

# **ABOUT LIFE**

***PART TWO***

## **PARADOX LOST AND FOUND** (Short Extract)

***BY***  
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### PRINTING SUGGESTIONS

Unless printed directly on A5 paper it is suggested that 2 pages are printed per sheet

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## THE FRAMEWORK IN PERSPECTIVE

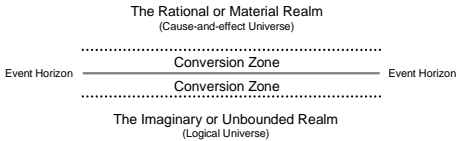
“The handful of those who are really determined to do something is minute in comparison with the mass of the lukewarm and the misguided...

“Humanity is going to need a substantially new way of thinking if it is to survive!” – Albert Einstein

In *Understanding Existence*, I logically framed reality into three regions.

Firstly a material realm from which our perceptive experience of reality is derived, where all events appear to be happening in normal causal time and within three dimensional space.

Secondly a Conversion Zone around an Event Horizon – the latter being a point where zero time occurs and space does not exist – and is suggested to be the region from which the mind operates from.



**Figure 1 – Three Layered Reality Sandwich**

And finally that there is a deeper reality referred to as the Spiritual Realm where our deeper identity is formed, but also, from which all reality appear to emanate. The understanding is depicted in **Figure 1**. This understanding has been derived at primarily from Einstein’s Theory of Special Relativity, but is also inferred from various experimental findings.

Now – because of the many recent revelations by science – that we may be ready to put the poor neglected spiritual baby (the baby being indicative of God and a deeper reality) back in the bath, the inclination by many is also to pour back the dirty bathwater as well. Such motivations usually are based on the examples cited in *Understanding Existence*, that there is scientific proof that a deeper reality does exist. But to make wild postulations without the necessary factual basis or deeper philosophic analysis, does however not aid human enlightenment in any meaningful way.

Having provided the informational model of existence I once again have to stress that I am *not suggesting* that our perceptive world is in any shape or form, *not real*. That it certainly is. In fact our world most definitely is physical wherever it is perceived as being so. To know this simply touch or see anything around you that is tangible for you to experience it as such.

*Thus objective reality does as a matter of fact exist. It is objective as its object-iveness is exactly what you are experiencing as a mortal being.*

This model merely suggests that this perceptive reality is a product of a dynamically and intricately interwoven intelligent information template responsible for its shape, size, colour, smell, beauty and whatever else we may perceive it to be.

The dualism referred to in this section is a dualism which relates to the nature of reality, in that there exist a very definite physical reality delicately interlinked with an indefinite undefinable immaterial one. Our emotional/behavioural reality is therefore an aspect of the latter, and as a consequence we cannot infer specific laws which applies to our human behavioural interactions.

In our approach on this matter, what we should rather accept is that this greater dualism is at play. In other words, because of the above, reality for the most part is *paradoxical*. This is just as the nature of light is both a wave representing its infinite possibilities, as well as a very definite singular particle—at the same time. Similarly, while we may experience unlimited freedom within our mind, we indeed are constrained by physical reality.

And if we were to decide to step off a ten story balcony in defiance of gravity, will most definitely be reduced to a pulp, irrespective of how we may argue the esoteric nature of reality.

*Therefore while physical reality may logically be viewed as an information template that intricately defines it, it nonetheless must not, and certainly can not, be viewed as anything other than being absolutely real.*

That is at least not while we still are perceptive, walking, breathing, thinking beings living on this amazing pale blue planet.

# THE SUBSTANCE OF LIFE

## An Anatomy of Consciousness

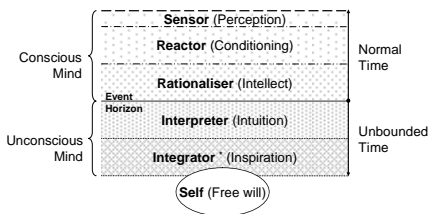
“What we are today comes from our thoughts of yesterday, and our present thoughts build our life tomorrow:

Our life is the creation of our mind.” – the Buddha

*Accepting that the part of ourselves that truly is who we are exists in a deeper non-physical dimension, we have to answer how we then more often than not only perceive of material reality as our only reality?*

*Is the material stuff of the Universe also the stuff that holds life as well?*

To understand how we relate to our world it is proposed that our deeper identity – the part which knows of itself as you – experiences reality through five logical layers of mind as depicted in **Error! Reference source not found.**



\* The Integrator is also referenced as The Observer

**Figure 2 – The Five Layers of Mind**

It should be noted that these layers were not derived at based on any model of psychology or understanding of brain functioning. Rather it simply is an extrapolation of the reality framework introduced in Understanding Existence, including my own interpretation of the hierarchy of our thought processes. These suggesting various levels with which our deeper identity interacts within physical reality.

The first three layers are self evident. Essentially it is the aspects of mind represented by our physical brain. The Sensor representing the aspects of our neurology—specifically as it relates to our five senses as well as the neurological processes responsible for emotional feeling. The Reactor is responsible for our subconscious behaviour as well as filtering out environmental stimuli. It is also known as our subconscious mind and is

primarily concerned with protecting us from perceived danger as well as automating routine tasks. The Rationaliser represents our capacity to make intelligent informed decisions—in theory that is.

On the other end of the Event Horizon we have aspects of mind that operate beyond our conventional concept of space and time. The first and most basic – or mechanical – is the Interpreter. It is concerned with interpreting and unfolding intuitive information that provides us with deeper insights. It also assists in coordinating the events of our lives on an unconscious level as well. This therefore is the level of mind responsible for Dr. Tiller’s water experiment’s outcome, the Mahrishi Effect, as well as the intuitive information which was perceived in the HeartMath experiments.

The Integrator – henceforth referenced as the Silent Observer or Observer for short – is the level of mind responsible for integrating all aspects of reality allowing it to function as a collective whole. It therefore is the part of the mind coordinating the activities of seemingly autonomous cells acting in unison to serve the requirements of the greater living organism it is a part of. It is also the aspect of mind responsible for our greater human sense of connectedness as well; and as it relates to our human interactions this aspect is referred to as Conscience.

To understand how the various layers informs our human reality one must appreciate that the infant Self cannot adequately relate to materiality without being informed of material truth as experienced through them on its growth to maturity. And despite the fairytale notion attached to the young innocent baby human, *the early stages of an infants development invariably is conscienceless and are almost exclusively governed by the positive and negative consequences associated with particular actions.* Therefore a human must literally be educated into the rules of its very hard new world in order to engage it constructively. That is with knowledge gained from personal experience that are derived from the neurological consequences of their actions, before it then truly may exist courageously and freely in it that he may one day be guided from his inner core. That is, that he may one day come from a place of Wisdom—not fear.

## FORCES OF CONSCIOUSNESS

### Karma

“Suffering follows an evil thought as the wheels of a cart follow the oxen that draw it. Joy follows a pure thought like a shadow that never leaves.” – Buddha

The religious concept of Karma can be described as being a particular Law of Consciousness. As we understand our consciousness model, it would emanate from the Observer which is the part of our mind responsible for guiding us and humanity to greater levels of human integration. From the Christian perspective it is the law of “what you sow you will reap” and can also be seen as a spiritual cause-and-effect of sorts.

The complication in understanding this dynamic is that it indeed is interpreted from a cause-and-effect perspective. It is that we want to see physical punishment for misdeeds, and see bad things happening to bad people—preferably while they are alive to see justice actually served. Failing this, to believe that heavenly retribution will take care of the matter when we are long gone. In this way at least having a sense of peace that the matter will be taken care of by the great arbiter of universal justice.

Though from a deeper perspective, the killer is already being punished for his deed. The punishment being that they had such a tortured frame of mind capable of committing such a gross act to begin with. And should they not meet some or other form of physical punishment, further dynamics of Consciousness will ensure the momentum of their thoughts become even more tortured.

To understand the general dynamic, the rule one should bear in mind is this. *That in life, one tends to get a return commensurate with what one has invested in.*

So if you invest in oil as Aristotle Onasis did, you will tend to get more oil in return. If you invest in meditation, you will get peace and tranquillity. If you invest in destroying the lives of others, you will gain enemies. If you are a compulsive liar, you will not be trusted. If you invest in others, you build relationships. If you invest in family, you leave a legacy. And if you invest in living, by diversifying your portfolio so to say, you will gain abundant life as a return—that is in this lifetime, but perhaps even in the next, whatever it may be.

So we inadvertently will continue investing in what we are getting the biggest return in. That is until it meets a force, such as illness or financial crisis, which compels us to

decelerate our pace and to re-evaluate where we are heading. And hopefully to change the course one is taking for the better.

*This almost sounds like Newton's Laws of motion, does it not?*

Irrespective of how it may sound, we cannot similarly claim that there are such definite Universal Laws of Consciousness that absolutely rules the interactions of all living beings as it most definitely is within the greater physical world. The best we can do is speculate that aspects of it appear to be so in its unfolding.

Though in my estimation much of it merely is a matter of chance in that the more we repeat a negative action, and perhaps the more brazen we become, the greater the chances are that it will eventually catch up with one. Unfortunately, those who are really clever in their deviousness may always find ways to cover their tracks. Therefore since it is not always the case, it is convenient to believe that Universal Justice will somehow be served in some yet to be realised lifetime.

Generally those who believe in karma mentally believe that they will experience negative circumstances for their misdeeds. As a result they mentally orientate themselves fearfully towards the choices they make. For instance I once heard a woman say that she and her companion will never cheat on each other since both of them believe in karma and its consequences. She also believes very strongly in passing her karma to the next life, as well as acknowledging that her current rather unhappy life with her partner is the result of her previous karmic misdeeds. Therefore she has vowed not to behave in ways that will make her next life even more of a tortuous morass than her current one is. Rather preferring to return as some or other animal next time round than to face another torturous human incarnation.

In a way what she is saying when giving her reasons for her continued fidelity is that, though she may at times be tempted, she would rather not enact on any of her desires out of the fear of the potential consequences on her next life. And therefore her current unfulfilling relationship appears to be more of a cross she feels compelled to bear, than even considering the option to free herself that she may perhaps pursue a mutually fulfilling union. It therefore is suggestive that the misery she is experiencing is more a factor of her mental orientation than necessarily having a potentially unfulfilling life.

And should she indeed commit the dreaded deed, what she then unconsciously would be setting in motion, are dynamics of mind which will cause the negative circumstance as had been predicted by her belief, and will be even more mentally tormented than before.

On the other hand a far more mature mental approach would be to know that to cheat on somebody you have made a commitment to, brings you out of integrity with your core, and you will become increasingly out of alignment with your deeper sense of Truth. For in this scenario a lie usually begets another lie, and soon you and those around you, and particularly if one has children, will be engulfed in the confusion and decay of your own life force that has dreadfully gone astray. That is despite you in the long run causing immeasurable hurt to someone who once may have been very dear, but who in all likelihood will bitterly resent you for the rest of their life.

So in a real sense the forces of heaven are not conspiring against you because of your cheating, but that in cheating you have conspired against yourself and all that should have been dear to you.

It therefore appears that the dynamics behind karma may in fact be influenced by having the belief in it in the first place. Therefore the greater dynamics of mind that responds to our fears and intentions plays out the mental dynamics that manifests the events of our life. In this way our life plays itself out conforming to our deeply held beliefs about its nature.

## **Evil**

“Conscience... is the impulse to do right because it is right, regardless of personal ends.” – Margaret C. Graham

One can truly only be in integrity with oneself and one's greater environment if one has a conscience to begin with.

It must however be added that the example of the woman mentioned before does indicate some level of conscience, though the supposed morality that resulted was unfortunately merely a consequence of the belief orientation than from her necessarily having a truly moral core. As such her morality largely emanated from the Reactor Mind than from the Observer which is responsible for ordering our integrated sense of self. This is very much the level of moral development of a child in that their morality often is a product of what their parents may allow or disallow. It therefore also cannot truly be considered one's deeper conscience either, but rather is attributable to one's fear of consequences—whether it be real or imaginary.

Nevertheless the overriding emotion associated with feeling bad over the negative things one may have done, primarily guilt, or the prospect of a better next life, does force

many to orientate themselves reasonably responsibly towards the greater world they are a part of. This we also must accept as being the predominant paradigm of our times, and without it most of humanity would not have the inner motivation to have a significant moral code towards others whatsoever.

This is iterated by the following quote by a 19<sup>th</sup> century Hindu spiritualist, Swami Vivekananda, “It is good to love God for hope of reward, but it is better to love God for love’s sake.”

In my view though, except that we may be motivated to conform to be a productive member of society as dictated by our religion, on an intrinsic level it nevertheless cannot be the ideal to strike such a bargain with God in order to receive supposed heavenly redemption or more favour in the “next life”. In reality we are not striking a deal with God at all, but deep within what we are mentally doing is tantamount to striking a deal with our personal devil. In other words, we are being drawn into our shadow side in that we are not the master of our motivations. But also away from our enlightenment as our motivations as a result are not reflective of our intrinsic sense of Truth.

Notwithstanding my opinion on this matter, there certainly are many who unfortunately have for some reason or other not developed even the slightest degree of conscience at all; and therefore also not any constructive moral compass to speak of. The reality though is that we all are born with the potential to developing such a deeper sense of Truth, but that for some reason or other it becomes so obscured, being of no consequence in the lives of those so afflicted.

To make sense of how conscience applies to our lives we can view our individual lives by equating it to a single living cell, and that we similarly are part of some greater living organism. Our conscience therefore can be viewed as a cohesive force that guides us along a path that nourishes us as the cell in such a way that it also benefits the greater life it is an intrinsic part of. The obvious payoff in nurturing the greater body being that the strong and healthy body in turn becomes better capable of nurturing us.

But for some reason or other, some cells become diseased. Instead of working for the benefit of the greater whole, they for some reason end up feeding off it. This of course is when we develop pathogenic diseases such as cancer, where these cells are notoriously greedy, and inevitably the body becomes consumed by it and dies because of their insatiable appetites. As a result, so the cancer cells will eventually die off as the greater body dies.

*Similarly anyone with a life orientation predisposed to consume without any regard for how they may give back to the greater universal whole, are cancerous as well.*

Usually those who develop such a greedy pathogenic predisposition are known as narcissists. And in the severe form of disassociation, are referred to as psychopaths. Narcissists though, generally are merely passively self-possessed individuals, but may yet exhibit some form of moral behaviour.

This however does not appear to emanate from an intrinsic sense of morality at all. In some cases their apparent conformity to the norms of society merely being motivated by the fear of one day burning in hells fires of damnation or some other religiously espoused punishment.

But for the greatest part narcissists are motivated by the advantages they gain from the carefully crafted persona they project onto society. Because of this they largely are motivated by approval and the associated payoffs they foresee resulting from their supposed exemplary standing. Either way, this then is derived from a sense of self-preservation than being motivated to do the right and noble deed.

Though at times many such narcissists become so consumed by their rightness and need to preserve their self image, that when it is accompanied with significant power to control the lives of others – as for example with a Hitler – do not feel compelled to morally account to anyone other than to themselves. As a consequence their behaviour can become so destructive that it truly has the potential for great evil.

M. Scott Peck – the author of *The Road Less Travelled* – described such individuals as *People of the Lie*, and specifically used this phrase with reference to human evil. It then stands to reason that such individuals are against Truth. The important aspect to note here is that Truth is an aspect that is within the domain of the Observer which in turn is responsible for nurturing authentic human expression. It therefore stands to reason that those who are supposedly evil actively seek to avoid Truth. And by doing so, also avoiding being integrated within the greater scheme of life.

Nevertheless while narcissists may be prone to evil action they generally are not evil but merely pathologically self-possessed, evil in the conventional sense being a product of one's actions and not merely one's thoughts.

Unlike narcissists though, psychopaths simply have no moral compass to speak of, tending to be pathologically consumptive in their behaviour—in other words, they are human predators. In the ordinary course of referring to them and their actions, are

rightly or wrongly described as the evil ones amongst us. Why I say rightly or wrongly is that they truly are mentally diseased, and unlike narcissists have very little sense of what is morally right or wrong. For them it is not even a choice. Their striving merely being to engulf goodness by whatever means, without unnecessarily causing any harm to themselves while doing so.

And while they for the entirety of their lives may have left a trail of bitter devastation, they often never have to face any form of punishment for their actions. While at their deathbeds will look back on their life without a single shred of remorse for any of the wickedness they had done.

Though if you were affected by such a person, not that it should bring you any consolation, but maybe some peace in knowing this, *their life would have been an empty shell, devoid of anything that truly matters.*

In fact 'evil' is 'live' spelt in reverse. They therefore represent the absence of life, and can be seen as being anti-living. This I believe is no coincidence. They nevertheless more often than not are not murderers wanting to kill the physical body as they would be too afraid of the negative consequences for themselves, but usually are destroyers of the human spirit. As a consequence they are great manipulators and as such cannot have power over us without our conscious or unconscious consent. They therefore thrive on our own relative lack of wholeness, usually preying only on the weak and the innocent.

So besides one's legitimate attempts at bringing such an individual to justice that they may cease to be a menace to society, the realisation one must nevertheless have for sanity to prevail on this matter, is that the life they are leading which appear to be serving their perverse ends, is already their punishment.

In my own experience with a psychopath at a vulnerable time, while he was incredibly intimidating at first, once I stood up to his onslaughts, I discovered that he in fact was a frightened and confused child. By his apparently evil exterior was attempting to scare the world around him from hurting him even further. And as a defence, hurting others before they even as much as touched him. In this way going to incredible lengths to avoid exposing his wounded-ness to the world.

Despite the turmoil it engulfed me at the time; this encounter nevertheless was one of my greatest learning's.

However, instead of rejoicing at their unenviable existence, we should view it an absolute tragedy. For to have had such a scavenging existence is never to have been

human at all, one's every moment dominated by the fear of being hurt again. And the saddest part of all is that they were not born this way, but raised to be the monsters they have become. So I suppose if anyone has to be punished, it ought to have been their parents and significant others who had nurtured their destructive disease. Though once again, this is not a simple issue as some certainly appear naturally more prone to become this way than others.

*Who do we then blame? God! For it is then not She who allowed such a monstrous aberration within our lives!*

Despite the many permutations this line of reasoning can take, what it all comes down to is that we accept that there is inherent order in all things despite the chaos and destruction on the surface of our lives. And so there also must be some form of universal justice at play, perhaps to some extent as proposed by the laws of karma and other views as well, though it is not reflective within the dynamics of a singular life. And when viewed from such an isolated singular individual perspective, can only at times be construed as being incredibly unfair.

*That though – as unfair as it often may seem – is the lottery called life!*

## THE HEART VERSUS THE HEAD

### Growing Pains

“Difficulties strengthen the mind, as well as labour does the body.” – Seneca

*An interesting question that arises from this work is how we should respond to the demands of our heart versus that of our head?*

By the head I'm referring to our cognitive ability, and particularly the capacity we have in our Rationaliser Mind. And by the heart I'm not necessarily referring to the heart as a physical organ, but rather the greater capacity we have to connect with our deeper levels of mind. Usually the heart is also associated with the Soul as it also appears to be directly connected to the dynamics responsible for our life's unfolding.

The issue of whether one should follow one's heart or one's head once again raises an interesting dilemma. And as it tends to be with human nature, a mutually exclusive approach seems to be the order of the day. It is that we find one faction vociferously advocating that one should trust one's heart regardless. While another arguing that one should have a more cautious approach by always seriously deliberating the facts at hand with our heads.

Though based on the evidence discussed in the beginning of this work – having proven that the heart somehow can foretell the future – those with the view that the heart should lead the way would justifiably feel their particular point of view now should hold sway.

But once again I have to be a party spoiler and say that the issues are not as clear cut. And to start my argument, consider the following question.

*If one is to teach an infant from birth that he should follow his heart, what do you think the result would be?*

In a sense when an infant comes into this world he is all heart, while not having significant cognitive ability to speak of. And at this very early stage, also having no sense of fear of his new earthly environment either.

However this changes very soon after birth when he begins to encounter negative stimulus from this very inhospitable, and indeed very dangerous, environment. And so through fearing the potential negative consequences of his actions, the new human begins to develop a somewhat realistic association with this apparently hostile world. In other words in infancy we develop an initial orientation towards the world that is

developed through the Sensor, and the painful neurological responses that emanates from the various environmental stimuli.

To emphasise the importance of the Sensor in our early childhood development, a very little known fact is that one of the most debilitating physiological afflictions is the inability to feel pain of any kind. In fact as we ordinarily think about it, this is a state of being that many would desire. However it is the most horrifying experience to witness the lives of those so affected, while they are oblivious to the destruction they are causing unto themselves.

What is remarkable is that such children may otherwise have had normal mental function, but because of the inability to experience any pain are incapable of experiencing life constructively as any other child would. Because they cannot feel anything they may gouge out their eyes without knowing it. Continually bleed, carrying infections because of their continually open wounds because they unknowingly will be cutting and piercing themselves with sharp objects. Break their bones because they would carelessly jump off extra-ordinarily scary heights without caring about it at all and then unknowingly walk around with fractured bones protruding through their skin.

And what further is not realised, is that our emotions are also related to our ability to feel pain. As such they also will tend not to have any emotional feeling whatsoever. They therefore are fearless, and do not feel limited by what others would ordinarily feel compelled to avoid.

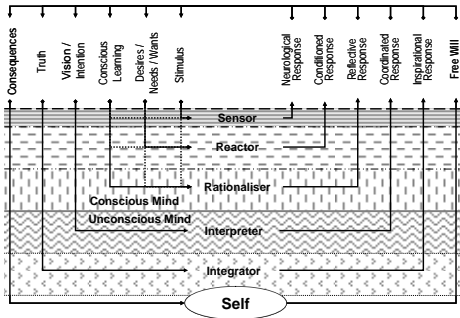
This is because *the ability to experience the consequences of any chosen action, and particularly to feel the pain associated with taking an unwise course, is a fundamental faculty **forcing** us to live constructively ordered lives.*

## **Navigating Materiality**

“To find yourself, think for yourself” – Socrates

Thus the young child first navigates his way through the world by developing an association with the painful consequences of his actions by experiencing displeasure – or pleasure – impulses emanating from the Sensor. By further developing a capacity to preempt the potential for pain through making meaningful associations with the consequences inherent in a particular action, they begin to subconsciously internalise appropriate responses for survival which becomes internalised within the Reactor.

But as the child begins to understand the nature of their environment better, begin to develop strategies that allow them to pre-empt events, instead taking alternate paths to avoid the potential for pain. On the other hand they may actively seek other ways to engage more pleasurable stimulating ones.



**Figure 3 – Consciousness Development**

In developing the power we have within our Rationaliser by actively learning about the nature of our environment, we increasingly become its master. This is encapsulated in **Error! Reference source not found.**

This essentially then is how we grow within our heads. And therefore as a child it helps that we are somewhat *neurotic* about the consequences associated with our actions. This is because the requirement at this stage is that we engage life with the necessary sense of caution that can only truly come if we engage our world logically as understood with our heads.

It consequently must be appreciated that our heads primarily is the tool used to navigate materiality with. The requirement for growth to maturity is that we first develop a *realistic* sense of who we are in relation to our surroundings. In this way we to a large extent become disconnected from our hearts. This is primarily because it takes considerable mental skill to navigate one's way through the bombardment of sensory stimulus which cannot be ignored if we indeed are to survive for a very long time as mortal beings on earth.

## Sensory Enslavement

“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.” – Ralph Waldo Emerson

Ideally we should progressively develop through the various layers of mind as depicted in **Error! Reference source not found.** until we can fully come from the Spirit, but yet to engage our free will in a way that does not put ourselves unnecessarily at risk.

It nevertheless is apparent that humans for various reasons seldom develop significantly beyond the Rationaliser. This is because the Rationaliser either tends to rationalise its own importance over any deeper reality, usually when we develop what is referred to as an impenetrable ego or over-rationalising Rationaliser. Or that it becomes too preoccupied with the stimulus emanating from the Sensor and we become neurotic.

However, while the sheer magnitude of rules that accompanies the consequences of our actions is overwhelming, they nevertheless cannot be ignored if we are to live long and productive lives. And the only tool with which to constructively navigate this complexity with is our Rationaliser—in our ability to act rationally.

*But this nevertheless can only be so if we are able to base the understanding of the nature of the world around us on a truly realistic foundation.*

Consequently the process of growing to maturity is the process of growing in our heads with an associated weariness of the negative consequences of our actions. To this end the Rationaliser preferably having the executive authority over which actions we choose to take. Therefore in early adulthood it can be very destructive to engage life too significantly from our hearts. This is because we haven't as yet realistically orientated ourselves to the hard realities of what truly can be a ruthless dog-eats-dog world. And if we do overly expose our sensitive side to it, will easily be preyed upon.

Nevertheless as we grow towards maturity the requirement is that we confront the potentially painful and challenging circumstances of our life, and even our legitimate fears. Oftentimes this requires we act in opposition to the dictates of the greater world around one despite the consequences. The point to bear in mind though is that going against such opposition being the only way of ensuring we can become the unique individual being we were meant to be in a world continually demanding we conform to its incessant demands.

Thus juxtaposed to increasingly finding one's sense of power from within, society today encourages us rather to seek means to ward off our inner call begging us to live our

life differently. Rather preferring to be anaesthetised from all pain, than to heed life's difficult call to take a higher path.

And herein yet another paradox is apparent. That growth to greater and greater levels of human maturity requires we be prepared to choose painful circumstances over momentary titillation—to confront our pain before it is to confront us by circumstance. This then being the opposite mental orientation we employed when a child in having to ward off pain wherever possible. But when we become dedicated to working through our pain, usually a new and wiser you will await to meet you on the other end.

*This therefore requires we become the master of our most basic level of mind, the Sensor. And not as modern society is increasingly advocating, becoming it.*

### **The Miracle of Sex**

“We all live in one Universal Mind.

What we think about another, we think about ourselves.” – Brain Adams

The views expressed about the lady who was not motivated by her deeper sense of Truth, yet remained faithful to her partner, in no way was meant to be a judgement on the many reasons why people may have illicit relations. In exceptional circumstances cheating may even be the best option that serves one's particular situation. The point merely being that the ideal is that one nurtures an open relationship if one's partner is capable of it; to the extent that one can freely discuss such potential influences without fear of dissolution of the relationship in a way in which one may yet maintain one's integrity.

Admittedly this is an ideal scenario that requires two incredibly mature and self secure individuals to be fully realisable. On an intrinsic level though, the issues involved are not about morality. Nor is it about sex. For if it was about sex alone, one then can merely have one's sex – as one would satisfy one's hunger for food – and be over with it.

In this way to simply quell the basest requirements of our being, for then the woman described could also just have had her sex to satisfy whatever hunger she may have felt, to walk away after the act with no harm caused to anyone.

*The real issue however is whether one is capable of casually engaging free for all carnal sex without any guilt or remorse; and if one can, what the implications are for one's humanity. . . .*

Engaging in guilt free sex would have been a simple matter if sex merely was limited to the dynamics of the Sensor—that it merely is a neurological imperative which requires some or other sensory response.

*Unfortunately – or fortunately – though, the act of procreation for human beings is intricately intertwined with something far more marvellous and mysterious than satisfying a mere carnal itch.*

To complicate this issue entirely, this seemingly primitive aspect of our being somehow is linked to the dynamics of our Observer. As such it also is connected to our relative sense of wholeness and therefore to our relative spiritual state of being as well. For this reason sex holds the centre-stage in the human drama; over the millennia having inspired more human creativity and endeavour than almost any other single human drive.

For example celibacy, requiring the unconditional abstinence from sex in order to ensure one's supposed spiritual purity, is regarded an imperative by most world religions for the establishment of an uncontaminated connection with God.

And for many to have what is by their definition, improper sexual relations, is still deemed the most cardinal sin of all—even more so than murder. The most poignant example of this being honour killings in the Muslim world where women are murdered if it is found they had sex out of wedlock; with even worse consequences should they have been raped.

However one must appreciate that these acts are not truly about honour at all, but rather about male narcissism, about how the life of a woman is not her own—not considered a human being with a life and identity separate from her father's, brothers' and/or husband's.

Why there is such a furore over what should merely be a primitive means of procreation, is that it is taken for granted that sex engages humans on a very deep level. And furthermore, that it ought to encompass something all-important which increasingly is losing its meaning in our times.

*It indeed is Honour! But not for our self-serving ego's sake as the previous example attests to.*

For to honour the deepest aspect of another human being is to honour the deepest fibre of our own being as well. And by doing so to recognise that to be truly human is not to be the slave of our animalistic compulsions. But rather, our humanness is inherent in our ability to put another person's needs equal to – and sometimes even above – our own.

*Thus while one can indeed have casual sex by detaching from the greater dynamics associated with our deeper being, merely for such sensory stimulation, one must nevertheless realise that in doing so one also diminishes a precious gift that has the potential for great awe. But also, if so revered, to be one of our peak human experiences as well.*

And incredibly, to have power over a dynamic that technically speaking merely is the friction of skin upon skin of two arbitrary yet extraordinarily functionally designed excretory organs, also is to have the power to effect our deepest healing as well. It perhaps being the single greatest factor distinguishing human beings from being a mere animal—a dog for example developing an uncontrollable urge for carnal intercourse once or twice yearly whenever it smells the bitches in its surroundings are on heat.

*This therefore more than any other, providing the most poignant example of the paradoxical miracle of human existence.*

It also brings us face to face with our greatest human failing. It is the failure to honour the lives of children. *For to violate a single child is tantamount to failing all future humanity, for in doing so one has failed in one's personal responsibility to shape future consciousness for the better.*

This is a burden those who failed Hitler must also bear. And the most poignant example of how we miserably fail the young being paedophilia, for their despicable act is a failing to value what is most precious. Not only in failing to value the innocence of a child, but also the essence of the gift of humanity.

*It is the failing to nurture our God-given ability to actively reach out beyond the bounds of our own skin.*

## **The Release**

“Great souls are they who see that spiritual is stronger than material force, that thoughts rule the world.” – Emerson

One can literally define the spiritual journey as the striving to become the master of our Sensor, so to grow beyond our neurosis, and ultimately, our neurology. The addiction to any form of substance as well as behaviour, being most indicative of how we fail in this task.

This journey therefore requires we develop the inner strength to navigate the painful circumstances required for growth to greater and greater levels of response-ability. Though, the endeavour is not merely about developing strength of will for strength of

will's sake. Rather, that we may reach a point where we can fully trust our hearts for our spirits to be released, so to fully be in our bliss.

For this reason the very purpose of our life is to be found in our respective struggles, being the forming ground of our wills, and therefore our inner Spirit. One can equate this to a beautiful butterfly taking shape from a seemingly inconsequential squirmy larva, though whose very purpose of being is to prepare itself for its great day of release as a magnificently winged creature.

How this relates to our own lives is poignantly described by the anecdote of the butterfly who was innocently helped to escape from its cocoon by a concerned bystander. In wanting to aid it in its struggle, he helped open the cocoon, but unintentionally releasing a butterfly that would never ever fly. Unknowingly denying it the time required for its wings to develop the necessary strength that it one day be capable of defying the forces drawing it to the ground. Instead, leaving a helpless creature that will wither away and die, without ever having had a chance to be what its magnificent life potential had promised it could be.

Similarly our journey through our Sensor is our own metaphorical struggle through our own psychological cocoon. And by working through its seemingly impenetrable shell, also to develop such strong mental wings that will similarly allow us to take off and fly.

In this analogy our head is represented by the worm whose primary purpose is to feed itself as best it can in order to sustain its essence on its painful journey to Selfhood. Living freely from our hearts on the other hand, being represented by the release of a marvellously winged creature.

Strangely enough for humans, their true release only happens much later in life. And if we are lucky, our early forties, and not when our bodies come of age at around eighteen as is the commonly held view. Though as I just intimated, "if we are lucky", this process is not governed by luck all but the effort we make to pay attention to our thoughts. Unfortunately, in their avoidance of pain most live their life growing an ever thicker shell (or Sensor), with absolutely no regard for the magnificent being within that must be nurtured that it too one day may stretch its mental wings and fly.

And herein a great paradox is apparent. It being that the more broken we may have become because of our childhood circumstances, the more life may be preparing us to soar to ever greater heights of being. That is if we can just exhibit the courage to endure the temporary pain such a journey may require of us to get there.

Thus on the most fundamental level, the spiritual journey is not about what we do. Instead our spiritual essence is formed by *how we choose to think*. And only then, from how we – as a result of our thoughtful struggles and deliberations – choose to act.

To this end an awareness of our destructive thinking – whether it emanates from the Devil, the Victim, the Strangler, the Cavalier, the Enforcer, the Vortex or the Conjuror as detailed in the following section – and how it draws negative consequences to our lives, is the all important first step that is required to affect such inner growth. Beyond that we must become constantly vigilant of the stimulus around us and how we formulate our thoughts in relation to them.

All along while engaging your life's journey to bear in mind that, while you may have set a clear vision of the confident individual you one day want to be, to be patient with yourself. It requires the knowledge that in having made the commitment to that end, you are already there. It is to have faith that your life will be as it must. While all along appreciating that *life is about the journey, by enjoying the numerous little stops on the way; and that it not necessarily is about the final destination at all*.

It is to realise that *our fate is the life we've been born into; our destiny is what we choose to make of it*.

## THE PARADOX

“Go confidently in the direction of your dreams.  
Live the life you've always imagined.” –  
Henry David Thoreau

And so we come to this particular journey's end, and we find ourselves once again face to face with paradox. Not only to agree with the ancients that life is an illusion, but instead to discover that life is infinite layer upon layer of illusion, and that there is nothing substantial at the core.

Therefore, just as the important part of the onion is to be found in its layers, so we too have to realise that the true joy of living is to be found in the layers of life's illusion as well.

Not to reduce the illusion and to view our life from the emptiness from which we emanate, but rather to create even more layers, so to be even further immersed within life.

But yet, to know ourselves even more deeply from our core as we experience the various aspects of who we are becoming. This is *Conscious Creation*, to create on life's infinite canvass with the full knowledge that we are the conscious creator after all. And to know that to have power, is to have the ability to choose our illusions wisely that they indeed may add colour and meaning to our lives.

It is the realisation that, while life is happening on the surface, you after all are the timeless witness experiencing this awesome wonder from deep within. And while the layers will as a natural consequence eventually fade away with time, you then would be the timeless spaceless essence left behind. But formed in the multitude of dimensions from the wondrous dream that once was your life.

This sentiment was conveyed in another way by Sir Arthur Conan Doyle. The following quote from *The After-death State* perhaps best sums up what had been covered in this work.

"Few people will dispute that in the world of nature everything reacts to an exact law; and physical as these laws seem in their outworking, they all originate from the spiritual universe. There can be no haphazard methods, for nature is very drastic with delinquents. This also happens in the spiritual spheres where the smallest action calls forth an exact reaction. This means that man's thoughts become his creations, that they

become like angels of good and evil to him; so that when he views his life from some higher plane of existence, he well realizes the disastrous nature of those mental creations of his – of gloom, depression and selfishness – which were and are his mental children.

"This has affected me deeply since my arrival here, for I was wont to create such characters, scenes and word-pictures. Mine was a vivid imagination; and, while I gave forth many a picture of joy, homeliness and beauty, my pen also depicted scenes of crudity, ugliness, crime and horror. While recognizing that such pictures may by their very contrast teach their lesson, on the other hand creations of ugliness and terror are apt to live on in men's minds, and fill them with violent and unhealthy vibrations. Now I gaze down into the lives of men and women who have been considerably influenced by me for either good or ill. This I tell you only to illustrate the lesson.

"Some day every man will attain either the joy or the terror of seeing the effect of his creations, beautiful or the reverse; no matter whether they are merely fictitious characters or actual conditions of life resulting from actions of his which have considerably influenced the lives of others. He will then see his own personal contribution, be it positive or negative, to the collective whole."

So we see that the Logical Universe and the Spiritual Universe indeed are one and the same. And amazingly (and I suppose quite fittingly) it appears as if the fictional detective Sherlock Holmes – albeit the above text is specifically attributed to his mental creator – may have unwittingly unravelled the secrets to the greatest mystery of all.