

Notes of a Lively Journey



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Autumn 2021, Inverness, Scotland



Introduction:

Here you are, on this bridge between your old life, which you know and will give you More of the Same and the other side: your origin, which is scary as you don't know where you're heading to, you haven't been there for so long.

And something inside tells you to read on, somehow encouraging you to follow the white rabbit, all along into the rabbit hole, this niggling feeling that there is more to life than just following the herd.

This book guides you through the rabbit hole, actually back the way you came, from this facade, this circus and this illusion of a life that seem to be ok but not fully, back your origin.

The best way to go forward is to read a chapter a day and lay this book aside and for half an hour, munch, digest on what has been said, investigate it in yourself, come to your own conclusion about what has been put in words here. Find your own way in what has been said.

Invest 30 minutes of you day, every day, to improve yourself, read and realign with who you really are, reading this, than put it away and go over the essence inside yourself, how it resonates with you or not. Keep looking, seeing how it works in you, this brain, this thing called mind.

Then go back into this thing called Your Life and live it as you do. Change will happen for the good, as long as you actively, inside, want to invest and investigate to get a better life.

In the occasion that you feel confusion about if the mind exists or not in what is said here: it depends on your state whether you feel and believe there is a mind. Therefore, it is state dependent to talk of mind interfering with you or that it is just an illusion. Certain parts land better to talk of a mind as if it exists because that's what you believe, to be able to guide you to a mindless state where you will see that it's a projection, that's causing you not to get "there", suffering.

There is a lot of repetition here because the old coat is not willing to let go that easy, same stuff said in a different way, on purpose, to find what is in tune with you. Grinding granite with drops of water, the drops need to be in the exact same place to work, over and over again.

The result is a better life, in tune with reality not because I know you, I don't, but I do know that our brain and the conditioning in the shape of our old coat, is quite the same in me and you and everyone else so therefore the principle and mechanism is the same in everyone, the details are not.

Find this out, so you can use the same lever as I found, to change your heavy, old coat into a far more effortless and rewarding one, the one that is already underneath the old one, your home.

Rewarding in a non-attached way, not because I wrote this book, because you know, deep inside, you are doing the right thing here in a society that does not want you to go there, back to your original self, undiluted, uncovered, pure, plain right and see truth as it is, not my truth or the neighbour's truth, truth full stop, reality as it is, regardless my position, status or bank account balance, nature's truth, What Is.

Your core self will not change as it is fine as it is, you know it is, always has been from the day you were born into this world. You know it. That's why you are here, now. Time to address the niggly bit.

Actively being, no more pretending or playing The Game, no more going along the Old Road.

So, nothing to lose... enjoy this great journey, you're going home, where you already are....

I can only show you the door.

On the four stages of life:

It happens to me => through me => by me => with me

And the four states of being that go with it:

Victim (something outside me has caused this) => indifferent/apathy (I do not care) => egoism (I am relevant, you are irrelevant to my development) => effortlessly leading by example (let's do this, regardless the outcome, let's have fun in just doing)

On the three states between people:

Dependent (I need you to define me) =>

independent (I don't need you to define me) =>

interdependent (I don't need you to define me, I am not defining you and working together makes a far better circumstance to grow together)

On the perception shift levels:

In the approach to get rid of your conditioning, peeling off the shield, layer by layer, you go through a few perception shifts in yourself.

The fact that you are here, started reading this book, you must be aware of the shifts that have occurred in you and got to the level of curiosity what That is.

Most people around you are not aware of their mental prison and just get on with what they call: their life, their history keeps them in doing the same thing in every form, details might change, the overall shape is not.

As soon as you engage in spirituality (this can be admiring a bird or a butterfly, loving a view and stay with it a wee while to begin with, reading a book, seeing a film) your perception shifts and this feeling that there is something not right here starts to niggle.

In the next level you might engage in meditation in a mechanical way: humming words, sit in a specific position for a while trying to concentrate, going to read books that people around you have advised, still looking outside yourself to find the key.

Or

You're engaging in questioning the world, question the sleepy ones why on earth they are not waking up, going from vegetarian into vegan for reasons outside your self. You get angry about people wasting your time, disgusted about meat eaters and vegetarians not going far enough, no time to waste as the earth is crying, dying by these others, the sleepy ones that do all those things you've done before too. Not asking where the anger resides, just angry.

You actively feel awake, wondering why you've taken so long to see it, angry, upset, confused but also determined.

In both cases you will come to a point where you reflect on your behaviour and ask the internal question: what am I doing?

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That's where the next level starts: are you doing something about it, about this perception that you are doing something highly superficial here, viewing things from a distance You're getting angry or sad, trying to save the world but not getting there because of them, out there, not waking up.

Again, looking for the key, outside yourself.

In the next stage, upon reflecting, you perceive your thinking process and start to see spikes in your own thinking, start wondering where they came from, why a certain thought came about?.

You turn the focus from external to internal processes: "them" and "they" become less important, the societal world tends to become less important as you see that your state of mind is not shaped by the outer world amongst what people are but is based on something else, on the inside of you.

You start to see that your judgment and expectations are causing the upheaval, confusion and tension in yourself as a continuous process fuelled by your own perception of past and future.

Beyond expectation and judgment lies a sea of peace inside yourself, you perceive your thinking process and start to see an abundance of opportunities and possibilities in a world that just is, the physical world, not the societal one: you start seeing the ever changing continuous now, here. No one to blame, not even yourself.

You'll see that we all are in the same process but not at the same stage or level.

The stage or level is not something higher or lower, is just a level without a label, only the mind would desire the old level or yearn for the next level or label you, that you have progressed.....

I looked at it as going through a hatch at the ceiling to get to the attic to find things I thought I lost and to find that there is another hatch too.

On this journey at this stage you'll see that your aggression, disappointment, expectation and the lot, has nothing to do with you, who you really are.

You are also starting to actively spend the waking state well: deep sleep has no consciousness, dreaming is just a unleashed combination of thoughts where your mind is trying to combine things randomly, desperate to find clues about what you have experienced all your life, trying to make sense where there is none, there is no logic.

The waking state is where you do the hard work, spend the waking state well!!

You'll see that whatever is thrown at you by others, dissipates in the appearance of truth, not my or your truth but truth as it is. Very powerful and something you can fully rely on.

You start to be an example for the others: others and you both start to integrate, no more duality.

The way to wake up the sleepy (including those who are meditating by a method or following a guru or a religion based on a book written by others), to calm the aggression in the earth warriors, is just to be: no camps, no judgment, no expectations either, just be, be the example where you have no intention to be that guru, no intention to have followers and not attached to those who want to.

What does it matter how it is called: enlightenment, awakening, bliss, joy, karma? It doesn't.

What lies beyond that? No idea, let's find out together on this lively journey. It is worth it.

On desire and phobia:

Your mind has the capability to project (seeing a snake in a piece of rope, a spider in a piece of fluff, imagining a situation) onto your screen: your body reacts to that projection as if it is actually happening. Watch the screen, not the projection, the screen is reality, not the film, not the projection.

Your body reacts (= an emotion) to a situation on your screen, with old knowledge from the past as a reference to similar situations => your mind interprets that emotion (= a feeling about it, thoughts create feelings, thoughts bring in judgments, expectations, they value, label things) also based on what it knows, knowledge is always old, past stuff, reality is fresh and new, every single time, incomparable as time moves on.

The mind then sends these thoughts to your screen as a projection of what apparently is happening and based on your current and past attention to similar situations, your intention is created or strengthened, reinforced based on the revived interpretation => the body reacts to that interpretation because it reacts on your attention = the mind/body loop and the current, the intensity of that loop defines Your Life as your current identity.

Knowing and knowledge apparently needs a knower, thinking apparently needs a thinker. This is where the mind is formed because there are only neurons firing up in the same direction, connecting, thinking, seeing, knowing. Knowledge: we form, create a keeper, a librarian, a store manager we call mind.

That store manager resides in an overloaded junk yard of past memories combined with stored emotions, labels about those memories called feelings, thoughts from the past. It is running around with a torch to find that one piece you, your "self", are putting your attention on, which is the instruction for the store manager to find it. The store manager, "your mind", is an illusion: talking to you internally via thoughts and projections of what is going on but still an illusion we have created ourselves. We actively keep the projective state in ourselves going, feeding it with our attention, not knowing what we feeding and how it works. Find out.

You and all of us have created this mind concept based on our conditioning: it came in very handy for that mind in a time of fear and peer pressure, to visualize a *thinker* doing the thinking, a *worrior* doing the worrying, a *philosopher* in you doing the chewing, etcetera. The I Am in need of a label, recognition, acknowledgement with the Mind happy to provide it in a circumstance where the world around you wants to define you through an inescapable label.

Find your mind, try to find it: once you look inside to find it, its gone. It takes you everywhere by shooting thoughts to your screen but never aims at the mind itself. It would reveal that it does not exist and therefore degrades itself: it will not, in your current state of More of the Same.

A pleasant emotion (the body reacts based upon its conditioning, labels it based on your past and labels it positive) causes a pleasant feeling => the wish to have it again => the bases for development of a **DESIRE/ADDICTION** (= the drive to find the same result, More-of-the-Same expected in a newly received sensation, even if it's not there).

Unpleasant emotion => unpleasant feeling => desire to avoid it again = bases for development of **ANXIETY/FOBIA** avoid it even when it's not there.

The key to these habits is how your first initial emotion was perceived and labelled, based on what the mind had stored before. This first, initial (mis)interpretation can be reinterpreted or even,

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deleted when you realize that it's old, past values you base your you on. Refresh your stored experience and look at the old, stored ones from a different angle, based on the knowledge you have now.

Take a distance from previous stored experiences and refresh your store with what you know now, not what it was. It is like looking at a different side of the same beach ball, you will see a different colour but it still the same ball.

Now = a totally different and non-experienced situation => conditioned emotion, body reaction => conditioned feeling, thought process = situation fitted into past experience categories (good/bad) = thinking = labelling = expectation, identification, limitation of possibilities and it includes judgment and certainly expectation => guaranteed disappointment, as the situation is not taken as it really is and never will be, because it's compared with your past, which is gone, just a charged memory in your brain to define the current reality: it cannot.

Every situation is new and totally different as the same setup will never repeat itself (a river is never the same): you, yourself are in a different state anyhow as is the world around you. Change is a basic ingredient in our world and how we perceive it, is mixed with past and gone experiences, infected and therefore an Emotional Plague.

The mind is the virtual instrument of measuring that change, the variety in it, it belongs to what is changeful, let change be, it only widens your options to "What Is" and "What Is" to be, which is totally unpredictable, new every time but the mind is not having that.

The mind is fundamentally your conditioned, limited source of solutions in the massive amount of options where it can only come up with a few, due to that conditioning. Its driving force is to predict and to project the imagined outer world by generating options, possibilities, which is impossible because all the mind knows is old, past, so it compares the massive options of now with the wrong, old material. We left out the checking of this projection and took it as real.

Thoughts are just options, they are not mandatory, you can choose to leave them aside or not. Play with that choice in you and see how the mechanism works, reacts to that choice. You will be amazed by what you find if you do that, choose your thoughts that can pass or not and see your life change for the better.

Conditioning is adaptation to what other people want you to be to support their view = their conditioning, not yours. Adapting to gain appreciation therefore will not work, but that is exactly what we have learned in our conditioning.

Therefore what you learn is not "What Is" but your teachers' views/opinions which are not applicable to you, having a total different set of neurons, connections & experiences => views => battle of ideas = battle of equal illusions...

In the first half of your life, you learn what you need to unlearn in the second half of your life.

On the transition from encouragement to the corrective phase:

At the age of 3-5 years old the encouragement phase (everything you do as a baby/child is encouraged by your surroundings: smile, laugh, talk, move, walk, etc) is converted into the corrective phase (everything you do is scrutinised, judged, criticized, as if you were an adult) which sets a dilemma in motion: to keep doing what you were doing and get rejected (internal referencing) OR follow the instructions until your critic is satisfied (external referencing) and starts to encourage you again as if you have done something wrong but you don't know what.

99% chooses to the latter which results in internal conflict, keeping your protest inside you => Jekyll and Hyde, Jung's Shadow, Ego, Them against Me: Duality is born, everyone will be engaged in any level of physical or mental severity to correct you depending on your direct surrounding at that age.

By the time you are 8 years old you have received 150,000 No's and 5,000 Yes's....that is not learning what to do, it is learning what **not** to do which is not constructive and is changing all the time based on the views and ideas of others, who you give an authority higher than yourself. Very confusing. Not getting an answer on what to do, you get directions what not to do....and no guidance what to do.....

This dualistic dilemma/power play in your life initiates the thinking besides just doing: the start of thinking is to reference thoughts, ideas, situations and emotions against something else which makes that something else actually quite important in your life, instead of what your inner feelings, your gut feelings are, which is intuition, just doing what you must do, not what you want to do, which is based on thinking. Conditioning is making that thinking far more important than anything else.

Making your thoughts more important calls for a thinker behind it, a centre to operate from: the mind is born, the instrument to measure variety, to judge options with thoughts in the shape of words, verbalisation in your head and with projections as its tool based on your past experiences and feelings about that: always in favour of itself, the assessor of the outside pressure.

Somewhere in the process, based on choosing to follow the crowd, you have promoted your mind from its original function (the body control centre) into the control centre of Your Life, your projection, no wonder it takes itself very, very serious.

The mind, our mind, does not have the tools to control our life, gets confused and inflated by the tension of losing control that comes with it = the egotistical state of your concept of mind and gives it huge importance where your thoughts become hugely important above doing, impulses, intuition and spontaneity. Thinking becomes far more important than actually doing...

This process has an opposite: you, light as a feather (doing, impulse, natural, happiness, flow, intuitively, spontaneity) when born until 3-5 years old, after that, conditioning got a hold on you, and due to the huge social/peer/education pressure and a truckload of fear, you have "decided" to go with the pressure, create the mind as the centre of intelligence instead of your "self": the "thinker", the "watcher", the "worrier", the "hoper" is born, something inside you has identified with being part of you.

The illusion is born as the basis all your life is measured against, in the decision to hold *external* values above your own, just to deal with the social pressure and receive appreciation, praise, etcetera, that was the prize promised between the lines, a prize never provided when you look back...

On enlightenment:

Enlightenment is nothing more than undoing the layers of your false, adjusted and adaptive identities, undoing the mind as your control centre and to go back to the child stage, go back where you came from, where you lost your “self” is to look where you lost it, not outside yourself.

Peel the unreal layers off from your “self”. The world will adapt to that, again and again. Bring the best out of yourself, which in turn invites others to bring the best out of themselves without the intention to do so.

All goodness is outpouring from you when you lay off the egoic mind as your control centre, all tension dissipates and disappears, you get in tune with what you must do in this life, as you did as a child, in tune with our place in nature, with What Is, here, now. So, you can't go wrong here.

No manipulation required or intended, no comparisons or judgment anymore, the end of duality.

To disconnect from what you have identified with: the illusion that the mind, *your* mind exists, go and find it, this centre, you will not find it, it will be shifting about, hiding... to be revealed as non-existing because it will lose its position in you if you realise that it does not exist, not thinking it out: feel it, see that it does not exist, and that you relied upon some illusion when you made the decision to base your life upon external references, and distancing from your self as the centre.

At first, in the process to go back where you came from, the world will object (including your own mind of course), after that, without your choice, you will be the guru to them as their initial attitude is to find comfort outside themselves.

The adaptors will adapt to the outside which is adapting too: who made the rules? Find that person who made the rules, you will not find him or her, rules can be bent, some can be broken because it suits their mind better and therefore supports a false security.

To do as you are told, not do as they do, is bending, breaking rules, one rule for you, another rule for them, societal mind manipulation.

To uncover your “self” is to find your internal happiness again as your reference centre, you have always been and always felt, but swapped it with the mind that is a master in adapting to change.

Change will always be, thoughts will always be too, adapting to that is a restless process: you will never reach that end point of tranquillity in that way because change will change into something new, unrelated to your past, so stop relating now, here, to fit into your past and the idea you have of yourself.

That point will only come when you let change be, let it happen, see, watch and do not judge or adapt to something that is constantly changing, comes and goes. In that same space where change occurs, your centre stays, which does not change, it does not come and go.

Your core is there wherever you are, change is merely there, unimportant and insignificant to your core, there is no reason to identify with change, quite impossible as change changes all the time.

On your mind:

Your mind and everyone else's, wants to identify with the *projection* of that change, as the only apparent opportunity to find yourself on the outside, which gives the mind a reason to be so important as a leader in you.

The mind expresses this link to the outside via the outside impulses/sensations, to use them as a reason to be important as a vehicle.

It is not: check the results of a mind's view, it never works. You think of so many possibilities and options where none of them occur. 99% of what you think might happen, does not happen. We are over thinking far too much as if thinking solves the problem, it does not. It is the Emotional Plague of centuries.

What happens in your thinking is always AFTER something has occurred, explained by the mind, so it bets on a winning horse...and confirms to you that it is doing its job very well for you, based on what is already happening and when you believe that, you identify with the projection as being your life, it is not.

The mind projects and promises a better future which is easy because the future is an expectation, the past is just a memory. Neither of them really exists, both are in the realm of projections and that is where the mind is a master, it fools and confuses you as much as it can, because itself is a projection, an illusion and a very strong one, you call I, no one questions it.

And it is not bigger or stronger than you, you're the creator of the mind structure...

Check a result against all that the mind has promised which hardly anybody does: it has never predicted the reality, it cannot, no one can, it can only be projected and it uses the body signalling as a tool, which is not the real thing but it feels real as your heart beat goes up just thinking of a horrible situation, past or future. That body reaction is then fed back into your mind, interpreting and projecting, thinking that the projection is happening, hitting the panic button where there is no fire.

The mind is only busy with its own existence and has its priority in that over all else, it even will harm and kill the body if it thinks it is able to survive a projection in that way: that is how far projecting can go.

The "self", your soul, is indestructible and does not need to convince you, it knows it is your true core, even when your body is gone, it survives as pure energy and awareness with no memories as memories are stored in the body, dies with it like your identities will dissipate with it.

You are awareness itself, the rest is just the howling of a tormented mind, incapable of dealing with What Is, reality, trying to avoid it as much as possible.

What covers up your happiness is the acceptance of conditioning as the best way to deal with the world, that acceptance was handy during growing up, to avoid the pain and pressure of not being accepted and is turned into suffering after it lost its use.

What worked then, is out of date now but family, friends, peers and teachers consciously or unconsciously want to keep you in that box, the same state they are in, that acceptive state because that is the only way their own mind illusion has a chance to exist, therefore that environment is not in favour of you, yourself but in favour of the picture you once chose to project and to become.

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All pressure is brought in to keep you there, in that projective state. Once you try to make a step outside that space, disappointment may get a hold on you and the continuous feeling of not getting there, torn between multiple sides.

Do not try, just do it. You will stay “you” through the entire painful reversing process because that pain has nothing to do with you although it feels that it does. It is a projection that causes your body to react, like watching a horror movie intensely: it is not the reality.

When you keep hold onto your “self” instead of the projection, the world will accept it at one point and turn you into their guru to find flaws and finally try to kill your state in a Japanese way: by pampering you to death with flattering and compliments. Don’t take the bait, it has nothing to do with you.

It will try to go all over the place, to disrupt your state, to catch your attention in what ever way suits, to divert you from focussing. Divide and conquer, create chaos just to be able to divert the real question: who am I without an external reference? Find out, you will not be disappointed.

The mind has more tricks and strength than you can imagine, it has the entire range of illusions in its toolbox and is of course very persistent in its survival, it has to, in its view. It dies if it does not attack with all guns blazing in all sorts of forms: disappointment, guilt tripping, submissiveness, dominance, anger, sliming, authority, pettiness, flattering, flirting, pretending to be the voice of the world, etc.

The harder it fights, the more intense the ego attacks come, the more you can rely on the fact that you are on the right track to put your mind back into its original position in you: a worthy advisor. You are the creator of your mind concept and can reverse that creation.

The illusion will challenge you for a lifetime, all you need to do is just be a little bit stronger in getting your “self” back in the right place within yourself. Be centred, believe in what stays with you all along, not with what is offered and comes & goes.

There is no god or devil involved, that is all human invention: handy to point at, handy to start a war over, handy to blame or to letting it be your external guide: it is belief, not reality.

What it battles, is its own fear that peace of mind might not be what it imagines to be, it projects its own death when peace of mind will be reached and therefore it will avoid it at all costs but it cannot do that openly to you, the creator of this concept called mind: that would be revealing that you fool yourself which is too much in the ego’s state of mind and vents the confusion as anger to the outside world.

You are your own worst enemy in the mind state.

Mind fights minds based on its belief because it reacts on reactions from the outside, the endless cycle and downward spiral. Turn the reaCtion into Creation, move the C, Cntrl-C, control what you see, just move it, your you will stay, the self will anyhow.

The outside world is no realm to find the solutions how to find your way back, you have to go back the way you came, through the door of your own self, on your own internal power, your way, nothing else is of any relevance to your core Self.

On the inner work:

This inner process cannot be described in words, truth is a pathless, non-verbal journey, so every book that tells you a way to reach happiness is not the right one: it can help to find directions to your way, but it is never *your* way because words are being used, verbally or in writing like here which you use to create your projection, again.

That last, final part needs to be done by yourself, relying on yourself, unconditionally loving yourself, just be, into the deep end, no projections, no judging, no expectations but no one explains that. You are left alone, again, trust that core full on, you will not be disappointed in your self. Because you are, here, now, it will never leave you, it cannot, has no intention to leave you, was there all along.

Who lives in and through you in your projection?:

The little child: fragile but strong, not confident enough to rise and object, growing up though but lagging behind on growing up because You choose to let the mind lead you, hence the clumsy painful feeling when you actually want to let the child lead: it needs to catch up with you. Take your time, stumble to learn how to be again, you have got all the time in the world because it is your world, your perception, your screen, your life. Go from trying to become, into to be.

The mind, common sense, the voice of reason and logic: which, when you check, is not logic at all, logic to whom? Mathematicians, neuro-surgeons, philosophical speakers, politicians, the butcher, bakery or supermarket till operator? Certainly not to reality, the feeling of logic is based on the mind talking to you in projections, options, adaptations, assumptions and possibilities.

You do not check the words, dispute what is brought forward, dispute everything, even your I because what is beyond your I-identification, your I-identity? There must be something because I is pain, projective, coming from what or where? Find out for yourself, past yourself, into the core You which is below your identity which is your past you, the way you pretended you.

Ask questions inside, munch on the question, give it some respect, the answer will come but might take a while, it will come, from your core this time, not in words, images, sound or projections, when the shouting of the mind has passed.

Who is this I in words? Question it and do not accept any answer within the realm of words, question it, feel it, if it does not feel genuine, question it more, find the answer in *feeling* it, not in verbally agreeing, which is superficial, feel it, time to be honest to yourself, brutally and significantly honest. If you do not, you will continue being confused by More of the Same.

Dare to look behind the door of your own self: you lose nothing but fear for the unknown, gain nothing, there is no gain to what is already there, no external gain in finding who you are, only internal satisfaction, within yourself, complying with your inner feeling, happiness is there, right under the surface, in that space to Be, accept who you are, here, now.

Words are the tools of the mind, that is why hypnotism and NLP works perfectly on the level of the mind, not below that, but you have to control the mind mechanism before you can get to the Self and find happiness again. To uncondition yourself, you have to go through the door of your own Self, via the inside, past your minds' influence, crush the projection and the projector, get an understanding and a grip on your thought system.

Control the mind by letting the influence go, do not identify with the projection of the mind and all its thoughts bombarding you, that is not you, let it go, they are options which you can ignore or not. Go for the screen, not the projection.

More on desire:

What is desire all about?

Sometimes you feel things are going way out of hand and, in hindsight, you did not really want to cause it. Two minutes later you are fine with it, it is done, cannot undo it, gone in a few hours, next one.

What is this, this force, this urge, almost unstoppable? Where to catch it before it becomes the inevitable, again. Drink, drugs, sex, food, rut, work, laziness, stubbornness, procrastination, manipulation, power, jealousy, greed, get attention, cause disruption, judging, expecting, disappointment, gossip: all tools the mind uses as a vehicle to drag and keep you away from the centre, away from continuous satisfaction and contentness.

Understand first that every sensation (touch, smell, taste, sight, hear) is interpreted, hijacked by your restless mind to give it a charge before it reaches the brain to store it with the emotion that goes with that sensation: it is the feeling based on the body's emotion that charges the moment before it goes into your memory. That is where your I is coming from, memory of what was...

In your mind, it is matched against past sensations, certainly against your intentions and attention, the two highly emotionally charged characteristics in your system, the fundamental, powerful cornerstones in your I, who you imagine to be, the picture you form about yourself.

In a full blown desire mode or state, "getting" is far more important than "getting there": it is the same force in searching-and-not-want-to-find. You do not want to get results, your attention is full on "getting" and "searching". See the difference: once you get it, your attention is moved on to a new getting, a new search. Turns into a full blown addiction when desire is pursued, fed with your attention.

The joy of a new sports car for instance does not last very long before it switches towards an object of your identity, where you need more and more to define yourself, the mind brain loop. Welcome to your mental prison, the glass cage where seeing the invisible is the key. Make the unconscious conscious.

Being content is in seeing what you have and stay with it, it is in the finding an end point, a finish line. Enjoy What Is, everything else is projection and along comes identification, your worth in a projected form: an illusion and then you are lost in searching and getting, no longer in being content, here and now, no longer with the silence of What Is and with it comes the feeling not "getting" there but you forget that getting is the drive, not arriving.

The state your mind, egoic or more/less and the result of that past experience is the initial fire for this current one: that template can be tossed away as it is out of date, consistently.

Your attention is powerful: so intimate is attention that you call it I, you I-identify with attention. Your mind feeds on your interest, your attention in this thing and this thing and shoots similar thoughts onto your screen in that same interest just to get that attention to steer it into your conditioning background where getting is amplified, not getting there.

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The concept called “your mind” uses your attention as the entrance into your system to move you further into that direction of thinking until you cannot escape from it anymore. It knows that your attention is a powerful thing therefore it refers to you as your I....

No one questions their attention: question it, this I, enquire into it, check it out, have a look at it. Get in charge of it again by standing on the outside looking at it, because it is not you. Take your time with it.

With the mind behind it, your attention is fuelled in the background, by bombarding it with visualisations, words and thoughts. By not filtering your thoughts, not holding them against the light, not criticizing, taking them on face value, you will get drawn into the effect of fuelling, getting lost in your conditioning again, lost because of getting is the drive behind it all.

Your attention is constantly directed in the Mind's way and going all over the place, depending upon the state your body gets into, when a sensation comes in and whether you put your attention on it: drink, porn, drugs, power, control, sex, sensations, trolling, doubt, food, overweight and underweight, taking care of your “getting”, wanting, not taking care of your self, being here.

The entire marketing and advertising trade, eBay, Amazon and the lot as well, is based on this: “no time to check a sensation before you react, just buy it, it is society having bought it already and is therefore so successful so why are you lagging behind, what are you waiting for? You unsuccessful one”

Your attention drive is hijacked by visual and verbal signalling, compared to status, their projected status, to keep you into “getting” things.

Your mind clings to that attention like a magnet, so your attention is what the mind uses as a lever to bombard you with thoughts in that direction. How confusing and enslaving is that!

By making the decision, to have a look at the thoughts that come into your conscious and unconscious space, is to take a second to view them, not taking them in straight away. Look at them with no judgement or expectation, just to look is enough to break the chain. Do nothing to gain nothing, only lose the chains of conditioning when you do that: fear, anger, frustration, confusion, depression, egoic dominance and played submission, all lost, gone, no more, by just disconnection the charge from the signal.

Take your time to see them, then you will also see that the train of thoughts keeps you jailed up in the Mind's way, an invisible prison. The train of thoughts can be broken by just viewing, watching them go by, be the spectator of the train going by, detach.

They will not stay long as your mind is already busy with what is next. Ask the question: “I wonder what will my next thought will be?”. Your mind gets confused, as in that question is no ground to shoot thoughts at your screen, it does not know what to do. See how powerful the question is, not necessarily the answer.

You focus on the mind itself with this question and therefore find that it does not exist: it is a projection by itself and a very powerful one, this I. And in the meantime: what happens with you?

Meditation is not repeating magic words over and over again, not staring into the distance in a certain position. Meditation is here, now, watching the train of thoughts go by, see how busy the mind is 24/7 because you throw your attention all over the place. Harness this power called Your attention.

Keep it in one direction only, you will be amazed if you do that: you have fallen for your own projective system by slackening your grip on your attention and started to believe the film is real, reality, your life when the pressure got very high to adjust to society, your society where you were raised in.

Viewing without judging or expecting is taking the fundament and the food away from the mind. You have to go through the door of your own self, discard the I-identity, the chain that keeps you locked to the ball.

Your mind is using your judgement, using the past as a reference to express your expectation, as a tool to define the future which it cannot. Past and future never exist, they are only there in your mind as a projection on a screen, a memory or an expectation. Here, now, is the screen and the projection, tomorrow and yesterday are illusions, they will never be real.

There is only eternal Now, nothing else is real. A raised blood pressure or heart rate because you are anxious to see someone in an hour's time or dreading that situation from the past, are projections, the situations are not there, physically. Your mind makes them real.

Even fighting your thoughts is acknowledging that the mind exists as the thought producer, do not fight it, just leave it, look at it without admiration, fear, condemning or fighting: these all strengthen the mind as something real that is looking for your attention. It is not.

Totally ignore and stick to your core intention: just Be. The mind cannot stand it, will crumble and will change its state back into that of a humble advisor, waiting on a shelf to be called upon, with real Peace of Mind, as your co-pilot in life.

To see the screen whilst the film is on is not easy (look at your TV whilst a show or the news is on, watch the buttons and the case and see how difficult it is to keep your attention away from what is happening on the screen) as you have learned to concentrate, follow and watch the film and judge and expect as is expected from you.

As a reward for doing just that, you might get appreciation perhaps, but only when the unsatisfied person is satisfied completely, which will never happen because they change the goal posts every single time being in a mind driven state themselves. We never question that.

In the mind state of that person, you are never there, you do not exist, you are a cardboard cut out, receiving the projection of that other person: being good or being bad is based on **their** view, **their** conditioning, which is not you and has nothing to do with you, therefore you cannot reach **their** goal, there will always be disappointment on their side in what you do or not do, simply because of that.

You as a person are not even there, on their screen in their film, in their projection you do not even exist but are just a handy sounding board to vent all their confusion, irritation, dominance and insecurities towards. That will not change unless they change on the inside.

On the Art of Listening:

In the process of listening, observe what happens with you: are you following what is said? Are you “getting “ the picture what the other person is trying to convert into words to express it or are you busy forming your own picture based on the words that have been said and therefore are not listening anymore to what is added to that, missing the point someone is trying to form?

To convert your own picture and find the right words and images to express the full glory of that picture is close to impossible. Try to express the colour, size, environment, smell, state and changes into a few words so the receiving end is able to reconstruct the exact same picture on the exact same moment you “see” it.

Even in the process of saying the words, the picture inside your head changes and therefore your story is already lagging behind on what you want to express.

The other side needs to sharply observe and listen to be able to “get” it, no judging or expecting whilst listening, not holding it to their own light, no distractions, pure listening without the background noise of your conditioning and/or environment. Not easy.

They should ask questions when you are finished saying what you try to bring across and only take the lead in speaking when the speaker has the full confidence that the message has been understood (the Indian stick system from the native Indians in North America: who has the stick expresses to the listeners until he or she feels from the receivers that he or she is fully understood, then passes the stick to someone else to do and get the same).

Due to the presence of conditioning in all of us, the change from actually listening into picture forming (and therefore not listening at all anymore) is in all of us and it purely depends on your awareness of it disturbing the listening process that you can catch it and actually keep listening without judging or expecting what the speaker has said, or is going to say based on your views.

Judging and expecting are both based upon picture forming of what you, your mind thinks is going on (proper projection based on your attention), within the blinding and binding limits of your conditioning. Not thinking outside the box, not disputing your thoughts and projecting from that point onwards.

Not to judge and/or expect is not to form a picture, a distorted picture based upon your conditioning. It is to realise, not thinking it out, but to feel that the picture is distorting your view of reality and look undisturbed to what is actually happening, trusting yourself that you can look without trying to shape that moment into a known thing, so you, your mind, can relax in this projected and interpreted idea of what is going on and listen originally.

To look with full awareness, uncoloured and unconditionally to let reality be as it is, to understand that your conditioning is blurring, not sharpening, the true play in front of you and therefore not letting your conditioning into reshaping reality again, is your freedom to form your own, genuine picture of what is actually happening every second of your life.

This gives the senses an extraordinary sharpness because you actually taken them in without the processing or judging, totally rely on them, unconditionally. Martial arts rely on exactly that: be here, now.

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It is also staying away from directly replying to sensations, let sensations be, let the burst of impulses that arrive at your door of all the senses be and pick up only those that are of interest to see reality to you, the real you, your Self, not the projected concept of mind.

That is to rely on your system unconditionally: to unconditionally love yourself first before you can know how to love others unconditionally and really let them be in their full glory because they also have not seen and looked at themselves unconditionally for a long, long while.

To understand that only in this way everything can be as it is, without any distraction or disturbance. You will definitely know by impulse when it is time to react to a real situation. Rely on your spontaneity, your gut feeling, your under belly alarm and radar system to operate full on and fully in your life again.

You are the only person in the world that is with yourself 24/7 365 days a year for all the years your body is functioning as a whole on this planet and your consciousness is alive and active.

No one looks through your eyes, hears with your ears, smells & tastes in the way you do so all your senses getting a unique input: a unique angle of reality every single moment of the day, unique within the 7.5B people around us.

There are millions and millions of perspectives whilst there is only one world, one reality.

The ideas and sensations someone else gets are theirs to have, there is no way for them or you to understand what is entering their or your system, only you can for yourself, that's why I can only show you the door here.

A doctor has studied parts of your body and, yes, might know a bit more about your physical gut or ears than you do but they never "get" the total, the whole you with all your interpretations and the entire system that constitutes you. Don't pass your sovereignty onto someone else, even if they seem more knowledgeable than you on certain subjects, they are victors of details, not of the totality.

On your life:

This uniqueness is covered up after your 3rd-5th year on this planet and you started to believe that others are more specialist in you than yourself under immense brain washing pressure. They are not.

To undo this, is enlightenment, so it is not some mystical end stage, a mode or higher state than every one else, it is your natural state of being, uncovered, clear, pure but not somewhere high up there but right here, inside. Unmask, hatch, open up, undo, unlearn, unknow, that is all. Go back where you came from, reverse, in the way you came, through the door of your own self, through the forming of your identity.

In the deep sleep, every one is equal: who is the king, who is the beggar? It is only when you wake up that your conditioning is forming the picture anew and again every day. When you wake up, it takes a few seconds to put your mask back on, reinstate your mind as the knower, where you left the day yesterday when you fell asleep.

Stretch this morning reloading a wee bit more every day to be yourself a wee bit longer every day. Who are you, really, without your conditioning? Invest in finding out who you really are, you'll be amazed.

Take half an hour every day to invest in getting closer to your core Self. If you feel you do not have that time than you definitely need to look into it as something in you gives you a 1000 reasons not to go there, again. Find out what that something is, investigate, do not just accept it, dissolve the confusion. This is your life, not just a nice story or a dreadful one.

Can't redo it, can't redo the second you experience something, one shot, one chance, you can only change the charge of that past second, not the experience so spend your time in the waking state well, invest to harvest, to reveal this best in you, reveal your beauty, your strength.

It is the same stretching as reacting on an impulse: look at it a little bit longer to see what is really going on, question your reaction to it as there is no urgency to react now, here.

There is no fire to extinguish, it will go out by itself. Only your mind wants you to act now, instantly, to be busy busy just to be busy, to be occupied, to be in charge of your brain time to not be revealed, not to be discovered as the illusion.

To stay in the centre is key: not to be dragged into the world of sensation: disruption, illusion, jealousy, manipulation, power, seduction, corruption, withdrawal, seclusion is everywhere where you meet people because they are in their mind state daily, no clue what is dragging them through their life, what is chasing them and it is over in a flash, gone.

Only left with a container of regrets at your death bed, too late, gone, the majority of people are so busy with not getting it and not a single one of them questions why not...

You can not relive it, every second of your life is a unique moment to alter, change direction, do things different but you have to rely on your Self as a guide, the non-judged, not to expect but to experiment, view what happens, look with no intention, perceive directly instead of via a filter called your conditioning, your past, your prison with that illusionary mind as the keeper.

Everything around you is an object of perception which means it is liable to perceiving and therefore open to be inspected, judged, matched to an expectation, misinterpreted: charged with a load that does not match reality.

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To look, not judge, not expecting anything of that object AND to not expect anything from the act of perceiving either is the chance to escape from your prison, to leave things as they are, perfect in their own right, with a purpose beyond imagination, certainly beyond the realm of the mind.

The petty view of the mind is so limited and so volatile: it changes every time because it is an instrument of adaption to adaptation, it is not fixed and it is lead by your attention. Yes, you're chasing your own tail by not taking control of your attention.

Your identity with that attention is not fixed either: it changes all the time to suit the outer world, the illusionary state the mind has put it forward as the carrot on the stick you will never reach. That's where the tension comes from: which of my identities should I perform here?

To not want, not yearning for the carrot, makes the carrot, the stick and certainly the holder of that stick useless, obsolete, redundant so find out what is more rewarding: pushing your happiness away to a never reaching point or toss away the desire for the carrot and be happy here, now.

On wanting to have:

Why cannot I have what I want? What is wrong with desire, desire what I want?

Find out what it is inside you that wants. Is it the drive to have, to own, to possess, to control? Than the want is from your concept called mind and will change as that mind state is never satisfied, it is not about that specific material thing, it is the control over your attention, in this thing and this thing, adapting to so many people out there.

Once you get what you want that control is over, finished, done with. That's not what conditioning has taught you and what conditioning is about: getting there is not an option, only getting, wanting is, the attention engine in 6th gear and continuously running on full speed, no time to check or to review

Than the thing is not important enough to have at all, it is the force to get your focus-to-want which will dissipate when you take your control back and find out what you really need is already there. The want is just a playful thing made very serious by your mind to emphasize its fragile position in you due to the ever changing conditioning and is hence volatile.

To want without the attachment of need or importance is to play with it. Do not want because of the superficial, volatile, insecure outer position to others that might happen if you get it: it will die out because the projection of it is never the reality. Reality is, the screen is, anything else is a projection.

It keeps the position of the mind concept in place, your mind will defend it whatever the costs, even your life is worth trading in the Mind's view but not if you ask that question directly to your mind. Itself will disappear because its just a projection.....it does whatever it wants.

It will disagree and hence lie to you if that suits better (projects in a different way, it would say), you will never question the lies or go deeper into the process as the mind will throw distractions and thoughts into you to divert from investigating: question it, inquire into it and do not take the answers at face value, keep looking and asking, you will find that it is not you it is supporting but its own illusion, projection in you, your self image

The mind is, was useful when the surrounding pressure became high, so high that you have obeyed to do as you were told and of course, the signal: "don't do what I do, just do as I say"

Say yes and do no was a relatively fine thing to do unless found out and this has taken you away from the genuine honesty inside yourself: your examples of how to be in a social surrounding were volatile and ever changing themselves so they are no example at all but you still believe them.

It was to state their importance in the social setup which changes every time you turn a corner, conditioning is never a general rule and always a changing law, telling you what **not** to do and therefore your image you have of yourself in that society will change, is not steadfast, is an ever changing Work in Progress, you are not your Self image, find out who you are, deeply, inside, go inside your house, close the door and get that core answer to your main question.

If you do not find out who you really are, you will continue being confused and you will not take the time to really find out what is going on. The confusion will be an incentive for your mind concept to strengthen itself, strengthen the illusion that it is. It is not, it is a projection by itself, your consciousness has fallen for this projection, found the film more important than the screen, than reality, established in that young age of 5 and onwards in your lifespan, infected by that contagious Emotional Plague bug, no cure as yet. It certainly will continue to be there in people unless

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meditation will be a daily school item but the school system will not let that happen in being the propeller of society.

The school system is just a bunch of people with the same mind concept battle inside, not engaging inwards and consistently projecting outwards what this internal concept dictates to project and heavily defending their illusionary position in this ever changing thing called society. Mere puppets in the same play called life who have not dealt with their own conditioning and now are teaching others what life is about.....HmMMM.

You will react to every thought that comes into your view and will react to it in the mind's view to deal with that which comes close to feeling the need to put out fires that you did not start.

Stop the confusion and the fires will go out by themselves because the reactive reaction chain will stop, the illusion that everything around you is of importance and a priority will stop...

Then: welcome back to spontaneous being, your childhood state, cleared from your conditioning, pure, natural, silent, the void of a massive silence because everything is fine as it is.

Mankind is not living the life, you are not in control, you are part of a biosphere, an environment and that is it: you are born and your body will die, as simple as that, no one, not even royalty and the super rich, the extreme poor or enlightened beings have an eternal life and all is stripped when the body dies. The party stops here, I'm afraid.

Whatever you want then, is playful, unimportant and subject to an unconnected and uninfluenced result, not a priority.

To form a playful focus with a lot of drive and not to be busy and confused with the outer force to be someone, is what you aim for: all your frustrations and irritation energy, which is draining you, tiring you, exhausting you, can be turned into this playful drive, lightly, effortlessly.

Funnel it into this feeling as if you already have it, Use Your Illusion, walk through that house you want but can do without, fly through the sky in your helicopter you would like to have and can do without. Your body mind loop is certainly able to give you that feeling now, here, imagine it but this time consciously, not enslaved anymore. Engage in life, live it to the fullest, spend the waking state well.

Be happy, do not become it: that is impossible for something that is already there.

To become is to postpone and that is an illusion: you are happy but have covered it up, that is all. Time to uncover, throw off that old coat, take off that makeup. How can you become what you already are? You cannot.

See that it is the *feeling* you want and not the item itself. That feeling can be called upon anytime and realised right here, where you are right now, you do not need the item for it.

Your projective system is tapped into all your senses and the feedback loop in your nerve system can be used in that same way it was fooling you in the past.

That is also why the glory of achieving what you want is never lasting as the feeling goes, it dies out after a while as things change, you get accustomed to it, bored with it, your attention changes and with it, your feelings about it.

To continue the effortless flow state, make it last, go through life with a great buzz, find the sublime in the simple, the one in the many.

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Use the illusion to create that intense feeling of touching that diamond, that fame, that glory or surrendering realising that what you are is fine, is perfectly suitable for where and what you are in this world, does not need a forceful altering, just be.

You do not need the actual diamond to get that feeling, that buzz, you can have that feeling right here, right now. The objects comes and goes anyway, the feeling towards them too, approach your projective system, your projector this way. The screen is reality, the film is not.

Go through your desired house on a daily basis, feel the doorknob of the kitchen door: is it round and old fashioned or modern, square and thin steel? Stone slabs, under floor heating, walk through the front door on the veranda where the rain comes down so you can sit outside, smell the grass you have cut today but stopped because of the rain.

See the deer coming on your lawn, just not ready to feed from your hand. Can you feel it, smell it as you read these words. It is that same illusion your mind concept uses to get your attentional focus but now fully unconditional and unattached to its illusionary results, in your own control again, unspoiled, pure, natural.

Go back to the things that are here in your room right now, they are there but the feeling and the state you feel you are in, what these things represent, which is the illusion: a chair is a chair, it does not even know it is a chair and it does not represent that you cannot afford a designer chair at the moment or the illusion that you can afford a designer chair so you must be doing something right.

It is the same illusionary process: leave it behind, it was handy in the past to find a way through the change and pressure, but not anymore.

The chair is functional: you can sit on it or put your clothes on it, it can break and fall back into the energy stream it once was created by. Is the chair in the tree when the seed is hatching? The energy of possibilities is there alright, the shape is never final: even mountains erode.

What fires a desire? Does attachment come after the feeling or does desire cause the feeling? Does the attachment flare up the feeling or is a situation projected into a feeling, suited into a highly energized thought around your I and therefore very powerful? Find out.

Do you see the desire in anything that happens (seeing couples everywhere when you are desperate to be with someone, seeing prams everywhere when you're desperate to become pregnant, seeing expensive sports cars when you desperately want to be successful, that is all your mind's game in full swing, preying on your attention and feelings) and therefore feel as if everything is against you in your pursuit of happiness? Trying to find what you are doing wrong.

That is attachment full on: attachment to a future state which will never be, never come, not in the form you expect it and therefore a hopeless illusion but a very powerful one.

It is your mind, promoted in the pressure of your conditioning, that uses the situation as a vehicle to drive the direction of your attention into the desire state where you feel that you cannot escape from it.

When you feel excited or anxious about something, your mind will register this as a pitfall, a back door, a heightened drive, where it can lure you into desperation. Go and find this mind: you can not, it is a phantom on its own, the projector is a ghost.

Fall in love with someone that does not know that you are and everything will be geared into that state where you project and shape everything that happens into that state unless it can not be used

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for that purpose: than you will stumble over it due to the lack of focus, lack of attention or miss out things other people say or do completely and you will feel clumsy.

That is your attention in full force, this is how powerful you are, tame this force into loving yourself, be your Self full on, no external criticism accepted, all criticism you feel and get, has nothing to do with you, is not yours to have because no one is so intimately connected to yourself as you are.

Even your inner criticism is not yours as it has certainly been influenced by the outside, which is not you: discard that too and see what you are left with. It will amaze you who you really are.

Look at what is before attention or inattention, lack of attention because you are before attention, earlier than attention because you can watch attention and even the lack of attention.

What is that, that does not come and go because attention comes and goes: where is your attention now and where was it when I mentioned the state of falling in love as a desperation? Find this out, question it, inquire in it. Get your grips on the system that you are provided with.

On knowledge:

It is the same with knowledge: you can build up as much knowledge as you want, it will not bring you any closer to reality. You are before knowledge, prior to knowledge that is why you know knowledge, you also know ignorance. You can see it, so it is not you, it arises from within you but it comes and goes, so its not you either, it can not be.

What is it that does not come and goes as your knowledge comes and goes again so that is not you. You are before this all.

And if words are coming into your head what that is, question those words as they are based on your conditioning, word forming, making sense of signals and sentences which is knowledge that was handy in the time the pressure on you to adapt, went sky high and is now obsolete and out of date.

Feel it, do not try to find words as words are the tools of the mind, the devil, find that feeling that is prior to knowledge and prior to attention. Sit with it for a while, It will not go away, it will stay with you forever, never leaves you and is impossible to explain in words, your left side of your brain, which is language, logic based on past and future, that is why we feel it has left us, we cover it up with too much reliance on words and thinking. There's more here, in the totality, than just words and thinking, find out for yourself.

Living in a world of words, the mind's world where the you does not exist because everything has to be verbalized, put into words for it to exist, externally referenced too: there is no you in the world of the mind, that's the reason you feel insignificant, insecure and are suffering.

That inner feeling, the nonverbal I, the feeling I Am, not in words but the sensation, is core religion, the aim of meditation, nothing else is worth mentioning, everything else is the produce of a tormented illusion conditioning product we called our mind.

That is who you are and it does not need anything, perfect as it is but to find that out for yourself, go inside your house, lock the door and question your mind, dissolve the confusion, find that peace of mind it so desperately looks for on the outside.

It has no bad consequences to inquire, nothing can go wrong but find this out for yourself: who are you under your conditioning? Which is a powerful tool used and abused by your mind to keep you busy busy.

That blanket of illusion can be discarded, everything that you know about yourself and can comment about, complain about, comes from the outside, discard it and see who you really are.

Find that that does not come and go, find your inner child that does not need or want anything, is happy as it is, it does not need any approval or encouragement: it just is and is happy where it is in a world that is extremely focussed on external references and adaption to other adaptors.

Find that which does not come and go and you will find peace of mind and all from the outside falls into place, dissolves, the whole game changes and you will see that the outside is a projection.

A game amongst mind's, battling each other, people seeing themselves as just a form, a material being, going to war to fight other material beings, for their belief which is no more than another attempt from your mind to fight for its position in them within the confusion.

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A belief is a concept, not reality, it will never be a reality because the mind needs the instability of a belief to work its way through you, it needs the reshaping of thoughts to keep the position in you, it needs to be able to lie itself out of a lot of things and you not even questioning its behaviour because you are too busy thinking, chasing the carrot which you will never get.

As soon as you see the world of What Is, the reality and not the projection, the mind is finished as your leader, made redundant, obsolete as the restless driving force in you, it will find peace of mind, literally, with you, it will adapt, again.

It will give in in the end but will not go down without a proper fight so you will get difficulty meditating in the beginning: your attention will be all over the place as the mind starts panicking because it is being found out.

See it as the best proof you can get because you Self does not fight for your attention, it knows you are coming back home eventually because it is the only reality in the land of illusion and confusion.

It is fine if that is 2 seconds before you die: it does not regret that it did not happen earlier. What Is, does not need confirmation or a thousand ways to duck and dive through all the projections and lies it can imagine. Stay with what will never leave you, quiet and feel that you are right, not in words but in your being, feel that force of reality.

That same force can be used to get what you want but only if you have not attached any value or identification to it, which is what the concept of mind uses to distract you.

Pure wish with no consequences to let the pool of possibilities float into a certain direction, the fun of smelling, feeling, tasting what you wish for is using the illusion instead of being lead and tortured by it, no suffering, the joy of being in full force, here, now.

Be here, now with no attachment to the future, no judgement and no expectation. Disconnect the past from the future and live now, here. The future imagined will never be, not if you depend your identity on it, it will disappoint you again and again if you tie your I to it.

In feeling that door knob, walking through that new house, smell the teak oil on the wooden furniture, the roses on the dresser, the smell of the garden flowers you Use Your Illusion this time consciously.

Once you feel focussed, let go of all that, let it fly off to be realised, let the synchronicities out there do the work for you, the infinite possibilities before it happens. Synchronicities are related, useful and meaningful coincidences which guide energy in the right direction, right in what is useful for the total of everything, not what a petty mind wants, it is the matrix of the life support system, certainly not manmade but mankind certainly wants you to believe it has control over it, which is an illusion.

Do not be busy with that: what we do not know it is, is doing, we do not know what, in the background: flow with it, do not row against it. Let life be, it is in favour of you, it is a life support system with no mind so do not approach it with a mind in charge.

On wanting to be understood:

Why doesn't it work to tell someone, in their mind state, to change? Why does influence only work on a very subtle level? "Why is no one listening to me" you might ask yourself.

As the mind is started, re-ignited, it downloads the blue print of you, the illusion you have of yourself, into your system every day when you wake up from sleep, it gathers its personality from identification with what happens in its conditioned view which it takes as real. Why would it take anything else in than just the film where it is the key player in?

It certainly becomes egotistical if you line up you, your I, your self image with this mind thing and give it all your believe in. The right path into psychotic, neurotic, corrupt, psychopathic, narcissistic behaviour and tendencies where logic is hard to find.

There is no solid argument in its view to change the film where you might point to the screen which is not in the Mind's favour at all. It has no interest in revealing itself that it does not exists therefore in its view: there is no screen, what are you talking about? Gas lighting, manipulation, avoidance and defensiveness are the characteristic of someone locked in by their mind.

Conditioning has put it in play and it stays there as long as you believe that your conditioning is a higher level than your self, you help to inflate your mind to a egotistical, narcissistic, psychopathic level in you if you give up your niggling feeling for the sake of your illusion. Lots of people already dysfunction in this zombified state with the illusion of success as the carrot.

Funny enough they appear mainly in managerial places and above in medium and large companies, hiding in their caves of Cover Thy Arse and Blaming Others and Confuse before the truth is revealed that they, themselves are incompetent in their functioning, The Peter Principle in full swing, holding tight onto their chair, fighting their position instead of a great cause or in favour of the team, the momentum. There is no team as they see themselves as the sole engine of the company.

Having been amongst millionaires, CEO's, directors, artists, doctors, digger drivers and construction workers all my life I found the latter two closest to reality. The further you get to the former in this list the more clearly the position is infected and fuelled by greed, envy, jealousy, corrupt behaviour, comparison, judgment and the lot.

Exceptions are the people that do understand that Motivation is the cornerstone to Momentum which is the cornerstone to Money, not the other way around. Money as a by-product of Momentum in the team, where Motivation and growth are the essence in getting there, not the projected bonus at the end of the year....

The best way to infect people who are asleep is to be kind and motivational, give compliments when someone does good, but not played: honesty works only without the drive to change, the drive to change is egotistical by itself.

Trying to convince the mind of something else is a mind thing on its own, a mind's drive as the Self does not need convincing as it knows it is unique and has no case in convincing the world to change, it is not bothered with other, it is you in reality, the screen, not the projection of who or whatever you think you are.

The best way forward is to solely focus on yourself, free and uncover yourself first, be busy focussing on seeing the screen instead of the projection, love yourself first: it is the only love that can be. Kindness follows in its track...

Notes of a lively journey

Be the example others might follow or not, do not be busy if people follow you: that is a mind thing, there is no need to follow you or anybody else. If people wish to follow you, they are in their mind state, looking for acceptance, words, encouragement, guru stuff which is outside themselves.

They are looking outside themselves for a reference which is not them, as many do, in looking for this guru, copy his/her words, feeling they are a disciple, getting touched by their presence and when they leave their heightened state, it only lasts for a while as the mind takes over and adapts again, back to the old regime which was also there at your time with your guru...

So they have to come back to recharge in order to feel fine: that is still identification with something outside yourself. If people start a course to change themselves, it is bound to disappoint because the hard work is projected to the course, expecting the course and the course leader to take the blankets off. They cannot. You have to do it yourself, you yourself have put the layers on top of you.. a lot of course the curriculum depends on this dependency to get it from the outside.

The line between mind and Self is not clear as both the ego and the Self relate to themselves as I, both speak through you which is an intensely intimate feeling and very hard to put your finger on and therefore hardly questioned. The concept of mind hijacked your most intimate feeling called I, projected on this screen called reality.

Would you question the state that keeps you busy busy, gives you the feeling that you are in control of your life and living it? You are not and questioning it is the way out of your infection called the Emotional Plague, your invisible prison.

Only look at it; when it wants the slightest results, future results, it is not content with What Is ("I can't get no,.....satisfaction" from the Rolling Stones). There is a want, a need, erase a past, gain control, fight or battle: it is mind, the conditioning force.

If it is fine as it is, content, it is you.

If the feeling of peace is not enough, it is mind, the internal illusion based of a projection, the drive to get More of the Same.

If you can feel the balanced contentness in just being, it is you, the screen is watched, not the projection.

In the end you will find that core, that centre that "Just Is" because it is the only reality, the rest is just a stir up of expectations, judgments and reactions to outer stimulations which leads you out and away, no satisfaction.

Away from your centre to adapt to the outer world of adapting states in highly adaptive people leading to a constant stream of confusion, expectation, disappointment and heightened, short-lived ecstasy, drama and sensations that wants to be prolonged.

Because we lived so long with that habit of adaptation, it is difficult to see it, to break it, certainly because most of the outer world expects you to adapt and to disrupt in all sorts of ways and forms and besides that, they are our closest, most trusted people around us, parents, siblings, aunts and uncles, friends....

All are in some way conditioned themselves so the further you get into the process of finding yourself again, the harder it gets to stand your ground in getting that state, getting your self back into focus because you are called selfish amongst them, might and will loose them as so called friends, that you might change into some horrible monster doing crazy things. You are not.

Notes of a lively journey

It's not Self-ish, it's pure Self, the only state that is real, the rest is just the upheaval of a tormented illusion called mind, former conditioning playing a mental game on you, trying to keep you away from that one thing called your core self, your true self, What Is and you, aligned to that, unconditioned, in full balance.

All good qualities will manifest spontaneously in the unconditioned mind, with the mind back into the real, natural position of a worthy advisor.

All goodness is outpouring from you, freed from the conditional external referencing because there is no more tension to adapt, abundant contentness in "What Is".

Of course, the suffering, tormented, split mind will want to discuss the good: good to whom? Who and where is this referee that decides that those qualities are to be referred to as good? More tormenting discussions are raised by the mind, never satisfied. Find out, question it in yourself. See it, feel it, be quite quiet with yourself to hear it, don't just accept this here, question it and be open for the truth, from within this time.

Parents, peers, friends all will express their disappointment in or Japanese pamper to you and express that they do not know "What the hell is wrong with you?" as they feel they need to do something themselves too, finding themselves in their perceived change in the relationship, looking for acknowledgement what to do and think now. Be their leader without wanting to be that.

They know what is going on and are not ready to face it, too comfortable in their own conditioning, their comfort zone, their prison, their confusion and therefore launching their frustration onto you which has nothing to do with you. You can return this gift of anger and reject it, it bounces off of your wall of self, untouchable when disconnected from dependencies.

You can use the managerial trick: if it is not in favour of your goal, neglect and avoid it as if it does not exist: no debate, no question answered, no splinter of attention in its direction, let it die out in its insignificance, pure mental Aikido.

This tool of the mind is very effective on its own behaviour in others, drives sociopaths, psychopaths, narcissists and all mind related illnesses bonkers.

Lock your attention on your spiritual development towards your self, no outer goal is significant enough to replace this. Let the goodness flow out of you like a tsunami and burn all mind fuelled processes in its presence.

On unconditional love:

Somewhere on your journey you will see who you can rely on and who is the supporter of disruption around you in the most subtle ways, find out for yourself, go into that journey to find out that you have to start to trusting yourself first, do not rely on the outside world as your prime reference: it is not, you are the specialist in you, you are 24/7 with yourself, even in your deepest sleep, you are there, awake, confident, a rock. Find that in you that does not come and go.

People will put the pressure on by telling you that what you are doing is selfish, ridiculous and wrong or extremely fantastic and are clingingly in awe with you, pamper you to death, clinging on to you to define them as good. All are empty as it is not you either.

What you do is not self-ish, it is pure Self: the best and only state you are and the best and only you you can be and give to others without pretending, judging, intending anything, which is not wrong at all, it is your most valuable core state where goodness is outpouring from you.

Their state of mind condemns your process from the first instance as it is explained as dangerous for their own state but they've never even had a look in this direction.

Find out how strongly non-violent your process actually is because it expects nothing from others and does not judge them either so you stay away from causing tension, you actually take tension away in others in being you, you create space for them to be too...

You offer a huge amount of space for them in their state and they will have nothing to point at, which is the only thing you can do: do not be busy with them is to give them the space to be.

It is their own inner voice creating the battlefield inside them with you as the bad one in the film, the outcast. You are not even regarded and being there. Stick with what you are doing to find out how purely supportive it is to anyone else without expecting anything back.

You are fully supported by the life support system around you, it will give you what you need in abundance, not what you want.

You are creating pure space for others to be which is unconditional love for others. You cannot feel it, express it if you do not understand loving your Self first in this.

Loving others unconditionally is a pure by-product in the process of loving yourself first and fully.

In this, others can only pass ideas and views if they are ahead in that same process themselves: a teacher can only teach you as far as they have gone themselves within their mental limits.

Past that point, you, as the learner turns into the teacher to them, even to parents and family, you can turn into a teacher and learn and teach every moment, every day, in every situation. Thank you for being my teacher in what you have learned and I have not: grateful to meet you, who ever you are.

Parents (and peers, teachers, friends, family, etc) can only support and guide you as far as they are themselves in the process of finding themselves. That same limit goes for teachers in school: if you do not know what love is, you will continue spreading confusion in the shape of superficial caring where you do not ask a child what is best for them: you will base your teaching on your own past which is gone, hence the word past.

If they are nowhere near where you are now in that process, they will only try to keep you away from continuing any further as their fear of losing their own state will become far more important than losing you, so they become not supportive in finding the best of you.

They are lost and have lost themselves in the confusion, looking in all the wrong places to find themselves again: on the outside. Looking for the lost key in the light where they've lost it in their darkest moment.

You are not even there in their view: all is geared around their self image and in their self image, their *projection* on the screen, you are just merely there as a stand in, a dummy, to offload their tension and frustration, a sounding board, it has nothing to do with you.

That is where you will have to disconnect from your dependency on them because their state is not supportive to your development, their state is merely defending their state of a conditioned, confused being which has also nothing to do with you.

In every ones life there is a point of realising the influence of conditioning. If the fear is too present, the mind will stay in place and the pressure is passed on to the next generation or friends, you die with regrets in the last few seconds of your life and the Emotional Plague will continue in others.

This age old tipping point has been there for centuries as long as there are relationships and societies and therefore you will find your Self the strongest in a relationship and not as a hermit in a cave, away from all external stimuli.

In a relationship you will find what is You and not you, mind, conditioning and in that communication in a relationship is where you can see the effect of conditioning, not in a cage on your own.

That is why you can only break through that state when there is unconditional love, space to be, from the other person and certainly in yourself. Any conditioned love is not supportive of life itself and therefore will confuse, distort, crush, kill and die.

Conditioning is only active and visible between two people: that is where you will find it, not in thinking it out, sitting on your chair in an empty room. The chance to let the other be is only possible in interaction which is also the hardest due to a mixture of feelings and emotions in the brain-mind-body loop that is going on inside the both of you.

You will only find that in interaction the situation nibbles at your own ideas and convictions and that is the point where you get emotionally charged with either disappointment, anger, sadness about your own state, which is mind, or in that Self centred state where the other can be as they are, which is you.

Even if they are in the mind state: let them be, no opinion required, no solution or consensus required either. Stay where you are, go nowhere, do not do anything and people will find themselves again because you invite passively and unintended to do the exact same. Silence, verbal and non-verbal, is a mighty tool, exposing and an invitation to go back where you came from...

It is not about you what they are referring to: it is their internal projective process which has nothing to do with you. You just happen to be there, receiving the gift of confusion. The present is not even yours, has nothing to do with you so you might as well refuse it and give it back.

Notes of a lively journey

What they think of you has nothing to do with you, it is only your projective mind state that is offended or pleased by what others say or do because of the alertness of your mind in what other people think of you which has nothing to do with them.

It has a profoundly higher place in you due to your conditioning. It is learned, you can unlearn that, here, now, this is your opportunity.

See that, which is outside your centre, outside You: it has nothing to do with you what happens inside that centre, their projection, their film on their screen.

You can not even see, feel, hear what they see on *their* screen so how can that be you or related to you, you are not even there, literally in their view?

It is not you or related to you, although you have a strong tendency to refer to that external influence as a reference. That is the learned reaction to unlearn. There are far more options than the impulse reaction you have, check them out first before you react: Create, take that pause to Create!

Only your external referencing tool, we refer to as a thing called our mind, is vulnerable to what happens outside you because it refers its own state to what comes from the outside. No external referencing, no need for a tool! And, yes, such a tool is incredible handy to assess the outer world, but only to scan it for options, not to identify with, project and refer to, certainly not to limit yourself.

This is human evolution in full swing for you: a core centre which is unaffected by anything and a genius checking tool that is able to communicate with you, the centre, by thoughts, generating options, has control over the body state and its reactions because it uses memory about past occurrences and your state referring to that past.

It is genius but also with a bit of a pitfall: the balance of this unaffected centre and the highly externally affected mind can be topple over to the mind side and believe that the projection is real life. That is the result of conditioning, your upbringing, the way you were corrected after the encouraging phase as a child.

The unaffected centre is the part that needs to actively be present again, it has no desire to fight, it doesn't need to, it just is, it knows it is, why defend or battle something that is truth itself?

In the passiveness of the self lies the choice of our awareness to go with the mind: shouting, screaming, desire, judgment, envy, jealousy, greed, drama in the silence, hijacking your most intimate tool, your attention with sensations to infiltrate your emotions. Which giant dragon in you do choose you feed?

To go back to that same silence and nature you will find the way back to your passive self, who you are to be able to actively choose for the self this time and the entire structure of the ego collapses into truth, just vanishes as a ghost. Go towards the silence and just being instead of trying to become.

Make that active choice to put your awareness and dedication on finding this passive, inner truth again, it is there, where you left it, waiting for you to come home again, unconditionally loves you, love and know yourself first above all other knowledge. Awake from the illusion, the daily dream, spend the waking state well and put all effort in to find the effortlessness, the sublime in the simple!

On uncoiling the spring, to go back the way you came:

To restore the balance is to make the projection less important and the screen more important.

How do you manage that??

Be aware that growing up at the age of 3-5: there was that choice which did not and still does not feel like a choice at all. To go with the pressure and rely on others to tell you who you are OR stay with yourself, be yourself and risk losing the outside, even your parents and your best friends, as a judging factor. Both are pretty tense to approach as a child in a surrounding that is not dealing with their own conditioning at all so you will get this immense century old pressure offered on your plate whilst enjoying life as a child. That is where the confusion started.

You can make that choice again and again and choose the other option, see what happens when you do, build your own experience. Hardly any risk but finding your Self again under all those useless covers: that is where happiness resides in you, nowhere else.

You might lose that best friend that is keeping you in your virtual box but that is where you find out if that best friend is indeed your best friend, even if you change your state and with that, your status, they will stay or maybe not, that is never a certainty, always an assumption, any which way you decide to go with your thoughts.

First: be more aware of what you see, what you make of it and how you do that “making of it” by looking at the space between two thoughts. Look at a thing with great, relaxing, effortless focus and see where you judge and expect something from that item, colour, smell: question that judgment.

Question the expectation too, leave the thing as it is: just a thing. Stop and just look, look forward to the silence between stimulus and response. Then you will find that, that thing, which is not a thing, nothing, like you yourself are not a thing, not matter but far more beyond just that physical being.

Actively look and try to see where you look at the screen and where the projection is.

Sit in a cinema or a place where people are and look around with no judgment and nothing to expect. Look at the giant white screen whilst the film is on. Not easy as your mind is taken by the film and what is going on there, thrives on sensations to distract your attention.

Secondly: go right into the fear of losing the plot when you do the first step and find out who or what is afraid of what: look from a distance in yourself without judging or expecting. You will see that you will get easily distracted by all sorts of thoughts when you do that.

You will not lose the plot, far from it, you will get more centred every time you invest in yourself, you will loosen up your mind, in a very good way. Far less cramped with confusion.

Next: ask yourself where thoughts come from, how your thought generator works and where it gets its fuel from, be curious, invest in yourself, find out.

Investigate, trace thoughts, where they come from and where they go, play with them, do not take them too serious at all, they are just options. Be curious how this great tool called your brain works and all that is connected with it. See where you are in this perception scenario.

Wonder “what your next thought will be?”, stay with this question, wait for the mind to answer it and use that silent moment as a door to find what’s below the level of the mind’s realm.

Notes of a lively journey

That makes the current thought far less important, fading away, insignificant but not useless.

Want that control back in your life, want that change: invest in investigating, be curious how your thinking works, be bothered, find out what is You and what comes from the outside, invest to find out. Wake up the little child in you: it has been dormant for a while so it will take a while to fire up again. Be patient with yourself. Give yourself the greatest gift on earth: space, to be.

Discard what comes from the outside, that is not you, put it aside. What has defined you, did come from the outside, you took the outside as more important under this huge pressure of blending in, getting in the queue, be like others, adapt, toeing that line which no one knows who defined it and where toeing is made far more important than the value of the line, who's line anyway? Not yours for sure.

Who are you without a reference? Your reference comes from the outside as you have been strongly forced to do so in all sorts of ways and that is emphasized by all advertisement and ways you have been brought up with, habits, unwritten rules and regulations, emotional laws: the nasty and incredible invasive ones.

Your conditioning is invisibly integrated into your thought process, thrives on your interest and attention, using it as a magnet to attract things you actually do not want, are interested in with that identification, comparison, am I this or that? You're neither, find out.

You are none of all that, take the label away, it does not mean anything. No labelling, no judgment, no expectation, no problems, no suffering.

Now, here is the time and space to unwind all of that, to find who you really are. This is your opportunity.

Turn the fear for that unknown into excitement that you will find that the life that really works, that peace of mind: it is the same energy but funnelled far more effortlessly, relaxed and natural when you look forward to something instead of dreading it. Fear is not the best advisor...

Row with the stream, not against it. Find that in you, that does not come and go, that does not have a name or can not be described by words, by not labelling, judging and not expecting anything. Look at life as it is, it is OK as it is, does not need adjustment at all.

On attachment and identification:

Is attachment good or bad? There is no good or bad: there is only the fact that you find yourself attached to someone or something and if you are fine with that, great, if not, change it. Do something else. Give yourself that space and find the Self in you, the only one that really is.

Attachment to what others think of you or what your value in life will be according to others is unstable as there are too many people to refer to as your value (7.5 billion at the moment to be precise), watch your mind when someone is positive or encouraging you.

You will not take that on board, you want disruption rather than encouragement, you're too used to that known, corrective environment, you will try to find that person to battle with, it is the only way that virtual, non-existing mind can thrive and exist in you. The projector will die in you, not the screen.

The current you, controlled by your mind, must go to make space for the effortless one underneath it.

Detachment is not being hard or cold, unemotional or brutal, it is the emotional distancing from the circus, the drama, the superficial nonsense as if it contributes to the identity, it doesn't.

There is a fine line between those labels and the grounding state where only essential energy matters, nothing is wasted. The mind will explain detachment as insensitive and an emotional lack, labelling it emotionally, charging it with guilt where it has a force, it thinks. It is not, unless you depend on it of course.

From fear arises identity, insecurity, condensed focussing, very limiting and all its dependencies with it.

To disconnect your values and state from the outside is wise because the outside is an ever changing environment where people think differently every single time.

The nature of nature does not change and follows the pattern of the well balanced biosphere that earth is, it does the same over and over again and grows from every ritual, slowly and surely.

Seasons come and go, eggs will hatch or not, nothing is lost, new life is born and the physical form will die, our body will die, guaranteed, our body is our physical form for this duration in time: part of something bigger, it's just energy, changing form, experiencing the journey, that's all it is really.

We as humans are so far away from that balanced earth due to using our mind and not our Self. Our Self is strongly connected to nature.

Civilisation, as we call it, is not well connected to nature and is moving away from it using the mind as it is most important source of reference connected up to the tell-lie-vision, radio and the Internet where its reference is changing like the wind, every minute, every day, every corner you take. Tells you what the media wants you to know, not what life is about.

Detach from the values of others, stay with yourself and regard no one as the specialist in you but yourself, there is no need to battle your position when there is no comparison: peace can only be when you accept yourself first with no conditions, no ifs and no buts.

Others can be as they are when you completely and unconditionally love yourself first so you know and feel what love actually and really is about, there is no other way.

Notes of a lively journey

To love yourself fully and unconditionally is being detached what others in their mind state think of you, disconnect what they think from your view of yourself: there is no connection between the two, although you think there is, there is only dependency in the projection of your mind.

That is the point to work on when you peel the false layers off of yourself to reveal you: the self as it is and creating space for others to become natural, but that is not your main goal anymore, it is a nice by-product of Self love, to be kind to yourself melts the untruth in others as there is nothing to attack or to distrust in you when you are yourself.

It is not something you learn in school or get instructed in growing up, far from it, so it is a brand spanking new old process to go back where you came from the way you came: the confusion is there because you are far away from yourself as you were when you just started on this planet. Finding your way back in the mist and confusion of conditioning you have to go back the way you came, through the door of your own Self.

Hardly anybody around you is busy with self enquiry, not questioning the running of their thought system, the software, their app: so the process is very, very individual and intimate, all you can do is to be, to look and find out what happens, you are alone in this but not lonely. Find this silent supporter in the life support system.

Thrown into it with no reference, no reference but yourself will do to find your Self again under all these blankets, masks and superficial behaviour, the Coronation Street state: never ending drama that looks like life, played by actors acting a prescribed script with intensions to keep you watching it, expecting drama and euphoria as prescribed in the script.

If you keep doing what you are doing, you keep getting what you always got: change the doing to get something else unless you enjoy the process of suffering, which is a mind state and not you. You are happiness in full, but covered it up: start uncoiling, uncovering, here now.

Enlightenment is not the projected higher state: it is your natural state which became overgrown with projections, adaptations and illusions in getting into the external reference state in which only the mind can exist as the greatest illusionist.

You are your biggest enemy in that state, you are constantly fighting fires in that state, constantly confused, distracted because how can an illusion run your biological system properly when it refers only to the outside as its reference? That is where your body gets sick: in that constant state of alarm to check who you are now, constantly changing your identity to suit others, wearing a million masks, over that one reality.

You cannot become happy: you are happy, covered up with blankets of unhappiness..

Trying to become happy is trying to let you tongue taste itself, to let your eye see itself, let you nose smell itself: it is impossible to become happy and your mind thrives on that knowledge that you cannot "get" there, where you already are, you know it, you feel it but still try to "get" it, this carrot. Coming so close every time it seems, like a Tantalus torture, tantalising, never getting it.

You know this and you have decided not to go into that with your attention, the projection on the screen is too busy projecting changes and alternatives that it overshadows What Is. The screen is reality, not the projection.

There are billions and billions of perspectives, projections and imagined concepts: there is only 1 world, 1 reality. Why not leave all these attempts and just be, go with What Is, that 1 reality...

Notes of a lively journey

The decision lies with you: to look at the screen rather than the projected film which is the illusion, the film creates your state of mind: feel epic when you see Superman conquer all the bad ones again, feel sad when a romantic film ends in tears of separation or understanding. The film defines what state you leave the cinema and are engaging the world from there, see how it works, or actually, how it does not work and fools you, over and over again.

On labelling things:

Look without trying to see, look with no intention to make something of what you see, do not even give it a name as the label will limit you from any other alternatives what it could be.

The labelling is the limit, not the item itself is limited. A grouse does not even know it is a grouse or even a famous one, it is not busy what a grouse does and does not, should or should not in your view, it just is, we label it a grouse where it isn't, there is no spoon, calling it a spoon only limits the thing, the label is not the thing, you cannot eat the menu, it tastes like paper, the menu is not the food you get served.

Our well developed, evolved, over thinking thought process is registering an item of interest, your interest, within its sight and starts to develop comparisons from what it has gathered in the past to brand it for its peace of mind.

Only the mind is interested in getting the label right within your realm of interest, not you. You are not your mind, it is a part of you grown out of proportion, bring it back into proportion.

Find out, go inside, have a look how things actually work inside, in your house, your home, be curious.

There are a million things in your eyesight, ready to be registered but only a few will make it through into your thought process and the screen, ask yourself: what is the filter? What excludes other things from being noticed based on which rules? Be active in what is chosen, not passively accepting your prison.

Look into that, take a minute to wonder what it is that selects what is important and why you certainly will miss out on all other, valuable, items in your surroundings that are there but not on your radar and therefore excluded. What are the selection criteria and who or what decided the priorities?

That filter is your conditioning, the past predicting a future that will never happen with the illusion called your mind at the helm of your life trying to adapt to other adapting folk.

Looking without that filter, without judgment and expectation is to be able to see *all* items and regard them all as valuable and worth noticing without any effort to class them, to let life be, it is fine as it is, perfect as it is as are you, perfectly on time in every situation but your mind will disapprove, naturally, because it loses its position in you if it does not.

That is how you will see that all the selected items your mind comes up with, are of use to you because you've put your attention on them, are causing the thoughts going all over the place, trying to find solutions to problems that are not there, trying to put out fires you did not start but certainly perceive as real, key to this all is your attention.

When you can see with that effortless view to see *all* objects of perception without labelling, judging, the fires will go out by themselves and you can see that time diminishes the thought system in your head: it becomes obsolete, redundant, no longer of any worth in its heightened form, unable to have a use anymore in this state. It will not come back, you will not fall for the projection again, it has lost its potency.

On taking the red pill:

Will the world become different when I delve into myself?

No, only your perception of what is already, really happening in front of you, your false projection, is dissolving, changing from an effort making state into an effortless life: far more natural, intuitively, in sync with nature, in sync with life itself. As they say: before enlightenment, dig holes, clean carpets, after enlightenment, dig holes, clean carpets.

Reality stays as it is: your view changes when you decide to take the screen instead of the projection.

Will I lose my worth and friends?

If you mean that fragile, worthless, depending, ever changing, guilt tripping, illusionary value that is based on what others think of you so if that is what a friend is to you now, judging you and expecting things from you, yes, those friends will not like you being you, uncovered, bare and pure as it will confront their own mind state with your process and they are not going to like that as it shows them the door too.

What you will find is a worth that is not leaving you, its independent of what others think, it has been there all the time but you have decided to cover it up. It will be like discovering a long lost item in a box in the loft: it was there all the time, but you have lost it on your radar, you were looking in the wrong place, in the cellar.

You were looking for that lost key in the light were you know you have lost it in the dark, but found it easier to look where there is light...that is your mind intelligence at work: lets not look to find it, *looking, trying* is more rewarding and continuous than *finding* the object you are looking for, according to your mind.

Searching, trying, keeps the mind in place as the reference in you.

Finding is contentness with What Is which is the key and the compass to the way you came.

In finding the peace inside, to go with the flow, you will find what you must do, not to do whatever you want, which is mind.

Find this drive, this must, as your key role in this life support system is lead by your intuition, your gut feeling, your hearts compass tells you is right to do with no harm.

The direct check if a direction is mind or reality is Do No Harm, natures law. Check this in your actions.

On mood control:

Mood control: how to see where you are and to get out of there.

To see yourself in a certain state, mood, is to look at yourself from the outside. Break the egotistical state of the mind when you do not like the results of your behaviour. If it feels negative, break it to forcefully focus on an anchor thought (for me it's a fluorescent green bike attached to a canal bridge), do not go along with what is happening in your mind: feeling is wise.

If it is not what you want, face it, engage it, change it, do not shove it under the carpet, don't go along with it, alter your mood, take your time, do not give it time to pass as the mind will used that to bombard you with new thoughts to distract you: face it and correct it, have no fear in the facing your only real enemy, your conditioning, your old you.

All it takes is the honesty to face your process and withstand the world as your reference, do not fear the people that want to correct you, their time is over, past, done, will not work anymore and believe me or not: they will adapt and admire when you break through, away from that influence of the past, your conditioning.

But that is not what you are looking for, admire yourself in daring to face the mind, your conditioning, the illusion you believed in. Get yourself on track towards yourself again is a very, very intimate road, your are alone but not lonely, the only path to go but absolutely worth it. Love yourself unconditionally and full on, love this new life you are very happy to lead from now on, all the consequences are irrelevant and superficial, check this, don't just read on.

Let fear happen, look at it, do not identify with it. The upsetness you feel is projected against the background of your conditioned state of mind, not yours, disconnect it, do not identify with your fear because it has nothing to do with you.

Not easy: make your believe in faith in yourself just a bit bigger than going with your fear. Don't say there is no room in here for fear, feel it, look at it, Have no fear in the face of your enemy, you've created this inflated mind in you, you can deflate it, melt it, back to the right proportion.

You will not die by looking at your fear. Far from it, you will live life far more intense, the same intenseness you've experienced as a child.

Your senses register everything undiluted this time, direct seeing, confirming for yourself, that's why you need to do the hard work yourself, to see the power of truth and reality, no more secondary experiences, go for the primary experience, before labels and expectations pervert it.

On input overflow:

The focussing spiral is fed by the amount of data or stimuli you are taking in consciously. The urge to look at something pushes into more looking and actually manifests because you are unable to divert from it anymore.

So strong is attention that you call it I. It is totally geared around you, your identification, your I-identity or better I-density and therefore is mind. The mind taps into your attention force by sending thoughts and this thought train is what you need to let go of in the earliest instance, nip it in the bud.

Let it fly passed without getting attracted to the attaching effect it has, the attachment is in your control, not the volume of thoughts that are fired at you. After you have control of the *attachment* you put on thoughts, you control the flow and intensity of the thoughts. Play with it, find out for yourself.

Look at them pass by with no urge to go with them, to fight them, effortlessly and with no residue. They are just options, not mandatory.

The alter effect is that you lose focus on anything except the direct signals from your senses and just are, in direct contact with What Is, unfiltered seeing. From that base point onwards you can want without the crippling drive to attach your identity and postponed happiness to the end result. You will undo yourself from your chains, unidentified with anything that is thought or concept.

The reason why you do not get what you want is because of your attachment to the end result.

The picture you form of your happiness as the goal. Happiness is already here, therefore the postponed happiness will never be as the illusion prolongs. Only the mind concept tends to feel stronger when you do attach to some end result which you will never get.

Take the attachment off as the weight, make it far less heavy to begin with. Disconnect from the end result as being your value to get or to achieve: it means nothing at all, you see.

Not that you don't *care* anymore, that is not the case, it is that you don't *mind* what happens, align to the flow of nature and anything that comes with it, understand that this is how things go, in the right direction, with you.

Follow the compass of your heart this time, you can't go wrong where there is no right and wrong.

On what's next?:

Will my mind die when the body dies?

Yes, because it is a concept and behaviour of our brain and neurons flashing away, an illusion, but a very intimate illusion you have never questioned, have not learned to question and it has all the tools in place to keep you away from questioning that like thoughts, words, distractions, thinking, projecting, attention, disruption, emotional blackmail, guilt, false admiration, flattering, flirting, rejection, false acknowledgement, etc.

The illusion will die in two ways:

either the body dies and the mind disintegrates with it including all the fake trophy's it claims to have helped you, all the drama and suffering will dissolve with it, as useless, wasted energy,

OR

you put the illusion back into perspective where it originally was planned for and the ego state of the mind will never occur again so both feel like dying for the mind hence the strong force to keep you away from questioning it. You, the I, dies before your body dies, the martial art core: you must die before you die, the you in you must leave, no mind.

The *position* of the mind in you needs to go, not the mind as a whole, which is a projection that comes with conditioning anyway. That you must leave.

It will fight this alteration of position in you ferociously of course and will lose because it is an illusion, keep that in mind: it will not go under that easily because of all your attachments and values you have linked to it and created the minds' existence and status.

The more intense the attachment, the more real you will feel this concept of mind, the more you take this illusion as reality itself and therefore are played with by your conditioning, the things people you've trusted, told were important to do, to say and to behave like, and you went with that....

When the latter is happening, where you actually, consciously, actively make that state of mind less important, the thought bombardment will have a far lesser impact on you where you value it as something that just happens and therefore can be viewed at, ignored or not. It will lose its importance as your attention is centred, focussed in a natural way, untouchable for the distraction and the thought train will diminish eventually, it will get back into proportion again, peace of mind, literally....

Thinking and thoughts become options instead of a must, you won't see the illusion as a reality anymore. The thought bombardment will stop, fade away, vanish with ultimate silence as the result. Back where you came from, calmed down, in balance again, direct seeing, no more secondary experiences. You have to experiment, go through the wall of the mind, to find this out yourself.

The fires in your head you feel you must address, become far less important and they will go out by themselves: the weight becomes far less and therefore you will enjoy the now, here far more which has a cascading, positive effect. Direct your neurons to flash and connect differently this time, in your favour, in life's favour. Go for it, you can.

Notes of a lively journey

The mind starts to cooperate instead of the constantly lead, panicking as it is unable to cope as the leader in your life: the concept of mind, the system of neurons working together to interpret the incoming sense of what's happening, is an advisor, not a leader.

Is there anyone or anything to be blamed for the state you are in? No, your parents could only bring you as far as they coped with social and environmental conditioning the way they have dealt with it themselves, the same with peers and teachers: whoever teaches you something is a student of life themselves and can only bring you as far as they can within their development and time dealing with a misplaced mind and in their conditioning.

We all are in that process, even the queen, the entrepreneur, the president of some country, the shop owner, the bar tender, the man and lady or gentleman behind the till at the supermarket, the co-traveller in the queue at the bus stop, the bank director, the artist, the beggar, the funeral leader, the thief, the nurse, the carer...all of us do battle somewhere, somehow this shift we have implemented in our first 4 years and are in that process of undoing, uncovering, travelling back where we came from. They can pretend they are not.....

And some are lost, no clue where to go next and full on following the panicking mind, this process of interpreting signals from the outside based on the past to predict what they mean and where to go with them: we are all somewhere in that process of putting out the projected fires in our head. Up to a life full of narcissistic, psychopathic, neurotic tendencies or worse. The Emotional Plague sufferers, out there to harm.

Some are just letting it happen and we call them confident and project them as lunatics or as a role model, the guru in our life. They will fail in that position in us because they have nothing to do with you as you are unique, incomparable.

Your mind looks at the outside to get its confirmation from and will avoid looking inside: internally as a reference as it will make the mind redundant, obsolete as a leader. No wonder it will keep you busy busy all the time: it will fight its position at all costs.

What does that mean for ourselves? Trust in yourself as you did before the pressure got too high as a child and you have, more or less unconsciously, decided to let the outside be a reference. Trust your gut feeling just a wee bit more again than the outside, play with it, see and look at the results, that is basically all you need to do, challenge the result, question it.

Explore the inside, enjoy going there like entering an unknown forest and engage it with excitement, not with fear.

Let fear happen, feel it: find out what is frightened in yourself, find out for yourself, find out, as there is nothing here, right now, to be frightened off in your direct space, nothing can and will hurt you.

The direct environment you are in now, is supporting you, look back and see that it has supported you all the way and brought you here, where you are now, although and despite your mind telling you it is all not right. That is difficult when your mind uses your body as a tool in this game.

Then you come to a point where you are fine with what you have learned and experienced but really would have liked to learn it in a different way, a bit less hectic.

That is how life works: the situation you find yourself in is never a choice but you are grateful for the lessons you have picked up and the growth you have achieved due to that situation: you get thankful

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in hindsight: you can thank yourself for getting through all this and thankful for life giving you the truckload of possibilities to choose from to go back where you came from and move from there.

Look back: you are doing fine. Everything you decided to do brought you here where you are now, not bad in a world that is full of aggression, intimidation, harassment, guild tripping, manipulation and seduction. You are already trusting that core self quite a bit and you were not aware of that.

On the Caring system:

Thankfulness to life as the growing force behind everything: it is massive on earth but we do not always realise this. It is all directly here in your face and on the spot where you are now and the state of your mind covers this up with the position you gave it in you when the shit hit the fan.

Because your parents were not able to make that choice to let you be, to give you space to grow, finding out things for yourself, to find out how this amazing tool called brain actually works, with its conditions and consequences, safely.

Because they identified with how the outer world perceived their children which has nothing to do with you. Love yourself unconditionally first to give yourself that space back.

They could not let that happen as the caring system in themselves, ignited by their mind, was stronger than their love for you to let you be. They replaced their love with a system that gives them an insecure security: what others might think of them, which they gave more value than letting you be, without tension or pressure....

They do not realize that at all: their view is as blurred, as covered up and they are realising just that, and choose to cover it up, yet again. There is a spark in them of knowing exactly what they do but choose not to adjust it....

Their mind is keeping them occupied, in the invisible prison so how can you say they are imprisoned? Where is this prison you are pointing at? No idea what you're talking about. Yes, they do....actively, consciously brushing it under the carpet. Look out for the gas lighters amongst us, they really are the ones to look out for, the biggest carpet lifters.

Their care for you has nothing to do with you: it is a driving force of the mind telling them that they are bad if they do not care for you based on their own conditioning. Caring is regarded as being good so if I want conformation I show care for you, regardless if you want it or not...

Regardless if you want it or not: they must care. It is like helping a person to cross the road when they do not want to. It is the need to care for, which is addictive and irrelevant of the subject cared for and can change to anything else on the spot at the blink of an eye.

Did your carer ask you what is best for and how you think care of your body and mind should be performed at best being the specialist operator of your body mind system 24/7/365?

Not caring is expressed by the mind as selfish, given the label, but letting someone be, to find their own way is caring a different way, not judging and expecting, not blocking their road, more deeply and profoundly giving space to grow, which is independent of the end result.

Not to allow to grow your way is creating hierarchy, tension, pressure as nature has your internal growth as its main engine.

To give without judgment and without expectation is opening a vast space for both the giver and the receiver. The space of opportunities, possibilities instead of limitations and labels.

The concept of mind, which is the imaginary form behind your thoughts (because there must be a thinker...) keeps itself in place by caring for something, whatever that is and therefore keeping your brain occupied with allsorts, your attention glued except being as it is, reality.

The changes projected are the guarantee that the mind has a purpose and that it exists so it will keep on feeding the projection as its life line: tomorrow will be better, the carrot again.

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To go along with your thoughts makes them important, useful. Thoughts are just neurons connecting in a fairly random way and therefore options, not mandatory, just possibilities.

The randomness is clear in your dreams when thoughts are having an unlimited go in combining when people that are passed away suddenly turn up in your dream in a most random combination of situations which form no logic.

Your brain is made for this: to create options to get a better picture what is going on outside you to pick up advantages on the road of life.

Unfortunately, thinking got a wee bit out of hand and making combinations of thoughts and putting them in a train type of string makes you believe you are on the right track or locked into nightmares and illusions in your life to be continued if you do not change anything.

You certainly can disconnect from thinking, making it far less important by giving priority to being and to find out that there is no need to improve just because you are told to, you are fine as you are.

Perfectly fitting in nature's plan of life, part of the perfectly operating biosphere, although the concept of mind, which is formed in the process of conditioning, disagrees for the sake of its own existence. This little I trying it on with the big one.

Thinking is a bundle of options, not mandatory and not a prison, all just to play with life instead of being locked up in a play called Your Life which you feel uncomfortable about. Stop for a second and ask yourself "how the hell did I get in this mess?". And who does it serve?

What kind of a mess is that? It is the thinking that labels it a mess, nothing else. That same thinking caused the mess by its drive to upset, to confuse, to mess things up to adapt to rules created by whom? The outside is not providing you with a goal to achieve and certainly not a road to success as both are changing all the time and therefore changing your identity too when you have attached that to the outside.

The way out is looking at thoughts in the form of opportunities and learning curves. You are learning something here, go for that improvement. You are fine as you are in your centre and improvement is not because you are imperfect: it is an option to learn, an option to more insights and grow in understanding what life, love and being is.

Therefore the key factor to find What Is, here, now, is the central state of being content inside yourself instead of the striving for happiness to find it outside yourself. That base position, being content, inside your sphere with you in the centre of it, viewing the outside world, is reality. There is not much worth to agree or disagree on the outside, it just is. No judgment, no expectation required.

Being content with what is around you and what is in your life right now does not take away your possibilities and options to change, it only makes them far less important and far more equal, it is just like this, it is just like that.

The concept of a mind, created by our conditioning, makes it important, far more important than it is. It uses the tools of language and communication to feed the thought train in our head and affects the way you store an experience. The sauce is getting more important than the food underneath, the projection more important than the screen, reality.

Words are made far too important too, so important that you need systems like NLP or a psychiatrist to get your interpretation system changed, back under your control. If that is happening, what is the core of you, without the cloud of thoughts, who are you really?

Notes of a lively journey

What is it in you that is seeing all these thoughts passing by, not influenced by any words or thoughts, concepts or beliefs, just there: looking, not even perceiving or watching, which are used by your conditioning too?

Covered up by thoughts, concepts, emotions, feelings, identity, illusionary past, predicted future, conditioned settings which change when you change a corner or meet another human being....

What is it that does not change, will never leave you, not as a thought but physically there 24/7, it is there when you go to sleep and when you wake up, having a disastrous moment or an ultimate ecstasy? What is that? Go and have a look, but look inwards instead of trying to find a comparison outside yourself by reading books, going to a guru, training yourself in just another distraction and want to put it into words to pass it on.

Words are never enough to express what you feel, they cannot. And yet we base our existence on the exchange of words, they have become far too important, need to be politically correct, people have put them in books and we believe in them, believe the labels on items unconditionally, base our hopes on, going from one book to the other and feel educated, intelligent, religious, sacred.

Don't believe what is said here, find out for yourself, in yourself and by yourself.

Going from one esoteric training course to another to search for that lost key in the light, guided by others, where you lost it in the darkest moment of yourself, alone.

It is merely repeated what has been written down earlier like I do now, here.

Our whole educational system is based on your ability to reproduce and combine reproduced thoughts and words into something else and call it new. It's just a new concept of that thing called reality, which is already there, indescribable, unable to be caught in words or writings and still we try in every generation and generations to come.....

The mind is infiltrating on and hijacking sensations that come into our system because of the communication in words, written or spoken which is open to colouring, juicing it up in an attempt to make it more clear.

That is where the mind has an entry in us all and that is why you can only find yourself in true relationships where you can explore your expressions to someone who will stick with you no matter what, who understands that what you say or do has nothing to do with them: even expressed love, compliments, judgments, criticism, care, flattering and anger has nothing to do with you, as the listener on the receiving end.

Find that state in others that gives you space to be by being in that state yourself: it takes a certain emotional state in the other one to understand that the concept of mind with all its influences and conditioning is intervening in everything.

That is why some relationships work and others don't: there has to be space to Be for both including the understanding of the effect of conditioning on each other without consequences. We confuse love too much with attachment, judgment and certainly expectations. Love is none of those.

Also the influence of the mind in the action of the other is not to be taken too seriously and too personal which influences the drive to be together, to be bigger than going solo. Not many people are in this state or are aware of the influence of conditioning in their behaviour: it is affecting us all, this Emotional Plague.

We all know the silly things we do and we all agree, when pushed, that there was something else going on because it was not like me: it is not like me to do a thing like that.

So, what caused you to be not you? This time, take your time to investigate that and do not take the answers you get lightly: investigate them too until that voice in your head dies out. The real answer lies in the silence behind the rhetoric, between the logic and thoughts that pop up too fast to keep you busy, distract, confuse, again. Question everything until there is no verbal question left to ask.

But not many people stop and look, delve into the why and what is going on that makes you do things that is not you. The next thing is trying to prevent it the next time, could take a lifetime to get rid of this: conditioning. Five steps forward, three steps back: not to focus on the three back, focus on the two gained, every time..

Call it silly, rude, attention seeking, moaning, clumsy, stupid or whatever you feel because it is not you and you know it is not you. So what is it then that intervenes and buggers up everything you would like in your life, what is it that disrupts, torpedoed, in something so intimate as a relationship between two people? Have a look and try to find some centre, a point that is actually the centre of all your suffering and intervention in all you do.

This intervention is confusing as long as you are not delving into the reason for being strangely different than being you, as long as you have not found out, you will continue being confused, find out for yourself and you will find that the fires you try to fight every day in your life, will go out by themselves, because they come and go and get far less important once you start to inquire into your self, who you really are.

Life is certainly supporting you in your development, big style. Find that, that does not come and go in the mist of confusion, that is your focal point, then you will see the infinite, unconditional support you get from your inside to harness your mind, your created mind state, back to its advisory role.

By changing the influence conditioning has in you, you change the way you look at situations and therefore the situation will not appear as drastic or panicky as before and the urge to do something about it, will diminish and therefore the fire is not regarded as a fire anymore: it just happens, comes and goes again, it will pass every single time.

Put this book aside and take 30 minutes: put an alarm to make sure your life continues in the hectic, confused state after 30 min but take that half hour each day to invest in your life to make it better by watching your internal process: just be quite quiet with it, you will be amazed by yourself, your real self and the support in the form of intuition, hunches and gut feeling which you already got and felt but did not follow. Time to change, for the good in you.

Try to find that centre that buggers up (tries its best for you, it would say) and influences all the initial things you spontaneously want to do. All it wants is to adapt to the outside, discard that, it's not in favour of you and your growth, face that, be aware of that, grasp that.

You will not find it, you will not find a particular centre that influences: it will be shifting about, it has no base, no core, no fixed gravity, no spine to operate from and no ground to land upon in you because it relies on the outside to find internal approval which is the conflict you feel. That is the result, the effect, the projector of your conditioning.

Also, there is no pointing towards it either: it gets more and more clearer that it does not exist. It is a projective projection: it can be and do whatever it wants in you so however you define it, it will

change, lies to you and gets away with it until you see it as it is, face it, tie it down, harness that power in you.

But you certainly feel that influence that holds back doing your things spontaneously. That untraceable feeling is the effect of continuous conditioning of growing up in a world of adaptable adaptors, corrupted by trying to get, never reaching the goal as their bridge keeps extending.

That is your conditioning: the pressure of your surrounding you wish to make more important than yourself, this pressure is the invisible mind and does not exist.

You have been consistently told to mind things, be helpful, care for, listen to the specialists who are actually blind in your matter as a total being. They have no clue who you are, the whole you as a system called a human being having a spiritual experience or a spiritual being having a human experience, you decide what it is for you.

All outward attention seeking, caring, wanting something from you, is the conditioning in action in others which has nothing to do with you. As long as there is a dependency in the interaction, the mind is at work in the other, the need to know what you think of them, positive and negative, the dependency sits in both. They want you to define them, that's an endless seeking...

No Self requires anything from others: the comfort of space to just Be makes it more profound. It is a quiet, massive force, this silence, this truth. You need to be silent in your head to notice it, mind cannot find it by nature because it looks outward, by nature, mind shouts too loud to hear it that's why you can't see it plainly, there is too much noise.

No space to Be means that you, the self, has no reason to operate through you as everything it does is being judged and expected from you, which has nothing to do with you, the self. This core essence in you is passionately patient until you choose to operate from it fully, spontaneous, with no filter, no holding back, full on Being which is enough and perfect as it is, the full purpose of us being here.

Look at nature where all of it operates spontaneously and in harmony with everything else but not in favour of an individual animal or plant. Nothing is emotionally attached and projected to anything else but just there in abundance. Here we are, trying to redefine this.....

As soon as one species thrives in the sheer numbers of them, they are hacked down by the thriving of diseases and famine due to the increased numbers: it is the basic logic of nature, never in favour of the individual or individual species. It would die if one species were the perfect one on that moment because it cannot handle change of the circumstances too much. It would be stagnant and therefore would vanish in due time. There needs to be a dynamic to be able to grow and change.

Nature as a life drive is not busy with one specific species: it is just a great balanced biosphere running perfectly and is able to engage any challenge mankind is throwing at it, sometimes in disfavour of mankind itself.

It is a great book to learn from: Life, as it is all about being content in just Being and accepting the position we have in life on this earth to be an asset to it and not a destructive liable force.

Life is not only in favour of you: the entire balance is far more important than the individual but the mind will disagree with that being self centred and egotistically focussed on its own advantage in this war called conditioning. For the mind a belief is worth fighting for so it even turns people into killing machines or kill themselves if need be, it's a neurosis, a sickness, this Emotional Plague.

That is where the illusion of a mind in you will lose the fight: it is never satisfied as satisfaction means the end of its position in you as the driving force of your conditioning to accept and adapt to other adaptors in your life. Look at whom you have been corrected by: they were not in favour of you as a thriving person, a intuitively good person, a part of the great life balance supporter.

Look who encouraged you to be, gave you space to thrive, did not correct or judged you, just let you be, they gave you a good feeling, of trust, kindness, no manipulations or dependency, the Buddha's on your journey, they've been there in your life as an example without the wish to be one, no dependency.

And let us get this right: there is no one to blame in what happened to you, not even yourself to blame, as you made the choice to belief the projection and leave the screen for what it seemed: nothing to be focussed about. That nothingness has no dependencies, nothing to focus on, just Is.

Getting back to the blame searchers: you cannot blame your peers, parents and so called friends as they would easily pass that blame onto their parents, peers, tutors, others and so on, way back into history.

You have to go back centuries to find the initial point where the first person started to focus externally and instead of solving the illusion, they have passed it on to their children as pressure to adapt. All cultures, all human beings are identical in this.

You change as soon as another person joins you and even more when there is a group of people, an audience for mind structures: that is the arena for conditioning to be exposed in yourself and others, behold the wrath of the strongest mind conditioned person, they will get likes and followers.

It is absolutely very subtle and therefore undiscoverable in you because of this century old thing with no one to blame: it is just there. Like an evolution taking place as we speak: no one is less or more advanced in Life, no trophies to show how well you have done according to a committee of people in the same doubts and mind states that provided you with that trophy: black belt or robe and mitre, golden watch, Bsc, Msc, lord, lady or king, queen or knight. All this vanishes in deep sleep.

If your parents did not see this to sort the pressure in them and towards you, once and for all, they will have passed it onto you with no one to blame. The mind is a clever thingy.

You will have to go way back at the point in history where we as a person made a choice in society that the collective was higher than the individual, than parental and social care pressures closed the ranks for you not to escape.

Even if you go that far back to find that person to blame in your head, that person is long gone and all your time to find someone to blame is wasted, lost, on the moment you have started that search.

Take your current point to start from and change what you wish to change: do not look back, it is past, that is why it is called past: it is done with, does not need chewing again.

We forgot that society is only existing due to the individual teaming up but you have traded your focus and attention from the Self towards the unwritten ruled team of individuals. We are society, defining it and because we are adapting, there is no fixed definition: it keeps shifting about, avoiding discovery, it has nowhere to land upon and therefore needs your attention to stay alive as a projection, addicted to your attention.

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That is where you can find your true being: in that same society because that is exactly where you have lost it: in adapting to others amongst others where you took their opinion and stand point higher than your own.

Take the challenge to stand up to your environment, your society but not in anger or hatred and not in judging others, expecting stuff from them, not in blaming either, not avoiding it, just change it, society will follow you as long as you change without dependencies: no expectations (future) and no judgment (past). With no intend to get any followers or likes either.

Expectation is the mother of all disappointments, judgement the father of all arrogance. Both are based on dependencies on others to agree or acknowledge the mind, even if you disagree so do not bring that tool into society because society is too well trained to use it. It is a hiding place and the start of your journey to go back where you came from. Not easy, if it was easy, everybody would be happy with no tension, anger and frustrations.

To stand your ground without the tools of the mind is the challenge: severe honesty and stay away from your basic tools taught and learned in school: judgement and expectation, future and past, competition, success and failure, time and trophies. You cannot fail if you operate outside expectation and judgment.

Be here now, this instance, it is gone in a flash but always there to give you a new chance to change, every second of your life. Find out how this system, this tool works in yourself, it is the best and the worst tool you have, and also the only one.

You will still be the puppet if you don't understand and control this system, geared around your attention, playing with where you look at and with which charge, intensity. So intimate is attention that you call it I.... No one questions it.

See here, now as the opportunity to find the way back you came, not as the rut and suffering. Turn the beach ball around and change your mood and state accordingly. Control your attention.

If you just look at it from within, be curious how it behaves, how thoughts and desire goes hand in hand, spiralled up or down due to your attention and interest, out of hand where you needed a thinker to blame where you are now.

A thinker, a mind that can never be found and therefore escapes again, every time you look for it, changing shape and always feeding you with distractions. You surroundings are full of it, tempting your attention to follow it again. So your outside supports the confusion to distract your attention.

To tackle it is to understand the process and the players in it first: where it starts and what emphasizes it until it becomes almost impossible to resist and you call it an addiction, a phobia, which is only labelling it to be able to do it again. No label, no habit, no addiction.

It starts in very subtle and tiny gestures, an attention to little things, feeling no wrong in looking at certain pages, looking at a catalogue of wine or stronger, reading upon things, getting distracted whilst Googling things and getting diverted by what is offered in the side-lines, based on what you are looking for. Your first initial label, judgment of a persons body for instance, kick starts the avalange, catch it at the root.

Who or what diverts? What is it that gets distracted and what fuels it? It is your objecting and escaping Shadowlike subconscious which is filled with conditioning which launches thoughts and you do not take them as options, you take them seriously.

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That is where an addiction starts, nip it in that bud, right there at the first splinter of a rising thought train. Reject that first thought, reject everything, not this, not that, say no to rising thoughts, reject the thought system as your authority.

Even a minor glimpse, the slightest move of attention in your being, the diversion from a page, the offering of things you bought in the past or people have bought in combination or where watching too: there is a truckload of distractions out there, wherever you go, a constant bombarding of impulses to fire up your senses, away from the centre: the Coronation Street effect.

Poor you if you are not controlling and filtering the creation of thoughts that are offered by your conscious and subconscious mind, lost, fired up and infected by your conditioning regarding those offered options.

A minefield of distractions and it begins with that minor, tiny little glimpse of distraction you found unimportant to reject and harmless in the beginning. Be critical what comes onto your screen from the very beginning being now, here. Discard it straight away as an unwanted thought, give the gift back, you do not need it, the jacket does not fit.

As in a full blown addiction all few little things are firing the unstoppable in yourself as the thought train is already set in motion by just that little glimpse. Try to stop an avalanche, impossible at that point, so don't let it come and grow to this point.

The unstoppable film is set in motion by just one picture, one shot, regarded unimportant and again, you will find yourself unable to stop it. An addiction is not hard to get rid of once you understand your conditioning is fuelling at the background of everything.

That film is fuelled every single time your distraction is fuelled: your attention is diverted into where your intentions are going and therefore your *attention* is the base for your *intention*, the wheel of the prison, invisible as always. Energy goes where attention flows.

The concept of mind shoots tiny thought splinters onto your screen regarding the emotions that create your identity which is still a projection: you are not your self image. So intimate is attention that you call it I, even if it is not representing the reality of you.

Those splinter thoughts are, if not thrown aside, turned into a massive, unstoppable thought train, because of your attention to them, and therefore you go, again, for that drink, smoke, dope, sex, OCD, child, murder, porn, power, food thing. The thought process is an attention seeking engine, there is no other purpose: it even goes as far as preying on the attention of others if it is not nipped in the earliest bud being just a splinter thought.

Find that which is seeing the attention and your inattention: just must be before that because you can notice them. Watch the film and the play of the attention – intention connection with your focus on the screen, not to the play or film.

See how the process of the concept called mind, which is formed during your conditioning, is using your emotionally charged stored thoughts and experiences to repeat them and keep you in that bubble.

To check what you really want and stick with that, consciously wanting it, fully focussed, fully aware and view the distractions your mind is offering you from that point: it is immense what your mind tries to do to stay in charge of your brain time, constantly challenging and charging on your main focus. That is *not* something you learn in school: how your brain works.

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To give in is, again, not getting what you want. Investigate, enquire, look into that brilliant thing called your brain, how it works and the reason why there is conditioning and why it has attacked your intention to divert your attention to create that circle. Find out in you, study yourself, know yourself.

As it has been called the Emotional Plague, the invisible prison, suffering hell if you like: this system goes its own way if you are not critically filtering your thoughts, be sharp on all distractions offered and it turns it into an unstoppable train of thoughts which is hard to break whilst on full speed.

The madness in your head it creates, if you rely on the outside to be your reference and the lifetime it can take to get your space back and not impossible: seeing this is certainly not for the selected few, you can do it, here, now. Won't cost you a penny either.

Take charge of thoughts, filter them, take them as options and not for granted, look from a distance to them, see how they change based on your attention. You certainly can dictate them.

Your brain is producing all sorts of combinations based on what it knows and imagines which is already past stuff, old, obsolete, constant lagging behind on the present, the now, here which changes every second. It is always too late to instantly, spontaneously react to what is happening now and therefore of no use in for instance martial arts like Aikido and the lot.

At night this process continues but without the logic and conditioning: there is no limit in your dreams, it can combine everything into the most idiotic outcome called a nightmare.

It is not the future, it is your brain just combining what you have experienced during the day and have not processed completely meaning you've put your attention on it somehow.

A dream make no sense, there is no logic in them. It doesn't mean anything.

Minor things you picked up during the day, just did not find important enough to register consciously, it still caught your attention, are popping up in your dream combined with other, old thoughts, people that have past away are suddenly back alive in the most ludicrous situations in your dream.

You cannot help that: as long as there is breath inside this body and consciousness is there, there will be thoughts popping up, even emotional ones that set your body into a reaction and your mind is trying to process that body reaction and turns it into a feeling:

Sensation => body reaction = emotion => mind interpretation based on memory = the feeling of what happens => interpretation and storage in you memory, ready to be used for future referencing.

That is also why a desire is so powerful: it feeds on your interest and links your emotion, your body reactions to the desire, certainly if it is to do with power, sex and drinking: that combination is quite hard to ignore or resist, certainly not impossible when you are in control of the thought process to see thoughts as they are: just options, not mandatory, right at the start of a rising thought.

Classify them in what you really want: peace of mind, tranquillity, no dependencies and pure space to be. A thought that not supports that, needs to be rejected.

It has free play on you when you attach your image, status and state, of what the outside wants you to believe is you, on external, material things, not on an internal, immaterial things, your independent state.

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Your space lies in between two thoughts, the silence between the stimulus and your response. That is where you can be aware of who you really are, the screen instead of the projection.

On the neurological side of thoughts:

As the collector and interpreter of your body senses signals and also the back feeder into that same body (imagine a spider crawling over your shoulder: your heart beat goes up, even if it's not there), the idea of the mind is not questioned because your entire system is aroused, with pain or pleasure, distracting you from the projector: the pressure and tension of your conditioning.

You are far more busy with your sensations than the system behind it. And to be fair: to deal with your emotional system is not quite what you learn in school or with peers and family and gets corrected pretty sharp in the time you grow up.

When you delve into the body mechanics of emotions and feelings (there are great, perfectly readable books from neuro scientist Antonio Damasio and Jaak Panksepp on this subject) you will find that there is a mechanism in our body that uses feedback into your brain because the brain itself only stores combinations of charged sensations with emotions of past experiences into memory.

It could do with a interpreting and anticipating system to place new situations and occurrences into a bigger picture of what is happening instead of relying on past experiences only. A past, frightening flight experience would only make you run again and again instead of learning from it as animals do.

That anticipating system is the neocortex in the back of your head and is the latest development of evolution in mankind. Latest meaning hundred thousands of years old but still evolving.

That system is like a big Internet server in between the senses of your body and the storage area of the brain: it collects your triggered senses (so there is a threshold to let a certain signal through, more on this later) and compares it with past experiences but not in a blunt, black and white way.

It comes with the sense that the situation is different from the past so there might be possibilities there to make use of it: anticipation of a predicted advantage.

And that is why we feel more advanced than anything else on this planet: we feel that we can see possibilities where animals can only base their impulsive reactions on what has been. With that impulsiveness comes a hell of a lot time to adjust and approach situations newly and fresh to be able to stroke deer for instance. Deer and other wild animals adapt incredibly slow towards human contact with a reason, they rely far more on their habits and instinct.

See it as an "advanced" impulse and instinct system in humans which comes with no manual, instructions and maintenance booklet how to use it.

And that comes with a price: the intercepted signals from our body are interpreted and what is going on out there is predicted and that anticipation is fed and stored in the brain combined with what it *might* mean as the emotion: there is the drive to investigate but also not questioning the emotion that goes with it because it starts to define your I, your identity. Fear causes identity.

Besides this predictive and projective system you are supplied with a live screen, a visual play of what might be there linked to your body reactions being your emotions.

This neocortex has a direct link to our small gland called the Amygdala, our panic button, which is capable of setting your entire body into a panic mode in a split second: your fear ignition gland hardwired by your mind, able to set off a sprinkler system of panic neurons to fight or flight, based on what you *imagine*, what the projection is about, not on reality, it disregards the screen as reality.

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What if that gets a bit out of hand or, better said, has an evolutionary try in some direction: your neocortex gets a bit over excited in its new role of projecting what is going on outside your body and gets seriously involved in everything you engage or do. It can constantly hit the panic button if we allow it to.

Conditioning has turned it into a sharp, finger-on-the-button system with hardly any space to rethink or consider an impulse.

Someone shoots into a defence mode the second their mind might get a hunch that the identity is challenged, panic button in full alert, gas lighting in full swing, protecting the illusionary stronghold.

It even gets to a point where it controls your threshold of selecting which body senses are getting through and which are to be ignored via thoughts and distractions: conditioning or how you have been brought up has a major shaping factor in this process. You miss out on sensations that are ignored, put aside, by the threshold created by conditioning of you, as a new, growing member of society.

Once you learn that certain things are rewarded and other actions are painfully (physically or emotionally manipulated into emotional blackmail) corrected, this system gets a far more important role than it is designed for and starts to project a hell of a lot more than just What Is on the live screen called Your Life.

Where your left part of your brain has been proven to take care of logic, language, adaptation and reasoning, thinking on a very detailed level and therefore is used by the concept of mind to control the body.

Your right part of your brain is considering the total of what is perceived, looks for the bigger picture, the home of intuition, gut feelings and hunches.

Unfortunately, once you start to see what happens with us due to our conditioning, we have to go to our left brain part, the little I, to be able to speak about it in words that are directly influenced by that same conditioned centre, infiltrated by the concept of mind.

Who you really are under all these layers under this physical skin is pure awareness, seeing all these things happening via this vessel called our body, the physical aspect of you for this duration of time.

To explain anything, feelings, ideas or concepts, about this awareness as our centre to someone else, we have to go to the left part of our brain, the little I, to speak words to be able to communicate, the same little I that is under control of the mind and its conditioning.

Speaking about this seeing and about feelings to someone who is imprisoned themselves, locked within the limited realm of logic, reasoning and linguistic juggling is impossible, as if we are in a different space for them, lala land, away with the fairies, talking gobbledygook.

The mind is not able to look outside the toolbox of the left part of our brain, it simply does not exist outside that physical part of our system, to look outside the limited left part is to directly see the ghost the mind in us is, no mind dares to go where the illusion of it is revealed of course.

Going beyond the words and logic is going into the unpronounceable, unreachable and therefore out of range for someone operating under influence of their conditioning, the logic, the world of words, this devil called mind.

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No wonder that science has avoided concepts based on feelings, hunches, ideas with no proof, proof in words so someone else is able to do repeat the experiment and might come to the same conclusion. No wonder what is said here is left outside the classroom.

Proof in words only proves that a concept exists in the limited part of the left brain, most if not all inventions of mankind started with thinking outside the box, outside the prison of conditioning, in the realm of feelings, hunches, ideas and then go to the left part of our brain to form logic, reasoning and concepts around this new idea. Nothing new to nature, new to the limitations of mankind...

There is no use in trying to convince someone who operates only from within the influence of their conditioning, their invisible prison, with the very words influenced by our mind: words are the devils' tools, in the realm of physical and material possessions, I, me, mine.

I can only create space for you to be to be able to see that seeing is taking the fundament under the conditioning away and therefore takes the foundation away under your minds' influence.

The seeing needs to be done by you yourself, I can only show you the door via words, into sentences, into concepts that might or might not make sense for your neurons to wake up, this sleepiness in you to go along with what others tell you you are. You are not that at all.

Enlightenment is not more than getting rid of that conditioning: the external referencing impregnated into your system and infiltrated thinking system from a young age onwards.

We all get it but not all are getting to deal with it, unwind the coil, reverse the spiral and very few reach that state where you are free of relationship attachment, not the relationship itself but the unhealthy attachment that lays on top of it as a blanket to suffocate. It has nothing to do with status, success or money of course, it is the personal, intimate choice to adapt and attach.

Who are you without that attachment, that reference? Find out.

When you Use Your Illusion (thanks to Guns and Roses for that one) instead of being dragged around by it: it means you are not attached to the outcome of it, not minding what happens, not depending on it but rather joyfully play with it. That is where your dreams come true. Dreams are shattered due to attachment, expectations, dependencies on outcomes.

Do not attach any outcome or any happiness to what is happening, so what happens can be as it is and you blend with it whatever the outcome is, pick the grains from What Is and What Really Happens instead of hoping for the prize that might be from predicting an unpredictable future.

The essential thing is not to attach your value, your Being, to anything from the outside on the outcome because when you attach your value to what might be the trophy, you are not accepting What Is and therefore are denying Life itself which is the only real force there is.

There is no hiding behind a bigger goal, higher virtue, a person in a symbolic robe, a statue or book, all is focussed on Life itself: nature and everything that grows and goes with it will find benefit in it, but not for the individual egoistic state, this evolutionary magical thing called mind, not for the individual itself.

Even a statue will deteriorate but certainly will be longer on earth than the person it is representing and reminding you of.

The person does not experience anything from the people that will remember them when passing the statue, it is there for the living to long for that status. Conditioning keeps the symbols intact to

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point at what a good person he or she is or was: highly unreachable, projective symbolism to keep the Emotional Plague going.

The illusion concept of the mind, thinking must have a thinker behind it, gets inflated as soon as it thinks it has control via your focus and attention and therefore loses it straight away. Again, it tries to cover up its insecurities and insignificant actions, trying to be the Chief in Charge, the CEO in you.

It is not. It is very good in advising you and putting the body into a flight or fight state based on what you yourself think of reality out there, not in controlling the inputs you get from the outside mixed with your conditioning: that is where the confusion kicks in, it does not match up with reality.

Attachment is the thing to watch out for but it is a tricky one because it mixes our emotions, our body reactions, stored projective identities and they are turned into feelings which guide you into more illusions if you start to combine it with your conditioning.

If you watch without the influence of your conditioning, without expecting anything or judging it, it comes and goes, just like this, just like that. You are not this, not that, still here, now, in the centre of your Being and *in* the centre of life itself not *as* the centre of life itself, as your mind wants you to think in its ego state.

We regularly confuse love with attachment and say that we cannot live without the other one: you can, you already lived fine without the other person before you even met him or her so that is not a valid argument and is a clear indication of attachment based on conditioning.

No one lives or exists due to the other one: that is a fake statement, a mind statement, in the range of pure guilt tripping which is using your conditioning to prolong instead of to stop it from spreading.

Your conditioning is the illusion because it is a coat that does not fit you, its not yours to wear but we all put it on and say that it is us, our Self image does not fit us, is not who you are.

We tend to prolong our suffering state and project it onto others in a jealous gesture to prevent others from being as they are, getting there where you feel you are not. That has nothing to do with the other person, merely to do with your own state of mind and only affects others when they are in an external reference state. This is where wars start.

As long as you are not taking the time to investigate yourself, the tools you have and the conditioning that went with it, your suffering will continue: you will continue being confused and you will have this feeling of not getting there.

The “there” is pushed away from you every single time you think you come closer to it, because it is an illusion, happiness is not out there, it is right here, inside you, you are looking in the wrong place, outside yourself, you are looking where there is light, outside when you lost it in the darkness of your inner self.

The more you are looking in the *physical* world for “there”, the further away you get from it. Millions and billions of physical money is raked in and spend on material items to get “there”, the bigger the pressure and frustration of not getting “there”, the world of the narcissistic, psychopathic, neurotic tendencies or worse: that’s why greed sits firmly as the one number one way to lose your human soul quickly. Greed will never succeed as it is the battlefield of the needy, totally not in line with nature.

Empathy and sympathy are rooted out quickly when the accumulation of coins to gain wealth, success and power is the main goal in your life. So desperate to find “there” in the material world

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where it cannot be found, whatever you can buy more than the other is merely the proof that you are drowning in a sea without contentness.

There is a strong connection, relationship, between thinking a lot and suffering a lot: your mind goes all over the place, drags your attention to any silly thing that comes within reach of your senses of the external world and if nothing comes, you get bored and project into something else, you create your own suffering, looking outward, comparing.

Your mind keeps you busy by bombarding you with little thoughts and you, by giving them attention, connect them together into thought trains once you fall into the trap of thinking far more than doing.

To get out of that is not something you learn in school, you have to delve into it yourself to find out what is and how it is seducing you into this cycle of thoughts. Not easy, when your brain time is fully occupied with projecting, judging and expecting: it is raining disappointments which feed the self image you have of yourself and project that things are not good and you are to blame for it. It is circular and vicious.

Again, you are not your Self image, you can change that picture every second of the day in whatever you want but get this right: it is a projection, an illusion and therefore used by the concept of mind to accelerate it into all sorts of directions, away from reality: your I is based on that projection, you are not even questioning your I because it is a highly emotional thought, very intimate but also very illusionary.

You cannot change your personality in a flash but you can realize the self in a flash, right here, right now, undiluted, uncovered.

Who are you under all these layers, covered up under all these pleasing and demanding acknowledgement blankets? Find out for yourself. That is meditation, full on.

Once you get closer to reality, What Is, you will see the superficial nonsense that is going on in our head due to the conditioning we went through from a very young age: it is invisible when we are in that state of reacting to reactions from others that adapt to adaptations from others based upon illusions.

It is untraceable too, you cannot point your finger to it, there is no visible cause and the effect is clear: disruption, confusion, unbalance, desires, addictions, disappointments and the feeding thought train that goes with it. Find that cause to change these effects.

So no one to blame, just confirming the starting point of where it ends: stop this prolonging and supporting the conditioning, this Emotional Plague.

Of course you will still fall back into it so now and then because as long as you are alive, thoughts will come, confusion will come but it does not have the potency in you anymore, it becoming useless, powerless and therefore the confusion, irritation, distraction goes by as quickly as it came. Even your I will fade as the self image is fading away because it is not you.

All thoughts are old, based on the old you, neurons firing based on the past results, obsolete for here, now, in no way in line with What Is, the Isness.

Anything that comes and goes is not you, cannot be you because you are here consistently, the rest is just excited senses and a brain that developed a restless mind to judge and predict where 99.9% of that prediction is never going to happen. Check this for yourself, don't just drink the words here.

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Our mind becomes very busy in developing scenarios of possible ways a situation can go and gets excited in that process, certainly if it finds that it gets your attention, your projection of who you think you are is fed by your attention and projected into that direction to get more of the same.

You have fallen for your own projection: your Self image and you are not able to see the screen anymore as we did before our conditioning started and the conditioning, blending in with the illusion called society, became more important than anything else. Trace back your steps to find the real you.

Once excited, fuelled by your interest, it will addictively want your attention again and again, more of the same. It feels impossible to release that addictive pressure when something of interest comes into your view. It is not that it comes into your view, it is already there, changing the perception based on your past.

It is your attention that turns the filter on or off, your own thoughts dictate which sensation is going through the filter into your system to support the illusion.

No judgment, no expectation, no filter, no attachment: no addiction, no limits, all possibilities. The next thing is to disconnect your state from all of that is there, just Be. It does not define you.

You are fine as you are, perfectly for that one second of life as it is and perfectly on time for anything that happens. Divine timing, the matrix: whatever words you give it, it isn't.

It is your mind, your conditioned state that disagrees with everything you think is reality where it is not. The solution lies in to love the silence between thoughts more than the thoughts themselves, love yourself first, understand what love really is.

The conditioning from the age of 5 onwards is strongly emphasizing that direction of attention because all your peers and family members, in their mind state, in their conditioned state, are operating from that same fuelling point: their inflated mind, looking for confirmation so why not put it heavily on top of you to confirm themselves from the outside? It works, they think: it does not.

On what to do or not to do to get “there”:

Used as a lever by the concept of a mind, the projection, which you started to believe in, is your projected reality, the 7 deadly sins and of course, the 7 virtues, installed by the institutes of religion (just a bunch of individuals that feel the need to shout their views and visions on their projected belief of reality, even to the point of going to war for it) are seen as the standard character defects which automatically will lead to other immoralities and, once applied in our state of mind, they are considered hard to get rid of and therefore called deadly, deadly to your real being, your soul.

What these 7 characteristics do, is cover your Self more up to make it virtually close to impossible to uncover which of course means that you will not achieve the return of your freed, uncovered state in this mortal lifespan and therefore no enlightenment. Again, it is the outside trying to define you.

Pride (abuse of satisfaction of your own achievements), greed (abuse of the desire to have), lust (abuse of sexual satisfaction), envy (abuse of discontent on someone else's achievements or possessions), gluttony (abuse of feeding and drinking), wrath (abuse of anger) and sloth (abuse of laziness and procrastination).

It does not mean that the opposite, the 7 virtues, are turning you into a guaranteed freed and uncovered Self either: prudence, justice, temperance, courage, faith, hope and charity are also brought onto the same stage of these same institutes of the religion to define your life for you and are as conditioning as telling you off not to do the other 7, bad things. It is just an institute defining itself, prolonging its own existence, it has nothing to do with you or the world you live in, society is just a minute part of life as a total.

Nature has its own book of rules like gravity, supporting life and development, illnesses to prevent the extermination of an over developed species, balance of the total over the individual, no duality and mainly: do no harm...

There is a core of truth in there when you are off centre with yourself, not grounded in yourself but focussed on the external to be a reference in what you do. The birth of a state of mind, conditioned dependency, not being the state of Self, lies in how easy your awareness and your attention is taken away from that centre.

As a child you were in the dead centre of Self with awareness, no inclination that it could be covered up. Self does not need that awareness because it is the only thing that Is, your core connection to nature, What Is.

It is reality itself, we cover it up with projections and call that reality. It is not. It is our intention and attention that falls for that projection, take your attention back to your Self and your intention will not fall for the projection again. Energy flows where attention goes.

What has been forcefully (mentally and or physically) put onto you by a society which does not know who made the rules anymore, became your base to operate from, think from and decide from as a reality.

Find out what drives you to direct your focus on something else, lose your concentration on what you intended to do. There is a hint of conditioning, how you were told what was important in the setup of your home, your parents, your family: the projection of what your dad and or mum or the people that raised you, found important. There was always conflict because it was creating the rules for two or more equal projections on what would, could and should be, not What Is.

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Generically the bringer of rules did not stick effortlessly strong to those same rules so you were brought up with thresholds and circumstances/excuses and tried to find out when social rules are applied and when not: confusion galore but also the force that the bringer of the rule is also is the breaker of it.

What not to do is hopefully clear: stop connecting who you are to things from the outside, they do not and can not define you.

What to do is hopefully clear too: stop trying, start doing. Start from your centre again once you have found it in between thoughts. To find it, there is nothing you can do but to Be: fully accept yourself unconditionally which is to love yourself. Feel yourself in the centre again as you did as a child, go back the way you came.

On How to change you state:

You will find yourself in a certain state which means there was no control or consciousness how you got there but there is consciousness now that you are here in this state, whether you like it or not.

That first awareness of finding yourself in a state sounds frightening: "how the hell did I get there?"

That is conditioning for you: you act, or better, re-act: a reflex without referencing inside yourself what your initial feeling was, causing the reflex is what it is all about, the sensory input of either a touch, a smell, a sight or a word spoken to you.

Of course: sensations never come separate but always a combination of sensory inputs with a threshold for one of them to have the strongest effect. That filtering is directly linked to your conditioning, your identity, change the filter from Reiki to Havening, from Havening to Mindfulness and it is still conditioning, no filter, no influence, no conditioning, just looking on what enters your system before your reflex is launched with no mind to influence your action. Essential and pure Aikido too.

This threshold is the line crossed due to your conditioning: the way you were corrected and adjusted to that strongest correction manipulation. It could be friends, peers, parents, teachers or relatives or all of them. Somewhere their unconscious, or sometimes even a conscious, deliberate, manipulation really caused you to distance from yourself and you chose to prefer their acknowledgement of you above your own. No more: make that change.

If you would ask them one on one what on earth came to them to do what they did, they will all say that it was not them, not meant, no intention to influence you. Behind that is the change of state as soon as there is a collective to hide behind: society starts where 3 is a crowd, the mind needs an audience.....

That same collective influence, which is untraceable, changes at every corner you take in your life, is only as strong as the individuals that are hiding behind it, it is as brittle as a China bowl when a new person enters the group. That is where bullies and the bullied are finding their territory: only in a group, never amongst individuals because they are counting on the group to support their behaviour which is hiding the lack of confidence in the one that bullies.

That creation of a threshold in your sensory input is the way back too: dispute the threshold and go back to seeing all sensory inputs as the same before you pass them on to your brain with a feeling to store them as memories, the storehouse for interpretation of future events.

All the stored memories are old, past and incapable of comparison with future events but that is all we have to make use of future event advantages in our developing brain structure. The genius of it is also the prison.

To focus on the set of inputs before the threshold, is to stay a little bit longer with the stimulus before you respond, every time something occurs, which is almost every second of your life. Be open to the things life offers and you will find that you are currently over reacting and predicting far too fast, thinking far too much.

No invention is ever been invented from sitting and thinking them out in a chair, all of them was to do with doing it 100 times different with a different outcome to find at last what works: 853 unsuccessful light bulb designs until, by luck, intuition, thinking outside the box or chance, the right form was found.

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All those 853 unsuccessful ones were needed to find that last successful one. Einstein did the same: do not give up because people around you say it is not possible. It is not possible in their view which has nothing to do with you and besides that: everything we think of is a concept, an idea about reality, predictions of What Is in words.

Have you ever found that perfect square angled triangle where 3-4-5 or Pythagoras was incorrect? All we achieve is an axiom, an assumption or possible idea of What Is and get grades and even statues for it.

Take your time as it is not an easy task to unwind this impulsive conditioning based reacting, it is looking at the massive variety of change without expectation and without judgment. That is not suppressing your reaction, it is stalling your reflex, more to look at the box of opportunities a bit longer and go from there.

This is meditation: not repeating words in a certain form in a predefined posture. Eyes open or closed, ultimately, it does not matter.

You will find that there is far less out there to react to, far less things to be worried about, nature is in favour of you, that why it is called a Life *Support* system: survival is only key in certain places on this earth, certainly not here, right now where you are, reading this book.

Be honest to yourself: check what is actually dangerous in sitting, reading this book, what is alertness on predicted attacks? What is that in us? Dare to lay off that coat of worrying, it does not fit you anymore.

You must be confident and relaxed about your declined alertness right now because it will rekindle as soon as your senses register an outer situation which distracts you from doing this, reading this book, here now. A message on your phone or the ringing doorbell is enough to take you out of this state (and then the doorbell really rings).

It is there all the time, even when you are asleep it is there to guide you, find that which does not come and go: find that in you that is not busy with external signs and values, likes or dislikes. Find that which does not belong to past, future or even present.

You will not gain anything from meditation: all you will lose is fear and anxiety, the busyness in your head, the urge to extinguish the fires you did not start. Losing that which turns all day sensations into panics, urges to control, attempting to fight the fires, is what meditation does.

Taking more time between a stimulus and your response to it, stretching the gap, looking at it makes it far more relative to what you think is happening, focussing far more on the screen and not the projection on it, the projection of what you think life is about which is constantly shifting shape, never ending and never finished either, a constant Work in Progress.

With that projection comes your identification with what you think you see from your identity point of view, you identify with what you project which closes the circle, back into your virtual prison which feeds itself on your attention, in this thing and this thing.

In that same shifting shape, you constantly adapt your identity (which is your favourite? Can that be you, the totality of you? So your identity is not you), the who you think you are in that situation, never staying with your core which is independent of what is happening out there, it just is and is enough. But that is not what you heard in school, with friends or at home.....

Education in total, being taught, instructed by parents, peers and that part in school, is far too corrective (far more No's, rejection, than Yesses, confirmation, stimulation, motivation) and influenced by vague, superficial values and norms designed by who ever launched them in society with the loudest voice and arguments or who invests a bag of money to define what needs educated and certainly, in what form.

The unwritten character of education and society makes it vulnerable for that Emotional Plague of the individual hiding behind the screen of society which covers a false comfort and security, perfect grounds for a distorted element like the concept of mind to grow into hallucination levels of Life.

Of course, the main clear rules of a nation written down in their laws are the basics to start from but they are changing too, there are too many gaps in it to rely on for security and comfort hence the existence of a court to battle out interpretations of that law and the resistance of trades finding and using the loopholes in it. Society changes due to evolution in ourselves and the way we look at the world.

In the corrective style of education in total, the basic values of the individual are totally ignored and even eradicated out of the individual using emotional and physical manipulation of words and false securities that with a certificate like they provide, your future success is set in stone as long as you trade in the very foundation of individuality: empathy and sympathy, love and forgiveness.

The projection of what should be becomes far more important than What Is, making life far more complex and troublesome than it really is up to the point of war between to beliefs, killing each other for that belief as the devastating outcome of conditioning.

Education is a fantastic thing but the way it is brought to you as a child: corrective, impregnated into your brain system, leads to frustration and internal tension which is the base of all violence of the world, for centuries we forced knowledge and skills into young people to make them become what they do not want to be and then we are concerned about the verbal and even physical violence around us?!. There is a clear correlation between forced teaching and violence.

Right now, in a real situation I've experienced, a father asks the 4 year old sons what he wants to become in life. The son replies enthusiastically with dedication in his eyes: "a digger driver, dad!". Dad replies "we will see about that, son". In the presence of others the father replies smirkingly "never am I going to let that happen!", killing the dream of the son on the spot by not unconditionally support the child dream, no love, pure ego, the fathers dream, not the child's....

The next day the dad comes up with a wallpaper size photo of a digger in action to place on the sons bedroom wall....projection is an empty shell, it has no substance or backbone to rest upon. It flicks a switch to the other side if needed to be acknowledged, immersed in contradictions and confusion.

We tend to join the society rather than to pursue the dreams we have ourselves, as society seems to provide a false security which we never check. The individual dream combined with the focus not to adapt to the illusionary world, has always been the most successful attitude in all things to realise. Einstein, Jung, Bohr, Jiddu Krishnamurti, Mooji, et al.

Society then, always, follows the *successful* people as their example but never encourages its individual members to follow that same prime example, keeping and manipulating its members away from that same success with mind manipulations and trickery. That is where thinking brings us: doing creates something entirely different.

On How to move on from here:

As mentioned before: the key to get back in touch with your own Self is to travel back the way you came, unwind the coil that is giving you so much tension and confusion at the moment. You will stay confused and fighting fires you didn't start if you do not start here, now.

This is your opportunity, your moment to just do things different in your head. In a few hours you will have that opportunity again and again because you live here, now. Reading along, the door is there, just do, start opening into the real world.

Past is a memory, future an expectation: neither past nor future actually exists, there is only eternal Now, nothing else. The rest is just the projection of a tormented mind, born in conditioning, dying in eradicating judgment and expectation in your daily life, depend on your inner instead of the outer.

It started with thinking more than doing, so to unwind the spring, doing, unconditional and purposeless doing, must become more important again than thinking: in doing there is hardly any judgment and expectation, in thinking there is a lot of that. View your doing: it is pure if there is no dependency and no purpose to get a certain result, to do it or not. You will not kill yourself, it is a Life *Support* system element, this Self of you.

So, to start off with looking at your screen and let the projection just pass by. Your value is not connected to the projection, that is where society finds its base, not yours.

Your significance is in being here already, so no expectations or judgment has ever improved that and so that can be set aside. Who you think you are now comes from the outside, discard it, it is not you, find out who you are, sit, take your time and look inside, peel off those unreal layers one by one until you reach that that does not come and go. Happiness is right here.

Find out which state you are in which is caused by outer pressure creating inner conflict, look at it with an open mind: no mind with its thinking can help you here, nothing from the outside is able to assist, be pure in unconditional touch with What Is, here now.

There is nothing else of any worth and importance that makes you more valuable than you already are. Just look at it, do not just consume my words here, feel it, go inside your house and lock the door for a while, dare to look into your heart, you will be amazed, are amazing and also unique and incomparable.

If that state you feel you are in, is a mere attention seeking urge, that would come with any excuse to draw attention, either positive or negative, then you are operating from what the outside tells you to do, from your conditioning. Then you are in your mind state, adapting and therefore confused and confusing to everything in your surrounding because your inside does not match your outside behaviour, is not in balance and therefore contradicting.

One side of that mind state is wanting as much energy from others to avoid the point of being found out.

Every means would suit: over eating, dressing up, pretending you are different, alcoholic or T-Total, smoking, non-smoking, vegan or vegetarian, lying, cheating, faking, meat eater or not, transsexual or not because you feel different when you are not. The carrot has many shapes and forms and is surrounded by sensationalism. It is the judgment and expectation that needs eradicated.

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If you find one of these, please, check if you are doing this to be different or doing it without having to say you are this or that, where you don't feel the need to project or get comments. In the latter case you are doing it for yourself.

All these are screams of help if you are doing this to be different, where the other side in you does not want or need any help at all: it is your egoic mind, wanting more fuel. That is the conflict state you are in, because of your conditioning.

No one to blame, certainly a point to start from as in Now, here, to change that: drop that coat of conditioning that does not fit and find comfort in that that does not come and go. Love yourself first, unconditionally, friends can stay or leave, you can fall out with your parents or not, it does not matter. Your core self is what matters to the world out there, in your best form.

All other are expressions, shapes of the same inner conflict which can go as far as self-harm and even killing yourself to soothe that surge in unconsciously wanting attention, acknowledgement from the outside, tell me who I am, more than anything else. In a smaller form it is not sticking to one self help style but change all the time when you are not "getting" it soon enough.

Once you think you got it, the fun has gone and you move on to the next drama in your life, never satisfied, never ending suffering, wasted seconds of your life, cannot redo them but you can change the way you look at it now, here. Give yourself space, room for more alternatives.

If you are satisfied and need nothing else, not judging where you are and just are happy and content, that fleece of wanting external acknowledgement is what you lose straight away: you are fine as you are, nothing else matters, no need to jack up the drama again.

That is where you will find you, who you are, without pretending, just as you are, perfect as you are for life itself. Life's purpose is to Be, to be the support in that life support system, nature, here, now.

Relationship is about creating the space for the other to be, not from a control point of view, from a self love point of view with space as a by-product for others to be, no intend, no plan.

So in meeting others you will meet them in all sort of stages of their mind state which is far too complex to put your effort in to tackle it, let alone change it. Change must come from them from their inside based on their own power to change. All you can be is the unintended example.

You can be as convincing as you want but you will not be able to change their mind, you will be trapped in the attention seeking mode straight away if you try to change them or let them see based on a verbal argument: inside their invisible prison is no view of the freedom outside, the prison would fade straight away, melt in sight of reality if they only wanted to see it.

Once inside there is no option available to see reality as it is, you have to tear down the walls first, from the inside out, no guide, no example, no guru can do this for you.

Everyone has to initiate their unconditional state from within themselves: you are unable to help because you are not seeing through their eyes, smell through their nose, listen through their ears, having their conditioning and so on: not having their picture, projections and the screen.

All you can be is the unintended example to them: happy as you are, not attached to any likes, rejections or flattering. Unattached from if they follow or not too.

They will look from another angle towards the same beach ball and will call it green where you see clearly a ball and nothing more. After that, there is no ball, that's a label not even defining what it really, totally is, just a means to project what the mind thinks it is.

Besides that, the sensation you have is coloured by the conditioning you have been brought up with and filters the situation to give it a label: to place it against what you know, which is past. That is how unique your perception of the world is, incomparable but also labelled and therefore very limiting.

Your path is yours, no one else's, unique in its own way, with all the paraphernalia that comes along with it. Next is how to word it to bring that unique picture across: impossible, therefore just be, that is the best you can be for all others, lead by example, not by authority, in the realm of the mind, there is no authority but the mind itself...

Words cannot express what you feel but words are the only means we have in a thinking, the little I's logic world to pass on what we feel inside as feelings are regarded superficial and degraded compared with words in a world of thinking.

The concept of mind will only support words and thoughts as a means to communicate because it does not exist without them, it needs words to prolong the confusion and projections which is directly its limitation.

So better to leave trying to find the acknowledgment from others as there is no one out there able to judge your situation but just yourself and you alone.

Every other acknowledgement of disapproval has no substance, is totally irrelevant to your situation as every judgment and expectation has nothing to do with you and certainly does not suit or fit your being with all its unique experiences and combinations of views unique to you and you alone (*diary*).

So that is where thinking has a very negative effect on what you wish to bring across to others: you are thinking it out how your view might come across to others and you go over all the variations and possibilities but one: the one that is actually going to happen which is unpredictable and funny enough, in your favour.

You are spending so much time and effort to anticipate and to think that, all that is happening in the real world right now, is passing you by without noticing and therefore is another chance missed to get a proper view on What Is. We are thinking far too much, spending so much brain time on illusions and projections, Coronation Streets, that life rushes by and before you know it, you are dead, gone.

Thinking needs a thinker and our neocortex is happy to provide one: you find yourself worrying, it will provide the worrier in the background to make the projection even more alive. It even comes up with an I that does all this, unique and never questioned who is behind the I concept. Super intimate and therefore not questioned, challenged at all. Mind is a clever (*local*.) concept.

I am this and that: labelling who you are is definitely limiting yourself. The more you use the past to define yourself, the more you limit yourself to do something new: leave your self image for what it was, the past, gone. That is why it is called past: over, time for something else (*renewals*).

It starts with you, here now, without a reference, certainly the outside reference does not fit the picture anymore, replace the framework, look at the screen, not at the projection.

But that needs a vent to deflate the projection: to make it far less important, what you pretend to be, your self image. The vent grows on you the more you get fed up with being confused, fed up with fighting unending battles inside yourself, fed up not getting there, yearning for real Peace inside

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yourself which starts with accepting that what you did before: it does not define who you are now, disconnect that.

And stop looking for someone to blame for your situation: that is another mind thing to keep you away from yourself. The only work is not out there but within yourself: to undo yourself from conditioning means fully, unconditionally accept who you are, here, now.

Love yourself first so you will understand what love actually is: don't confuse it with attachment, which is exterior and is totally corruptible, unpredictable, confusing as it is intended to be by the devilish mind structure itself.

And you are not your body, you are far more than that physical, touchable part of you. Loose a finger or a leg: that does not affect who you are so you are not only your body. You are not your Self image either.

Once you stop facing outward and start to look within yourself, you will find that you are unique and incomparable so you can toss that comparison blanket off yourself first. Again, it is not something you have learned in school, far from it, but certainly can be learned. Be your own teacher, I can only show you the door.

In that process you will also find that the appreciation does not come from the outside. Discard that outer influence because it has no substance, no platform to land upon in you, is purely superficial.

What made it so believable is within you and can be undone only by yourself, from the inside, to unwind the spring: go back the way you came, through the door of your own Self. Everything external is useless to "get there" but the world has found a use for it to keep you in your own virtual prison to make it more predictable and therefore gain from it. All it is doing is making it far more chaotic and confusing.

Life itself is very predictable: you get born into a body and your body will die, that is for sure, not the when and how, so live now, here to live fully and not postponed. Happiness is here, now, you just have to uncover it in yourself, throw away that coat of conditioning that does not fit, it is there, right inside you. No action is required, you do not have to do something.

To stay within your own centre is to view the outside as just something that just happens to you and goes by again too: it is just like this, it is just like that. There is still a space in you that can value all that is around you as just happening, comes and goes, next one, that will not change.

That silence is where to look for, where a quite quiet mind needs to shout to be heard in you, the silence does not need that: just Is, very powerful by its being, goes through everything in favour of life and certainly in favour of you for what you have to do here, now.

Do not try to find the composer of life outside you, it expresses itself through you and therefore cannot be found on the outside. Verbally unnameable: there are no words to express that force inside you as masses of people try to in bibles, self help books, courses and principles.

It is not a thing, no-thing and therefore unable to pronounce or even describe, hence the showing of the door, you got to feel it yourself to fathom it. Unfortunately we are so focussed on and limited by verbally labelling that we miss out big style on that essence in trying to name it, label things.

It is not a feeling either, far more central than the mind's interpretation (feeling) of a bodily reaction to what is happening (emotion) caused by that same mind: what is happening is mere options and imperfect interpretations based upon the conditioned past, taught by conditioned and self limiting

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people called your parents, peers and teachers who had no clue how to believe in realising reality, never were taught that way either so no one to blame, just do it yourself, start here, now.

If they were realising their dream, that same dream would shift a level straight after that to move the carrot further away from you and by getting a longer stick, again and again.

That is why successful people in business, sports, music, film, you name it, celebrities, tumble down from their ivory tower consistently as their success became their addiction and after that sex, eat, drink, smoke, drugs, worshipping, medicine and all sorts invited themselves through the back door as the easy way when money was flowing, buying their Stairway to Heaven.

Instead they found themselves at the non ending Thrive to Search and not to Find. Money could not buy their self back, lost forever, gone. Retirement was experienced as a punishment: they never anticipated not being in the spot light anymore, therefore the hunger for a more devastating means, a level up to continue to get what you just cannot have... Enough vultures around to provide the dream though, enough thieves to take when they are not alert...

To achieve acknowledgement from others, you have to be exceptional to those others and fight yourself through the multiple rejections first, the unstoppable drive to achieve that acknowledgement to suddenly find yourself high up there, acknowledged by that same group you were rejected by and then what? Adaption will kick in, big style because you are fully hooked on success by then, corrupted to the bone...

What is the next group to get acknowledgement from? Same circus, different clowns, on and on again. Let that go, let the circus go, including the clowns: they are of no use to your purpose here.

There is no acknowledgement required: you are doing fine for what you are here for. Do not try to find it in words, thoughts or symbols, go beyond them. Find out for yourself, be here, now. Nothing else Matters, go back to that child point, its fine as it is and that is for you to find out.

On the blocked mind:

When you are in your invisible prison, even when you feel that you are out of it sometimes: it is an illusion and therefore untraceable, untouchable and the projection keeps that alive, knows it can get away with it, do whatever it wants because you believe it is real where it is not. All your senses fire up, your body reacts, locks up and therefore your mind exist in that projection of yourself, which is not you.

The state you are in defines the illusionary laws you believe are real and with it comes Jung's Shadow side, to unbalance the projection. Freud's Ego and Super ego kicks in to suppress that Shadow side, duality and there is the constant internal battle, the confusion, the feeling of being upset in your life, even when you think you are relaxed and quiet.

It is because you were told that other people including your parents, peers and everybody else knew you better than yourself and you took that on board, believed the projection to be true.

You should fit in that thing called society which changes as soon as you bump into another person or a group of people. So there is a billion societies with its ever changing rules which you constantly and consistently try to adapt to: to get the so wanted acknowledgement that you are doing the right thing which is the gear box, implemented, impregnated and manipulated into your thought process at that young age, the Emotional Plague.

The moment there is confusion, your thought process decides, once again, to hone into acceptance, not on what is the best action for you in the total.

What if there are people with a conflicting bunch of rules in their so believed projection? They lock into one of them and will not let go, pride, stubbornness, regardless what the outer world puts in their face in the shape of arguments, rude words, manipulations, rejection, guilt, verbal and non-verbal in the hope that you will acknowledge them in their views, their beliefs.

That locked up state can be so intimately strong that you connect your entire worth to it and even will go to war for that worth, that belief, kill who thinks and acts differently because your value, your worth is at stake which is not the case at all.

Afterwards their other side kicks in: "why the hell am I doing this?" But they never delve into the question, their mind will distract them away from that: too busy, next focus.

So there is the choice:

Keep looking at the projection and think it is your life based on what other believers, saints, seers, celebrities, nobles, news readers, kings, queens, billboards and loud speakers say you should be, fight against or with it and stay in that state of confusion, never finding peace.

Constantly running to put out fires you did not start, constantly chasing acknowledgement from others who cannot see what you see, feel, hear, taste in combination with their own conditioning they have received and adjusted to.

Or.

Feel in your being that the projection can only be there due to the screen and play with the projection without loosing your worth. You are worth-less, as you might have been told before: no worth is able to define your value, it limits you straight away when you think of worth, always in

comparison. You are incomparable and in the world of worth and value, therefore useless, worthless.

Society is unable to value your worth here on this earth because it is based on the rule of accept/reject, praise/punish which is based on a truckload of unconfirmed illusions society is holding on to. It changes with the state and experiences people live their lives in and with. Find that, that does not change, does not come and go.

That is you, disregard everything else because those are projections and therefore illusions.

The real world, nature, is far more simpler and far more accepting you as you are: people are not. It is a life support system with an evolutionary search for better, better in regard to that life support system, not to the individual. The mind turned it into that individual improvement search.

View the screen: love yourself first so you know what love is. The rest will follow from that central state of acceptance, sufficient and that radiates to others without your effort and therefore you start living effortlessly.

You, with all your experiences build up in your environment on your moments, are completely unique, incomparable, no competition outcome will ever be able to define you and your worth.

When you reach that state of self acceptance by taking off the coat of conditioning by not doing anything, life becomes effortlessly easy with a huge tranquillity because the concept of mind shrinks, deflates, inside you. You will directly sense the world as it is, sharp and uncontaminated.

The concept of mind dies when conditioning has no grip on you anymore and you went back the way you came, back to the point where your you, your Self is in line with What Is: enough, perfect as it is on that specific second in your life with no labelling going on anymore.

All tension, aggression, irritation, stress and hostility in people is because of their conditioning, which causes a voice next to your Self inside you. This voice is the voice of adaptation to what the world, society, peers, parents, friends, colleagues and all other people you have met and still will meet in your life, will think of you without referring to who you really are.

That internal tension causes you to feel inadequate as the reaction to all that negative encouragement of the learning process in humans in the world, that adapts and can internally set you so far away that you genuinely wish to kill yourself and/or others to stop the internal tension and inadequacy. What you desire to have is already here, within you.

To get acknowledgement for who you are: you will not get it, again, because that acknowledgement is based on external referencing of your own uniqueness which is a contradiction in itself.

You will not find relief and comfort in killing yourself or others, mentally or physically. The tension will not go away but diverts to other things to do exactly more of the same.

We are not born aggressive, depressive, dominant or submissive: people are made into that by the effect of the corrective phase where we have no idea what is going to happen with the build up of tension and the outcome of the conditioning at a later age. Lost inside themselves.

How you dealt with that is how you define yourself now, based on your conditioning which is not you but became you, your definition of you, your self image you have now: the projection of yourself against the background of your conditioning on the screen of reality. So busy with becoming that you forgot to be...

Notes of a lively journey

In the soothing of your aggression, irritation and tension, not dealing with it, your attention is diverted to external things like games, football, hobbies, sex, dating, pubbing, clubbing, hating work, hating things, extreme challenges and the concept of mind is very busy inside yourself, always comparing and feeding on comparisons, never satisfied.

As long as you are not taking control of your thoughts by taking off that coat of conditioning, you will continue being confused and even be confused about your confusion itself: "Why is this happening to me?". A split second later your attention has been taken away from that question again and is drowned in other distractions. Deal with it, here, now. Do not let your focus on yourself be taken away again. Focus on the silent, thoughtless moments in your brain process.

Stop the confusion by looking at your thoughts and thought process, see how a little spark of a thought can fire up the inescapable thought train of an addiction, a habit.

Thoughts are just options: If you fuel them by letting your attention go with them, more of the same thoughts will come and suddenly you will find yourself in the unwanted avalanche of thoughts connected together and doing things you do not want to do and are clearly not you.

The issue with this is the time lapse between your conscious thoughts on thoughts and the effect it has on your thinking: thinking things out does not work, actively acting on your thinking process, controlling that, does.

The time lapse between wanting other thoughts and actually changing the thinking process in your head is like changing a habit: you need to be conscious of it all the time and not trying to be conscious. It needs to be actively changed over a longer period than just thinking it out, go past the thinking by doing.

And be aware of the intensity of thoughts too: the more attention you give a thought, negative (I do not want this) as well as positive (I do want this), the more you get of them. So fighting to not have a certain thought just makes them more intense which causes the opposite.

But when you give a thought less attention, less of an impact, less attachment and less value it will invade you less and less but it will still enter to fight its seat in you: look and notice the intensity of a thought fade away instead of focussing on the content and the effect a thought has. Not easy but certainly possible, again, screen instead of projection.

It all starts and ends with your focus, your energy, your wanting: beware of what you want, you might get it and then you are stuck with it. You Create and then you start to react to what you create yourself and call it suffering....that is your mind at work, hijacking your attention energy flow, it is not busy with you, it is busy with an uncontrolled fuel spilling in this thing and this thing, constantly drawn to yet another thing outside you and that process we call mind.

That's why you feel exhausted after a mind attack, upheaval, confusion, brain drains.

Mind is not a thing, it is just a brain process which can be stopped by un-conditioning yourself, alter the reference from outside to inside, as it was before it or you changed it to the outside, bring it back in and see where you are then.

The main point with external referencing is that words are so important to that process that it influences the way you think: thinking without the influences of what others say or do is impossible, it is interlinked and that is where NLP has its power, as long as you keep referencing your value to the outside, it works well, but so does everything else because you replace one external reference with another which dies out and then you want another one and so on.

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The advertising market happily will supply you with an infinite range of things to want and supplies the model of perfectness with it so you are tempted to change your belief again and again. Endless.

As soon as you change the referencing to your core inside, words, thoughts, gestures, principles, courses, methods, concepts and pictures will lose their power on you because they have no platform to land upon anymore: the channel, the umbilical to have an effect on you is gone, powerless, useless.

That's where the game changes: you will see the uselessness of it all and the game that is played with no rules and no master to pull the strings where everybody wants to pull the string in this labyrinth of thought of connection, causes and effects that do not exist, are all thought of, believed. None matter.

Scary? Dare to have a look without references from the outside defining you, let your strings go and see where you are. Dare to hover above this thing you call your life, your thoughts, your beliefs and see where you are from there.

Dare to let go of your knowledge too: your fear is not of the unknown but of the possible loss you might suffer from of what you know. Knowledge does have a stinging nettle to itself.

What you think you are made by of knowing more or different things than others and get your value from that. It is constantly changing, every corner you take in your life, this way of checking who you are.

Are you not focussing on the people who oppose, object and deny you instead of the ones that compliment, encourage and support you? See how strongly affected you are by this Emotional Plague, it has affected the way you think in the core because you were not aware how much your thinking can influence your value, your worth and words, gestures, beliefs, concepts are all supporting this influence, exist by it: they dissipate as soon as you get your core value back from the inside out.

Do I lose my affection for what others say about and do to me? Am I not turning into a complete Stoic when my I is not defined by my outside world anymore? Am I not turning into a recluse or a complete nerd, rejected by all that is dear to me? Mind questions, not yours, find out who's asking this in you, trace back the questioner, find it.

If you want the suffering, tenseness and complete confusion to prolong, please, by all means, stay there. No one will tell you that you have to change, go with your fear and stay on the illusive safe side of the line, where everybody will support you within their desires, not yours and keep this niggling feeling just not getting there.

But if you want peace, proper, honest, basic, rock solid peace, detached from everything outside and confident in everything you engage because of that disconnected valuating thing, then have a look, see how much from the outside defines the you, the image you have of yourself, the brittle value you have made yourself into by believing others above yourself.

On habits

Habits are templates to live by with an emotional load so you will do it again to pursue without having to think about it.

It starts with a thought and prolongs with thinking until you want to get rid of it.

As soon as a sequence in your life is pleasant (have a smoke, sex, drink or food to relax as an example) the mind registers this positive emotion (the body's reaction to a thought) which results in a positive feeling (the mind's reaction to the state of the body, the mind – body loop) about the entire situation and registers this.

The next time you do it, your mind checks this in the History of Similar Situations and decides that it's OK so you abort of thinking about it too much and continue with it, the same feeling arises so a pattern of pleasantness kicks in, more of the same.

The next time less and less consciousness and attention is directed to the familiar pattern so it becomes an automatic reaction: your habit is born.

In due time the habit prolongs and because situations and circumstances change, you discover that you are doing it without thinking which upsets or scares you so a minor feeling of objecting a habit kicks in but the charge on the habit is a strong positive emotion in your records of the past and therefore not easy to break.

You have to become very strongly aware of a destructive habit to counterbalance the strong positive feeling it had in the past: the problem with the recording of emotions is that the charge will not change with your changing environment or state of mind. You consciously have to rewrite that past to eradicate the good or bad feeling it has registered in your system. Reregister it as insignificant because past is gone and the charge you gave it, belongs to the past.

That is close to impossible because we normally endure an emotion, we do not edit it or consciously recharge an emotion as we have not learned how to do this.

It starts with a thought so that is where the focus is going to be: to first understand the force of your thought process on the creation and undoing of a habit.

The tiniest thought on a subject or object sparks a registration of the feeling on the emotion that it created, that goes with it: attentive force or strength is decisive in how it is recorded in your brain, positive and negative, fear and pleasure.

To not think is how not to register a feeling and therefore not storing it to create a habit..

How do you not think in a world that is educated massively in thinking things out to use your common (common to whom and which group of people?) sense.

A thought is taken far too serious and therefore we charge our past way too much to match current situations against so in doing that, we constantly miss out on matching our current situation with the past hence our confusion and suffering. Our past became a way too important template.

That is why a habit is difficult to break: we take the charge of the past too heavy in ourselves, it is too embedded in our systematic thinking things out.

Notes of a lively journey

First step is to learn how you think, to surface the pattern it takes and the conscious “seeing” of a thought process, how you build it up to that level of a tsunami: each minute thought in the emotional attentive field, given attention, a charge, creates the wish for the More of the Same train.

It all starts with that tiny, little wee innocent thought coming into your field of consciousness, so tiny and innocent that it does not get the full attention of your conscious guard so it passes through the fence of your awareness.

Once it has passed it is able to attract more attention and grows, heading towards the tsunami.

It is that specific innocent moment to catch it and reject it out of your system every single time, just say “No, I don’t want this thought”. You need a sharp sense of actuality here, train this, make it happen by seeing the flaws and start again.

Yes, you can reject a thought once you take the weight off your thinking process, regard it as a playful option generator, not a core necessity of your existence. Notice how a thought loses its charge when not taken in, not fuelled by your attention.

Once you identify your self with your thinking process, I am what I think I am, you are in your prison, your invisible prison where thinking is defining everything, past, future, everything based on your knowledge which is old and all past.

To reject your thought is to identify with here, now, no concept, no conditioning to refer to. Take thoughts as options, they shoot from different angles to the situation at hand but still do not define the fact right in front of you which cannot be described in words.

Rejecting a thought is based on your feeling about it so to rearrange your database of feelings is to review a thought, refresh the emotion that goes with it and then reject it. Catch it before the charging.

Reject it before the feeling and emotion are build up around the thought, nip it in the bud, that is where you tackle your addiction effectively: be very, very sharp, alert, on innocent thoughts creeping in at the backdoor of your attention. Your sharpness will pay off in effortlessly living life.

To reject that wee thought snippet is to take your attention very serious in your life: attention is the fuel behind your thought process, where your attention goes, energy flows.

A directed attention is a consciously pointed arrow in your life: you are not controlling the circumstances around your focussed attention, you are just filtering your thoughts, to reject the non-supportive ones, to collate the useful ones them around your attention direction, not the other way around as marketing and advertisement, Coronation Street wants you to do.

The circumstances will become far less important when you choose to direct your attention. This is a very intimate and personal process where you must be aware that your outside is not able to judge or to help in doing it.

Your personal dedication becomes the drive behind filtering your thought from the very first innocent one that presents itself at your conscious doorstep. If you do not want the results of that tsunami thought wave, kill the very first inkling of it being the thought. Be sharp on that, sharpen those senses to detect that tiny, first one, you can.

Investigate how you think, put it under the microscope, play with it, find out and get to Know Yourself.

Notes of a lively journey

The rich and the poor do have only one main difference: they think differently about wanting. The rich really focus to increase their wealth in every opportunity: dump liabilities, increase assets. The poor acquire and increase their liabilities and neglect their assets. And all in between are just graduations, variations of these two balances. Want to have in many different forms, all are searching instead of finding, addicted to their habits, disappointed in life.

Where the rich think all can be bought by money as a tool to gain more wealth and more power, the poor feel they are genuinely born to be poor moneywise and therefore both sides of the scale focus on materialistically wanting to show the world who they are by their possessions and lack of possessions, again, exterior, not interior. No money or debt can buy ever lasting happiness, you have to go inside to uncover it, it's already there and it's free.

The rest of the characteristics is all the same: physical, emotional, same body, same urge to breath, same urge to go to the loo, same drive to eat and drink, healthy or not, same irritations, same exploding frustrations, unhappy about their achievements, never enough.

We do not learn how to think, we learn how to please in a conditioning phase because of the painful physical or emotional rejection if we don't. It takes a while to undo that because of the emotional load that we, ourselves, have put on it therefore we can only do the undoing ourselves.

Looking at your thought process is to recharge and review your memory bank, filter the content and live now, here. Travel light after that, it begins with starting to do the hard work internally, see the screen instead of living the projection.

Be sharp on that first, innocent thought splinter, that is where the tsunami is born. Your decision is postponed as soon as that first tiny thought is allowed into your system, passed the gate.

Can I not have those tiny innocent ones and move away halfway? Apparently not as the avalanche starts with a small snowflake that topples the balance. If you wish to accept the avalanche as the consequence of not rejecting the thought? By all means, that's what you've done all your life, just follow your mind, back to More of the Same.

It is actually quit simple: if you do not want the consequences then do not fuel the process, you reap what you sow.

The logic is there but it does not make it simple. The structure of you mind, consciousness and thoughts is not simple, it is complex due to emotions interfering in our nerve system but simple to control: the dragon you feed is the dragon that wins in you, energy in means energy out too.

It is to control your attention basically, your focus, what you want, not what society wants you to want, what adverts shouting, marketing and social media wants you to want. Their focus is to control your attention: when you like to give in to upheaval and disturbance you will like Coronation Street, Emmerdale and the rest of it, football, politics, religion, Facebook and your daily local newspaper.

All shout Stay with Us and you are up to date with all the upheaval, fed with the right ingredients, It Never Stops until you aim for contentness, be satisfied with What Is, not with what you do not have which will always be.

That is where upsetness stops, emotionally knocked out or unbalanced which, in hindsight, your society, your surroundings do not want. Find out what you really, really want, below all the superficiality, below the surface, below that which changes all the time and does not satisfy at all.

Notes of a lively journey

That means going beyond your thoughts and thought process, notice noticing things, watch thoughts flying by, do not identify with them as something you have to follow, not anymore.

The tiny moments when a splinter of a thought comes in is because, once, you gave attention to it in the past and therefore it remembers this with all the emotion that came with it: the bravado of smoking, porn, drinking, drugs, getting annoyed, criticise, nagging to nag, wanting this or that, brands and companies thrive on it.

Showing a perfect character on a billboard doing something you normally would not do or dare switches you on as the sense of imperfection suddenly has a form, a script, a setup that holds a mirror in your face. The judgment, that that situation is more perfect than your current one, creates the emotion around it so you start wanting it and the rollercoaster begins to move.

To understand how you think is the essence, not what you think and you have to pause, step back and watch your thinking first because it is not you, it is a tool we all have. You would not associate yourself with a hammer: you use it and leave it if there is no use for it, the same goes with thinking.

You are influenced by your surrounding, your parents, peers, family, friends and everyone you meet but you take your decisions yourself so no finger to point outwards.

So your thinking is made important in the past but that is past, gone, refresh it, do things differently and yes, your friends will say you have changed but who do you deal with 24/7 every second of the day? You yourself of course, the rest is subject to change, subject to interpretation and perception, changes all the time so unreliable to lean on, to build your character on and identify with.

That unreliable, insecure foundation you identify with, causes your irritation and frustration and you know it but habit takes over and therefore you feel it is difficult to change.

The difficulty is thought of and vanishes within having that one thought that one second right now: No, that's not me or mine to have and everything founded on that past, collapses with it.

On focussed wanting.

There are books about on focussed wanting: Think and grow Rich (Napoleon Hill 1st release 1937), The Secret, Win the lottery and so on. Are these working or not?

Having tried and applied both from my own perspective, they work but they come with a hefty price to pay which is not entire obvious what that price entails when you read the books or watch the video.

Having given it a serious go and focussed for a consistent 5 weeks day in day out on what I wanted it turned out that my focus was so dominating everything else in my world that I lost my interest in life completely and got annoyed with the slips in my focussing into an internal rage to stick to what I wanted. As Napoleon Hill states: in the persistence lies the result, believe it and you will see it including a loss of everything outside the box. The amount of options and possibilities I've missed were immense by just sticking to that boxed thinking to get what I want. Focus and creative visualisation (feel that money in your hand, hold that winning lottery ticket, drive that Mustang).

The price you pay is the limitation of your thinking area: so compressed is your thinking that thinking out of the box is totally erased and you are back into your ego state mind which defines want as the highest achievable trophy.

Sounds like the state of a spoiled child which gets what he or she wants, every single time. What the child loses is the ability to be truthfully honest and to think bigger than just the egoic mind.

Surely the universe is not at the least impressed or dominated by a strongly focussed individual mind. It is a *Life* Support system: it supports you in you basic needs. Wanting a million in the lottery is a playful thing, not a need, although your mind certainly will disagree in that focussed state..

In that playfulness is also the contentness of What Is encapsulated and therefore: let go, launch your wish into the universe but without the identification of the end result.

I got everything I ever wanted but not in my own projected time but in time of the universe, when it suits the life support system, you will get it. In the mean time: love what you do and do what you love to do. First and most important is to unconditionally love what you do, do it with passion, not with regrets and complaints that you actually want to do something else.

You cannot dominate the universe: that is a typical grotesque Ego state to try to outrun the gods up there or below, inside or outside and trick them into your way at your time to your T and C's.

What highly focussed people are doing is totally disregarding anything else than the picture in your head: the projection is so magnified and reinforced that everything else will be sacrificed for it.

Nothing else matters, everything will be perceived into that tunnel of focussing. If it does not fit, make it fit or totally ignore it, disregard it. No debates, no negotiations either, pure greed.

Yes, that is the way to get rich, and confined, lonely in your cell called Mind at the same time. There is nothing else left in there, a hollow corpse with no soul as that is the trophy to the devil. If that is what you really want, by all means, go for it. Understand also that it is a super level of conditioning with its acidity, burns everything else away which is not in favour of your focal point. It will assist you full on, even to the point you feel driven by it, enslaved, addicted to more.

The alter effect is a desperation for yet another focus as soon as the first one has been achieved. You see it with celebrities who achieved it all: they run out of ideas what to want next and feel ultimately

alone because no one will feel wanted or acknowledged in the surrounding of that celebrity. Their centre is number 1: there is nothing else anymore, in that focussed wanted egoic, narcissistic state.

The focus continues even if there is nothing left to focus on, externally that is. The ego has exploded into a super ego thinking that the world turns with them in the dead centre: it is not and it will never be. You are mentally deprived of everything, choking, just left with that all destroying drive to get what you want. You have ripped your soul apart, completely and literally, for the devil to collect.

The money making business system behind the celebrity is consistently and constantly pushing to get more money out of them until they resist, give up, retire or collapse. That is where they are puked out, left with no chances or opportunities, used and abused. When resist or give up, they die as an example to the others, when they retire they still need to feed the media with stories to fuel the distraction engine, keep you locked to the projection.

It took me a while to find the non-mind form back again after my focus test as I really wanted to know what it does and that is where I saw the power of your attention and intention in full swing: watch out what you wish for, it comes true but with a prize to pay. The devil wants compensation...

So powerful is this attention drive that we call it I and everything else dissolves in it, becomes redundant. To keep your attention at bay (because you are bombarded with attention seeking impulses, inside and outside yourself) is focussing on the silence between thoughts, the silence between stimulus and response, that is where you will find who you really are.

Do not let your thoughts dictate your direction of attention: you get lost if you do. Check what your thoughts make you do when you feed them for a few weeks and then, in the same experiment, do not feed them and see where you are. Not the slightest encouragement of a thought to flourish, into a thought tsunami, unstoppable: that is where you can control things, in the thinking and not feeding.

Try it, find out for yourself how your tools work, can work for you and against you.

Thoughts are options, lay them on the table to review, do not decide here and now based on your thoughts because the speed of your decision gears the train of thoughts in your head: slow down until your gut feeling comes up with where to go which feels as a must, not a want or need.

Look at your thoughts, what the play of conditioning wants you to do which is adapting to society or whatever is demanded from that influence where you came from: that is not you, it is your self image who you think you should be or think you are.

Focussed wanting is what you have been taught in school, in society: comparing, competing, be the best in who and what I want you to be which is not who you are at all. We are all shaped into a form we are not. Some step out of that, some stay with regrets, most of us are not even aware that this is the source of your worries, irritation, depression and suffering.

We never can and will be able to do the best we can in something we are not, hence the endless struggle and suffering.

To still have a go for that massive prize of being the ultimate, being the best is a short lived trophy with a quick sell by date and a very depending one of course: who set the standards the highest will be surpassed left, right and centre as creating that highest standard is the prime focal point for someone else who is willing to trade their soul, their being, their self for that end result using focussed wanting in its strongest form.

Couple your attention, which is connected to your intention, directly onto your focussed wanting and through the ultimate neglect of who you really are underneath, you will succeed in what you want but is it what you really want or are you just desperately hoping to get that glory, that kick, that flow of achievement and right below that the acknowledgement from others as the carrot? Find out for yourself.

Even the richest man or woman is under a constant threat of being surpassed every minute of the day which means you never take your eye off the ball, not a single second. That is your prison, it will not go away unless you are willing to accept who you are without that focussed wanting. Bare, with no strings to anybody attached, just you, sufficient, enough.

That is where you will find your peace of mind, not in that prison called mind: the form we think conditioning is, the voice in the background, loud, shouting thoughts onto your screen, never letting you rest and causing the crazy monkey in your head. Doubts, worries, second thoughts, guilt, envy, jealousy, hate but also false caring, false love and false gratitude, false because it is not unconditional and with an intent to achieve something else.

As the saying goes: conquer the enemy within and you will never have to conquer the enemy on the outside. The very heart of Aikido.

It is not that everything is blending better when you accept and operate from who you really are, unconditioned and outside any external reference, untouched and untouchable, with the flow.

It is seeing, realising, not just thinking it out, feeling that there is no other than just That, What Is, which makes you see what really is required which is to be and not to become. To come out of your own shell and not replace one shell for another, be who you are, always was and will be.

To see the tormented mind in the shape of your screen where thoughts reside, forces of guilt and envy resides, where your inner voice or even voices create your inner war, the enemy is inside, right at the very point where you thought you knew who you are and where you find, that you are not.

Who you think you are comes from the outside, disregard it, it is not you. It is who you think you are, it is your ever changing self image, blending, adapting, forming on the fly to whatever comes in front of you. And if there is not enough to reference to, it will come up with something new for sure.

Find that, that does not come and go, that does not change, never leaves you, between the thoughts, the silence between words, underneath the troubles in your head. Troubles that will never stop till the day you die and you know it, unless you pick it up, here, now. This is your opportunity.

Unless you go through the door of your own self and clear up your house on the inside: toss out the thinking, toss out the doubts, the worries. Dare to change and live without an external reference. Be your own reference: unbendable, incorruptible because that you has no enemies, no comparison, no rivals, peace and quiet is within, on the inside of you and you know it.

You have been there, before you adapted to all this pressure and your mind took over. It is time to turn back this fooling of your self, the time for procrastination is over, only direct seeing, conforming for yourself, nothing more, nothing less.

The projection is no longer the reality, you are the reality.

Here is your opportunity to go no longer with the secondary experiencing, go with your primary experience, straight from your senses, do not let your direct seeing be influenced by what you should see: see for your self, look directly into the light instead of relying on others to define reality

Notes of a lively journey

for you via soaps, reality tv, talk shows, cat walks, news, demonstrations and political empty rhetoric.

TV, Internet and radio have a massive influence on your daily thinking to keep you away from the silence within. Once you get this internal state, external impressions and pressure have no influence on you anymore and the game changes: you “get” life far more, in detail in essence, in reality, as it is.

On becoming unconditioned

More and more, your confidence and consciousness becomes refined, sharper, clearer, more determined to see reality as it is, What Is. With that refined seeing you start to see the play on the screen you have projected and all the voices and projectors that come with it.

This play is becoming on the outside of you, you view them at a distance, disconnected as your self is becoming valuable again and with it the sense of reality. Self was already and always there but overwhelmed by the thought process inducted by the pressure put upon you as a child.

With that pressure came your I: your you, you think you are with all its voices right in the very heart of you. So intimate has your thinking become that you call it I: I am confused, I am a liar, I am no good or the very best, inflated. That break point created the you in you as a fertile dependency magnet, strongly installed in your centre, hard to resist, with the devil at the helm.

Your attention drives your intention and with a blurred and diverted attentions comes the mist, the chaos in your life of what you want which conflicts with who you are. The you, who you are, is no longer of any interest as you are pulled into the Emotional Plague pool we all drown in.

The world is preying on you by shooting adverts and reminders, symbols are becoming far more important than reality: the symbol of presidency and royalty, the symbols of Celebrations, religion, special handshakes as its institute: driving forces to take up your thinking time but most importantly to keep you thinking, keeping you away from your silence, the you you really are.

All you have to trade in is the you, you think you are, including the intimacy that goes with it and therefore it is projected to be ridiculously dangerous to go where the silence is. Your mind will do literally everything to keep you from that point of inner peace, it attacks regularly when you disconnect from it but it wears out, it always will.

As you become more refined in your being, even losing your I at some point on this journey, you are in peace with that from the inside because you are coming home again, relieved from all the external pressure of your fake being, shackles off.

With this comes another prize: the world, you called your world before, does not want you anymore in this pure state of being and with your I, you will lose your world around you that was based on your false I including family and parents as your closest peers and early teachers but initiators of your conditioning all in the name of caring for you where you were not asked what you actually want from that carer that might help you.

The prize of losing all that is the gain of independency, nothing defines you from the outside, you just are and is enough, contentness in full bloom.

Who leaves you or you choose to leave, when you are, has his or hers own path to find, door to go through, internal war to find the silence . You are here now, at the forefront of humanity although it does not feel that way at all, having this opportunity to walk your journey, this pathless truth, right here, right now.

By being you, you are the best way possible for others to see their way as they might or might not see or “get” it now, their journey is completely irrelevant to your own process.

Your focus cannot be serious on something others are expecting from you. That is not your purpose up here on this earth. Find out, find What Is. Love yourself unconditionally.

Notes of a lively journey

Therefore you will always fail in exactly that: pleasing others to gain acknowledgement is an endless striving with no end and no gain.

Whatever you do to get the appreciation from others, comes across to those others as not honest anyhow and that is correct, as it is not their focus and will feel alien to your gestures. Not focussed enough to give it to you and will never be. There is your core of frustration in this vicious cycle of impossibility: "Why do they not accept me fully, what's wrong with me?"

Because you are not behaving naturally, you are playing the game along, it comes across as attention sucking behaviour.

On to notice noticing.

When you become the moment itself, no thinking will affect your state of being, no thought enters to the effect of feeding the illusion of yourself and keep the fakeness intact. It has lost its potency, its power to fool you with more thoughts, the thoughts do not harm and distract you anymore.

All your senses are regarded fully present and alive. No filtering of the information presented to you by your senses: a clear view on What Is.

They always are present and clear, then thinking obscures them, perverts them, makes them less important than the thinking process, this is what you have overcome and not to label this either, is being fully present too.

Because all your senses are regarded fully in their essence you start to perceive the world as it really is, with all its fluctuations and diversity. To love yourself unconditionally is to not filter the signals from your senses and take them in untouched, rely fully on your senses to see reality as it is, untouched, unprojected. This is enlightenment, awaken to the reality by trusting your senses full on.

This is poignantly pointed out in the film *The Last Samurai* where being introduced to fighting, the newby was beaten every time by the master until his mentor pointed out: "too many mind, no mind".

In the no mind state, all senses are regarded to project the reality every split second of the moment, working full on with these senses every split second, without interpreting, valuating them, always gives you the exact right reaction.

in the case of the newby, he started to balance the attacks from the master to the point of stopping the master from attacking as the point was reached, the revelation achieved: the no mind state result.

The same goes with driving and all other activities: all senses are recording the world perfectly every split second of the journey, the distraction of thinking about them or about something else causes a delay between information and reaction which results in clumsiness, near misses, incidents and accidents.

Check with yourself: notice when you are fully in the moment and you are automatically act on every sense that comes into play, properly sensing the world, pure intuition, no interpretation, just observing.

Then go with one thought that comes in and give it attention, conscious attention and notice the dissipation of reality, it fades to the background as more thoughts come into play, more options to regard, as you keep your attention on that first thought, you will get bombarded with thoughts as you feed the thought process with your attention. Background and forefront are now locked into place, simply by letting your attention loose, out of control.

You will make mistakes, trip over things, say the wrong words as you stay with the thought process because your actions are too late, lagging behind to the real thing happening in reality, it is only a split second or more but too late.

Then your attention is drawn to these mistakes, more labels will arrive and gone is your notice of noticing, observing is no longer active but all your senses are still recording reality as it is, thinking makes them insignificant, to the faded background and makes thinking dominant to suck your attention further down the hole.

Notes of a lively journey

By consistently staying in the moment, keeping thinking at a distance, thoughts are no longer affecting your behaviour and therefore you act right, in favour of this life support system, in favour of your being, not your personality at that time: intuition makes it so, all goodness is outpouring from you in this genuine state, the best You you will ever be, is right here, now.

This key to end the suffering in your and others' life and start seeing the direct signals first-hand without intervention, seeing the happiness that is already there, is what religion is really about, not the religions of external books and people in symbolic ranks are telling you what to do and what to believe, that is keeping the thinking process in a dominant place to avoid exposure of reality to tell you to disregard your senses and make sense of what is told.

Real religion has no book, no leader, no symbols and no rituals. Real reality, what is right in front of you, in plain sight, uncovered, every millisecond of your life can only be seen in full light, does not require interpretation and deduction, has no means to harm you and supports you in whatever part you play in this life support system.

Notice you, the one that is noticing, what is happening inside you, inside the brain process, is not merely thinking and labelling things.

There is a far more subtle process and a thing going on, does not use words and thoughts, does not rely on time and space, does not belong to past, future or even the present, does not follow moments with a magnifying glass but just sits there, observing the plane of life flying instead of wanting to understand what each dial tells us what is going on with the plane, it just considers flying and adjusts to whatever is needed without interpretation. Just is with What Is.

No school or upbringing teaches you this, even written information about it has to find words and metaphors to try to bring this across, you have to peel off your layers yourself to find that thinking obscures seeing.

That is why you cannot make other people see or to wake up from their dream state all you can do is create space for them, space to find the way back from conditioning, to go back where you came from (Nisargadatta), show them the door (Morpheus).

In the mean time we still and ever will teach our children, who are closer to themselves than any adult, that thinking is more important than feeling, intuition only brings problems, aligning to others is important, praise for loyalty is made greater than for conscious being and doing.....

Finally, on how to get there (no short cuts unfortunately).

In the speed of this ever changing life, thinking obscures the process of sensing which means you are too late in creating the right choice and reaction to the changes when the signals reach your senses.

We perceive the impulse directly from our senses and then process them, pervert them, in the thinking is filtering those impulses through our conditioning to try and match them with things that happened before, in the past and therefore literally missing the point of now, here.

Unfortunately this is irrelevant to reality as the situation 2 seconds ago is completely different in circumstances and influences than any earlier situation and therefore, trying to compare and to match will cost time you cannot ever regain and is lost in favour of the useless process of thinking about it.

By the time you feel you found a solution, the change has already occurred and another one presents itself: we are constantly lagging behind and have difficulty grasping what is happening and we call that suffering...thinking makes it so, nothing else: hell on earth.

Thinking is also closely related to dependency, being dependent on your past to define your future, your car or house defining your state and demeanour, the things you own, worked hard for, do not end suffering, they only fuel the thinking process far more so you are addicted to them, which causes more suffering. It goes around and around, this wheel of your mental life...

Every external reference you use to define your self and your being, has no other effect than continuing your suffering and to make you more dependent because you compare and compete with something outside yourself which is not you.

To disconnect your being and the definition of yourself can only be done by internal referencing based on feeling and intuitive doing, to accept who you are, fully and unconditionally, here now, to be your own judge, based on no labels, not right and wrong, left and right, just being is the natural state.

Who or what is it that sees all this?: see the mind at work, silly and superficial, mind against mind, believe against believe, attention and loss of attention or inattention, knowledge and ignorance, you can all see this and therefore you are earlier than attention, inattention, knowledge and ignorance. So who are you, really? Find out, sit with yourself in nature which is right here

Again, you are before attention and knowledge because you know knowledge and you know ignorance, you can see attention and loss of attention, taking your eye off the ball is something you can see and therefore that is not you because you can observe it, what you can perceive cannot be you.

Keep in mind that even attention is a thought, but an intensely believed in thought, so intimate is attention that you call it I.....which is also just a thought....what happens with you in seeing all this? You're still here, thought or no thought, so what are you then when thought is silent, diminished, weakened? You are still in full presence here, regardless the thought process.

Waking up after you've woken up in the morning is to focus on that, that is beyond words, beyond thought, judgment and certainly reasoning. Find that in you that sees all this and does not judge, but knows that truth is indestructible, just is, and is enough.

That needs no shouting to be heard because it communicates in silence, no twittering of the mind, no thought can fathom it, no mind attack it, no words can describe it either.

Notes of a lively journey

Find that which does not come and go in you.

Sometimes you get this flash of insight and you suddenly view everything different as if everything makes more sense: please be aware that all we discover is already there, is not new but new to us as thinking machines, reliant on thinking far too much. Again, thoughts are options, not reality.

Don't get lost in generating loads of words and options with putting your attention on certain subjects. Re-educate yourself in the feeling department, this time with no interference of words, thoughts and mind to muggle it up.

Get control of your attention and control the thoughts, don't get the thoughts control your screen of projection and perception. And even pause the acceptances of thoughts, don't take them in, let them pass, fly by, no need to accept them, they are not mandatory.

Thinking from a centre, our centre, makes us feel in charge: we are not, we are merely guests on this planet, nature can certainly do without us, we cannot do without nature. It is our inflated thinking that buggers things up on a daily basis....Think less, live more.

You will meet people who express an experience which is comparable to your journey but it is all irrelevant to the core of your feeling and emotions, there is no need to compare or to share as you know that you can only show them the door....

You will meet the right people that also show you the door, momentarily are with you on your path, teaching you and learning from you at the same time as you learn from their experience with this thing called mind and self. And the paths split to meet others, again and again. Look back, they've been there all along, to guide you and learn from you, the quiet ones.

Jiddu Krishnamurti mentioned in his book "Can the mind be quiet? So can the mind be silent without the movement of thought"

How I see it:

This will only be if I am not feeding it with my attention, letting my attention be unbound, unattached to anything that my mind comes up with. This frees the mind from its illusive function and let it find its peace.

A troubled mind is dragging your attention all over the place but it is you that lets it go, lets your attention unleashed, untethered, follows the mind where it wants you to go.

But keep in mind that your mind generates thoughts based on your attention so when your attention goes all over the place, who is able to put a hold on this then? You, and you alone...

It is your attention where you need to put your energy in, to let it focus on What Is, what's needed now, here and not get distracted to what the mind throws in with producing thoughts, which are just options Don't follow the options, follow your attention source, options are handy when you run out of ideas but you are far from that point with What Is, It is exactly on time, doing what needs doing, just enjoy the ride, let go of the steering wheel and free flow on Life as it unfolds right in front of you.....

You get lost in the options and following their trail which leads nowhere, 99.9% of them will not happen anyhow. Stop the trail and actively engage to lead the mind, not being lead by your thoughts, the mind will and can be tamed but you have to start at the core of your attention, understand that that is where the mind feeds on, in this thing and this thing, all over the place.

Notes of a lively journey

So intimate is attention that you've called it I.

But is this the totality of you or just a part?

You will find that your experiences and your attention are very intimately your own and not of the other 7.5B others here on earth where you will only meet a few of them in your lifetime, all on the right time and on the right moment in this body, your vessel, your physical expression of the non-physical being you are for this duration of time, the consciousness if you look deeper and deeper under your superficial levels.

This divine timing of the life support system here on this earth, where we are merely a temporary guest of, is fully in balance, not in favour of the individual as the ego wants you to believe.

This objection, the resistance to this Life Support System is the core of our suffering: to object to What Is, the Isness, the reality, is a lost war at the moment it started as reality is and nothing else: anything else is a superficial attempt to distract you from What Is. Reality is the only truth there is.

See the prison you are in, your glass cage: from your attention, the things you focus on, you feel you are attracted to. Our mind generates thoughts around that attention subject, creates more of the same, so you want more of it based on the limited alternatives your mind offers as a option generator.

Your mind is projecting these options on your glass screen you look through at reality and your mind designs a world, a filter through which you select, decide and judge through.

From there your subject of attention is caught, hooked so to speak, created, glued on that subject and a concept is formed around the thoughts your mind comes up with: you will experience this as real, with emotions, enjoyment and upsetness towards that projected reality.

The result is either you fear it or want more of it: rejection and stimulation both acknowledge the projection as a reality, this invalid projection of reality, this filter you look through, this dream is constantly wanting your attention and therefore you will feed it, either through fear or through wanting more of it, which is pleasure.

See where images presented to you on TV, magazines, billboards and sounds of talking, radio, conversations on TV and in society are all shaping, defining what reality is but never is the real thing,

It is projected to you and you take it as real as soon as you put your attention on it in liking it or find it revolting. You refer to all that as real and are bound by it all. And this is exactly the intend of the media: to provide you with more limited options, on top of the mind ones, to attract and to bind your attention.

Both affection and rejection to a thought feeds the option generator in the direction you put your attention in so you are caught in this self inflicted loop until you get a grip on your attention to break the loop, not easy....and not impossible.

The loop will not end with rejection as this acknowledges the direction even more: try not to think of a pink elephant....what did you thoughts just brought up? Mind does not work with not, "I don't want to think this" which is attraction in disguise, is turned in to "I am attracted to this" with the accumulation of more thoughts, more options in that direction. Just a simple no, not this one, is enough, no drama required.

Either fighting or giving in does not end the cyclic thought carousel. Doing and not doing are the same fuel.

Notes of a lively journey

Something else is needed, something not in the realm of action or no action based on what is projected. Before forming the concept and taking it as real: action and inaction are a result of will and intention which both are defining the outcome before it happens, which has nothing to do with reality itself, just personal intent which is highly subjective.

The thing apart from doing and not doing is seeing, just seeing What Is, the seeing without a purpose, no judgment, no classification, no timing, no history or future, just seeing is enough, to observe without an intent, to deflate the structure of attraction through attention.

There is no attention in just looking, seeing with no intent and no expectation.

Attention is founded by judging, rejecting, acknowledging, comparing and competing, positioning you in relation to the other.

If there is no attention, the mind's thought generator runs out of fuel and therefore stops generating thoughts and your cage collapses, your filter dissolves and you will start to see reality as it really is, What Is and is enough...You will follow the stream in the river as it flows, without wanting to direct it.

Intent and will has a purpose, a forcing to create, bend and dictate what should be, nature has no relation to force, is not forced, certainly not by man as a species that just scratched the surface of what nature actually is capable of, the adjustment to major catastrophes, to survive and to thrive from there.

There is a common factor in Nature's progress, in evolving which disregards every challenge we silly people throw at it. Mankind has no clue what nature is about..... nothing we do or say is worth regarding as all this is on a very secluded, private level per person and nature's law has no interest or dealing with personal issues or interest, it is the total that matters.

Than you will also see is how superficial the mind operates in you and all others: you will find that actually there is no mind, go and find this mind in you, please look for yourself, try to find it, show your mind to me. Even locating it in our body has been proven by neuroscience on the highest levels in the world to be impossible .

There is only attention and a reaction of our brain in the form of thoughts, options in relation to that attention. And of course, there is attention seeking based upon thought (I am not enough, or the opposite, people should follow me) to direct thought so the circle continues.

Since there is thoughts, options, we think that there must be a thinker behind it that generates those thoughts, hence the mind has its existence. Not being affected by thoughts and that concept collapses including the mind which we than think fights this collapse and throws in more of the same thoughts.

There is no mind, this concept of a thinker, an observer, there is just thinking, observing as an activity, there is no phenomena behind it.

The pressure put upon us at a young age, either to adjust or to be rejected, is the fertile soil for *thinking*, creates stress and anxiety in us, to the levels of irritation, frustration and neuroses and any mental health issues and sicknesses. News and media only provide the water for the fertile soil to hatch the thinking thing called mind, keeping you in the glass prison.

Once seeing is carried out without judgment, without a purpose, the structure of this concept collapses as the imagination in ourselves is seen.

Notes of a lively journey

This is required to see the structure, any other action or non action supports this concept of mind and therefore we are in the circus, not on the outside, viewing it.

Of course, this is not taught in school or further on in your education, you have to stumble upon it to be aware of this, in silence, outside the rat race of life in society.

This superficial attempt to define What Is, this projection of reality, can easily grow into an addiction when emotions and sensory signals are wilfully ignored and imagery, projection and assumptions are preferred above reality.....

Not taking control of your attention is being a slave of it and your mind is happy to provide a cage of options so you will stay in hell, rather than view What Is, reality, which is heaven, not up there in space but here, right here, right now.

It can also dissolve into nothingness, the emptiness of which everything is born out of, this massive space of opportunities and possibilities before they become physical and matter. In this nothingness, you still are present but not as a physical being but your own personal source of energy, awareness itself, the consciousness of What Is.

Uninterested of what is to come or what has been as both, like the mind, do not exist. Time is an invention of man with his calendars and watches. Go before time, outside time, before knowledge, the accumulation of concepts which is based on assumptions and theories which all collapses when you look at reality.

Of course man invented planes, bombs, split the atom and clone sheep and all this is not new as planes are based on looking at the marvel of flying birds, plants have stinging needles and poison to keep consumers at arm length, you can only split an atom when you discovered that it is there and can be split. All is already there, theories never invent something new, it is new to man, not new in nature, nature is far ahead of the game of mankind.

The razor sharpness of our senses and of course, the will to do something with those sensations of reality, unchanged, unfiltered and the crystal clear perception that follows, is one of the main characteristics of breaking away from your mental prison. Its presence becomes intensely profound and burns away all superficiality in its presence, reveals it as false, without substance and fakery.

Addiction always wants more, reality is being content with What Is, the Isness, what is really there, you can only show them the door: to go through it is their personal decision or not.

To harness the egoic mind, the mind in the egoic state, is what life is all about: harness your thought engine, your generator of alternatives, the master of nothing when you deeply delve into the mind....

The mind just gives you options of which none of them will happen until you hit the reality, the truth as it is, not your truth or mine, just truth, as it is, nothing can veil or conquer that although many minds might try to give it a go....Know Yourself first, understand what feeds the mind and what your and my mind does, actually, as a ghost. Find out where it feeds on and where it fails.

Where to go from here?: find the incomparable You, the big I instead of the talking, thinking little i, find yourself, as you are, not what you were told to be: "you took the pill to become and you forgot to be..." (Mooji), just be first, do not be busy with becoming, become what you are.

Notes of a lively journey

There is only reality, the rest is just a superficial play on consciousness, projecting, interfering with it, it will never succeed due to its dependency on attention which is subjective and changes all the time, like an ever changing Work in Progress, never finished and therefore irrelevant. The process, the journey is the focus, not finishing your work, that will never occur, the journey already is and is happening.

Control your attention, let it sit on a shelf so now and then and you will enjoy life far more, as it is .

Nuff said, time for you to start looking, seeing how the above works for you.

Enjoy the journey. It is there for a reason beyond what your mind can think of, leave that which wants words for it, go beyond words, leave everything else behind, it is worth it...

Enjoy Life, as it is, not how it should be.

Travel light, as you are.

BACK SLEEVE TEXT:

What happens if you combine the core of the views of people like Mooji, Watts, Adams, Thich Nhat Hanh, Tolle and Chopra with the essence of the views of revolutionary neuro scientists like Damasio and Panksepp, blend it with the good old analytical psychology stuff from Jung, Freud and Adler, mix that with the great life teachings of Lao Tse, Ramana, Syd Banks, Nisargadatta, the Buddha, Gurdjieff, the Sufi's and Nasrudin, the fresh, clear words of Jiddu Krishnamurti, material from Wolinsky, Stein and Teevens, essentials from systems like Advaita Verdanta, Reiki, NLP, Gestalt, Havening, Aikido and Mindfulness, films like The Matrix, The Kingdom of Heaven, Highlander and lots, lots more?:

You get a glimpse of Life, as it is: quiet, relaxed and peaceful, as intended....and then we, unnecessary, start to interpret, compare it and alter it in our perception...thinking takes over, munching, using our conditioning as a reference, the way we believed our parents and peers as the reference, to go by, infecting our idea about reality and got lost....suffering to find something we apparently lost....looking out there....where the answer is right here, within, where we lost it...

Invest half an hour each day to improve, or better said, reinstate your life as it was: to chew and digest what I am saying here, to shine a light on where you are and where you are going to...

Where you came from and where you are heading towards, to give you combinations of words to fire up more insights in yourself until you find That, that does not need words, that does not come and go in yourself: you, as you are, sufficient and perfect, right on time, in every single breath of air you take, every second of the day and night ...

This book explains how we all put ourselves into this invisible prison at a very young age to survive in the midst of the centuries old Emotional Plague in which our parents, grand parents and their ancestors, peers, friends, relatives and educators and everybody else on this planet: they were and are all tangled up in it as well.

No one to blame, no secrecy or conspiracy, no outer space theories, no quick fix or short cuts either, no tricks or unrevealed methods to find out: just the thing called Life, reality, we all are avoiding right now, here, right at our feet, dragging with us every day to try and find something that is already there: happiness.

It also goes into the current choice you have, here, right now: to take that opportunity to return to that happiness or postpone it, cover it up, again. For what? For whom? Find out. Find that, that comes and goes in you and is not you but grew into you, based on the way we were all raised and will keep on raising if we do not solve the confusion, the tension in ourselves right here, now.

Join me, walk with me, on this fabulous journey and uncover your happiness, by taking the blankets of confusion, tension and frustration off it, one by one, based on your development of insight in yourself. It is there for you to discover in yourself again, not for me to uncover in you.

You are the only one who can do this within yourself. Celebrate and embrace that instead of feeling lonely or scared about it: dare to make that choice different this time. No trophies, no grades, no charade, no awards, no glory, no acknowledgement either so nothing to lose.

I can only show you the door.