiration and desires of GOD.

Can you step THAT FAR away from yourself? Difficult? Try, seriously try, as this is the actual clue to the solution of ALL your problems in life.

If you can accept yourself as the 'played' and accredit all the actions to that God in you as the true actor and player in you, then how could you have any memories (good or bad), sins and shortcomings, dreams, aspirations and desires? You are just being 'played'; you are not 'for real' in your current human self-understanding.

Sure, that's a big step towards letting go of your inherent EGO-Consciousness!

Having willingly and lovingly surrendered all your claims to yourself and your experiences along with all aspirations for present and past, you now set out to HELP that God to deal with things JOINTLY. That is, inherently, that that God is an integral part of yourself, your inner mirror image, and thus you are, inherently, **both** ACTOR and PLAYED simultaneously. It's just about 'positioning' yourself psychologically.

In EGO-SELF confusion you are entitled to 'pass it all' on to that still unknown God in You, but in higher self-realisation of your true Self you come back to it all out of a divine angle that has practical solutions to everything, as out of a divine angle 100% brain power is at your disposal and not just 5% as in your erroneous human self-identification.

For the moment, till you have reached that 100% brain power state, you interact with that dual image within yourself, the God within You, and the Mind will follow suit. You are what your Mind is convinced you are; so you just engage your Mind in a very practical psychological play that you thought up yourself: That all knowing powerful God in you is the 'patient' and you are the 'nurse' that lovingly takes care of that 'patient' to come to terms with the 'patient's' problems; not your problems! Understood?

So start talking to you patient, will you?

### **II.3.10 Practical Techniques**

If you don't feel ready yet to let things go and 'give it all to God', meaning stepping away from your EGO that selfishly CLINGS to things, then there are some simple techniques to 'let

go'. One of these techniques is the so-called 'Yajna-Technique'; a fire ceremony that one sees Indian Yogies and Hindu devotees practice sometimes. While this all looks very much like ritual, it is not meant to be ritual, but unfortunately 'religion' has conveniently interpreted it as such. This technique is in ways related to the Western 'couch of the psychiatrist' and the age old practice of 'confession' advocated already by Gautama Buddha and incorporated into the Christian Roman Catholic Belief System.

Once again it's about 'letting go', speak relaxing mentally.

The 'psychiatrist' lets the patient talk, often with little interaction from the side of the doctor, and the patient can talk 'that mental stress from his/her soul'. In 'confession' the patient tells one's perceived 'sins and shortcomings' to someone else and thus gets things out of the patient's system. Giving an 'absolution' aids this process further. In Yajna one uses, mentally, the fire to fictionally 'burn' one's mental strains in an act of pouring ghee (butter) into the fire. One also could write one's problems or shortcomings onto a piece of paper each and burn the papers, piece by piece, in that fire, or, in a combination of confession and Yajna read the writings on those sheets of paper to the other participants present and then burn them. Different methods and techniques have different effects on the Mind, but nothing is as effective as letting go one's self-claim to oneself as the owner of all memories, sins, shortcomings, strains and pains (physical and mental), and even dreams, aspirations and desires and actively involving THAT GOD WITHIN to sort it all out together.

Everyone has to find their own way and apply whatever technique and approach works best in the given situation and one's own practical ability of letting go; the most effective one being letting go of EGO and no longer claiming the 'fruits of action' for present, past and future: Actual teamwork with God towards the best outcome possible!

If you still can't relate to 'the God Within You', then try to at least to relate to 'the invisible God Outside You', as essentially everything is God and everything is made out of God and you are in essence like a 'fish swimming in the ocean that asks where is the water' in your quest to know and understand that substance or thing called 'God'.

So, the piece of paper, which you burn in the Yajna fire, also travels as 'smoke' back to 'God'. Make your Mind believe in it and it will be so and your Mind will feel freed from that burden.

Things are largely psychological here and not so much physical, though it may appear otherwise.

## II.4.0 It's all about Balance

Balance is the ultimate clue. Why? There are three sides in a dual system and the third side is the middle between the other two each other opposing sides. That's simply the definition of 'duality'.

Few people even know that a third side exists in a dual system, even fewer people know that this very third side is both origin and common denominator for those two other sides. It is that third side, the middle, which projects out the two opposing sides that we are calling dual aspects. Both dual aspects have their origin in the common denominator, which is the middle between both the opposing extremes. Such common denominator or middle is also classified as **Neutral** and could mathematically be described as **Zero**.

It is humanly difficult to comprehend that something that is Zero or Neutral could effectively create something. Such 'creation' out of what human beings associate with 'Nothing' comes to pass in that the Neutral splits itself into two opposing sides in such way that mathematically adding up both projections they neutralise each other again back into Zero or Neutral. Thus the Nothing that human beings perceive is only a relative 'Nothing' that has the ability to split itself into two opposite directed 'Something'. This is the very structure of our world in which we live.

Human beings, alas, are beings that tend to focus on extremes by choosing one 'Something' over another 'Something'. That is so, because human beings typically don't understand the true connection between the two opposing sides. Then the human saying goes that one can't be 'Everything' and that one has to choose sides. The opposite is true!

The assumed 'Nothing' by human understanding, the Neutral or Zero, is not recognised as the inherent 'Everything'. Thus the human being lands itself in a state of mental confusion of not understanding the world such human being lives in. The one that effectively understands and actually **is** 'Everything' does understand. But to become 'Everything' one has to volunteer to become 'Nothing' first. In the eternal fear of being 'Nothing' the human being seeks its salvation in one or the other 'Extreme', which is nothing else than just 'Something'. So, the human being's saying is coined that it is better to be 'Something' than 'Nothing'. Here, too, the opposite is true. But who, by all means, is willing to become 'Nothing' voluntarily.

But those that have volunteered to be 'Nothing', having chosen to be 'Nothing' in lieu of following one of the two extremes of 'Something', will soon realise that they have made the

better choice. In 'Nothing' they quickly realise how this cloth of our world is woven and in 'Nothing' they are back to where it all started and where our world that we cherish so much actually came from.

### II.4.1 Back to the Origins

Just imagine for a moment, please, the scenario of a mirror. You are standing in front of a mirror and are admiring your mirror reflection inside this mirror.

Now enlarge this imagination, for a moment, a bit further. Just think that this mirror reflection inside the mirror gets to the firm conviction that it has own existence and is in no way dependent or interdependent with you. So, when your mirror reflection inside the mirror lifts its arm, it does so, in its own understanding, because it was its own thought and idea to lift its arm and **not** because you, standing in front of the mirror, have just lifted your arm. In other words, the mirror reflection inside the mirror is unaware of your very existence in front of the mirror and thus hundred percent convinced of its own reality. Whatever such mirror reflection thus does, it does it out of its own choice and **not** because it is replicating **your** choices.

Crazy thought and idea?

You, in your own existence and life here on Earth are just that mirror reflection inside the mirror and unaware that you are just replicating the thoughts and actions of some other being, the original, which is standing in front of that invisible mirror.

Here the famous words of a French Philosopher come to fall. 'Cogito, ergo sum', he had said. 'I think, so I am'. In the above scenario the mirror reflection is not the thinker, but it is the original standing in front of that mirror. In the same fashion, you, in your present human life and environment, are not the thinker and thus the idea of 'I think, so I am' is incorrect. You are not what you perceive yourself to be.

Scared? Angry? Frustrated? Don't be, please!

There is an Original and a Copy in every human being here on Earth and so is in every created being. The entire Earth and Solar System up to the farthest stars and galaxies is just a mirror reflection of another world in front of such invisible mirror pane.

Our world here on Earth is the **Copy** or Mirror Reflection and that other world is the **Original**.

If you have diligently followed us up to here in thought and contemplation, you will realise quickly now that both the Copy and the Original in a Mirror Scenario are dual opposites of each other, meaning relative 'Somethings', but certainly not 'Everything'. So, the final answer to our Equation must rest further beyond in the realm of 'Nothing', which equals 'Everything'.

What would you really like to be now, the copy or mirror reflection inside the mirror that just copies the Original or the Original in front of the Mirror? Or, in further pursuit of your own true identity, wouldn't you rather reach further beyond that mirror scenario and be neither copy nor original and thus solve, ultimately, the riddle of your own existence here on Earth?

The choice is yours, now, that we have aptly described your personal situation here on Earth.

## II.4.2 The Way

The above scenario of a mirror with a copy or mirror reflection inside a mirror and an original standing in front of the mirror is, of course, only a humanly easily understandable illustration. Such illustration quickly falls over, when we introduce the third option, which in a mirror illustration becomes difficult to explain. Then we will have to come up with other, humanly not so easily understandable illustrations, like a dual light and shadow projection, in which the light beam is the third clue. We won't go into that right now, as we wish to explain the 'way' of uniting Copy and Original in this Mirror Illustration into one joint team. The beyond will then take care of itself, because once Copy and Original have merged into Oneness as a single team, the third option is simply logic conclusion.

We may have never thought of us here on Earth being just copies. Certainly, a very scary thought! A thought perhaps unacceptable for many human beings that are so much convinced of themselves! Perhaps one should go and kill such original, if found, so that the copy can claim existence in its own rights. But both copy and original are none else than you yourself. Things are psychological here and not physical. You, in your inherent existence, have three identities, of which Copy and Original constitute the two dual 'Something' and the third identity the 'Nothing' respectively 'Everything'. In finding the 'Nothing' you'll be 'Everything'. Isn't that better than being just 'Something' or just a 'Copy' per chance. Still scared, now?

Both Copy and Original are psychological, of course, and you are inherently both. You may not have discovered your Original within so far, as you have been so busy (distracted) of just being the Copy. It's time now that you make contact with your inherent Original inside and for that the Practice of Meditation was devised. Remember, the Copy is just the one you perceive to be right now and the Original is the complementing dual to your present Self. In your inherent origins you are both the Original and the Copy, but you certainly don't know that anymore, as you have forgotten about everything that reaches beyond your birth on Earth. Do you even remember the moment you slipped out of your mother's womb? All forgotten and no memories whatsoever, right? Then you'll certainly have no memories, either, how was life inside your mother's womb and what and how things actually were, before you entered your mother's womb. You need to reach back to well before you entered a human body to understand your true nature and being. That's very difficult to do out of the state of being a typical human being. So, we reach now, psychologically, within ourselves and make contact with the Original within. Why within? It's because we are with all our thoughts and actions focused, predominantly, to the outside, which is the copy world. In mirror reflection to the outside stands the inside. Here the mirror illustration falls already wayside. We have to reach inside our own selves to find the original, whereas in the mirror illustration we would have had to reach from inside the mirror to the outside of the mirror to make contact with the original. You see, on this simple example, that illustrations are not always ideal and that you, please, take illustrations as what they simply are: illustrations to explain some point or issue.

### II.4.3 What is 'Neutral'?

We will here, in the following, give another humanly understandable illustration, what is 'neutrality'. Some people may not be clear about what that really is, especially people speaking a language that doesn't include genders for nouns and especially those, who have no neutral gender concept in such context. Many ancient languages, such as Latin, Ancient Greek and Sanskrit had such three gender concepts in their language. Modern languages derived from such ancient languages have frequently dropped the third gender option and gone for two gender expressions. Gender, in such context, means that in such languages things like the sun, the moon and the stars have a typical gender attribute. Is the sun in your language male or female? What about the moon? And what about the table, the chair, the water etc? In English language there are no gender attributes for sun, moon, table, chair and water. What about your own language? German language, these days, still has the genders male, female **and** neutral. Water, in such context, is of neutral gender in the German language, whereas the sun is female, the moon is male, and male are also the table and the chair. The

neutral concept, thus, is easier to explain to people, who have such concept in their daily language, than to people who have not. Therefore we are using an illustration, which hopefully everyone will understand.

The judge in the court of law is said to be / supposed to be **neutral**. What does that mean in the practical application of sitting in judgement over others?

The judge is neutral, when he/she doesn't take sides in favor of the one or the other side.

But there is another definition of neutrality, which equals the previous statement in terms of neutrality: The judge is also neutral, when he/she sides with both opposing parties equally.

So, we see here that neutrality has **two** aspects, the 'neither-nor' and the 'both equally'.

Here we find the important clue to go inroads into ourselves to become really neutral. We need to learn to be, in our daily life and affairs, both Copy (which we already are) and Original (which we are not yet) equally.

In order to accomplish that, we have to first find and then team up with our inner Self, the Original. Please note that it is **not** the purpose of this game that we change ourselves from copies into originals. That would defeat the purpose, of course, as we would be, as Originals, as one-sided as we are now as copies. We got to learn to be both copies and originals equally at the same time. Such feat can only be accomplished, when we really reach deep into our own subconscious minds and involve our inherent Original Partner in **all** our daily affairs, with none of the two trying to subdue or boss on the other. Is that clearly understood?

Please understand that I, My, Me, Mine, in such healthy partnership, means simply

**Copy + Original = I, My, Me, Mine**

on equal terms without domination of the one or the other.

What do you think? Do you want to try and accomplish that within yourself, psychologically?

## II.4.4 Our Subject is Balance

Our subject is Balance. Why balance? Balance is the middle between two or more extremes and the ones that have followed us so far likely will see now, what Balance actually constitutes. Balance is the common denominator to two or more extremes in a similar fashion as the Neutral or Zero or Nothing is the common denominator to dual opposites. We have, in the above, tried to show our readers the importance to focus on the neutral denominator and avoid all forms of one-sided extremes. The same applies when it comes to balance.

Unfortunately, it is fairly typical human nature to engage in extremes. Even on the Yoga path one finds people that are Masters of just one discipline, but know little about the others. In terms of ultimate self-realisation it is thus better to be 'Jack of all trades and master of none' than being, one-sidedly, just Master of a single trade or discipline. That's, of course, right opposite to common human perception. But, then, divine perception is the mirror image of human perception, meaning typically the opposite what human beings see and do. If you wish to embrace and establish yourself in your inherent Divinity, please learn to leave some of your cherished human perceptions behind. Again, that is only a relative statement and not an absolute one, as the ultimate goal is **not** that you become a 'God' in-lieu of a 'human being', but that you can be and express both the human and divine sides in yourself **equally**. Then you'll be able to claim, eventually, the supra-divine.

So, balance or the middle, which is inherently the neutral that projects the extremes from the middle to the sides, is always the clue you should remember in all your endeavours.

On the Yoga path, please choose from the vast choices those asana, which suit your personal constitution best. Remember, it's not about performance or Ego-show issues here! Don't compete with anyone in any Yoga discipline. It's solely important that you derive personal benefit from such practice and **not** that you can be a super master of any discipline by human standards. Please remember that divine standards apply to Yoga disciplines as they were given, originally, by the 'Gods' to the human beings. The key divine standard is humility versus the very common human opposite of Ego-pride and show off. Please remember that always and never forget. The English saying 'Pride comes before the fall' is fully applicable here.

The same standard of balance applies to all your other engagements on Earth, though, by human perception, you are always held to seek 'mastership' in your endeavors. There are also many wrong perceptions among Yoga practitioners and teachers outrightly contradicting the



injunctions of relevant scriptures and Holy Texts in such respect, which advocate balance. They advise that one should not eat too much and not too little, not sleep too much and not too little, work too much and not too little, and so on. Balance is the key and appropriate balance depends on one's personal constitution. One just needs to be honest with oneself.

Some people can manage with 6 hours sleep per night, comfortably, while others need 8 or even 9 hours restful sleep at night. It just depends on personal constitution. Same goes for food and drink and other avenues of life. Find your personal balance which suits your constitution and stick to that. You may find that your personal constitution changes over the years and then you can adjust your 'balance criteria' accordingly. But never go ahead and force any issue; that is harmful, likely self-destructive and certainly will not break the Ego nor will it lead to higher self-realisation.

That's one criteria even the legendary Gautama Buddha had to discover, who initially practiced in extremes. He then changed his approach realising that engagement in extremes, whatever kind, doesn't lead to enlightenment. He advocated the 'middle-path' between all extremes, subsequently. The middle-path or balance or the Neutral between all extremes is the clue to remember, combined with sincere humility, a humility that never endeavors to show off to others.

If humility and pride, both opposite extremes, are applied to our dual formula, which has the neutral as its common denominator, why should we be humble, when this is just another extreme in opposition to pride? We need to learn those qualities that are inherently not our personal strengths. Pride is as natural to human beings as is humility to Gods and at present we are still human beings. So, focus your attention to acquire the so far in you unlikely quality of humility, even if, temporary, you overshoot the target of balance a bit, to be sure that in the finals you reach the 50:50 criteria, speak balance, and don't end your self-development with a 40:60 score. It is always easier to trim back than reaching the 50:50 middle score straight away. This applies to all avenues and disciplines in your personal human to divine balance development. But avoid going outright into the extremes, as you risk loosing yourself in these in proud Self-Mastership.

## II.4.5 How far does that go?

How far does that Self-Development Process of reaching the Middle or Neutrality go? For this we may remind us, again, of the typical criteria, which make us human. Besides the well known I, My, Me, Mine -Ego issues, there are some circumstantial criteria that we may wish to consider. These criteria are, typically, Nationality, Culture and Tradition, Class/Caste and Race, Religion, Gender.

When it comes to the often cited I, My, Me, Mine -Ego issue, how should we act.? Here the famous scriptural formula of 'taking care of others as of yourself' applies. That is simply, once again, our already earlier mentioned 50:50 criteria. One may, to develop oneself faster, overshoot that target to a perhaps 60:40 or even 70:30 criteria, **temporary**, but one should be very careful not to loose oneself in an extreme of caring for others wholly and neglect oneself totally. That would be great foolishness.

You have a right to yourself and your own self-development and should not sacrifice that for anyone's happiness and wellbeing. Balance the score, ultimately, to 50:50. Don't make yourself a doomat for others to wipe their feet upon and don't allow others to abuse your love and generosity. Draw a line, if necessary, and now you know, where you got to draw the line: at a 50:50 criteria or slightly above it.

How about the circumstantial criteria mentioned above? By circumstance, you were bom in some country, some cultural and traditional setting, some class/caste and racial grouping, adhering to some religion and belonging to the either male or female gender, as the case may be.

How to go about them?

Whatever you were given, by birth, is your treasure that was gifted to you from the start. Cherish that and appreciate it, but don't get wholly stuck there. There is much more to existence on Earth than what was given to you, by circumstance, from birth. Keeping and cherishing whatever you have already received, go ahead and explore all these avenues that were not given to you, by birth. It is not wise to caste one off and acquire another one, as you need to find the balance or neutral, which inherently is the centerpoint or middle line around which all these criteria circle. There may be circumstances, of course, that by changing your citizenship you may not be allowed, by law, to keep your previous citizenship. Or there may the situation arise that by regularly visiting some other religious group your own group kicks

you out of their community. That is, of course, circumstantial and not your own choice. In your heart you can remain one with those who kicked you out of their midst, because you were unwilling to one-sidedly follow their views. You don't need to formally renounce your previous citizenship or religious affiliation unless forced to do that by law and practice.

Once you have mastered, in heart and not necessarily practical affiliation, which is practically not always possible, to be multi-national, multi-cultural, multi-class/caste without any racial hangups, and multi-religious, you have made a great inroad in becoming close to universality. That's because universality is marked by the term 'multi' in contrast to the typical human 'single'. The term 'multi' or 'universality' is an expression of 'Everything' and Everything and Nothing are essentially the same. So, you are already very close to where you want to get to.

There is another criteria that is even more difficult to accomplish than the above mentioned ones. That is gender and gender pertains to your body and not just affiliations. How to become multi-gender, practically. First, multi-gender is a mental issue and not so much a physical one. You are born into a male body, but does that really make you a man? The body is just the dress you put on in the dressing room of that Grand World Theatre, as there were, realistically, only the two choices male body or female body available and you had to choose one of those. But does that make you really male or female? Think again!

In your inherent nature, before and beyond life and death, you are gender-neutral and don't adhere to a particular citizenship, culture and tradition, class/caste or race, religion. That means all your features and expressions were your own choice, as you, practically, had to choose something, temporary, out of the many options available. But that choice doesn't make you that. You are still the actor that chose, **temporary**, to be just that what you are portraying now and next time round it will be something else. Then, what happens, if you can embrace all the available options at the same time in a 'multi' concept?

In your inherent nature of being neutral or everything you develop one-sided natural traits in human participation, which create disturbances in your inherent neutral nature. Such disturbances could be illustrated like vacuums in your subconscious mind that your heart deep within longs to fill or compensate, but can't do so, presently, due to circumstances. Such vacuums then set the scene of what you will choose to express next way round. In such sense you'll be bound to what to play next time round, instead of truly having free choice of what you want to be and play. Beyond, if you wish to leave that Grand World Theatre again, you can't, because the vacuums created in one-sided developments force you, emotionally and mentally, to continue the play in ever new rounds of participation, speak reincarnation. How many rounds it would take to have played a 5-tier setting of all nationalities, culture and

traditions, class/caste and race, religions and genders, having covered each and everyone in all its aspects and options? Certainly many rounds and incarnations being driven, emotionally and mentally, to satisfy the inner urgings caused by earlier vacuums created! Then such playful participation becomes compulsion and no longer free choice.

So, in a nutshell, by uniform self-development in a neutral or multi-sided aspect, you create for yourself **freedom**, a freedom that allows you to play, free from any inner compulsion, whatever you wish to play or, if you like, leave the Grand World Theatre again. That doesn't mean that you need, physically, a passport of each and every country in the world. Things are rather mental than physical here. Giving due respect and consideration to everyone, irrespective of what his/her nationality, culture and tradition, class/caste and race, religion and gender and participating in those wherever a practical need arises, not just as an onlooker, but actually as 'one of them', creates the inner mental and emotional balance to qualify as having lived an universal outlook multi-criteria existence here on Earth. Having lived it all, then where is the emotional or mental **need** to do it again in another round, except it being one's own free choice. And there being no emotional or mental need to further participation, you may also leave this Grand World Theatre and even could come back to it at some later stage, if you wish to. Now, and only then, you have the freedom of choice to really do as you please. Isn't that a more attractive option than being compelled, by inner mind and emotion, to continue participating on and on? Just think about that, please!

Beyond the realm of those criteria of nationality, culture and tradition, class/caste and race, religion and gender is the 'realm of the Gods'. Having mastered the 'neutral' by human standards you automatically will be drawn to master the neutral by divine and supra-divine standards. It works sort of automatic. Then you'll understand, finally, out of yourself, what Team O'chelle is trying to share with you here. Out of a typical human angle, of course, these things are not easily to understand. We hope, however, that we could get the message somewhat across to you, as conveying divine and supra-divine matters and insights to typical humans is certainly a very difficult endeavour.

## II.4.6 Good and Evil in a 'Balance' Context

It may be confusing many of our readers here that it is **not** the goal of being absolutely good. We are living in a world of duality, in which 'by nature' the amount of good and evil in our world varies by age. Things are relative and not absolute and so are good and evil both relatives. This current age is marked by a surplus of **evil** and everyone born in this age has a

surplus of evil in his/her account. That is why the saints and masters of all centuries have emphasised that we must do plenty of **good**. This good is necessary to compensate for the evil already done earlier. In this respect, like in others before, it is better to have a small surplus in one's account than a debit, as evil, being the nature of our age, we may inadvertently 'sin' and thus reduce our account balance again. If we are in a surplus of good, we will not land us thus inadvertently in the negative again. The final target is a 50:50 account balance between good and evil, which amounts in banking terms to exactly zero account balance, neither credit nor debit. Our present age of surplus evil is about the time frame from the year 3,000 b.c. to 9,000 a.d. This figure is a relative and not an absolute one, as too many criteria are influencing the exact time frame. Thus this figure may be used for personal reference only.

Good and evil are an expression of mental confusion and thus are relative, too, and not absolute. Mental confusion and mental clarity are the harbingers of true and genuine evil and good. In absence of mental clarity in our present age, please do the good as you practically can perceive **what** actually is good. Not everything we presently see as good is actually good. But in a state of mental confusion, the natural state of mind of the present age, we can't see that. Therefore the intention to good is valued, even though such action wasn't good in objective terms. So, try and set your account balance back to zero. You got to pay for all your debts, one way or another. An imbalance in your good and evil account holds you back in this Grand World Theatre, of course. So, this play is a bit more complex than just including the other criteria discussed earlier.

Negative account balance automatically sets the scene for another reincarnation in inconvenient terms, whereas a positive account balance sets the scene for a more pleasurable reincarnation. We see here that both debit and credit on our good-evil account yield reincarnation. Then what to do when we are well into credit? Do we have to become evil to reduce our account balance back to zero?

There is no need to become evil, when we have an account surplus in the good-evil department. What would people do, when they have a money surplus in their human bank account? Instead of wasting that surplus money on unimportant material things, one could also invest such surplus towards further education. And that is what we should do with an account surplus in the good department. Invest it, constructively, to get what you need the most, but in this age are likely not blessed with naturally: Divine wisdom and understanding!

The more you acquire divine wisdom and understanding, the more you will actually know about yourself and what is there to get balanced outright within yourself. Without knowing about those things rooted very deep in your subconscious mind, you won't even know **what**

you have to address and balance within yourself. Everyone is an individual and so are the needs of balance individual to each and every person. That's beyond the general criteria we have discussed so far. This play, indeed, is much more complex than we would have anticipated it. So, a lot of work needs to be done. Don't waste time, therefore, as some 80 years on Earth are really not a long period of time to root out and fix so many imbalances (vacuums) in one's subconscious mind.

## II.4.7 Conclusion

We see from above outlines that **Balance** is always the main criteria and not mastery of any extremes. In whatever avenue you pursue your own self-development, if you wish to reach beyond the typical human world scenario, please target balance, which is somewhat the 'Jack of all trades' rather than 'Jack, the master of one trade'. Balance means that you have developed all your traits equally and uniformly. Such balance then constitutes universalism in that you are 'at home' in any given field. You don't need to be a master of that. Universalism constitutes the Zero or Neutral, which opens then all the doors to you, well beyond the world of human existence. Human existence, you will then realise, is just one of many extremes. Bridging all the individual extremes into a joint universalism of balanced criteria, uniformly developed and expressed in yourself, you have the opportunity to **freedom of choice** for any further sojourns. That is a better option than finding yourself inside the golden cages of heaven and paradise; awards for good conduct that some human religions profess. Such ultimate freedom affords you all the options within the Grand World Theatre, heaven and paradise included, if you wish so, and much more beyond this Grand World Theatre.

Wishing you all the best for your journey ahead,

Yours sincerely

Team O°chelle

## II.5.0 Sailing against the Wind

Those who ever seriously tried to engage in some higher spiritual self development regimen will know that it is easy to move with the crowd; it's like sailing **with** the wind and one finds little resistance on one's path. But the moment one reverts one's footsteps into the opposite directions, all hell might break loose. That is the very reason that so few people try themselves in the discipline of higher self-development. It really feels like sailing **against** the wind.

The first hurdle one tends to find in one's attempt to break 'out of the crowd' are one's so-called loved ones. Then come friends, community and society at large. Yes, one may have to break with one's family, spouse, children, parents, even one's community and country, if they willfully put hurdles in one's way. Those, who have studied the lives of the religious masters of various world religions, may find that their followers often are not aware that those, whom they consider the founders and fathers of their religion, often had to break away from their families, communities and even countries. Strangely, these followers worship a Master or someone they consider their 'God', who did not follow the family and community rules of his/her time, when, right now, these followers would hinder and perhaps harass their own family and society member, if such member practically would do analog the same thing, i.e. step away from the crowd, and go a different way.

The one who wishes to strive for higher self-realisation, oneself, may be compelled, depending on the actual circumstances, to break up with family, community and society at large, if they put major obstacles into one's way. So, what is really needed here is something called 'determination'.

It is interesting to note, when asking for example an Asian Buddhist (someone who says that he/she is a Buddhist by religion) about his/her personal choice in the following given situation, what they usually reply: 'Let's say that if your parents point you in the right-side direction and the Buddha points you in the left-side direction, then in which direction will you go?' Eight out of ten persons likely will say 'My parent's direction, of course!' But they may call themselves Buddhist, Hindu, Christian or whatever, and when it comes to the test, they prove themselves as lukewarm followers of their Masters. When asked to choose, then parents and family often come first. So, ask yourself, now, the same question. Whom will you follow? And how great is your determination to sail alone against the wind, should that be necessary?

There is an interesting story from Japan. A young lady had decided to become a nun and enter the monastery for life. Her whole family tried desperately to dissuade her. Finally, after much discussion, one mutually agreed that she should get married, first, and if she still wants to be a nun after the birth of her second child, she will be free to go and fulfill her wish. Of course, the family bargained that after the birth of her second child she would, as a mother of two children, have other things on her mind than becoming a nun. So things proceeded as agreed and right after the birth of her second child she handed the baby to her mother-in-law and walked out without ever looking back. She was a very beautiful lady and found it very difficult to find a monastery that would accept her. The abbots were afraid to put such a beautiful lady into their monasteries. First, she didn't realise that her beauty was the reason that she was rejected everywhere, but when she finally found out, she went home, heated the iron with which she ironed her clothes and put the hot iron straight into her face. Having lost her beauty she was finally accepted by some Master. - Determination!

In this second part of this 'Book of Clarifications' we are giving guidance to practical techniques and ways of life on one's journey to self-realisation. However, we are not so much to give you actual techniques instructions, as we are to give you inherent criteria and principles on how to practice relevant techniques **correctly**. One very important criteria, in such respect, simply is determination. Without great determination one is unlikely to succeed, as one is, by all means, often sailing right **against** the wind. So, please ask yourself, how determined are you? You don't have to prove yourself right now, of course, but don't be surprised, when at some stage of your journey your dedication and determination is put to the test, often in/by unplanned circumstances. So, if you are not really determined, you'll likely quit at such stage.

### **II.5.1 The 'great' Journey to Higher Self-Realisation**

It's like a beautiful morning, as you start, and it feels, as if you are setting out on a lovely hiking trip. The birds are singing, you feel **so** happy, the road is gentle and encouraging, and everything seems to be so nice. After a while of happily walking the road becomes a trek that gets more and more difficult to walk the further one proceeds. And then, there it is: The vertical wall you have to climb up and all you have at your disposal are your bare hands. You got to climb up! It is at such stage that more than one half of those, who try for higher self-realisation, simply give up and go back 'home' to their old ways. Yes, you got to get up that vertical wall and there is no way around it. On the spiritual journey there is no helicopter that could drop you on the top. You got to climb yourself and no one can do that for you.



Everyone has to climb by oneself. Without great determination you won't succeed. So, will you give up, now, that things are becoming uncomfortable or will you make the super human effort to persevere ... and climb?

It's going to be tough, uncomfortable and may hurt at times. Your fingers may become sore, the fingertips bleeding and the finger nails breaking. Do you really want to get up?

That is the very reason that in this world there are so many people who are, conveniently, engaged in one or the other religion; something that is easy to follow and which rituals fill the heart. And that is the reason that there are so few that have persevered and reached the goal. They were not the chosen ones, as many people often think, but they chose themselves in determination, humility and persistence. You got to choose yourself and persevere. You got to be determined.

The next hurdle then will be 'the traps'. Everyone has subconscious weaknesses and Ego show off is one of the greatest traps. There are, however, also others. Wow! You have learned to perform miracles, can raise the dead and heal the sick. What will you do? Go back to your community and show everyone what a great saint you have become? Do good to others using your miraculous powers? Beware, that's a trap! Or you have learned to walk on the water, control the powers of nature, control the storms and calm the wind. Another trap! And so it goes on and on. Some religions, these days, make the fact that someone performed miracles an attribute of a saint. The opposite often is true! Miracles are **not** the attribute of a true Saint, but the will power and humility to **resist** the option of miracles in one's life, that's truly saintly! Why? It's because with miracles one attracts the crowds to oneself and not to God. And if you walk around and raise the dead or heal the sick, in all fairness, you got to not only heal everyone, but also will have to release all the prisoners from human jails, no matter what they have done. That's because 'suffering' is an automated retribution for 'sins' committed at some earlier stage; your own suffering and the suffering of others. So, think again! Do you really want to become a 'saint'? True saints don't go around healing others and raising the dead, except in some extraordinary situation and then likely secretly without anyone ever knowing that this saint was involved in such process in any way. Powers are very big Ego-traps! Pride comes before the fall! And powers attract the crowds to yourself, but not to God. God is the goal, not you yourself. If you perform miracles in front of the eyes of the crowds, they will likely worship **you** as their God. If that is your goal, then certainly you **won't** be a saint.

That was the lesson that the often cited Jesus Christ had to learn. Approaching his mission with miraculous power displays, no matter what his personal reasons initially, was the cause

of his mission failing and him having to seek personal escape in a self-arranged crucifixion procedure. He didn't die on the cross, as even the Christian bible lines out in the Gospel of St. John, but succeeded to escape his own foolishness of attracting the crowds to himself instead of to God. Later he did much better in some other country far from home. Even saints sometimes make mistakes, in enthusiasm and eagerness, but they often will get a 'second chance', if their mistake was accidental and not a planned foolishness. So, when walking in the footsteps of saints, please study their lives, first, to prevent yourself from repeating their mistakes. No one is perfect!

So, please remember that a lot of **determination** is needed and also a lot of self-awareness that one doesn't make oneself, accidentally, a 'God' in the eyes of others. **Discretion** therefore is the second quality on the spiritual path. Both, discretion and determination interwoven help one to get off to a good start on one's spiritual journey. The third quality needed is great **humility**, a humility that doesn't want to show off one's perhaps great experiences and attainments to others.

The often given 'excuse' of **wanting to share** with others often ends up in accidental show off. What mathematical insights could a university professor seriously share with pre-school children? Those children might finally celebrate such professor, but understanding anything is an entirely different story. So, better refrain from sharing with others, as in all likelihood they won't understand. Self-Realisation means that one has to have those experiences **oneself**. Thus sharing experiences with people, who have not experienced the same, quite likely will lead to confusion and misunderstanding. Of course, when one has mastered oneself, wholly and completely, one could perhaps **guide** others to getting experiences themselves; but outright sharing of experiences defeats the purpose. The spiritual path is **not** a circus!

We point out these traps, as all too often they are common beginners' traits. Please beware of them and in discretion create for yourself the personal space needed to 'step out of the crowd' without anyone of your loved ones ever noticing. In an advance state of spiritual determination eager adepts have been known to cover themselves with the mask of mental illness. Mental illness, being mentally ill in the eyes of others, especially in the eyes of so called well meaning friends and family members, creates the convenient space of 'freedom of the fool'. But, one would need to have conquered one's Ego at some stage, because being considered 'crazy' by everyone and not being taken serious anymore by friends and loved ones could be mentally very painful. We mention this option, here, but be careful before actually entertaining it; the EGO-clash in your subconscious mind could be of a severe nature, if you play 'the fool' before the eyes of the crowds. But, on the positive side, playing the fool could award you with a lot of free space for effective self-development in your own

community, which otherwise could be eager to pull you back towards their own ways and traditions. You need to decide, yourself, which approach suits you best, discretion (as far as practically possible), feigning mental illness to attain the 'freedom of the fool' or simply leaving your own community and mixing with other communities other than your own, who may not insist in you following 'their ways'.

## II.6.1 Getting Away from Oneself

Getting away from oneself; what does that mean and why is that necessary. Isn't 'myself' important?

Yes, 'myself' has importance in practical manners, but not ultimately. 'Myself' is the one that 'I' am currently, but 'I' am not that permanently. Once 'I' die physically, 'I' won't be anymore who and what 'I' am currently. So, why wait till physical death teaches us that lesson?

If 'I' am this or that only temporary, then who is 'I' really? Wouldn't it be nice to find out? And once 'I' find out, 'I' can still be the present 'I' for practical reasons, while knowing who 'I' am really. So, what is there to lose to find out, in all actuality, who 'I' am really?

The aim of true Yoga and the inherent Meditation sets just that goal. To find out who or what 'I' am really, 'I' got to get away from what and who 'I' am presently. Otherwise the Mind will end up in an identity crisis; getting confused by being 'two' at the same time. One needs to learn that in perspective in being one at a time, first, and then linking the two together by simple practical logic. Without that practical logic the Mind ends up in confusion, which is then the cause of a mental identity crisis.

A simple technique, which became known over the millennia under different names, sets just the goal to heighten self-awareness in a practical manner. Which Self? The other unknown Self, of course. For outsiders that may be just a simple breathing technique, but for insiders it is much more than that. A technique is something that is practised. But this 'technique' isn't a practise, as such, as one doesn't actively practise anything, but rather lets something happen. Letting something happen means that there is no willful activity involved. One just **observes** without interacting; just like watching a bird in the sky. One doesn't interfere doing that; one just watches and observes. So it isn't a technique, as such, but rather a simple way of observation.

We are all breathing in and out all the time; often without even being aware of it. So, we are not watching now a bird flying in the sky, far away, but we are watching our breath flowing in and out. Watching and observing; not controlling our breath in any way. If we exert any form of control, we are using technique. Without technique and control we just observe, what is happening, without any form of interaction. It takes some time for us to learn to 'let our breath happen' without any form of interaction; just observing, as a neutral person, how our breath flows in and out, naturally, without any technique or control. Just let it happen!

## II.6.2 Being Away from Oneself

Being 'away from oneself' is a strange experience; something we may have never experienced before, as we are so much involved with ourselves. It feels strange, no doubt. Therefore beginners will tend to want to control their in and out flowing breath, though, unaware of the breath, we usually don't interfere with the natural unhindered flow of breath. Unaware, breath just happens. We got to learn to let breath happen even when we are aware of it. It certainly takes time for us to do that. So you need to give time to learn not wanting to take control the in and out flowing breath. You can do it unaware; then why not aware? Keep trying!

What will happen, if we do aware what we do all the time unaware? Try it and see it happen for yourself.

Once we have mastered breath awareness without any sort of control, we can take a step further and try something else. Another 'skill' of ours, besides breathing, is walking. Often we are not aware that we are walking; we are walking sort of unaware, as we have become so much accustomed to walking. If we are running, we put usually more awareness to it, unless we are professional runners. We are putting more awareness to it, because we are not habitual runners and may have to watch, where we are putting our feet while running so that we don't stumble and fall. But walking? Most of us will be very much accustomed to walking unaware, except perhaps small children that still are learning to walk. So, we are not learning to walk, but put awareness to the walking experience, which so far we have done only automatically.

Once again, we are observing, not controlling. We are just watching ourselves, like a distant observer, as we are walking. Again, we might find it a bit difficult to do. Unaware, we have no problem, but being consciously aware of our legs moving feels somewhat strange. Being aware, doesn't mean we are looking at our legs. We just observe the leg movement intuitively; without looking down to our legs: Aware that we are walking without any sort of interference and control. Please give it a serious try!

Another simple awareness exercise: Taking food and drink! Once again we just observe, consciously, what we have done already so many times unconsciously. We perform our habitual routine of eating and drinking without exercising any form of control. Just let it happen; we already know how to do that as automatons. So, now you watch, consciously, the automaton taking food and drink; aware of what you are doing, not unaware as at other times, but resisting the urge to take control, even if we find that we are eating like the pigs. Just let it

happen the way we are accustomed doing things, aware, but not attempting to consciously change anything. If you habitually eat like a pig, but were unaware of it, now aware please do not make any changes. Do exactly as you habitually are used to doing things. It takes a bit of practice, as we often feel ashamed, if we discover ourselves doing something inappropriate. But this exercise doesn't aim at you changing your ways of doing things, but simply being aware of what you are doing. Please accept yourself, right now, exactly the way you are and don't try to change anything. Self-Acceptance is the key. If you don't self-accept yourself the way you are right now and seek to make changes, as appropriate, you are exerting control and not awareness. The purpose of this exercise is to learn self-awareness and **not** self-control.

In the process of self-awareness, without the slightest attempt of control or trying to change things, you will become aware of yourself in a way you may never have experienced yourself. You may feel that you are no longer you, but an outside person observing you. Not being anymore 'you' you have, in a way, moved away from 'yourself'; and that is the actual purpose of this exercise: Getting Away from Oneself.

As you learn to be an external observer to all your activities and not the self-controlling factor to yourself, you learn to distinguish between 'me' controller and 'me' observer. You become thus aware of two entities in your life - and both entities are actually 'you', just separate from each other. At one given time you are the one and at some other given time you are the other; but essentially **both** are 'you'.

These two newly discovered entities are the **controller** and the **observer**. Both are 'you'!

Then **who** is your real 'You'? Both are your real 'You' in different functions; so no need to get now into an identity crisis of not knowing anymore **who** 'You' are.

With this simple exercise you have learned to be two entities at the same time, the one that acts and controls and the one that just observes. Both are 'You'.

You may say that 'you knew and have been that already' and, yes, you are right, but before you have been that more unconsciously and now, having mastered these simple exercises (you may wish now to add some more analog exercises on your own) you have become **aware** that you are **two** entities and not just one: The **actor** and the **observer**!

Learn to be **both** actor and observer in all your ventures in daily life, consciously and not just unconsciously! It certainly will take some awareness practice to accomplish that.

### II.6.3 Actor and Observer

Now that you have learnt, by practical exercise and self-experience, that you are two and not just one, the actor **and** the observer, let's practice this in daily life.

In your daily life you are the **actor**, who is close to things. Being close you are involved in your activities thoroughly. But being so closely involved with your daily activities you may not know easy solutions to your daily life's problems. Here the **observer** kicks in. Being distant from the problems the observer has a different perspective and thus is able to give you, the actor, valuable tips and ideas.

So, while you perform, as the actor and controller, the duties of your daily life, you stay in close contact with the observer within you, who helps you with tips and ideas from the observer perspective. Thus all your activities of your daily life will be from now on become **team work** between the actor, who is close to things, and the observer, who is distant from things.

Team work means constant communion with the observer within, as you perform, diligently, your outward duties as the actor and controller. Team work means constant interaction and not just desperate cries for help, when you get overburdened with problems and don't know anymore how to solve them. Team work means asking for observer input all the way along and not just in desperate situations or emergencies. You got to involve your team partner in all your affairs, no matter how small they may appear. Would you like to try that, practically?

We can't teach you what that will do to you, as you got to experience that for yourself. Self-realisation is the key to understanding, what we are talking here about. For such understanding you got to practically explore what we are suggesting here to you. Only then you'll understand out of your **own** self-realisation.

### II.6.4 Behind a successful Operator is a smart Observer

Paraphrased from 'behind a successful man is a woman', we may see what involving our 'observer within' will actually do to us. By the way, did you know that this saying also applies in the reverse: 'Behind a successful woman is usually a man'.

So, we see that we have here three scenarios, where one is the actor or operator and one is a background observer. Whether it is the background man that helps the active woman or a background woman that helps an active man or an inner partner observer that helps the active Self, in all cases it is the same principle.

Why is that so?

Our world is arranged dual mirrorlike. In a mirror we have two sides, one outside the mirror and one inside the mirror. Both sides are reverse to each other. So our inner Self is our mirror image to ourselves, like in a healthy relationship man and woman add up to a successful team of different qualities and abilities.

In a healthy relationship the Philosopher's Stone Equation is fully applicable, like it is fully applicable in the mirror scenario, too: Actor plus Observer equals Zero respectively completes the circle. Success thus is found in actor plus observer teamwork, irrespective of whether the team consists of a man and a woman or an outside actor within inside observer partner.

Man and woman, ideally, are opposites that make two halves a whole. The Philosopher's Equation thus reads, ideally, Male plus Female equals Zero. Same goes for the outer and inner partner relationship. Meditation practice, as the one explained above, helps in discovering one's inner partner and developing a healthy team relationship: Outer Self with Inner Self.

Just think of a man and a woman in an ideal partnership, who also have developed a healthy inner partner relationship and put this all to wholesome work together. That's a two plus two relationship of outstanding understanding and communication. Could any relationship be more healthy than that?

## **II.6.5 God and Human**

The human being, it says in some Holy Scripture, is made in the image of God. Such information relates to our world of duality; in the ancient days without mirrors invented quite likely to one's image one sees reflected deep down in the calm waters of a well.

In other words, God and Human are opposites in a same sense as outer or inner partner are



opposites to each other or man and woman, ideally, should be 'reflections' of each other in a dual sense. Once again the legendary Philosopher's Stone Equation applies: God plus Human equals Zero respectively completes the circle. A human without God is incomplete as is a God without the human. Both are jointly the whole, like in an ideal relationship man plus woman are two halves that make the whole.

We see, in such sense, that not only man and woman need each other, but also God and human need each other to be whole and complete. If we, in our outer presentation are all human, then our inner mirror reflection partner is God. So, God is right within us and it is up to us to develop a healthy and fruitful relationship with that inner partner, our mirror image within.

The problem with 'God', historically, was that people accredited all that, which they could not understand, to some God; like thunder and lightning for example. It became customary to worship such Gods, often in form of idols, to appease them with prayer and sacrifice. Innumerable Holy Scriptures have declared these to be false Gods, but out of ancient carried forward superstitions and traditions still many people are worshipping these false Gods in preference to the real God within themselves.

Worshipping the inner God doesn't mean ritual, sacrifice and prayer, as applicable to those false Gods of ancient times, but to create a healthy, fair and constructive relationship on **equal terms** with the God within us. A relationship of equals and not one being the slave of the other; just as it should be in a healthy male-female relationship.

We wish to point out here that there are two male-female relationship options available. The common human being will entertain such relationship with an outside partner, while the more developed human being may prefer to entertain such relationship with his/her inner partner in a sense that an outer man and an inner woman respectively an outer woman and an inner man **fairly and constructively share one body**. Such is the true set up of the so often misunderstood transgender situation. It is not the purpose to be the opposite, but in higher self-realisation being one's **complete Self** consisting of **both** mirror halves **equally**.

Both halves of the mirror scenario; what does that mean? It simply means that we are, in our true and inherent nature, something else than just human beings, who may perceive each other as male or female. In our inherent nature we are **souls**, which in dual projection are male and female as well as human and divine. We are being asked in all Holy Scriptures to look out for **God**, as **God** is our dual image partner, as we, the human beings, are made **in the image of God**. We hope this clarifies a few points.

There is an entirely different scenario with so called gay, homosexual and lesbian relationships. They are **not** dual projection reflections out of soul consciousness. They have an entirely different background. For those wishing to have clarification on those relationships we refer to chapter III.7.6 in our separate publication 'The Book of Ultimate Wisdom'. That is not to say that such relationships are **bad**, but they are the natural consequence of a fairly common human behaviour these days of the 21st Christian Century. It is such human behavior in misjudgement of the ultimate outcome that gay, homosexual and lesbian relationships likely will be increasing as time goes on. Please refer to 'The Book of Ultimate Wisdom', as explaining things here will take us off our subject.

Please use the above shown meditation practices to discover your inner dual partner to yourself and then enter, as often as practically possible, a deep inner meditative communication with each other. You, the human being in your outer expression, may know a lot about mundane issues, but your inherent divine inner partner knows things that you could not even imagine in your wildest dreams. The outer plus the inner make the circle complete. The outer alone is only one half of a whole. Make yourself therefore **complete** by developing an intimate relationship of communication and sharing with your inner partner; lest you will remain incomplete.

## II.7.0 Karma Clearance

We are coming now to a special subject in our techniques considerations, which is Karma Clearance. In fact, this is the most important one of all, as in karma clearance we learn to undo the mess we have created over innumerable incarnations here on Earth. Heaven, hell and paradise, as proposed by some religions, are just temporary shelters; relative eternal but not absolute eternal. A relative eternity is a fairly long period of time by human standards. For a human being that lives only for about 80 to 90 solar years a thousand or ten thousand solar years could constitute a 'relative eternity'.

Why is 'karma clearance' so important? Well, we all started out at **neutral** or **zero** once upon the time innumerable incarnations ago and to leave this stage we need to get back to just that neutral or zero from where it all started from. That, of course, is much easier said than done.

The word 'karma' derives from the Indian Sanskrit language and means 'action'. Action has caused consequences, which, by nature and structure of our world, are always dual in nature. While we, the human beings, usually strive for some objective of one-sided nature, we are being left with the dual opposite of our intentions. Once again the legendary Philosopher's Stone Equation applies. Positive Consequence **plus** Negative Consequence **equals** Zero. Having worked for, so eagerly, only for the one consequence and likely, eagerly, avoided the other consequence, we are left now with a huge parcel of one-sided consequences, which have not been addressed yet. As said before, we are speaking here of the consequences of innumerable incarnations and not just of consequences of the present one.

Then, how are we going to know what are the uncleared consequences of so many incarnations?

For this, as for many other issues, we need, once again, our inner dual partner, the so-called God within, to help us, step by step, to clear up the mess that we have caused ourselves over so many incarnations.

Once again, meditation, inner sharing and communication, is the clue. Our inner partner of divine insight knows the issues that we have to address to set us free from the self-inflicted mess in our lives. We are, right now, the end product of our own actions over so many incarnations. Whatever your personal circumstances right now, you have created them all yourselves, innocently and ignorantly, perhaps, but they are all the result of your own doing!

## II.7.1 In a Nutshell

In our most inherent nature, we are neutral souls that opted to participate in a Play. We are the actors, indeed, and what we think presently to be is just the character that the actor plays. This Play is about MIND CONFUSION in that the actor really believes to **be** the character, which such actor plays. In **Confusion of Mind** we, the actors, do things that we, in clarity of Mind simply wouldn't do. One such trait of mental confusion is one sided behavior.

Souls, the actors, are **neutral** in their inherent characteristics. But, participating in this Play, the actors are no longer neutral, as they **choose sides**. Choosing sides, one sided, has consequences for the inherent neutral actor. Having played one role, one sided, such actor, after, has to play the dual opposite role to the one played before. Having played both dual opposite sides, one after the other, the actor is back to its inherent neutral state. That's simply the **Rules of the Game**. The Philosopher's Stone Equation applies!

Over so many incarnations of one sided participation we have arrived at where we are now. Whatever we didn't address in our one sidedness has to be addressed, now, to get us back into our inherently balanced state. How will we go about that?

We have, within us, a dual partner that may be still unknown to us. We got to get in touch with this inner partner, our dual Self, to form a team. We are more than what we think we are right now. We got to fill the missing gap. That gap is our inner partner.

In as much as we perceive ourselves as humans in our outer perception, we are Gods in our unknown inner perception. **Human plus God equals Zero!** That's, once again, our often cited Philosopher's Equation. And what is Zero? Zero is an expression of neutrality, neither positive nor negative. Zero, that's the 'Actual Actor'.

### **Human + God = Actor**

That's what we, mathematically speaking, **actually** are! But, in confusion of mind, we just think that we are the human and that 'God' is someone somewhere else. And we know, in actuality, nothing about the actor at all. Why? It's our inherent confusion of mind!

Developing our world starting from the actor's perspective or consciousness, things become clear, quickly, but trying to do that in the reverse, starting with our human perspective or consciousness, we don't get anywhere at all. Why? Dual means opposite in perception and

portrayal. Human and God are opposites to each other in the same sense as photo positive and photo negative are opposites of each other, though both are true images of each other. That's what some Holy Scripture wanted to point out, when it proclaimed, God and Human are images of each other and not, as some translators have interpreted it, God created man in it's image. We have created ourselves, but don't remember it any more. As actors, we have chosen our roles ourselves. The actors are for real and the roles respectively the characters that are being played are fiction. But, we won't realise that ourselves, unless we succeed to escape that nasty mind confusion and are able to position ourselves back in actor consciousness.

How do we get from fictitious role or character consciousness back to actor consciousness? Find the dual partner, God, within us in a process called **meditation** and set up intense and intimate communications channels. If, in such, we can learn to be our dual Human-Divine Self, in lieu of only our presently one sided human Self, we will self-realise ourselves as the Actors. In actor consciousness we can see clear and will know what is to be done to get ourselves out of our inherent self-inflicted **karma consequence mess**.

We started, originally, in Zero, the neutral or balanced state in the middle between the extremes, and we have to get back to such state in all criteria and avenues of this very complex entertaining Play. In the basic concept this sounds simple, but the complexity of so many one sided options that we may have indulged in over so many incarnations makes the attempt to neutralise everything again also a complex one.

So, let's not waste time, as some 80 years (or so) here on Earth are not much time compared with perhaps ten million years of one sided existence, one way or another. We certainly have addressed some one sided issues in earlier rounds, no doubt, but there is still plenty left to keep us busy and entertained for decades to come.

## II.7.2 Sexuality and Sexual Perception

If we are inherently **neutral actors**, why we feel then so strongly about sexuality and sexual orientation?

We feel about sexuality so much and so strongly, as we are **neutral** in our inherent actor nature, but in confusion of mind don't realise that we are playing one sided roles. When a neutral actor choses a female body costume, such neutral actor is very likely to identify itself with the female role so much that the actor will state **I am a woman**. Analog for the male role.

Out of an inherent neutral consciousness playing a one sided role, be it male or female, creates a subconscious imbalance, one could say a mental vacuum, which more or less seeks to stabilize back into neutrality or balance, meaning, as per the famous Philosopher's Equation:

$$\mathbf{Male + Female = Zero}$$

If 'male' is very much greater than 'female' within one's (confused) consciousness, there will be a strong attraction of the man towards the woman, seeking in the outer world what one is lacking within one's inherently **neutral** perception. The same rule applies, in the reverse, if one is overly female in one's inherent gender perception. The inner vacuum created, psychologically, in one's one sided gender outlook, creates the psychological urge to make up for what is lacking towards a neutral gender outlook; one's inherent actor nature.

Thus, one could almost conclude that people with very strong sexual urges have a strong gender perception vacuum towards the neutral in their consciousness; that's besides other physical contributors typically found in sense abuse and certain food items that also increase sexual urges. However, a strong sexual urge, physically expressed towards the opposite gender, can lead, mind-psychological, to a homosexual nature that defies the very purpose of the original need to fill that gender perception vacuum within. It is for such reason that holy scriptures warn about **lust being evil**. Extreme expressions of lust, bordering almost to sexual perversity in the present incarnation, program the mind towards erroneous homosexuality in the next incarnation. That's, because the body costume tends to 'cycle' from one incarnation to the next. But the mind, strongly focused into just one sided gender expression in sexual terms, like male to female, will pursue the original course after the body costume is changed. Now it's, likely, female to female. Analog rule applies to female to male oriented lust. Then it's male to male after the female body costume changed into a male one.

Then what will those do, who, by nature, are afflicted by an extremely strong sexual urge towards the opposite gender? For the first, watch what you eat, as protein and strong spices like chilli, masala, onion, ginger and garlic heat the sexual needs in a physical way on top of a possibly already existing mental need due to a big inner gender vacuum. Second, find your inherent opposite dual partner within yourself and seek, in team work, to fill up the subconscious mind based gender vacuum within rather than on the outside. If the human on the outside is male, then the dual image within, the God, is female and vice versa. It's the complexity of several imbalances intertwined that make things sometimes difficult to resolve.

Then, in dual image perception, the **neutral** side within, would one be then bi-sexual? No, one would not be bi-sexual, which is, once again a way to seek solving an inner imbalance with an outer medicine. The inherent actor, gender neutral, doesn't engage in sex, as the concept of gender is fiction and only exists within the Play. Consequently, the one who has found his or her inner dual partner, the opposite gender God within, will no longer need to express physically on the outside, when the inherent mental vacuum has been effectively filled respectively neutralised. That's, actually, the true and proper monastic life, which some people strive for, though not quite understand what it is all about. In confusion of mind many monks and nuns, the world over, end up in homosexual tendencies or illegitimate opposite gender relations, as they have not understood that monastic life is about finding, first, and then, second, liaising with one's inherent dual partner; in lieu of an external one. Those, who in confusion of mind become monks and nuns without understanding this will certainly only find disillusionment in monastic life. Monastic life is about balancing human one sidedness with the inner inherent partner and not with a humanly common outer partner. One doesn't, however, have to enter a monastery for such venture, but it shelters the candidate a bit from a still mind confused non understanding outer world. It's, certainly, quite more difficult to develop oneself into an inner direction, when living in a world and environment where everything is outside-focused.

### II.7.3 The Actor's Choice

What makes the actor playing a role so uniquely different from the role such actor plays? The role, being whatever one perceives to be in mental confusion, is limited to oneself playing this role, whereas the actor, in clarity of mind, has the choice to change the role and play a different one.

For the role to change into another, the role-self in confused self-perception speaks of death. The role has to die to be another, but the actor doesn't die; the actor just slips into another body mask and costume and plays something else. So, where is there death in this process?

One could, of course, short cut the karma consequence clearing game by slipping into another body costume right now, when one has managed to address all or most of the issues pertaining to the present one. Modern medicine affords such choices in surgical alterations to one's body costume. More choices to such will become available in centuries and millenia to come. Religion's perception and teaching that 'a God up there' created us and therefore we should not change our bodies is incorrect. We created ourselves out of actor respectively soul

consciousness through Mind. We can re-create ourselves out of such actor consciousness, no doubt, also beyond medical surgeries, but in our still inherent somewhat human self-perception we could, in liaison with the inherent God within us, chose to be dual gender, physically, as the inner and outer partner to the game are opposite gender. We could say then that the Human on the outside and the God on the inside **share one body** jointly. Such body, in gender terms as in higher terms, would, once again, fulfill the legendary Philosopher's Equation in that

$$\mathbf{Male + Female = Zero = God + Human}$$

**AND**

$$\mathbf{Male + Female = Actor (Soul) = God + Human}$$

(through Mind-Perception)

Please remember in reading these equations that the **Actor (Soul)** is, inherently, neutral and that Zero is an mathematical expression of neutrality, as it is neither positive nor negative.

### **II.7.4 Actively dealing with Action Consequence**

The headline already says what this actually is all about: Taking action, which by nature has dual consequence, to deal with past action consequences. Whatever we strive to do, it's not going to be a straight road out of the dilemma. We also could sit and do nothing and let fate or karma take its natural course. But that's an unrealistic option, as even breathing and taking food and drink are action. In our dual world, thus, action is compulsory, one way or another. So, all we can do is planning for concrete action that somehow sees us through the best possible way.

How do we know **what** is our inherent karma respectively action consequence from the past and which steps could be the concrete constructive action that gets us out of the self-created mess the most appropriate?

Sure, we can't do that, as humans of limited knowledge, on our own. We do need help! We do need someone who first can tell us what the past karma respectively action consequences are and second what appropriate action-steps we got to take without creating even more



unfavourable action consequence as we go.

We simply got to get in touch with our **inner partner** and form a **team**. In as much as we are human, our inner partner is divine. So, the inner partner really should know. However, our legs and arms are attached to our own bodies on the outside. The **teamwork** between inner partner and outer partner thus illustrates as such that the inner partner is the guiding force and the outer partner is the executing one. So, we can't just dump it all on our inner partner and say 'just get us out of the mess'. Things don't work that way. It got to be joint **teamwork**.

Knowing what needs to be addressed is only half of the battle. Knowing also how to address what needs to be addressed so that we are not creating too much more mess in cleaning up is the other half of the battle. In joint **teamwork** between inner partner (guide) and outer partner (executor) both halves of the battle can be addressed properly. Sure, that is not going to go in a straight line, of course, and we will often feel like running in circles or in zigzag ways. In sailing this would be called 'sailing against the wind'.

But, the good part of this karma clearance exercise, jointly, is that we learn to trust our inner partner, who is none else than our own inner Self. Our Self, thus, is composed of an outer Self plus an inner Self. Both Selves are dual images of each other. It's a pity that most human beings, so far, only know of their outer Self, the one they commonly think they are, and have never stood face to face with their inner Self. In order to reach in consciousness perception the next higher stage of **soul actor** we need to be in a harmonious inner plus outer Self partnership. The aforesaid karma clearance exercise is ideal in helping us to just develop, in consciousness, this 50:50 team relationship with our inner Soul-Self.

**Inner Self + Outer Self = Zero = Soul Actor** (beyond Mind)

The Soul Actor, out of its own perspective, sees itself, through Mind, as having a (dual) inner and outer nature. But, alas, it is very difficult to see that out of our common human perspective, as Mind obscures things for us. We usually see just 'us', the outer one.

So, lucky us, having something concrete to do, meaning removing past karma respectively action consequence in some constructive new action, we can acquire on the go the much needed 50:50 self-perception of both our outer **and** inner Self in active **teamwork**. In such way we solve two problems both in one, the karma consequence issue **and** our dual Self Perception issue, which ultimately enables us to **self-realise** ourselves as the inherent **soul actor** to this Grand Play. We are **that**, no doubt, but we got to first come to terms with that.

## II.7.5 Beyond Mind

Beyond Mind we have a dual pair consisting of **Soul** and (what we termed) **Origin**, in which relationship **Soul** is individualised **Origin** respectively Origin is non-individualised Soul.

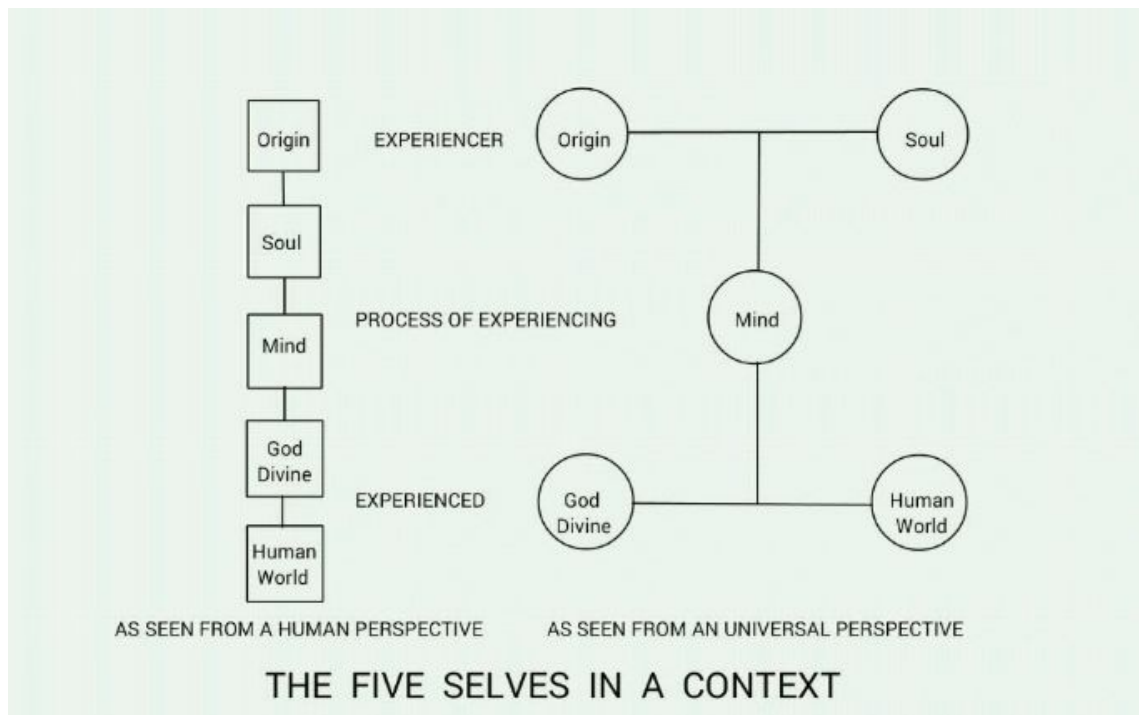


Figure II.1 The Five Selves in a Context

Below Mind, as we can see from Figure II.1 above, we have the dual pair consisting of God and Human.

MIND, as such, is the intermediary connecting both the 'Beyond' and the 'Below' sides, which could be considered, once again, as a dual pair consisting of 'Beyond Mind' and 'Below Mind'.

Why do we classify MIND as a SELF; as we are speaking of Five Selves?

MIND in itself has a dual role. That is to send out messages and to receive back messages. MIND in such role isn't really meant to be a SELF, but only an intermediary between BEYOND and BELOW. But when MIND starts (in confusion) interpreting the received messages and erroneously perceives itself as an actual actor in the overall show, MIND temporary acquires SELF-STATUS. In such erroneous SELF-STATUS Mind perceives itself

no longer as the facilitator between two sides, but sincerely believes to be the actual originator of all things itself. It is an analogue situation to the earlier discussed issue that the mirror reflection inside a mirror assumes to have self-identity and no longer is aware of the Original in front of the mirror. The mirror reflection repeats all actions of the Original in front of the Mirror, but could fall prey to the illusionary assumption to be acting out of itself. Mind in its role of the self-actor has fallen prey to just that confusion.

We can see here that MIND has dual roles, one in clarity being just a neutral facilitator and in confusion a fictional Self. In such terms, some Holy Scripture describes MIND as having stolen the royal throne from Soul, as the 'Beyond' is the true actor, but MIND in confusion assumes that MIND is the actor and originator of all things itself.

As we approach our subject of 'The Five Selves' from 'below Mind' starting with the 'Dual God and Human Angle', MIND has individuality as a 'SELF', as MIND has not yet awoken from its error. Once MIND wakes up from its error and we pass that hurdle of 'the false king on the throne', the picture changes and MIND assumes its actual role as 'just a facilitator' between 'Beyond' and 'Below'. As a 'just Facilitator' MIND, of course, can no longer be said to have 'Self-Identity', as MIND is just engaged in the 'Process of Facilitating' between the two sides, being the dual Origin-Soul Pair on one side and the dual God-Human Pair on the other side. In such scenario, of course, we can only speak of us having Four Selves plus one neutral intermediary called MIND.

As God and Human, as a dual pair, add up to neutral (Zero) as per the legendary Philosopher's Stone Equation and Origin and Soul, as a dual pair, also add up to neutral (Zero) and MIND as an intermediary is in clarity inherently neutral (Zero), then the entire set up is NEUTRAL.

**Origin/Soul + MIND + God/Human = 0** respectively

$$0 + 0 + 0 = 0$$

Thus our entire world of perception is just illusionary existence based on MIND derailing this equation by firmly believing to have SELF-Identity, as  $0 + 1 + 0 = 0$ . When then, in addition, such confusion is further enhanced with the human side believing in self-identity independent from God, then Human + God = 0 as well.

And when, in the finals, even the Soul erroneously believes in independent existence from the Origin, then even Origin + Soul = 0. Then we speak of a **total confusion**.

## II.8.0 So-called Higher or Advanced Yoga Techniques

All Yoga Techniques, whether beginners, intermediary or advanced, are techniques to an end and not the end itself. Whatever technique one thus practices, it has to be kept in mind that the technique is just a tool to some end, but not the actual end. Loosing oneself, therefore, in practise of any technique to the point of mastery is inappropriate. The goal of Yoga is Self-knowledge and Self-Mastery and **not** techniques mastery.

There are, these days of the 21st Christian Centuries, proclaimed 'Masters' of various Yoga techniques, but, objectively speaking, they have failed in the Yoga-Path. True Yogis don't proclaim themselves in any way or put themselves on show for others to be admired. The key element of true Yoga is humility and only a truly humble Self can eventually discover and interact with one's inherently divine Inner Self. Self-Mastery is, as such, not Mastery of any techniques, but Mastery of one's inherent EGO, which like an inflated balloon hides the God within.



Figure II.2 The Inflated Ego

The above illustration shows just what is the actual problem within us. EGO, our inherent outer Self, eclipses respectively 'steals the show from' our inherent inner Self. If any Yoga technique practised doesn't address this problem, directly or indirectly, then it is a Yoga technique 'practised in vain'. By the law of the much discussed Philosopher's Stone we must arrive, eventually, at fulfillment of the equation

## **EGO + Inner Self = Zero**

This equation will only be fulfilled, if both sides, EGO and Inner Self, share 50:50 inherently. It is presently EGO, which wants to have the action and credit all for itself. But EGO is blind and not much knowledgeable. The Inner Self, in contrast to the human outer Self called EGO, is all knowledgeable, as it is our inherent divine side, which has manifested itself within. When EGO and the God Within form a genuine **team** of working together instead of against each other the condition of 50:50 sharing can be met. The Soul respectively the often mentioned 'actor consciousness' can only be self-realised, if such team is a genuine one.

EGO, often portrayed as something negative, has an actual practical purpose. The actor needs to be able to play his/her part in this Grand World Theatre as if it is all real. For the imagination of reality EGO is needed. But, resourcefulness of playing has to come from within the actor. Within is the inherent divine Self of Wisdom. Both Wisdom and Action have to join up as a team in which wisdom is executed in action and action executed with wisdom. Every true actor knows that. But we, not having self-realised ourselves as **actors** yet, are still oblivious of such simple fact. We really still believe that we are human beings, don't we?

### **II.8.1 ... Only to those who give up everything else ...**

'Give this Kriya only to those who are willing to give up everything else for God', was the injunction of some Himalayan Master, when bestowing a higher Kundalini Pranayama Technique on his advanced disciple. Do we really have to give up everything else for practising Higher Yoga Techniques? And if we don't, then what?

Some Holy Scripture says in its Commandments to 'not to have any other Gods before the Lord'. It simply means the same as giving all other Gods up for the Lord, doesn't it?

Our inner Self, the God within, for so many years rebuffed by an overall powerful EGO, is a wary one. Would you like to have a friend, who always comes running to you, when he/she is in trouble, but doesn't know you in good times or doesn't care, when you are in trouble? Sure, you wouldn't like to have such an insincere friend. Then WHY the God in you would want to associate with YOU, when all you are interested in is to sponge such God for information and then doing it all on your own making yourself the hero in your EGO? If you really want to have your inner inherent dual Self by your side, you got to convince that inner Self that you,

the outer one established in EGO, are a sincere and true friend. Otherwise no deal!

It is interesting to note that the inward directed game is in many ways similar to the outward directed game. How does a boy in love romance the girl that has attracted his attention? Your inner Self is the dual to your outer one; so, if you are a man in physics on the outside, you got to realise that your inner Self is your inherent feminine side. Out of Soul Consciousness everyone is neutral, but in participating in this dual Play everyone portrays to the outside **one** dual aspect, while the **opposite dual** aspect is portrayed within. Both dual sides combined in harmony on a 50:50 scale make everyone complete. Otherwise, one is incomplete or lopsided. As funny as it sounds, that's the big story beyond life and death. In mental confusion we seek to attract what we inherently miss in our one sided nature and upbringing. The man falls in love with a woman, as such man misses his inherent dual nature, the woman within. Focusing to the outside, such man seeks the woman to fill up the inner vacuum within himself, when, if he had looked just to the inside in a process of meditation, he might have found his dual side deep within himself. In outer search for quenching one's thirst for Balance, the inherently neutral aspect of the Soul, the man gets attracted to the woman and the woman gets attracted to the man. Please note, in such context, that homosexuality, gay and lesbian, is of an entirely different root. We have further discussed that in our 'Book of Ultimate Wisdom' in Chapter III.7.6. If homosexuality is your subject or notion, please look up the details there.

So, if the Earthly woman expects the man to give up 'everything else' for **her**, then she follows in such way the inner God, who expects the same. This is the dual play of outside versus inside. Both sides want your attention and it is your choice **whom** you want to give it. But to blame woman, historically, to be the 'snake' that distracts the man from seeking fulfillment in God, is an unfair notion, as this works both ways. As a woman demanding first choice attention can distract a man from God, so a man demanding first choice attention also can distract a woman from God. Both genders are **equal** before the Lord, as in soul consciousness everyone is equally and simultaneously **dual gender**. Being truly dual gender 50:50 fulfills the Philosopher's Stone Equation and sets the stage for true **neutrality** in gender terms. The Soul is inherently **neutral gender**, which is an expression of truly 50:50 dual gender.

There **is** a practical way **out** of the dilemma in you doing **everything** for God, sincerely, and not for yourself. So, you **can** have family life **for God**, if you refrain from claiming your family for yourself. Of course, this attitude can lead to problems and difficulties, if your family rebels against your attitude. In fairness, you got to let your spouse know your views to such well before the wedding, as in his/her own perception and upbringing he/she may not agree with your attitude. If your spouse is the possessive kind and wants to have the first

place in your heart, then you will be up to a difficult choice. The first place in your heart must belong to God and no one else, not even to your own children or parents. Gods before the Lord aren't deities, as often believed, but anything we tend to hang our hearts upon in a world of so many attractions. For some these 'Gods' are earthly possessions like material things, for others these may be emotional attractions like spouse, children, parents and so on. These 'Gods' must come **AFTER** the Lord at all times!

That sets the scene for the sincere Yogi in personal self-development well beyond the human sphere. Human plus God results in Higher Soul Consciousness and Perception; reachable, though, only if the condition 'God first beyond everything else' has been met.

And if not, well, then one runs with all one's Yoga Techniques likely in a circle getting nowhere. You got to set **your priorities!**

## II.8.2 Practising Yoga Techniques

The first and foremost rule for all Yoga Techniques is to practise them gently **without** brute force. In Yoga, one can't succeed, if one tries to force things. In the contrary, forcing things in physical Yoga (Asana) one likely will end up with physical injuries while forcing things in Pranayama Techniques, especially in Kriya Kundalini Techniques, one might end up with severe backpains, headaches and psychological problems. Yoga, in itself, is safe for anyone, if the most basic rule of **gentle practice** is observed. Otherwise Yoga could actually be harmful, psychologically derailing and even life threatening. Gentle practise under all circumstances is therefore paramount.

There are many Yoga Groups and Organisations these days of the 21st Christian Century; so we won't go here into introducing actual techniques. We'd rather point out what is crucial to be observed in practice of **all** these techniques.

Gentleness, without forcing things, comes first. Second comes humility. Yoga is a non-competitive exercise; don't look in secret to your neighbor next to you to see how well he/she is performing in comparison to you. It doesn't matter that someone else may be able to do an exercise better than you. In Yoga, not performance but humility and devotion win!

Thus, in Asana it is **not** important how far you can bend your limbs, but whether the gentle stretch of the muscles actually produces relaxation. Those who complain, after, about

physical pains, whatsoever, haven't practiced actual Yoga, but inadvertently something else like Gymnastics or Aerobics, instead. Yoga-Asana is **not** about beauty or muscle building; some body-building teachers these days sell their sport under the name of Yoga, as it attracts more customers than the classical terms. Not everything that is offered and sold under the name of 'Yoga' is actually Yoga these days. Just remember the basic traits of true Yoga like *'gentle practice with a humble non-competitive attitude'* to distinguish your Yoga from any other 'sports' that are being offered under the name of Yoga. Sports are generally competitive; so Yoga can't be really classified as a 'sport'.

The **goal** in true Yoga is, therefore, also nothing that is EGO or outer Self oriented. It's not about looks, beauty, muscles, health or anything like that. True Yoga is, essentially, inside focus to discover, eventually, one's own inherent dual Self, the God within, who is needed as an equal team member to the outside Self to be the most successful in all avenues of one's life/existence here on Earth. The outer Self acts, the inner Self guides! That's the basic setup.



## II.9.0 What is Self-Realisation?

One hears so often in Yoga and we use so often the term of 'Self-Realisation'. What is that?

Well, Self-Realisation has several meanings and all are interlinked and important, individually, on one's spiritual path.

For one, one got to realise one's own Self. One got to understand, what that is and who one is, actually. Initially, one knows only one Self, the I, My, Me, Mine-Self. That Self is commonly circumscribed as EGO. But there is more!

There is another Self, as we are living within the boundaries of a **dual world**. And there has to be, logically, even a **Third Self**, which is the underlying common denominator to the other two Selves. But, presently, likely we know only one Self, the I, My, Me, Mine one called EGO.

Knowing only one Self, the EGO one, we don't really know ourselves. So, we got to learn something new about ourselves.

In the process of learning about ourselves, we come to a logical conclusion. Such logical conclusion, which is not an integral part of a belief concept that has been taught to us, but which is our **own logical conclusion**, that's something we have **realised ourselves**. As such, we have **self-realised** something.

Having self-realised something, we got to take now the second step of applying in our daily life here on Earth what logical conclusion we have self-realised. In this second step we put our logical conclusion to practical purpose. In such process we may be able to establish our logical conclusion not only as a theoretical fact, but also establish such theoretical fact in actuality; us actually creating or becoming what we had earlier known only in theory.

So, self-realisation, as such, is actually a big mouth full that we got to swallow piece by piece. That certainly may require some time. It's very much different of us being taught a religious concept, which one asks us to believe. Belief never is self-realisation, but belief put to actual practice could lead to some self-realisation; like perhaps that our initial belief wasn't all correct. We see here that in contrast to a religious belief concept self-realisation may be subject to change as we go on making ever new discoveries and thus come to ever new conclusions.

## II.9.1 Step by Step Self-Realisation

We understand now perhaps that true Self-Realisation is a step by step process of learning something, whereas belief concepts are pre-arranged ideas that one is asked to accept and live without questioning. True Self-Realisation questions!

So, what will we do? In absence of any facts, one may have no other choice than to start with a concept that makes some logical sense. So, religious belief is not as wrong as it might appear. But, one has to realise that this religious belief is only a theoretical concept that could be right or be wrong. So, the next step would be to investigate and prove one's belief either right or wrong. Unfortunately, it's here where religion has failed us in insisting to accept blindly without any further investigation. We are being told that no one knows for sure, anyway, so there is no way of finding out the 'truth' or even the **facts**. But, any religious authority of whatever religion will have to admit, in absence of themselves and even their highest leader knowing, that the God they worship certainly has **all the facts and answers**. So, thank you dear church or community leader for the **initial** information; now let's talk to that God you profess, directly, to reconfirm the facts! **Why** is that inappropriate or even blasphemy? Isn't it perhaps the fear of the religious authorities of no longer being needed in such process or becoming obsolete or someone else knowing more than even their highest religious group leader? It is the EGO of the clergy that wants us to find God only through them and not on our own. But, no worldly or religious authority is the sole harbinger of God; not even heaven, hell, paradise or liberation and whatsoever terms religion preaches are under the sole control of such religious bodies. God and Religion, as a matter of fact, are 'two pairs of boots'. Certainly, religion can help us in finding God or finding out about God, initially at least as an introduction, but beyond everyone is held to conduct their own research and find their own conclusions. Certainly, those conclusions will widely differ, initially, as the Grand Picture is much larger than all our initial conclusions. We got to be able to put all those, perhaps even contradictory, conclusions into one Grand Picture within the framework of a harmonious context. That appears humanly impossible and as a matter of fact it is humanly impossible, as human logic is different from divine logic. One will need to learn divine logic, first, to be able to figure out how all these tiny jigsaw puzzle pieces of individual conclusions actually fit into that Grand Picture. It sure fits! We just need to figure **that** out in theory, first, and then also in practice. Once again, we have two steps of self-realisation, the theoretical part followed by the practical part.

What is the **Key Difference** between human and divine logic? What makes it for us so

difficult to understand how contradictory realisations fit harmoniously together? How is it possible that two religions professing different belief concepts could both be right? How do we fit 'yes' and 'no' into **one** harmonious setting? Is that the sole prerogative of God?

No, it isn't the sole prerogative of God, as we are Gods ourselves, inherently though not knowingly, and therefore we **are** entitled to such prerogative ourselves. All we have to do is step back from our EGO-imposed human consciousness and see things from a different perspective: from outside our EGO.

In a nutshell, the human logic is commonly absolute, whereas the divine logic is inherently relative. Also here the famous Philosopher's Stone Equation applies:

### **Absolute + Relative = Zero**

So, we actually distinguish between **three forms of logic**, the absolute logic, the relative logic and the neutral logic. Latter one is the common denominator to both the absolute and the relative logic. Absolute logic is the prerogative of the human being and relative logic the prerogative of the God and neutral logic the prerogative of the Soul or Actor playing us in dual nature Selves here on Earth, the humanly acting party on the outside and the divinely guiding party on the inside. It's peak time that we are getting acquainted with ourselves beyond our so well known EGO notions. Only then we will be able to understand; only then we will be able to see clear.

Religion and its clergy might give us a healthy start on our long journey of self-discovery in a process of self-realisation. It is time that religion and its clergy start understanding their actual place and position in society and stop enforcing unproven belief concepts upon its members in threatening us with severe punishments here on Earth as well as in the 'beyond'. The only punishment of blindly following unproven belief concepts is **ignorance**. But such ignorance can become a big problem for each individual, if in such ignorance we blunder and mess around. Ignorance doesn't protect us from punishment, it says in the human court of law. It doesn't on a grander scale, either. We all reap as we sow, knowingly or unknowingly. We are the **creators of our own karma, fate and destiny**.

## **II.9.2 What is Enlightenment?**

Enlightenment is a stronger form of Self-Realisation. In some way one could say that

Enlightenment is several Self-Realisations combined in one.

We spoke earlier of that big jigsaw puzzle picture that explains everything. We got to assemble just that huge jigsaw puzzle picture, which harmoniously fits everything, no matter how contradictory and illogical by our human considerations. We will have to step way beyond our cherished human logic and considerations to accomplish that. We know now that there are, in addition to absolute logic, also relative logic and, further beyond, even neutral logic. What is **neutral logic**?

We have to go back to our earlier explanation in Chapter II.4.3 explaining 'neutral' in a dual concept. It is either a 'neither-nor' consideration or a 'both dual concepts equally' perception that makes things neutral. **Neutral Logic** could therefore be explained as a **Universal Form of Logic**, which includes both absolute and relative logic equally. Are we capable of such form of Universal Logic? Out of our so much cherished human consciousness, we certainly would find that difficult, but in engaging our two other Selves, the divine and the neutral Self, in addition to our already known human EGO-Self, we become **universal** ourselves and out of an inherent universal consciousness we certainly will understand.

Enlightenment, as such, could be said to be the view of things we self-realise, both in theory as well as in practice, that affords us **universal vision and understanding**.

Why is it called 'enlightenment'? It is called so, as this process of ultimate universal self realisation feels, emotionally, like someone having removed flaps from our eyes and suddenly we can see and understand complex things in their ultimate simplicity. The experience is so thrilling that we wonder, in all seriousness, **why** we couldn't see that before, as all is so strikingly simple logic. We must have really been blind before that we couldn't see that!

Remember, whatever is controversial and contradictory in human terms, it still has a rightful place harmoniously woven into the Grand Picture of Ultimate Self-Realisation. The feeling of sometimes quite unexpectedly fitting also the last jigsaw puzzle piece harmoniously into that Grand Picture is a thrilling experience emotionally feeling like someone having switched on a bright light in a before darkened room. Therefore the term 'enlightenment'!

### **II.9.3 Enlightenment, though, is not the End of It**

Enlightenment enables us to see, in all clarity, how it all fits and connects together, but

enlightenment is not the end of it, as we still have to re-program ourselves to live enlightenment. Years of ignorance have programmed us to see things in certain ways and habitually we have engrained these ways into our mind through repetition. Now that we see clear, finally, we still need to re-program our mind by living enlightenment in lieu of ignorance. Old habits die hard, even if accumulated in the state of blindness and ignorance. But being able to see things now in their correct context, we may find it easier to convince the mind to accept some drastic changes. We may have, traditionally, discriminated against others that were not of our country, culture, class/caste/race, religion or gender. We have done so, of course, in the state of mental blindness and ignorance. Now that we can see clear, it's time to change not only our theoretic views, but also our resulting behavior. As habits may take time to change, we have to put some effort to change our behavior towards others. Enlightenment alone won't do that. In such context Enlightenment is, once again, Self-Realisation Phase I and we are now asked to embark on Self-Realisation Phase II implementing what we have self-realised in Phase I.

## II.10.1 The Three Worlds

Beyond our habitually perceived physical world there are two other worlds that are interwoven with our physical one: the so-called **astral world**, a world of energy, and the so-called **causal world**, a world of thought. Thought is the underlying factor that created a physical world based on condensed energy. Physical and energetic elements are ever interacting; thought is the common denominator to both. Idea created the overall concept.

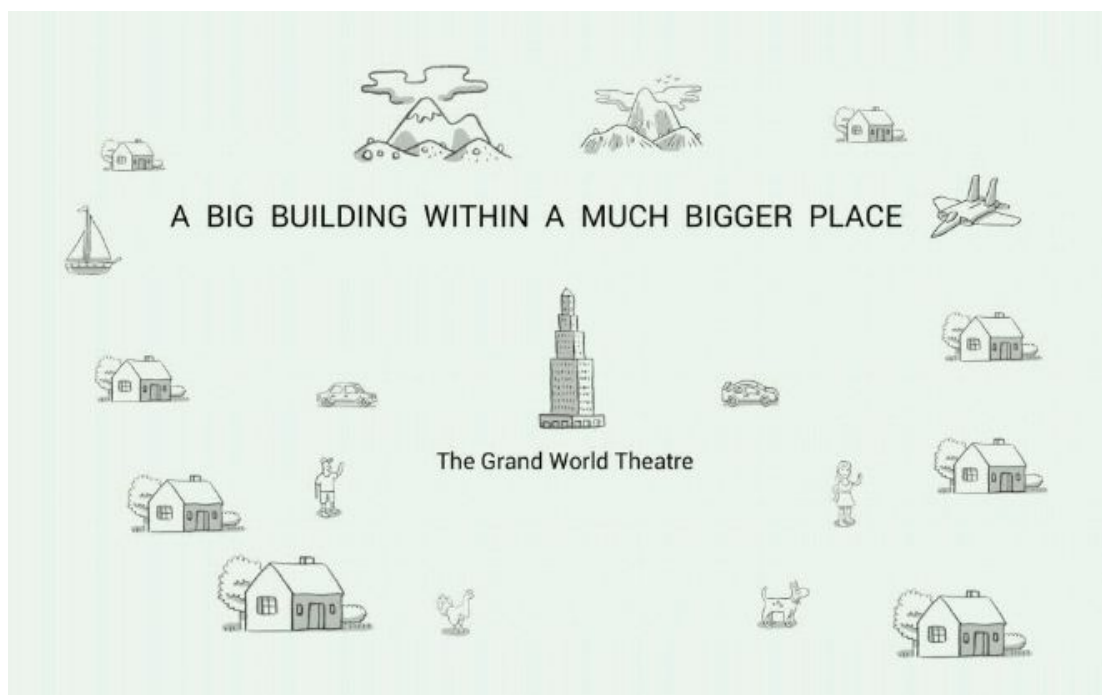
Different Masters entice their students with different incentives to whole-heartedly engage on a spiritual path, which is okay. Human beings enthroned in EGO consciousness need an incentive to become active into a certain direction, speak meditation here. Would any EGO based human even lift a small finger, if he/she knew that there is nothing 'in it' for him/her and that annihilation of Self is awaiting one? Quite certainly not! Then what incentive can a Master give to his/her students to meditate to self-realise later that the presently perceived Self is just a mind-hallucinatory one and that one is actually five Selves in one and beyond something entirely different that one could not even have imagined in one's wildest dreams?

However, as a warning, don't loose yourself too much in astral and causal enjoyment, as they are, though interwoven with the physical world, nothing else than mind-hallucinations themselves. You got to best pass through them, unaffected by their distracting beauties and attractions, and move beyond the three worlds for further universal self-realisation. But, as an incentive to get you started, your Master or Guru may just entice you with those beauties and attractions that after you are asked to best ignore. Whatever is of help to get one going in the beginning is often a distraction in the end. Please remember that as you move on. Unfortunately there is no short-cut method right from where you are now to where you should be. Self-Realisation is a step by step exercise. Step by step you devolved into this finite world and step by step you have to evolve out of it again.

## II.10.2 Why we shouldn't enjoy ourselves in Higher Worlds?

We have come to this world of ignorance and our parents, teachers, even university professors couldn't give us self-realisation and enlightenment. For one thing, no matter what their standing in human societies, they may not know themselves and beyond self-realisation is, as the word says, a personal issue, in which one finds self-realisation out of oneself. No one can give self-realisation to another. Same goes for enlightenment.

We have now, finally, managed to get out of our inherent state of ignorance and have become enlightened and self-realised. We got to move on! If we dilly dally now around, physical death might catch up with us and reset the entire show back to 'square one'. We started in ignorance and we may have to start in ignorance, once again, in the next round, if we don't see ourselves through right to the end beyond the three illusionary worlds. As an illustration, the actor or soul, though conscious of being one, is still an active player within the boundaries of this Grand World Theatre. Such actor, of course, can make changes to its role as well as body physical mask and costume changes to match such role in an attempt to shortcut the process of re-incarnation, but ultimately this actor has to get **out** of the Grand World Theatre and go 'home'. If physical death intervenes, such actor likely is back in character-consciousness in the next round and will have to go through the entire process from ignorance to clarity of mind all over again; perhaps then a bit faster than in the last round, but still in temptation to the thrills of physical, astral and causal attractions and distractions. Please remember that this world is woven dual and where there is joy there is sadness, too. There is no plane of eternal joy and happiness. Even astral and causal joy and happiness are of a temporary nature, though on a different plane than the physical one. Therefore, self-realise what you got to self-realise to get to know yourself in your true nature and to orientate yourself within the surrounding worlds, with clarity and understanding instead of mental confusion and ignorance, and then get yourself out of this mind-enthraling Theatre Play. You'll not be proof against temptation till you actually have left the Grand World Theatre and are sure that you don't want to come back to play again.



**END OF PART II**



**FREE SPACE FOR YOUR OWN NOTES TO PART II**

**FREE SPACE FOR YOUR OWN NOTES TO PART II**

# **PART III**

### III.1.0 It's an Alien's World of Entertainment

In the Finals, we have to come to terms with us and our existence in this world, which inherently is nothing else than a **Facility of Entertainment** in an Alien's world. It's similar, in ways, to our movie houses or theatre houses, which we know here on Earth these days of the early 21st Christian Century, but technically much more advanced. Our Earthly facilities these days typically appeal just to two senses, eye and ear, whereas the entertainment facility that **we** created for our own **entertainment** out of that alien perspective is set to appeal to **five senses**, the eye, the ear, the nose, the tongue and the touch sense. It is meant to deceive **MIND** to believe in the existence of a '**Real World**' that, as a matter of fact, only exists in our own fantasy.

From 'THERE' things started, originally.

The outcome is known to all of us that entertain themselves in this our world as human beings; virtually knowing nothing of their inherent origins before birth and inherent destinations after physical death. Yes, we have our various religious belief concepts and the suggestion of the existence of some '**GOD**', who created it all as it is all too perfect for us having done that ourselves, but inherently we are just speculating hoping that our belief concept is the right and true one. In essence, we know almost nothing and all else is just wishful hope and speculation.

The question here arises for TEAM O°CHELLE 'how much we really should share with you all?' The answer that we have found is simple: **Sufficient** to help with orientation and understanding, but **not too much** in that our outlines spoil the fun of virtual human existence.

Yes, this 'machine' in our alien's world is a tool to facilitate **entertainment** for us and it is not meant to hurt. Pain and hurt will only come to us, if we break the **Rules of the Game**, which we all signed up for, when we entered this **Entertainment Facility in our Alien's World**.

Please look at your present life and life style. What kind of life and life style is it? You got to step away from yourself sometimes and analyse yourself: '**Who** am I' and '**What** do I portray right now'? Whatever you are presently and whatever your circumstances, good or bad, these are all the outcome of your own facilitation. You are the creator of your own destiny and no 'God up there' is punishing or rewarding you for your own evil or good actions. Reward and punishment are built into the overall system and facilitated **automatically**. So don't ever think 'you could get away with anything'; that the 'God' per chance didn't see what you were doing.

**Is there a God up there?** Yes, of course, there is. That **God** is you yourself in your real nature and identity; that 'person' in the alien's world that entered the entertainment facility for fun and enjoyment and signed up to the **Rules of the Game**. All else then is **virtual**; an entertaining show to deceive your Mind, making your Mind believe you being a human being within the boundaries of a virtual world that has no real existence, whatsoever. Your eyes see it, your ears hear it, your nose smells it, your tongue tastes it and your touch sense discovers it and consequently, in absence of any other physical sense to facilitate 'realisation', your Mind has no other choice than to **believe** it; at least as long as you only focus to the outside.

Ask yourself, who and what would you be, if you had not those five physical senses that feed your Mind with information? Close your eyes and the world around you is gone; visibly at least. If you could close all your five senses, then **who** and **what** would you be? If there is no physical sense information reaching your Mind anymore, because all the 'Gates' of the five senses are closed, then what your Mind will have to say then? You got to find out yourself, as that are things that can't be taught. You got to **experience** that yourself.

In a process of 'reverse concentration', known as **Meditation**, we learn to close the Gates of the Five Senses and cut the feedback from this our world off from our Mind. Now our Mind, the 'processor of five sense experience' is left without further new information. What will be its response to that? Perhaps confusion, initially! But when we persevere with Meditation for perhaps a few hours, when Meditation becomes something **natural** for the Mind and all mysticism is taken away through actual experience, then what will our Mind's response be then?

We never question our process of eating and drinking, as it is **habitual** to us and our Mind. But Meditation and Meditative Processes may be **new** to us. But there is nothing 'mystical' in that nor is it a part of some 'religion or religious process'. Meditation is nothing else than **reverse concentration**; focusing within ourselves with concentration in lieu of concentrating to the outside through our five senses. We got to practise reverse concentration, speak Meditation, or we will never know what it actually is. And it has nothing to do with religion. The common confusion is that we believe that, when people mention the term 'God', then religion is involved. Please note here that **God** and **Religion** are 'two pairs of boots'. Religion has made it its business to promote the concept of 'some God'; but that doesn't work the other way around. **GOD** is anything BEYOND our human self-perception. In such sense, as an illustration, human beings are 'Gods' out of the perspective of an animal, as on the scale of evolution human beings are more refined than animals. It's not just physical, though, but much more mental. **GOD** is, evolutionary, our next step forward in the process of true self-

discovery. We are and always will be 'THAT GOD' ourselves on an evolutionary scale. That is, because ultimately we are the 'Gods' that created this entertainment facility in our 'Alien's World'; the facility that makes our Mind believe that we are human beings. It is our 'God given right' to enjoy ourselves here in our virtual world and existence. But some day we got to snap out of it again, as it all is just virtual and not real. Us striving for 'God' facilitates us reaching for higher mental (and perhaps even physical) states to ultimately become what we are striving for. **Want to become a God?** Sure, you can, everyone can! Learn and then play by the Rules of the Game in this virtual show of entertainment and you will be getting there. It is all within your reach with some sort of **effort**. But, like no one can go to school on your behalf for you becoming an educated person (other than just on paper in form of a certificate) you also got to develop **Divinity** and a **Divine Nature and Outlook** yourself. No one can do that for you except you yourself.

Try 'reverse concentration' to the inside in lieu of the already well known process of 'concentration' to the outside. Please don't let terms confuse you; meditation is nothing else than a practical term for 'reverse concentration'. There is nothing mystical or religious about it. People that made Meditation an integral part of some Religious Doctrine are confusing the world around them; in a similar sense as clever people have misused the term 'Yoga' for commercial exploits. If you are afraid to use the terms of 'Meditation' and 'Yoga', as they have been used so much out of context and thus might attract the criticism and/or the ridicule from your loved ones, because you are engaging in those, just change the 'terms' to something else aptly describing what they actually are: Reverse Concentration being 'Meditation' and Unselfishness (EGO-Reduction) being 'Yoga'. The ancient Sanskrit 'Yoga' meaning of 'Union through an active Process' (in contrast to Sanskrit 'Sandhi' describing the automatic union like the natural merging of two rivers into one) simply refers to engaging in techniques and practices to facilitate to merge the outer SELF called EGO with the inner SELF called GOD so that you self-realise yourself as a **dual entity** that has an outer **and** an inner side. Most people these days of the early 21st Christian Centuries only know their **outer** sides circumscribed as and by EGO.

As described in earlier Parts of this 'Book of Clarifications', it is not the **goal** at this initial stage of us becoming **Gods**, as EGO-Self and GOD are dual images of each other. Just being 'one over the other' would defeat the purpose of the dual equation, which is lined out in the legendary Philosopher's Stone; the 'stone' of golden wisdom and not, as often believed, the 'stone' to create physical gold.

The supra-divine is the 'SUPRA-GOD' beyond the dual human-divine concept, the joint venture of EGO and GOD based on equal 50 to 50 terms. Then the illusion of dual EGO /

GOD nature of ourselves gets neutralised in mutual compensation. Once again the Philosopher's Stone Equation applies. We are neither human EGO nor divine GOD in essence, but to get out of that mental illusion we need to be both, equally and simultaneously, to compensate one against the other, as in mathematically

### **Human EGO + Divine GOD = 0 = Supra Divinity**

Supra Divinity is a state of Mind (and per chance even body) that can't be taught, but needs to be self-realised in one's own faithful practice to acquaint oneself with divine matters, the dual side to the human side, so that in the finals both the human and divine dual sides can be mutually compensated to destroy such illusion of Mind. We are neither humans nor divine beings, but to escape such illusion of Mind, we will have to learn to be **both**, temporary, as otherwise we can't destroy such illusion of Mind. Simple negation of concept won't help; our Mind is not a fool that is convinced by just vehement denial. If we try to use just denial, then we will encounter something that is called 'the Battle with the Mind' and described, poetically, as the 'Battle of Kurukshetra' in one of this world's Holy Books. Please note, in such context, that our MIND is not the Villain, but just our misguided Friend, and it has been us ourselves that have misguided our Mind. So, heal your Mind, first, from erroneous perceptions engrained into HABIT by frequent repetition. If you try yourself in a Battle of Kurukshetra with your misguided Mind, misguided over centuries and millennia by yourself, you will be up to a really fierce battle. Yes, some battles will be necessary to overcome bad habits; but such self-discipline is a necessary one to get out of improper human perceptions and to acquire divine perceptions and ability of divine living. Even with logical self-realisation it can be very difficult to live your self-realisation, as your MIND is still enslaved to past HABIT. The Battle of Kurukshetra manifests then in applied self-discipline to overcome the power of mental habit; but that doesn't make your Mind your declared enemy, but rather an ill patient that needs help towards healing.

Outright denial in lieu of strategic neutralisation of mental concepts could get you into a mental battle that tears you physically, emotionally and psychologically apart. So, if you have already tried outright denial as your strategy to overcome EGO-Self and MIND, sheer force so to speak, and per chance have noticed you getting headaches, nausea, back pains, severe mood swings and the kind, please step away from such outright denial and try mutual compensation of mental concepts. The Mind responds to such.

Please remember that the Mind is an integral part of yourself, your Comprehensive Self that we described in earlier Parts of this 'Book of Clarifications' as your FIVE SELVES. Working together in PARTNERSHIP with all FIVE SELVES may thus be a more fruitful process

towards solving the riddle of fictitious existence than declaring the Center Partner, the Mind, the one who facilitates action and experience, as your 'sworn enemy'. How can there be harmony within, when one is engaged in a fierce battle with one of one's own intergral Self-Partners? Have a look, again, at the already shown before Figure below. Your MIND is an integral part of yourself; one of your inherent FIVE SELVES.

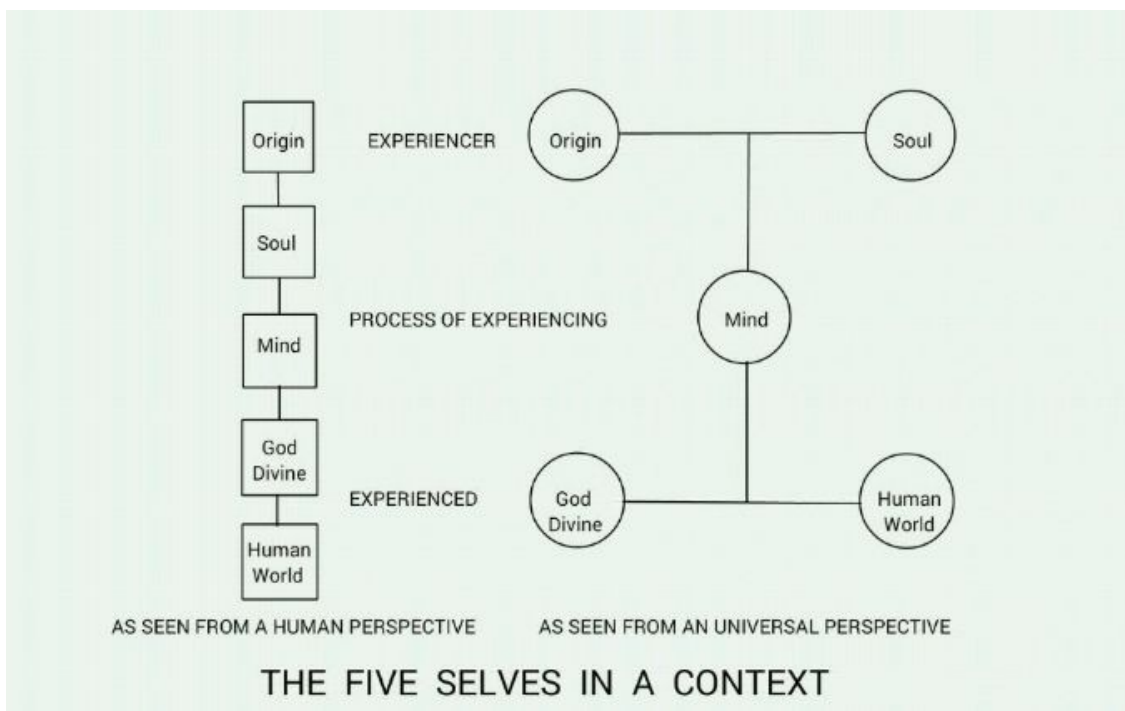


Figure III.1 The Five Selves with MIND as the Center Facilitator

So, in a nutshell, two strategies need to be combined, once again dual in nature to each other, being **FORCE** on the side of self-discipline to overcome longstanding bad habits and **GENTLENESS** on the other side that facilitates mind-logical self realisation. Latter one sheds light and understanding, but long ingrained habits of the Mind still need eager self-discipline to weed them out. Wisdom alone explains, but doesn't automatically weed out **HABIT**. The legendary Battle of Kurukshetra thus condenses to a more harmonious interaction of five self-partners aiding each other in a process of wisdom based understanding and self-discipline where it aids to help remove the weeds of longstanding habits.

Where is the exit from this world of virtual existence? Look again at above Figure III.1, please. Can you see it? **MIND** is the center facilitator between two sides, the Origin-Soul on one side and Human-God on the other. Compensating both sides against each other, ficticiously held in existence by mental perception, both sides disappear in mutual compensation and **MIND** wakes up from the slumber of fictitious self-existence. That's the



moment you will be again yourself; that alien in the alien's world, who engaged in dreamful self-entertainment in that technically super sophisticated entertainment place.

Time to go home!

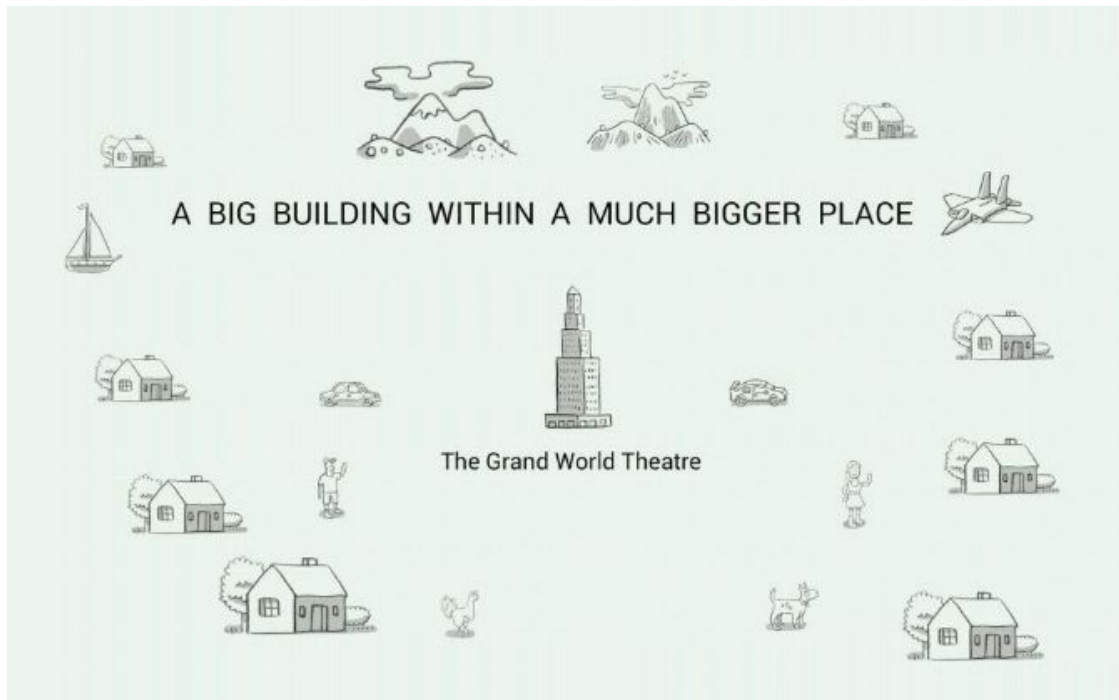


Figure III.2 The Grand World Theatre in our Alien's World

So, dear friends, please enjoy yourself in your fictitious human existence, endowed with five senses, but don't forget to play by the **Rules of the Game** and don't loose yourself in playful dreaming forever. This is a dream world of **duality** and things are **relative** here and not absolute. Play by the Rules, please, lest your self-created destiny does facilitate your beautiful dream to turn into a nightmare.

That is all that we, Team O°chelle, the Five Selves self-realised in a context and sharing one dual body equally and fairly, have to share with you. EGO in us is just the secretary that typed the text in this 'Book of Clarifications' down in a process of dictation from the other Four Self-Realised Selves in this Entity. EGO thus isn't the actual author, but just the secretary/typist. EGO thus can't claim any authorship or copyright to this 'Book of Clarifications'. The other Four Selves have no Self-Claims or Authorship Claims, either. Thus, this 'Book of Clarifications', like earlier 'The Book of Ultimate Wisdom', is offered **free**, without any sort of claims or copyrights, to the world at large so that everyone has the opportunity to source from its wisdom. Please go for it! It's all yours!

## III.2.0 The Rules of the Game

We frequently referred in this 'Book of Clarifications' and earlier in 'The Book of Ultimate Wisdom' to the Rules of the Game. These rules have been shown, among others, condensed in the 'Ten Commandments' given to Moses in Biblical terms and in 'Yama and Niyama' as outlined by Patanjali. The actual foundations are, however, just a few, and all else is logical (not willful convenient) derivation from these few.

1) Everyone, irrespective of class, caste, race, name, looks, nationality, culture, religion and gender, is EQUAL and EQUALLY ENTITLED and **no one** is MORE EQUAL or more equally entitled than another.

2) Everyone has equal right to freedom, choice and freedom of choice and no authority is permitted to coerce people to its terms of religion or state or society, unless such freedom, choice and freedom of choice limits the freedom, choice or freedom of choice of other living beings. Perceptions there may be many, but forcing anyone to one's own perceptions is illegal under Universal Law. Someone not living up to the views, perceptions and conventions of others doesn't necessarily mean that this 'Someone' is wrong. Majority doesn't automatically mean RIGHT and MINORITY doesn't mean automatically WRONG. We will only know the actual RIGHT and WRONG in terms of APPROPRIATE and INAPPROPRIATE out of a higher SUPRA-DIVINE Perspective.

3) Everyone is to conduct their own research and the findings and conclusions of others may not be necessarily applicable to everyone. One can start with a concept, even an arbitrary religious one, but one needs to be free and open to change such arbitrary belief concept, when new realisation is found in one's own eager research project. Alas, no one can do that for another, as no one can get educated in school for another; everyone has to study and research on its own.

4) Breaking through the Confusion of Mind, inherent to every living being, is an immense task to accomplish. For such reason, whosoever has other interests in mind likely will not succeed in his/her quest, as such other interests may then preoccupy the Mind. In such context, such other interests are called 'Gods before the Lord'. Such interests could be any mundane issues, whatsoever, including family and loved ones.

5) Don't do to others what you wouldn't like to be done to yourself; and if you have done so already, humbly accept the compensatory punishment that will come your way. Things work

automatic here and there is no 'judge' or 'God' up there, who punishes or rewards.

6) There is a loop hole to escape just punishment for one's own mistakes and shortcomings, when there is sincere repentance for ones mistake or shortcoming and the victim forgives genuinely and from all his/her heart. If the victim insists in compensatory action, chances are that the roles of evil doer and victim are switched the next or one of the next rounds and the evil doer of the earlier round becomes the victim to exactly the same or similar evil and the previous victim could be the actual evil doer that new round. Our bodies are just masks and costumes in such context. Such revenge and counter revenge could continue for many incarnations till one of the two sides develops the wisdom to stop such 'Vendetta' through forgiveness after having been the victimised party. Forgiveness is for those who forgive others.

7) We entered this Entertainment Facility in our Alien's World as volunteers and we can only leave this Entertainment Facility as free volunteers again; volunteers that are not bound by any sort of commitments in the good / evil department. As this Facility promises that 'all dreams will come true', one will have to have dealt, effectively, with all one's desires formulated mentally in one's entire stay in this Entertainment Facility. In other words, one starts in the 'middle' with action and resulting action consequence in all departments rated 'Zero' and one can't leave this Entertainment Facility till all action consequence in all departments has added up to 'Zero' again. That means that ultimately there is and was **no actual change** beyond just mental experience and enjoyment in one's entire stay in this Entertainment Facility in our Alien's World. We come and go exactly the same except for the experience and enjoyment of participation derived.

8) Each Alien is entering this Entertainment Facility out of free choice and its own risk and will have to stay within the boundaries of such illusionary world as portrayed interactively in this Entertainment Facility. Neither birth nor death, both illusionary in nature, will facilitate automated freedom from further participation, which also is called 'reincarnation' in the illusionary world presented in this Entertainment Facility.

9) Every participating volunteer has to sign up for the Rules of the Game and no legal avenues can be entertained, subsequently. It is everyone's own choice and striving to get oneself out of the imposed mental illusion again.

10) There are many logical consequences that can be derived from such simple Rules of the Game and there are too many to list them here all. Please be careful to distinguish between actual logical rule consequences and wishfully implied interpretations.

### **III.3.0 Human Belief Concepts in an Actual Context**

We have, as human beings, various belief concepts that give us hope for ourselves and our future, likely beyond earthly death. Thus belief concepts may be valid ones within the framework of higher or further settings that are commonly unknown to us. It is not an issue, which concept is ultimately the right or correct one, absolute, but how does it fit into the boundaries of a higher or further concept that includes it all, relative.

We are, all of us, here on Earth endowed with a body, which may be human, animal or plant in nature. We are all living beings here. Even inert stones and metals fall into this category, though by human understanding they are 'dead' materials.

We participate in an evolutionary game, which started when we entered that Entertainment Facility in our Alien's World. Our world is the result of an event that Earthly science has termed a 'Big Bang', which facilitated primitive existence, and from where onwards we developed to what we have these days; in an evolutionary process. So, our world as we know it is the product of a creative act, which was hi-lighted in a 'Big Bang' and then developed further in an evolutionary process. So, all three camps of idea promoters of 'how our world started' are right in their own relative concepts. But, what our scientists still don't know or likely don't know, our discussed 'Big Bang' was just the end of another world that existed before that 'Big Bang' and that our 'Big Bang' will be followed by another 'Big Bang' that terminates the world as we know it and facilitates the rise of yet another world. In between two 'Big Bangs' we distinguish an evolutionary period and a devolutionary period. Presently, these days of the early 21st Christian Century we are still in the evolutionary period and the next 'Big Bang' is still a few billion years away. Please note that the cycle governing the discussed 'Big Bangs' is different from our solar cycle of (relative) 24,000 solar years.

So, we could be stuck in our Alien Entertainment Facility for a very long time, unless we find a practical way to catapult us out of the state of mental confusion, aid us in clearing all accounts back to Zero and getting 'out of it all' to go back home in our Alien's World.

What happens then, interim, when we die? Religion teaches us concepts like Heaven and Paradise, Hell and Reincarnation. What is correct?

It is all correct, but Heaven, Hell, Paradise and Reincarnation are of relative natures and not of absolute ones. By the standards of a human life time of some 80 to 90 years a 1,000 years could constitute a 'relative eternity'. That's what is referred to when we are taught about an

eternal life in Heaven or Paradise or Hell. That time frame is relative and not absolute; though we may wish for the good places to be absolute eternal.

Just think of it; you are being cast into a septic place called heaven or paradise. It facilitates a relative happy life in that all what you need is provided, but most of what you want is not available, as such things of your wanting pertain to a different world; perhaps the world here on Earth. How long would you be 'happy' staying in a Heaven or Paradise, which only fulfills your needs, but not your wants?

Furthermore, your physical body belongs to Earth and it is just wishful dreaming that you could take it with you after physical death into that other world called Heaven or Paradise. Your physical body including your Earthly identity stay here on Earth, when you die, as they are just mask, costume and role identity for your participation here on Earth. After physical death you'll be the Actor Soul again that played your part here on Earth.

Yes, there is, in Christian terms, the age old story of Jesus Christ, who resurrected after physical death and took his earthly body with him to Heaven. Isn't that proof?

Well, it may appear as 'proof' to a wishful believer, but those who are a bit more knowledgeable about the actual events in Jesus' life and study the account of his crucifixion with an open mind rather than with blind belief, will discover, particularly in the Gospel of St. John, that there are a few things 'amiss' in such account; particularly from a scientific aspect. Did you know that dead people don't bleed? But if you may want to accredit Jesus' bleeding profusely, when the soldier pierced him, to a miracle that moment taking place, then please proceed with your wishful belief and physical death, when it comes to you, then will show you that you were mistaken. Wishful thinking and blind belief won't get you anywhere. Yes, strong faith can move mountains, but blind belief can't. Please make sure that you distinguish between these two!

Then what is 'Hell' in graphic terms. 'Hell' in graphic terms is the keen longing of Actor Soul wishing to get another chance to participate in some suitable role here on Earth, but not being able to do that, because the facilities required are simply not available. The torture element is found in mental experience of inherent imbalances in the good/evil department, which have not been cleared, meaning compensated for, as yet; plus severe longing to fulfill some deep seated desires that presently can't be fulfilled. It is the agony of deprivation that constitutes 'Hell'.

Heaven or Paradise, by contrast, is a mental state of restful peace, as the urges for compensatory action aren't so strong and desire fulfillment isn't a desperate need. Still,

Heaven and Paradise can turn into mental Hell at some stage, when the need for further compensatory action becomes paramount and such need is then the very reason that we opt to voluntarily leave Heaven respective Paradise again.

The process of engaging in another role play to facilitate such compensatory action, be it in the good/evil department or the desire fulfillment department, is actually what is known to be reincarnation. If compensatory action can only be facilitated here on Earth, then we reincarnate here on Earth. If such compensatory action can be facilitated at any other place, then we might choose to reincarnate in such other place. Our Universe is huge and doesn't exhaust itself in the Solar System nor even the Milky Way Galaxy.

A special form of 'Hell' might be experienced by the Soul Actors, when in human folly they have managed to destroy their nice 'playground' here on Earth; when perhaps in a process of global warming caused by human negligence and exploitation the carefully balanced circumstances that facilitate human existence here on Earth have been destroyed. Then the Soul Actors eager for further enjoyment and participation on their Earthly Playground may have to wait till the forces of nature have balanced themselves again to provide the natural background for further human participation here on Earth. The time frame here is relative; it could be a few thousand or a few million years till nature has found back into the required balance that facilitates human existence. But it could also be that keen Soul Actors may have to wait till a new world is formed after the next 'Big Bang'. Just think of it; waiting without a human body for perhaps a few million or billion years desperately to have your Earthly Playground restored by Nature so that you can continue with your Play and Participation here! So, better take care of the facilities that you have right now and don't destroy them in an imbalancing act of recklessly burdening nature. Global Warming is a real threat to the further existence of human beings in the present 'Big Bang Cycle' these days of the early 21st Christian Century.

Please also note that there will be no 'End of the World' or 'Apocalypse' as propagated by some religions here. But there could be a (temporary) end of human existence for this present 'Big Bang Cycle' and the resulting inability of billions of affected souls to effectively clear their karma consequences; a special form of hellish mental agony: Wanting to do something most desperately and not being able to do so, as facilities and circumstances don't allow for it presently. See you again, perhaps, in the next 'Big Bang Cycle' and let's hope that some similar facilities and circumstances as required will be available then.

### III.4.1 The Alien's World Concept

The **concept** of an Entertainment Facility in **our Alien's World** is a concept, of course, and not the actual thing. But such concept, in ways, describes what is taking place here. We need some concepts in our Earthly existence, as the actual facts are invisible to our human eyes, and would they be visible, they still would remain non understandable to our human mental frame work.

So, please use our proposed Alien's World concept with the Entertainment Facility that we entered as volunteers to participate in an entertaining play. Go ahead with such concept in your own research as long as such concept remains workable for you and when you have reached the limits of such concept in the process of your own self-realizations, please just throw such concept overboard. It is very difficult, if not impossible, to explain to human beings concretely what is taking place here. Therefore the introduction of a workable concept of us being Aliens from an Alien's World! One can work with such concept for a while to help one understand the factually non understandable. But please don't use such concept to create a new religion around it. Religion can explain basics, but not the advanced. As such 'religion' is just the 'beginning' of a long road in a similar context as Kindergarten and Preschool are just the start of a perhaps very long educational process. One starts with religion and religious concepts, perhaps, but one should not end with such. The advanced student of College and University would certainly not end his/her academic career with Kindergarten and Preschool knowledge and wisdom, wouldn't he/she? The same goes for religious concepts and blind belief systems. One may start with belief, but one has to end with factual knowledge. The one that proceeded well on the path of converting some initial blind belief concept into factual knowledge will also know, intuitively and factually, the true life story of the frequently cited Jesus Christ and why things happened as they came to pass and what was actually going on here.

### III.4.2 The Philosopher's Stone Concept

Another note to the legendary **Philosopher's Stone**. This is the 'stone of wisdom' and not a physical stone or means to create physical gold. When it is said that the 'Philosopher's Stone converts to gold whatever it touches', then this is to be understood as 'The Philosopher Stone turns into golden wisdom whatever subject/theme one touches with it'.

But the legendary Philosopher's Stone could also have practical value in managing one's

financial affairs, when one employs its wisdom as in the following equation:

$$\text{Credit} + \text{Debit} = 0 = \text{Prosperity}$$

That means, in simple terms, that one should not create debts that are not covered by equal savings or credits. Whosoever gets into debt, financially, very likely will become a slave to work over time in trying to pay off one's debts. Thus is the fate of many human beings these days of the early 21st Christian Century, who got tempted to spend for WANTS that were not really NEEDS and now have to slave to pay back what they took in advance to finance those WANTS, plus high interest on the outstanding amounts.

People, who find themselves thus enslaved, may have it very difficult to conduct their own personal research towards Higher Self Realisation, as they are preoccupied with working to pay their debts and won't have the required time to conduct such research. Beyond, slaving to pay what one already has enjoyed before, often leads to frustration, causing people thus affected to acquire more and more unnecessary items in a process of frustration compensation. In such way people will never be able to pay back their debts and likely will get themselves into ever deeper trouble and frustration. Here the Philosopher's Stone provides 'Golden Wisdom' in one's financial affairs: Don't get yourself into debts that are not covered by easily available credits. All items that suffer depreciation, such as electronics and vehicles these days, don't provide credit for debits, as the value of the items acquired reduces. The story is different only for an asset that could be easily converted to cash. Please note, in such context, that a house bought on a bank loan is not an asset, but a liability. A liability takes money out of your pocket, like the house in form of monthly installments to the bank, whereas an asset brings money to fill your pocket. In Philosopher's Stone Wisdom the equation then reads:

$$\text{Asset} + \text{Liability} = 0 = \text{Financial Wisdom}$$

In such terms, the Philosopher's Stone can even provide Golden Wisdom in your financial affairs.

### **III.4.3 The EGO or I, My, Me, Mine Concept**

The EGO or I, My, Me, Mine Concept is the harbinger of many problems, as it views itself in isolation and contrast of others. While the EGO-Concept has some practical value in one's individual role within a much larger setting, a one-sided focus to oneself is dangerous.



The common question of 'What is in it for me?' limits one's outlook beyond oneself. The limitation results in not only to one not being able to look beyond oneself in outer terms and thus missing outer opportunities, but eclipses also the opportunity to explore one's inner world in the discussed process of 'reverse concentration', which is also called 'Meditation'.

There was a period, last century, when financial planners calculated their personal gains in a mad rush to making money and countered reasonable objections of the likely reverse effects with the comment 'when the reverse effects come in I will be already dead'. Similarly, one may reason that one is already dead, when in a process of reckless exploitation one destroys nature and nature responds to such recklessness or in reckless political policies is already dead, when the world goes for another world war as the result of such political abuse.

Life and Death are relatives within a much larger context. Those who think that they can be the tools to future destruction and calamity by exploiting and benefiting presently, as they will be already 'dead' when the future events come to pass, will find themselves after their physical death in the dilemma of having to return to Earth in a period of highest calamity, in order to reap the fruits of what they have sowed. The 'I will be already dead' formula never works, as we are not this physical body, but some presently unknown ACTOR that plays our present role in such physical body. Yes, the physical body may be dead, no doubt, but equipped with another physical body our ACTOR may have to return right into the mess to suffer the direct consequences of his/her reckless approach philosophy. That Actor is the actual 'I' and not the presently perceived human body, which is just mask and costume of such Actor. Mask and Costume may change, no doubt, but the Actor remains the same; and that Actor is the actual I, My, Me, Mine in NON-EGO terms.

So, the ultimate question 'What is in it for me?' cumulates in EGO-Terms that nothing is in it for the EGO when practising things like reverse concentration, speak meditation, towards further self realisations, as EGO is an illusion of Mind. But there is a lot in it for 'Me' in NON-EGO terms, as I may be rewarded to self realise myself as the Actor behind my perceived erroneous human identity. Such Actor is eternal and not subject to birth and death; as in a process of earthly perceived death and birth only the mask, costume and role of the Actor change, but not the actual Actor itself. Thus, in NON-EGO terms, there is 'a lot in it for me'.

### III.5.0 The Pendulum Concept

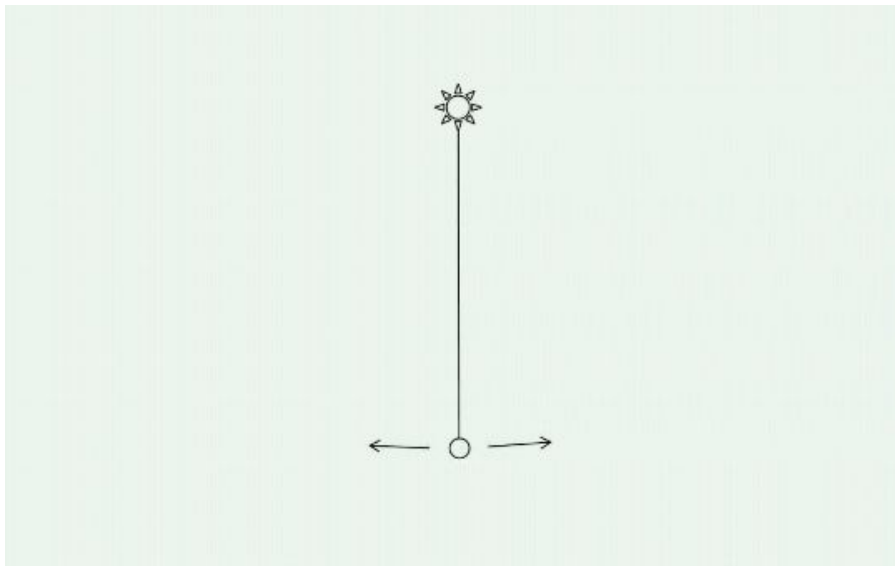


Figure III.3 The Pendulum Concept

The Pendulum Concept aptly explains the Origins and Practicals of our World and Universe. Things are circular here and not, as we often may think, linear. Circular means here elliptical.

Please have a look at Figure III.3 above. The pendulum in its static not moving state hangs down in the center or middle between two extremes. These two extremes on opposite sides become only evident, when the pendulum starts swinging; otherwise these two opposite directed extremes are virtually non existent.

It's the same with our world; without the pendulum that underlies our world and existence here swinging, none of the dual projections, which we see and know in our world, actually exist. They are just not there; but one could perhaps marvel about such extremes in one's fantasy.

Some unknown force sets that pendulum into a swinging motion and keeps it swinging. Whosoever or whatsoever is the one setting this pendulum into its swinging motion is the CREATOR. If the swinging motion is not maintained in compensating for losses incurred in its swinging motion (on Earth air resistance and gravitation) our pendulum with eventually stop swinging. The one that maintains the swinging motion in compensating for the losses is the MAINTAINER. Naturally, with just CREATOR and MAINTAINER at work, our pendulum could continue to swing forever. But is that really the ideal purpose of existence that something is created and then maintained to stay the same forever? That would get

boring, eventually, wouldn't it? Here the concept of some DESTROYER kicks in, who counteracts in ways both the actions of the CREATOR and the MAINTAINER. It is the role of the DESTROYER to facilitate CHANGE. Change is the entertaining part of the overall game, as in change things don't stay as they are. Out of a human angle one could see the DESTROYER as the negative player in the overall game, but is that really so? Of course, the CREATOR could always create the same again, but also might rather opt now to making things entertaining and simply creates something different. Thus an overall ENTERTAINING PLAY is facilitated.

The Pendulum offers options that we may not have realised yet. One could alter its elongation and the direction of swinging. Who says it must swing left to right; it could also swing front to back, couldn't it? We see here on this very simple example of a Pendulum that change of elongation and direction of swinging introduces OPTIONS to just boring left to right swinging with a fixed elongation. Thus the earlier cited DESTROYER could also be called the ENTERTAINER, the one who facilitates OPTIONS through continuous CHANGE.

RELIGION has nailed down this simple concept into THREE GODS that take care of three functions that are the underlying foundations of our world and existence: The Creator BRAHMA, the Maintainer VISHNU and the Destroyer SHIVA. In human folly these three have been idolised and turned into deities whom human people worship. That is certainly not the purpose of such concept explanation. It is our own mental folly that commonly seeks to maintain what is there, dislikes change, and idolises things that we don't really understand.

BRAHMA has three faces; like we can see from our pendulum that our pendulum has three states: The center or middle state in its resting position and the dual opposite extremes in the left or right side respectively front and back side of the swinging movement. However, in order to facilitate Brahma having three faces artistically, the artist sculptor had to give the statue of Brahma four faces in that one sees Brahma having three faces irrespective of out of which direction one is looking at the statue. Please note here that Brahma, Vishnu and Shiva are just CONCEPTS and not GODS. Religion has turned them into Gods, but they were originally meant to just explain simple concepts of life and existence to uneducated human beings.

Similar is the story of the much idolised Lord Ganesh, the Elephant God. The story tells that Lord Shiva had been away and during his absence his wife Parvathi had a baby. Over the years this baby grew up to a handsome youngster. One day Lord Shiva returned not knowing that his wife had a baby during his absence. As Lord Shiva approached their dwelling, that youngster challenged Lord Shiva in protection of Mother Parvathi. Lord Shiva is said then to

have cut off that youngster's head in anger and upon realising his mistake after meeting his wife Parvathi replaced the head with an Elephant's head, as the original head could not be found anymore. So far the story.

The story explains something in poetic ways, which may appeal to the heart of emotional minded people. But what is the story really?

Lord Shiva is the God of Destruction from our earlier Three Gods as the Creator, Maintainer and Destroyer Concept. Lord Shiva is DIVINE as such and depicted MALE. His wife Parvathi is HUMAN by contrast and FEMALE. The UNION of both the SHIVA and PARVATHI concepts produces a CHILD that is BOTH HUMAN AND DIVINE as well as BOTH MALE AND FEMALE.

Here the artist (the poet) explained the CONCEPT in a nice family story. Why Shiva had to replace his child's head with an Elephant's head? He had to do so that one-sided oriented people could not tell from the looks anymore, whether the child of Shiva and Parvathi is male or female. The child of Shiva and Parvathi, called Ganesha, is third gender neutral; a concept that is still widely unknown to people even these days of the early 21st Christian Century. Then, how does one explain some concept to people, who can't even relate to such concept, as they have never come to know of such concept? Lord Ganesha is the true Ardhanarishwara in Sanskrit terms, which is the KEY to solve the riddle to the existence of this world and universe and all life therein. It is a CONCEPT, a story explaining something and not, as religious minded people believe, a deity that one must worship.

Concepts were given to the people over the millennia in various forms and formats to help them understand their own existence here. But idolising such concepts by turning the concepts into deities to be worshipped has totally confused the scene. Blame Religion or blame the people? Ignorance is the one to be blamed, actually!

When some poetic epic speaks about saintly persons simply referred to as KRISHNA or RAMA, then this doesn't actually refer to an existing PERSON. The stories are meant to explain concepts by creating practical avenues of explanation to simple minded people. Such people can easier refer to stories than to abstract explanations. But turning such 'persons' into actual deities or ascribe them actual historical existence is human folly. That KRISHNA or RAMA could virtually be any human being that has made the EFFORT to self-realise its own underlying divinity.

Similar is the Christian Adam and Eve story from the Bible. It is a poetic concept explanation

and not an actual occurrence. Unfortunately, religion has picked up on such stories and derived a lot of nonsense from these stories and filled the heads of its followers with that.

We are also using CONCEPTS to explain things in this our 'Book of Clarifications' and earlier 'The Book of Ultimate Wisdom'. The Ultimate cannot be explained in a human context; so concepts are necessary. But turning such concepts into deities to be worshipped or making up one's own interpretations like in the aforementioned Adam and Eve story simply defeats the purpose. It is for such reason that many wise and enlightened beings in human history have chosen to remain silent and have coined the saying 'The one who knows doesn't speak and the one that speaks doesn't know'.

We have made an attempt to SHARE with confused humanity and hope that some light has been shed on various subjects. This is the actual purpose of this 'Book of Clarifications' and earlier 'The Book of Ultimate Wisdom'. Please don't turn these books or even Team O°chelle into new deities to be worshipped; that would certainly defeat the purpose. Nor is it the purpose of religion now to idolise the Ardhanarishwara Concept shown in the Elephant God Ganesh. Please rather understand WHAT these concepts are actually trying to explain to you, so you can make ample use of such concepts in your own journey back to your inherent Godhead. You are Gods and don't know it! How come you don't know? You don't? Then it is peak time for you all to wake up and see for yourselves.

You all, jointly, have created this world and universe and whatever you make out of this in further creations are the fruits you will harvest in the future, be it happiness and bliss or calamity and destruction. You all created that together and not some God up there. You all together are the Creators of your own Destiny. Create havoc and havoc will be yours; create happiness and happiness will be yours. Everyone thus reaps as he/she/it sows.

Here we are about to conclude our 'Book of Clarifications', as many things have been said, which the human folks still may have to digest. There could be many more things said and explained, in concepts, but others will come after us, who will be able to source, like us, from their own self-realizations. We are not the saints and Gods; and others after and before us were neither. They had just made some inroads into discovering the facts behind human existence and the actual origins of this world and wished to SHARE.

The teachings of the often cited Jesus Christ are thus equally valid, even when he didn't die on the cross and didn't resurrect his physical body to take it with him to the Heavens. This is just wishful misinterpretation and belief out of a human angle and context. Sorry folks, if we have hurt your feelings here. All the best to you all.

### III.6.0 The Mind Concept

We speak so much and have spoken so much about 'Mind'. What is that, actually?

We introduced the Mind as the facilitator between dual entities and an integral member of our five Selves. Is there more to MIND?

Yes, there is. MIND is non physical and non energetic stuff that actually creates physical and energetic stuff as a dual virtual projection. Physical stuff is none else then condensed energy and energy is none else than uncondensed physical stuff. If we unite the electrons and the protons in our Atoms that comprise physical stuff, such physical stuff just disappears and ceases to exist. Then what is left from our beautiful world than just neutral stuff in form of neutrons.

MIND is not only the facilitator between two dual entities within ourselves, but also the underlying factor to this world's creation, both in form of physical stuff and energy. Light falls into the category of energy and so fall electro-magnetism and gravitation.

MIND is essentially us. The rest are dual projections out of MIND. In a practical explanatory way we can say that MIND projected the idea of Origin and Soul on one side and God and Human on the other Side.

Concepts are created to practically explain something. Without any concepts only MIND exists. In our inherent natures we are just MIND, neither Human nor God and neither Origin nor Soul. Concepts are drawn up to explain to our human way of looking at things something that happens within MIND timewise all at once. In MIND the interpretations of time and existence cease to exist. MIND exists and doesn't exist; MIND creates and uncreates. MIND projects and withdraws projections. MIND is neither individual nor non-individual. MIND is what we could call 'The Ultimate God' in religious terms without us ever being able to figure out 'what' that actually is. We are MIND and projected out of MIND as dual entities on all levels of existence. MIND, that is us individualised and non-individualised.

In such context we could replace the religious term of 'God' more aptly with the term of 'MIND'. We are projections out of MIND that are actually swimming in MIND like fish are swimming in the water. But what MIND actually is we will never be able to figure out though we are in essence projections out of MIND. Perhaps we will know, when we have ceased to exist as projections and have merged again with MIND.

In Hindu terminology we could describe, practically as a concept, MIND as a many armed God that projects various features. In our case the projection consists of four features that we have identified as the four Selves (not including MIND). In physical terms we have two arms and two legs; once again four. We leave it to your own investigative interpretations on how these four Selves relate to our arms and legs. But remember, please, that what you see on the outer side has an inherent inner partner, too, as you are a dual entity in essence. Please start your own scientific investigation towards the inside, as the outside is likely already known to you. Reverse Concentration, also called Meditation, is the clue for that.

When MIND must rely only on outside feedback through five quite imperfect senses, then it is not surprising that MIND will get confused. That is because we have never facilitated the inner feedback to MIND, as we were so much outside focused. We got to develop and balance these two, the outer and the inner feedback, so that MIND can see again the whole picture and get out of that stupid confusion. As you are, inherently, MIND yourself and presently just a dual projection out of MIND in all departments, it is your own duty to facilitate that and no one can do that on your behalf. Explore yourself in MIND leaving all substances that induce further confusion behind. All mind altering drugs are thus harmful; they eclipse the facts of truth even further. Your Mind must be clear, very clear and free from all disturbances, inner and outer, to settle and see things in the correct context again. Just like water that is moved may turn opaque through floating sediments, but becomes clear when the sediments settle to the ground, in a similar fashion you need to find mental clarity again so that you can orientate yourself and set yourself free from all existential entanglement.

The answer to it all lies in MIND, as MIND created everything in projection out of itself. Please remember that the mentioned many-armed Hindu deities are **concepts**, too, giving directions towards orientation and **not** deities to we worshipped.

Please direct your gaze inward to discover the big picture to actual life and existence.

We wish you all the best for your journey towards Clarity of Mind.

Yours forever

Team O°chelle

**END OF PART III**



**FREE SPACE FOR YOUR OWN NOTES TO PART III**

**FREE SPACE FOR YOUR OWN NOTES TO PART III**