

have not really experienced it ourselves and do not know in any way, exactly, what in the world we are talking about. Methinks we are fooling ourselves with our own words.

LIFE & DEATH

The words “life” and “death” are *symbols* used to distinguish stones and animals; things that move and grow and reproduce with things that do not. I have an objection to this distinction. And thus begins one of my primary objectives in sharing this most ambitious pursuit of The Answer. I object to the distinction of life and death! In fact, I object to all distinctions that are used to go beyond practical use – the stuff they call “truth” and “reality.”

When we all just sit back thinking about the Earth and what we have learned together from science, we can maybe picture an orbiting rock that has water and many substances that have together allowed a dynamic spread of billions of growing moving objects. It looks like we are tiny specks of something vast that has grown, spread and evolved on this planet. Our buildings are like the ant-hills. Our forests are like the algae of an unkempt pool. Where there is water there is vast growth, including people. It is not easy to see from our perspectives and many even dare not think it. But take a look at a globe. You and I are so small in proportion to the size of the planet – this awesome rock – it is truly unimaginable. The fanatics of humanity hate to admit it. We have built castles and televisions to help us deny it. What exactly are we, the people, in relation to everything else other than termites in a vast forest? What is our planet but a lovely growth that has formed on a wet rock?

Let us come back to life. What is a bacteria or a virus? Is that life? How about an atom or just plain water? You don’t need a microscope to see it. You don’t need a scientist to describe it. You don’t need quotations to prove it! It is all laid out for us with the plants, the bugs, the air and the water. Despite all the denials of the most desperate fanatics, it is really the stones and the objects that are allegedly “not alive” that make it all so obvious. Still, you can

show a fanatic a million different proofs and they will still manage to close their eyes. The defensive ego will not allow it. They will not stand for it. So, here is a word of caution. These words will only make sense to a very few humbled people, with an open curious mind and, more importantly, a *tamed ego*. I mean those people who do not – at least at this moment – have an exaggerated sense of the words “me, myself and I.” These are the people who already realize that they are not one hundred percent sure of *anything at all*. These words will be ignored, rejected and even hated by everyone else, for it is partly defensive hate and fear that drives the massive ego and fanaticism in the first place. So beware to those of you who find yourself so far in agreement! Many will view your peaceful thoughts with misunderstanding and even disgust. In a world in which the fanatics view as half-full of misery and “evil,” happy peaceful people are viewed as crazy, stupid and even dangerous. They are intolerant of those who may accept the world as it really seems to be, rather than buy into their various extremist views.

So let’s get down to business. How about we picture a living turtle, as an example. And say we accidentally cut off one of the poor turtle’s small hands. Oops. I have a cute little question. Is that hand no longer alive? Has it become another “dead” object of the Earth, just like a rock? Let’s look at the turtle’s shell. Is it ever considered “alive”? How about the turtle’s tail? If we were to cut it off, does it “die” right away while the rest of the body remains alive? At what *exact moment* and in what *exact place* does it “die”? Exactly where and when is it *ever* alive and dead? What exactly makes it a “living” thing as opposed to a “dead” thing? We say it moves, it grows, it eats, it breathes, it “lives.” Is that really it? Is that the best you got? The main distinction between this magical thing “life” as opposed to this horrible thing “death” is only a bunch of *functions*?

Hold on a minute. What is it that I hear in the distance? The chorus is rising. The sickness is rising! The turtle has a “spirit” and a “soul” they say! Oh, it is so remarkable how fanatics quickly insist upon turning to *magic* when ideas become uncomfortable for the defensive out-of-control ego. This word “life,” when examined

thoroughly, tends to prove to be not all that it is cracked up to be. Life has this and that function? Incredible! But *all* things have functions.

Have you ever looked into a fire and become absorbed by the wonder of how truly remarkable a thing it is? Let's see. Fire moves, eats, grows, and even breathes air. And yet, it does not "live"? Rocks on the ocean floor grow into amazing forms. Some are even considered "alive" because they grow and breathe. And others are "not alive" because what? Because their growth is amazingly slow and their way of "breathing" is not as obvious? Rust uses oxygen. Does that put it in the *elite* class of "alive" as well? What say you, prophets? And what about water, the magic of our existence ... and sunlight, heat, and oxygen ... all considered "not alive"? Are you kidding me? But the ant, evolved and survived over many centuries, made up of substances from the Earth, walks back and forth with legs and teeth, is on a completely different *level* – a completely different category of *value* and *significance* – and belongs to the private prestigious club of "living" things. Cut the poor ant in half and it will still move and run around in agony. I witnessed this myself. I was once a little curious boy. I cut quite a few poor little ants into two and would wonder why both sides still ran around for so long. When and where exactly does this little creature "die," I thought. Could it possibly be that the ant is just another *object* of the world; an *extension* of the water and the air. Could it be that we are the same? Could it even be that everything is just as "alive" as we are, Your Honor?

Objection! Ego-driven thinking – what I loosely refer to as fanatic thinking – will not have it. These idealists turn around and even insist that we are on a "higher" level than all the other two-eyed creatures of the world. I say unto them, we "think" and reason from logic – so what? It is not any more of a phenomenon than fish that breathe through gills. We think we "know" something? Think again! The overwhelming limitations of sensory experience and the limits of our communication tools of language and words give us no ground to claim that we really know anything at all. And on top of that, we have our central microchip, the Logic Function, which is there to help us survive. It is certainly not there to figure

out “the truth.” God forbid! And you can take that expression literally. In any case, what exactly is the problem with surrendering to the other idea, for at least a moment, that we like everything else are extensions of the water, the rocks, the minerals, the chemicals, the air, the plants and the animals? Would it be so bad or would the deep-rooted ego not allow for such an idea? Would it need *more*? Essentially our body and every single part of us are made of material like anything else. That, at least, should not be denied. Yet, we are some kind of sorcerers of the Earth and everything else is not?

True, we seem to be incredible in many ways. We can do many neat and amazing things. But isn't there a bigger picture? The idea that “life” is something so amazingly dissimilar to the rocks and “death” is essentially the greatest philosophical error of human existence. It is more than partially a product of egotism, idealism, narcissism and fear. And more importantly, it leads to insecure human beings full of terror and panic about things that are not necessarily real.

NARCISISM

At this point some will begin to whine and mental defenses will kick in. The ego will simply not stand for such harsh thoughts for most people. Our egos take us toward a perspective where we find ourselves feeling more intelligent and more *significant* than anything else, and especially *distinct* from everything else. We go as far as to despise the image of a man extracting feces, dying, or sometimes even the reality that each of us is the result of a sexual event where a man ejaculated millions of microscopic living things that all died off except for one that connected with a woman's egg and that happened to become you! Such is the world of survival. Oh the horror and disgust that rages through so many who think about such innocent things. And why is it so difficult for so many to understand the scientifically obvious? That thing we call “life” *needs* the water, the air, the material of the Earth; this stuff we take for granted and make distinct from our high status

word “life.” And that little spec of sperm and egg that is considered a “beginning” to each one of our lives was not a *beginning* at all. Go back and we’ll find it was a natural creation within father and mother with every preceding event before it having a method. Where it all begins and if there is a beginning at all, I won’t even begin to speculate ... not yet, anyway.

Here’s what is really embarrassing: human beings, supposedly the “most intelligent animal,” so completely in love with themselves that they end up creating massive egos which they ultimately cannot defend. An animal composed of members who believe they are *especially* divine and from that perspective, become a fearful community – fearing and stressing over everything that challenges that idea, everything they don’t understand and labeling them with words like “wrong” and “evil”; fearing “death” and the ‘not so divine.’ How ironic that these puny *ideas*, like a virus in the brain, can become the ultimate health hazard and horror of man.

Submitting to the idea that we may be just as significant as a piece of dirt is a very humble way of approaching life, to say the least. How about another humbling thought to top it off? I wonder if you could imagine a machine that was so hot, it could liquify teeth and bones. Now, what if you and I and some people you loved were all forced into such a thing and melted into liquid form? If you were to picture yourself and whomever else involved, wouldn’t you feel a little silly that you and your loved ones – these important creature of the Earth – can be reduced to soup? I have thought about odd things such as this and I somehow find it important to insist the possibilities upon our ego driven minds in order to really get anywhere into this journey. You may insist, “There is still something more; something spiritual!” Indeed, there may be and probably is as we will find. But what makes us think that the *human* has any kind of special priority over the animals and the rocks for such a spiritual realm?

What makes us believe that is our mind’s *ego*. For there is absolutely no logical reason we should seriously distinguish the spiritual value of a human against the significance of a stone. This is a painful and, in fact, nonsensical statement for most people and their esteemed ego – even those who thought they really wanted to

know the truth. They glimpse at the possibility of this likelihood and then quickly turn away back to fantasy. And then they have the gall to lecture *us* about “the truth,” based on their fearful fantasies. My intention is not to taunt anyone with these possibilities. It is to introduce The Answer based upon a logical perspective of reality. Believe it or not, these initial thoughts are a part of the first step to soon welcoming you to a more playful and powerful way of experiencing the world.

KNOWLEDGE

You’ll notice that I often use softer words like “maybe,” “possibly” and “most likely” in order to avoid sounding like I “definitely” know anything. To “know” is another word that implies a *definite* understanding; a word as *righteous* as any other. After all, who can be certain that they are not simply dreaming their entire lives? Who can be certain that they are not a part of some show put together for someone to watch – which, by the way, is a main premise of Western Religion. They feel that this is all God’s show made about *people* while logic and most of our evidence suggests that if this is a show, it is about *all things equally* – the birds, the trees, the planets *and* the people. Perhaps, instead of a show, it is an experiment of some sort by a higher power. Perhaps it is a joke. The possibilities are *endless*. So the idea that I really “know” anything is absurd. I don’t know anything that is free of major assumptions and that does not go through a screen of my limited senses.

Still, many of us claim to truly “know” things even though they are based on our individual limited senses and experiences. This claim to absolute knowledge has no fundamental grounding. In other words, we know nothing more than our best estimates *within* our small bubble of reality. Beyond these boundaries of understanding may be some sort of definite answer to our major questions. But inside the borders of knowledge in which we all live, all we can do is make *approximations* of “truth” given our circumstance of living within the limitations of space and time and

words and logic and so on. No truth claims I or anyone else makes can be definitely proven, because proof is *out of bounds*. Words, language, communication, logic and thinking are all *very* limited, as we have seen. Yet, even so, we are able to make reasonable approximations of “truth” *within* the boundaries of our possible understanding. More importantly, we can use our best estimates of reality to live a healthy and powerful life which is likely better in tune with the world around us. You will find that The Answer exists exclusively *within* these great limitations of our knowledge.

SIGNIFICANCE

Yes, we have examined some very questionable abstract words such as truth, death, nothing and knowledge. Here is the single most dangerous abstract word – “I.” “I” is what we refer to as “the ego.” It is a word used more loosely than any other. It is the beginning of fear and distinction. It is the beginning of hatred and fanaticism. It is the beginning of selfishness and loneliness. And guess what? It happens to be a *necessity* brought to you by life and the Logic Function itself. You may even consider “I” – the ego – a natural instinct. The key is how to reevaluate the use of the great abstractions of “me, myself and I.” For starters, maybe I can choose to realize that accepting the limits and boundaries of understanding gives me good reason to take my *self* and even all these thorough observations *less seriously*, because I really don’t “know” anything for sure.

What now? We are left half-defeated with a presentation of human beings with an exaggerated sense of self-importance and an exaggerated claim to knowledge; a presentation of humans with no real special significance – body or mind – *over* other objects of the world. This conclusion is in direct conflict with the almighty ego. The average person’s ego is so powerful and dominant, in fact, that they will never even be able to seriously deal with such an idea. They impulsively challenge it or run away from it like frightened children, instead creating their own, less frightening, devils and demons. So a practical philosophy of life seems to be impossible

to build on what is initially such a difficult conclusion to bear. But when I now consider that I am only a part of the world and not “above” anyone or any thing in *any way*, it might be easier for me to conclude that I am a part of something much larger than can be imagined.

My body, my cells and my existence may be a part of an entire system of things, energy, power, life or whatever you want to call it. When I take a deep breath I notice that the air is just as much of a “thing” as the ground itself. In fact, I realize the air may even have a color of some sort that my eyes cannot see. What would it be like if it was foggy all over right now? You would notice that the same air you breathe in now is moving and is taken in by other people. In fact, you might notice that the distinctions between “things” become less apparent because it would be easier to see the connection the air makes between you and every other object. Suddenly, the air is no longer “nothing” as you thought it was when you were a child. Instead, it is as much of a “thing” as anything. It is like our perception of the ocean and the way the water and the fish seem to be like one entity. Sometimes we forget that everything above the water is just as connected as everything below. We pass off the air as “nothing” in relation to other things when it is really just as much an object as anything else. We did that when we were children. Are we all grown up now?

The reason we grow up thinking that the air is “nothing” is because it is a convenient way for us to distinguish and make sense of things. Our Logic Function helps us separate that which we do not see – “nothing,” the air – and that which we do see – something, a book. Our Logic Function is fulfilling a requirement of learning and thinking by helping us sift through and categorize the details. But now we’re going deeper using the same tool set we were given. We are moving on to the next level.

So where are we right now? Notice that from a certain perspective, our bodies seem to be just another moving layer of this small rock of the universe. And from within the boundaries of understanding and experience, it is safe to assume that there probably is something behind it all; a reason; God. I can never know for sure, of course. Yet, I hath found in my existence, over and over,

that *events have reasons*. I know it with the help of my Logic Function. Though it is not infallible, I must depend on my logic for best estimates of truth simply because it is the *only* way I know how to think. So the association I make from experience is that over and over, events have reasons and causes have effects. Indeed, one can argue against this. But if we lose this as a legitimate estimate of the reality within the boundaries of understanding, then *all* ideas become nonsense. If all events do *not* have reasons, then there is no point in rationalizing *anything* because the most basic association we can possibly make would now be called unreliable. Without accepting that *everything* has a reason, even just *estimating* reality would be pointless because we would not be able to count on any predictable foundation at all to back up our reasoning. No rules would there be whatsoever and therefore no point in reasoning anything at all. In that case, everything becomes equally possible and discussion or rationalization becomes pointless. We can just drive a car into a wall at a high speed and there will be an “equal” chance of anything happening. Yet, I can declare without hesitation (from personal experience) that driving a car into a wall at a high speed will damage a vehicle.

Accepting that events have reasons and causes have effects allows us to make some sense out of the world and even gives us hope of God – the ultimate *reason*. But I wish they would tell me, why even argue against events having reasons? Just imagine how many times a day we discover that a particular event had a particular reason. It is even the most important belief a scientist needs in order to have successful progress of any kind. Yet, fanatics are constantly and relentlessly resisting this basic fact when they feel it is convenient. Even some scientists do this when they fail to figure out the reason certain things occur. When they are all exposed, we find that they just cannot deal with or even partially hate the cause and effect world which they are a part of. They allow their imaginations to create something they consider less frustrating, more interesting, more convenient, and then again they try to shove their imaginations down our throats. They do not fully see the beauty of cause and effect; the harmony of science.

Having faith in cause and effect makes it easy to imagine that there is a cause for everything's existence, including you and me. Alas, there is actually a hope in saving the shattered egos of humans who are willing to confront the mirrors of reality. The best estimations of truth are not a death sentence after all! Based on our own logic, we are a part of something majestic; a star in a star-filled sky.

Can you remember a really great moment in your life? Perhaps it was a time you climbed a great mountain, or watched a beautiful sunset at the beach, or embraced someone you loved and felt absolutely perfect. Maybe it was the time you spent reading up to this point. Whatever it may be, you can probably still see where it was, hear what you heard and even feel how it felt. This kind of experience almost always includes that feeling of love and oneness with another person or with the entire world as a whole. Does it not? Distinctions between you and the other person or you and the entire world slip away. A kind of oneness with *everything* is a major part of where an expedition of life can naturally lead us towards. The greatest moments I have are lost moments of emotion, lust, passion etc. These are hardly "intelligent" moments. They are moments of oneness.

When "I" momentarily experience the world from the frame that I am a part of it rather than just a person living in it, it has the effect of putting me at peace with myself and everything around me. It is an acceptance that this world is One and that I am, in every way, a part of that whole. *There are likely no real distinctions* – which, in case you haven't noticed, is a theme I am repeating. Life and death, nothing and something, knowledge and no knowledge, material and immaterial, significance and insignificance, reason and no reason, you and me are all abstract imaginary distinctions which we have explored and uncovered. They arise out of our Logic Function ability. They are created out of practicality, not reality. But what was once practical when we were children is no longer quite as practical. Furthermore, when the limitations and shortcomings of knowledge, words, communication, language and the ego are all fully exposed, we find ourselves suddenly forced onto a new path of understanding. In examining the fundamentals

all over again we further find that our passion for life can stay the same, but our fundamentalist feelings of fear, defensiveness and distinction can maybe begin to vanish. It is confronting things like “death” and *living* all over again, in a kind of peaceful understanding that everything is One. Though it is very impractical to always think in this way, the great potential of understanding this perspective will arise as we continue our trip – our increasingly dangerous trip – toward The Answer.

SEARCH FOR TRUTH

Behold, at first glance, some may assume that all of this is a devastating way of viewing the world. However, these understandings have the potential to take a person toward an entirely new summit of thinking and living. Before visiting the promised land, we will now take pause to also consider those people with fewer questions. Some will call this group a more “simple” people. They concern themselves mostly with very real actions of life – food, survival, sex etc. These are the people who find little interest or use in expanding their mind with ideas and abstractions; very little use in philosophy and knowledge, the luxuries of us spoiled people. These are the type of people intellectuals may sometimes even mock. In reality, we all know the intellectuals have at least some envy for these people. In fact, sometimes when I think about philosophy, I feel like a robot that has just become painfully aware that I am a robot. That can’t be healthy, can it? Why not be uninformed like these other people who would be very uninterested in our ramblings?

This lack of concern by some is usually because these people have smaller, less developed egos. In other words, their sense of self is not as distinct and significant as the average person. They feel not as great a need to “find truth” or create a mountain of characteristics for themselves. They are sometimes preoccupied, or just content with a side portion of superstition, a main course fairy tale, and then digestion followed by a whole new meal for the next day. This passivity will mean that the person might experience less

fear in life and have a smaller ego to defend. It's a "silly," rather than "serious" outlook. Nonetheless, just being a human in practically any modern day society means that the person will probably still have a *very significant* ego that they must defend. Fanaticism shows up everywhere, in every corner and every culture.

The fanatics feel "different" or "above" other people just like they feel different and above everything else. They *try* to feel significant and immortal and then they panic when faced with realities that threaten their baseless ego. They yearn for something "more" while less motivated people among them choose a path of "peace" to more often love and appreciate what they already have. *The peaceful are often the victims of fanatic extremism.* After all, when push comes to shove, a silly person is no match against a serious person. Meanwhile, the serious fanatics remain unsatisfied and want to be "saved." They want more than just this "body" and all these life restrictions; what they see as "imperfections." They breathe in an air of bitterness and hatred in every other breath. This life is full of "evil" for these people. There is distain in every other step of their lives. You can read it between the lines. You can see it behind their expressions. You can hear it behind closed doors.

Those who have chosen not to search for "the truth" have not necessarily made such a bad decision. Despite a less inspired life, they may have, in fact, chosen a healthier and more peaceful path than most of us who fall into the scorching flames of fanaticism. The more curious among us who have chosen to question and seek understanding beyond the practical have actually entered into a dangerous burning dimension to which there is no way out. Anyone reading this is probably among these seekers (or is it suckers?). This dangerous pursuit usually ends with people not facing the reality with which they went out to seek and instead, leads to a life of lies and denial. They take a glimpse at the groundlessness of their own ego and deep-rooted beliefs, and quickly shudder and hide back behind the delicate monster. These people create fantasies and fairytales in order to cope with the fact that they absolutely refuse to look straight into the eyes of the beast. They are the sick and they are everywhere. Lucky for us most persistent seekers of truth, we now have the opportunity to neither be fanatics nor

docile peace activists. The brave and few among us who *allow* the initially horrifying “truth” possibilities to crush our egos are able to possibly experience a rare sunlit path of power and health.



When I was young, I was even then an avid little “truth” seeker myself. I declared to my father at one time that I was glad that *my* parents never lied to me about Santa Claus and such things. A part of me was jealous of those kids, of course, as this really had more to do with a cultural background difference than any specific intention by my parents. My father, being more of a storyteller than a ‘truth advocate’ paused and reflected on what I had told him, and then promptly went into a story. He was very young and his grandmother, for whom he had incredible affection, had just passed away. At the funeral, the older relatives had decided not to allow the children to see his deceased grandmother. My father who was then a six year old boy wailed and cried, “I want my grandma! Where is my grandma? I want to see my grandma!” His cries took over the house. He wailed for hours. Fed up with the endless screaming, an old man at the funeral took matters into his own hands and yelled aloud, “He wants to see his grandmother. Let him see his damn grandmother!” He led the young boy by the hand to the room of the dead woman in the coffin and said to him, “There is your grandmother.” The boy then gazed at the silent corpse of his grandmother. His crying immediately stopped and my father reflects that after he saw her, he felt fine. He was even completely relieved and soon thereafter, ready to go out and play.

An experience like this may shatter our protected egos and deep-rooted beliefs, but the perceived wound can also put us at ease, if we allow it. In fact, those who truly allow the broken ego to become somewhat *playful* rather than *serious* are the ones who are considered the happiest, strongest and most satisfied people on the planet. We soon learn that there is no need to beg for “something more.” We do not get on our knees and cry for our pathetic situation. The sick fanatics do such things. The healthy are already too humbled for daily events to significantly hurt them. They don’t

take their *selves* so seriously that events can damage their health. This type of person may even have a *hope*, that we are a part of something of some purpose; a part of some grand majestic scheme. It is something we will never fully understand, maybe even after we die. Oh my! And guess what? Maybe the idea of “understanding” itself will prove to be no big deal after we die. So instead of screaming, yelling and crying for something else and something more, perhaps at least a part of us can actually accept the situation we are already in. We realize that it is even likely that we are a part of some wonderful reason and purpose; that the things which are somewhat horrifying on the surface may actually turn out to be practical and maybe even spiritual. But if this may all be the case, why were we misled about so many things in the first place?

FANATICISM

When I was a little boy, I was taught that I was significant, distinct, and special. I was different – *just like everybody else*. I would look into the mirror and see my own wonderful reflection staring back at me every day. I did not see another animal looking back. I saw *myself*. And so my ego was already under construction. At the same time, I was introduced to horror, death, despair and distinction. I grew up. “No,” said my mother. The two general ideas of love and death, positive and negative, clashed with each other like opposing waves.

Later, the fear of death and mortality gave me reason to *increase* my self-worth. Like all animals, we want to survive. But unlike other animals, we are presented with a clearer and more descriptive idea of death and the potential “end of our existence.” And so we think we see that which we really cannot see. A fish sees a big fish and simply darts off as fast as it can. We see that big fish of mortality and realize there is nowhere to run – *outside of our imagination*. Our society and experiences teach us that we are doomed to die; a fish to be tossed onto dry land. Perhaps some of the more “simple” people among us choose to ignore the concept completely. It doesn’t seem like such a bad idea, especially con-

sidering that the intelligent masses kick and scream about it for the rest of their lives! Not so intelligent if you ask me. Yet, we have all seemed to kick and scream while we simply ask “why?” There is almost no way around it. I was presented with “life” and taught that I am a member of this prestigious holy organization. Now, I am being told that I will “die”?

“Where is my grandpa, daddy?” “Oh, he is not here. He is in another magical wonderful place...” The lies we tell! And then we believe our own lies, because we want to believe such lies. Because we think we *need* to believe such lies. We dress ourselves, clean our bodies, groom our faces and brush our teeth. We learn to read, write, communicate and realize how amazing we are. We enter into an atmosphere that raises our self-worth to a point where we begin to believe that we are somehow especially divine – the “chosen” animal. Like peacocks, some of us parade ourselves in the light pretending not to have the slightest worry that we are just as well a turkey in an oven. In our homes are portraits and murals of ourselves and those like ourselves. Are we mad? Have we evolved in such a way that in order to survive we *need* to pretend to understand, and even lie to ourselves?

As a child, along with the distinctions I was learning to make 'twixt life and death, the idea of “me” and “them” continued to grow. Suddenly it was no longer just the battle of life versus death or even man versus animal. It soon became the war of *me* versus *them*. The world was to be more and more lonely, as the warmongering “intelligent” ego isolated itself away from the environment. Is it surprising that so many develop deep-rooted hatred for the world in which they live? Is it surprising that some kill animals and even other people without reason? They become aliens in their own universe. They sing and pray for their alien spaceship to come and rescue them from this horrible “unholy” place. They join together at the alien outpost and lift their hands to the sky to show devotion to their alien leadership. And they call that God, when God is most likely to be right here, right now, within *everything* and *without exception*.

EVOLUTION

Let's get back to the planet Earth. In my home, I have a fish in my aquarium with an interesting design on its body. The design makes it look like it has eyes in the front and eyes on the back of its body. Why this fish has this particular design does not take a scientist to figure out. You don't need to reference anything or do a case study. An acceptance that there is a history behind us at this moment and that the world is not purposely misleading us is what you need to believe. Long ago, deep in the ocean, its ancestors had produced thousands of little fish which kept getting eaten. As a result, they were having a difficult time surviving as a species. Eaten were all *except for a few* who happen to have been born with deceptive designs on their body that happened to help deter them from being eaten. These fish reproduced in abundance and some of the offspring survived and some became fish food, all based on a design on their body, among other things. That simple design on its body is one of the main reasons why the fish in my tank exists. There is also a good reason for every one of its other attributes compliments of our good friend, cause and effect.

Likewise, thousands of years ago weak monkey-like animals produced children. And say on some rare occasions there were offspring with more versatile vocal chords, giving them a better ability to communicate. The ones who could speak to each other were now better able to formulate ways of working together to learn how to survive. They were, in effect, smarter and stronger because they developed dialogue and advanced intelligence. The oafish ones who could not speak were killed off by their harsh environment and by the other animals. They were not able to work and grow together.

Now a step further. The smarter communicating monkeys sometimes produced rare offspring that were less hairy and more human looking as we know it. These children grew to enjoy their reflections more than the other animals. They were more attractive and gentle in appearance than the other more monstrous looking monkeys. In short, they did not look as threatening to each other.

So these rare offspring saw themselves as more *special* and more important. They worked better together and felt superior to the other animals and this belief itself encouraged them to actually be more cunning than the others. These savvy self-righteous creatures developed the use of simple weapons. It could have been then that they began beating, enslaving and murdering the uglier animals. Or it could have been that the weak and inferior monkeys simply had an impossible time surviving and reproducing in the rough environment. In any case, a new breed of monkey began to reproduce and survive. The rule being that the greater the ego, the self-love, the fear, and the jealousy, the greater the desire and determination to survive and conquer. The higher they stood with pride, the more powerful they became. Thus, these unique communicating creatures with high self-worth and determination to live reproduced and survived while the others were killed off or left behind. The process continued for thousands of generations until this small lovely group of offspring dominated the Earth.

Was it just like that? It's impossible to say. The details matter less than the overall picture. The business of survival of the species isn't very compassionate. But it is perfect – cause and effect. And this story does not end. Recent wars and takeover of land exemplify the moments in history for which we have no record. Consider, for example, the near complete takeover of North America and wipeout of those more animal-like humans of the Americas just a couple hundred years ago. These were humans that did not have quite as much determination of ego as their counterparts. In their reflections they saw themselves not quite as godlike as the people of the West. Promptly, they were virtually wiped out as a species. This is among countless examples of bloodshed in recorded history where the bigger egos dominate and wipe out the smaller. Can you imagine what was happening during the era of history in which we have no record?

A most important aspect for consideration is the undeniable significance of the human ego in our development. The result of a giant ego for a small mortal creature like you and me is an angry defiant rage against anything that challenges the ego. Unfortunately for us ego-maniacs, environment by itself tends to significantly

challenge our egos. Age and mortality, space and time all bring us face to face with the limitations of our powers.

The ego, however, does not often concede defeat. It tends to react with more fear, more jealousy and more denial of the environment. This defense mechanism of the ego is a crucial historical fact. Not only do the greater egos of history pounce on the smaller egos, but they even cause sexual restrictions on the smaller egos. Much of history includes a time when kings and lords ruled the Earth. These great ego men of our past, with their jealous and avaricious behaviors, took for themselves as many women as possible – more than what was needed or we would consider reasonable. Sharing is not an element of the ego, my lord. The result is that the more cunning, jealous and ego-driven a person was, the more likely he would have a near *monopoly* on the females of the area. So only a specific type of man was actually contributing to *reproduction*. After all, the docile sharing person is likely no match against an aggressive greedy person. When you consider the number of generations that probably went through this filtration process of history, you can imagine that over time, this type of jealous behavior may have only become greater and more prevalent with every single generation. So this selfish drive within us may be a genetic factor in our being. All of us probably have a selfish great great great ... grandfather that owned many wives and had a disproportionate monopoly on the women, including our great great great ... grandmother. Still, even if it is somehow argued that the big ego is not a genetic factor, communication of generations would bring the same ideas down to the next generation – the message being, the bigger the ego (the sense of self and strong identity), the more powerful and determined you will be and, thus, the more likely you will be to survive. For the most part, that message has been proven correct throughout history: the bigger the ego and self-worth, the more likely you will be to reproduce and survive.

Like all the animals, we have instincts that come from our past generations. The instincts that are brought down most likely have a good reason for existing, like all things within our understanding. In fact, just like the fish design, everything about our body and mind probably has a reason. Our focus right now is the jealous

self-loving ego-driven monster instinct that dominates and reproduces. This element is now more powerful than ever and is a major part of our lives. It is the central source of human conflict. In fact, it may even be a major contributing factor to our determination, intelligence and growth. We are now billions of little ego-driven creatures multiplying on the planet. The ego has proven to be an *essential* element of survival.

Now, we are closing in on the bigger question: what in the world should we *do* about this? Is this shady ego which exaggerates distinctions and denies our limitations really a practical necessity for survival? Is it self-defeating for me to view our seriousness of self as inherently baseless and the godly hopes of others as fanatical? After all, the greater egos have outmatched the smaller throughout all of history.

THE CORE

As we march toward glory – toward The Answer – I am reminded of a saying that goes, “Life is far too important to be taken seriously.” Even so, can I sensibly go through this life believing I am of the same significance as a rock? Without added value for myself and my intelligence, where would my inspiration and motivation come from? Why would I bother to create and achieve so many things?

I’ve arrived at the crossroads. I realize now that my ego is necessary, yet it is still fundamentally imaginary and based on anything but “truth” and “knowledge.” Plus it can be very self-defeating, defensive and even harmful to my health. So I face a conflicted reality. I may accept that I am as material as anything else; as significant as everything else. But what do I do now? Where do I go now? This way, I cannot live.

There were some philosophers of our past who insisted that the fundamental motivation of mankind was two things: receiving pleasure and avoiding pain. This was the foundation of an entire philosophy which, at first, sounded like quite possibly the most obvious reality ever presented. “Of course we are driven by the

love of pleasure and the fear of pain,” many say. Yet, all along, I have highlighted the radical mistakes of our distinctions. And here is yet another.

Proceed with caution. One of those deep-rooted beliefs may soon be violently challenged. We need to first examine the words pleasure, fun, happiness and their synonyms. We have these set beliefs about what these words mean to *us*. Yet, for anyone who cries at any given moment, for example, this crying is a relief; a release; a form of pleasure for that particular person at that particular time. The crying has a positive purpose. There is nothing our mind or body does that purposefully works “against” us. Away with such absurd ideas! Everything our mind and body does, it does to try to support us. Our body and mind are built for life, not to kill us. We are built for survival. We are given certain tools and given an environment. Our mind and body works with whatever it is given to *gain the most pleasure*. And that is it. For example, if a person vomits, their body is trying to get out something in order to get back to a healthy state. It isn’t trying to “avoid” anything. It is promoting a healthy life. Similarly, if I believe it is in my best interest to beat myself to a bloody pulp, my mind, given everything it has taken in, has somehow decided that it is in my best interest to do this thing to *ultimately* bring me pleasure. Nothing my mind and body does has the *intent* to hurt myself. Hurting ourselves physically and even suicide does not mean we ultimately *intend* to hurt ourselves. The body and mind intend to live. *There is no negative intent in living.*

You would think this is obvious, but it is certainly not. Most people would automatically agree that “avoiding pain” and “gaining pleasure” are both the equal driving forces of life. But avoiding pain can actually be purely seen as the *result* of the pursuit of pleasure. When a fist is headed for your face, moving out of the way does not necessarily have to be the result of your “avoiding the punch.” Instead, it can be the quick realization that your face being anywhere else other than the place that fist is flying toward would be a better place to be. That can still be seen as more a pursuit of pleasure. This is as simple as a ‘glass half empty versus glass half full’ kind of comparison. Do you see the glass as half empty or half

full? The motivation of *life* itself can be subjectively seen from any perspective – “negative” or “positive” (or both).

However, this is yet another superfluous distinction, my friends. Yes, I can either focus more on the “pain” or more on the “pleasure” of *any* experience, and whatever I focus on more is probably what I’ll get: 1) because my mind is focused on that outcome and therefore it has become the most likely reality in my imaginative mind and 2) because what I associate with “pain” will become pain-ful in my mind and what I associate with “pleasure” will become pleasurable in my mind. Those symbols in my mind of pain and pleasure will promote real feelings. That is how weightlifting can be great fun for some and horrible for others. The imagination has great powers. When a fist is flying into my face, if I focus on pursuing a more pleasurable alternative to the punch, I’ll probably be quicker in making the best choice in where to move my head. If I focus more on the potential pain of the punch, I may waste valuable time and might even become frozen in anticipation of the pain. At best, my decision will be highly *defensive*.

The point is not exactly that we should never “avoid pain” and should only seek pleasure. After all, the pleasure and pain distinction is yet another imaginary distinction. For our purposes here, pleasure ought to be replaced by the more understandable word: *life*. Living is our most basic function. Like a rose, at the core of our existence is the intent to flourish and blossom. What we want at the core is to live just as we are doing right now. It is a constant never ending function we have within us. This center within us does not recognize the thorns of “death.” It does not even recognize the idea of “avoiding pain.” It may not even recognize anything that we consciously recognize. It is a powerful energy, like the Sun. It is the breath we take in and the heart that beats. It is a positive pursuit from head to toe, through and through with absolutely no regard or recognition of anything “negative.”

People tend to have a problem looking beyond their ego and recognizing the core of their being. ’Tis a plague of humanity. Our essence is like fire that breathes and eats. Our essence is like the bubbles of air that quickly make their way to the surface of the ocean to join the world of air. Our essence is like the clouds that

form into moisture and drop down to the ground. Our essence is like that innocent glare of a child. It is the part of us most in tune with the world. It is the part of us *in touch* with the world. People consciously ignore the essence, The Core, which is almighty. They instead depend on the ego for defense and are vulnerable to stress and ideas because they think the ego *is* who they are. By believing the ego *is* completely who they are, *ideas* and *words* can actually bring about *physical* pain and pleasure. They become lost within their own imagination. They make-believe that ideas and words, by themselves, are the only essence. What an amazing ability we have! We *depend* on experiences, habits, imagination and memories for our lives when all we fundamentally *need* is life itself, The Core. All these other things are mostly luxuries, gifts and privileges.

The beating of the heart and the breath you take in are a part of the necessities of life. That is The Core. It knows what to do even when your imagination does not. It is the Sun which we revolve around. It is the magic of our existence. The ego is not the energy which *needs* to defend itself. It is The Core that dictates. To be able to witness this side of our ground of being and allow it to have power is a crucial part of what it means to be healthy and in tune with nature.

So science tells us that there are five senses: hearing, seeing, smelling, tasting and touching. Yet within the basis of life, there is only one of these five “senses” that is necessary for all of the others. If we lost our hearing, we could still function with our other senses. If we lost our sight, we would be alright. If we lost smelling or tasting, we would have a dangerous time, but we could probably survive. However, touching is another matter. Can you even lose the sense of touch and be alive? Usually we think of touch as the feeling of the nerves of our hands. But what if we noticed that our eyes actually touch the light; the light being composed of swift moving objects of the world. And our ears actually touch the vibrating sound waves. And our receptors in our nose and tongue actually touch another object to have the reactions of taste and smell. When we call this list the “five senses,” we are actually talking about one sense: touch. Light, sound and smells

are actually “things” and the movement of things which travel and touch the body. In actuality this is a fundamental understanding of The Core. It is *feeling* – sense and touch – which is *always* what we are doing, usually without properly acknowledging it. We are often distracted by our imagination. In addition, “pain” and “pleasure” are negative and positive *judgments* our ego creates about The Core. This distinction, however, does not exist for The Core, which is feeling, without judgment.

Notice, right now, that your eyes are touching the light which reflects from all directions; that all sound is vibration and waves that lightly touch your eardrums; that what you smell is an actual thing mixed with the air that enters your body; that what you taste is a thing you touch with your tongue. You are actually touching everything around you. Even thoughts arise from actual physical movement within the brain. You are feeling so many things at once. You are absolutely One with the entire environment in a raw kinaesthetic way. If you can feel that, you might find that the distinctions around you begin to fade away when you choose to experience the world in this way. You begin to realize that a major part of you is like a jelly fish feeling its way through the environment, or even a carrot growing within the Earth.

Ever imagine that somebody would compare you to a carrot? This next part will be most difficult for the ego to accept. Watch out. Here it comes. Everyone is pretty much equally happy. Whoa. I know it may sound like nonsense to “you,” but dig a little. Everyone is equally happy. Did I hit that nerve? I warned you! A person in prison will still *live* in prison. That person’s lack of “freedom” might seem important to “you,” but consider our “lack of freedom” when it comes to walking atop the ocean or floating through the air, for example. There are limitations in *every* environment. As long as our hearts beat and we can breathe, we will *deal* with whatever our situation may be. Verily, verily I say unto you that the fact that we deal with it at any given moment *is* what really makes us “happy.” Even if I say “I’m unhappy,” my saying that is positively fulfilling a need at that particular time. This is similar to saying that there are no “mistakes” at any moment. That is another *judgment* one makes *after* something has already happened. There

is also essentially no “unhappiness.” Even physical pain does not cause real “unhappiness.” We still cling onto *life* as we scream. And our screaming gives us pleasure in that moment. “Happy” is a *judgment* about life. It is a fabricated category. Even defining the word “happiness” is full of individual judgment. Indeed, judge not lest ye be judged ... lest ye be judged an idiot. If we accept that there is a thing called “happiness,” the time has come to finally admit that *everyone is equally happy*. Your ego will detest this idea because it wants to be *different* than everyone else. It wants to be better than everyone else. But The Core knows no distinctions. The Core just is. Life just *is*. Amen.

THE ARCHITECT

I am put into a circumstance where on the one hand I inherit a giant ego that is necessary for daily life. On the other hand, I come to realize that this ego has a weak and maybe even baseless foundation. Such thoughts can lead to suicide! Thankfully, I have not “lost touch.” Behold, The Core – a real physical armor that may be able to guide us through the storm. Touch is actually the best “reality” we can count on and enjoy. It knows exactly what it wants – to feel – and I can trust in it more than anything else. But what about the ego? Do I rid myself of it? Is that even possible? An absent ego would leave me unmotivated and in a state of eternal meditation. I would really become that carrot. Not an ideal way of living, and certainly not an ideal way of surviving when the responsibility and creativity of my life has vanished. Can you imagine what it would be like just losing your identity and being in a state of eternal meditation? Why be a vegetable when I am armed with so many capabilities?

OK, so screw the carrot. Another option, of course, is the fanatic’s way of living. The fanatic takes themselves and everything else very seriously. They have many beliefs on top of their unmovable identity and they make value judgments constantly. They use abstract words like “good” and “evil” persistently. They believe that the foundation of their existence *is* the ego. Their ego *is* their

religion and their faith in it is so strong that there is nothing that comes close to this conviction to the self – a self created within the mind and with the help of other people. Imagination overrides body feelings for these people. One could argue that their world becomes *out of touch* and *out of tune* with the life and world that surrounds them. After all, a major part of them dislikes the world. And so they look for a world that is *better* than this one and yearn to be “more” than who they are. Who they are and where they are is *never* enough. The current moment – which is the only concern for The Core – is not a satisfactory place to be.

The direction we are heading toward is not intended to make anyone “happier” than the next person. After all, there is likely no such thing. Instead, we must rise and realize that this world is a fanatic’s jungle – brains gone wild. It is a one-sided world of masses that are completely out of touch with the nature that surrounds them. The issue is not about happiness. It is about *health*, strength and spirituality. It is about being a flourishing rose rather than a dry desperate plant. A world without a strong recognition of The Core, the God within oneself, is a world that *depends* on the ego; a little world in the brain built upon fabrication. It is an over-dependence on “intelligence.” It is beliefs like “I am old,” “I can’t do that,” and even “I can do that.” Who others tell us we are is also a major part of the ego. These little beliefs, when they become the enormous *foundation* of our existence, will take complete control of our body and mind. A person can make oneself grow older faster than necessary by believing something like “time is running out for me.” One can make oneself sick and weak by believing “life is difficult” – a truth claim supported by the ego’s faith in its own certainty. You will find that the evidence for such things to be overwhelming and well within personal experience.

Placing my *faith* and *trust* in this simple essence of my being, The Core, gives me the freedom to create better solutions for problems. This might even result in what we refer to as good intuition. The power is the result of my being free and creative rather than defensive about my ego; about who I am. And so The Core of a human does not want a person to have no ego and no beliefs. Certainly not! That would not satisfy desires or even deep-rooted

instincts. One needs a sense of self to be motivated to survive and flourish. One also needs the ability to reevaluate identity and beliefs. Moreover, hear me whisper this in your ear: what I believe it calls for is actually a *supernatural ego* with *limitless possibilities*.

When the armor of our standard “serious” fanatic ego is shot at with a challenge like “You are ugly,” the typical person’s ego finds itself weary, building more *defenses* and feeling the need to protect itself. Because they take themselves so seriously, defenses grow large and a person isolates themselves *away* from the world, becoming out of tune with nature. That is the life of a fanatic. Instead, when one can *allow* a challenge like this to go right through the ego and hit The Core, the essence of who we are, the answer about what to do will be there, waiting. The Core will decide how threatening the issue is. In the vast majority of cases The Core will simply find *no significant threat whatsoever*. The Core is unaffected by insults, money, lovers and typical life issues. And the ego, rather than build more puny defenses, can grow aggressively, and playfully make itself stronger because of *faith in The Core*; faith in what you physically *feel*, coming well *before* faith in what you think. Like firing a bullet into a gigantic sandcastle, the shots go right through and do no harm to the splendor. The ego, in a sense, proves itself to be *untouchable*.

There are dangers, it must be admitted. When my ego is faced with, “You can jump off this cliff and fly,” I can note that there is probably more pleasure – more life – in *not* accepting this belief. Thus, my ego can still build *limited defenses* to encourage living and flourishing. This is the essential purpose of the ego – to help me survive. The Core enjoys life and that is it. The ego *protects* the life and can help it flourish. The matured ego not only protects life, but respects the fact that The Core fears *nothing*, does what it needs to do and, in fact, lives *forever*. The ego – you – can follow your purpose knowing that your purpose is not necessarily based on “reality”; most of what you have been protecting does not actually need to be protected at all. The Core is essentially our most reliable bodyguard. Yet, many of us were never formally introduced. It’s time to become humbled by the awe-inspiring power of The Core within.



And so it came to pass – a small introduction to a secret weapon. It is an introduction to living as a creator. I call it living as The Architect. The majority of people do not understand the kind of confidence and freedom that can come with faith and submission to feeling. The ego, for the most part, is no longer taken so “seriously” with the exception of major threats. When one redirects their faith in this way, the frightened old man within is no longer necessary. By viewing my ego – myself – in a more playful and creative way, I can let myself grow as much as I need in order to fulfill life’s destiny. I can see myself in any way I like. I can choose to focus on everything I have and want instead of what I do not have and do not want. This is the beginning of an awakening that knowledge can lead us toward. It is the realization of how powerful yet playful our egos can potentially become. And how the only thing we *need* to believe in and treat faithfully is The Core. Touch is the great reminder of the perfect world.

PERFECTION

Here is a brand new question: what if you are reading this sentence now because you were meant to read it? What if you had no choice in the matter? What if even if you decided to stop reading this, it would be a decision that was already set to happen? Again, it seems safe to assume from logic that everything has a reason. Otherwise, science and reasoning anything at all would have no basis, making a discussion about anything at all unproductive and totally irrelevant. Every event that follows every other event must have a reason and must be, in a sense, *determined in time*. In other words, science and logic seem to make it perfectly clear that whatever we do and whatever happens in our world at the present moment is the cause of something else. So when we say “this is meant to be” or that “was suppose to happen” it actually seems like it is scientifically true based on what we know.