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# Ego, Evolution, Enlightenment

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Seeking the Truth is meaningless  
if you don't understand who  
is doing the seeking.

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# ENLIGHTENMENT

Enlightenment has been an important subject for many people for a very long time. Those who are deeply interested in the meaning of life, the spiritual search, and religious teachings, have been questioning what it is all about. Centuries of trying to understand what those who seemed to be enlightened have had to say about it, has led most people to totally misunderstand what it is. It cannot be understood with the conditioned mind. It has to be experienced directly to have any real understanding of it. However, even those who have had a taste of it can still mislead themselves and others if they do not have a framework of understanding before they have an experience of enlightenment. Of course enlightenment can never be put in any framework, but if one understands the root cause of why we are not all enlightened it can be far more clearly understood and communicated to others who are interested.

I can say this out of my own experience of enlightenment. Even to say that I had an enlightenment experience is misleading. There is no one to have such an experience, there is just reality seen clearly without the illusion of self in the way. Our language is dualistic and not very helpful in expressing that which is whole and complete. So please bear with me and keep in mind this problem of language.

In the fall of 1970, after having spent a few years trying to understand our relationship to the spiritual, but not really understanding much, and I had

never heard of enlightenment in the spiritual sense, I had an awakening. It was a time of tremendous change and I was living a very countercultural lifestyle. My family and I were staying in a converted school bus/motor home in a beautiful State Park on the coast of Northern California. In hindsight, it is clear that the mind was ripe for a breakthrough.

One night I walked with my wife over to the restroom. As I waited outside, I was drinking in the magical beauty of the forest. I felt an intuitive feeling that this one tree wanted me to go to it. It was a very powerful feeling. So, I walked over to it. As I stood there, the same intuitive energy clearly said to smell the tree. I bent over and inhaled deeply the wonderful fragrance of moss and damp bark. Half way through the inhalation the mind just turned inside out and I knew without any doubt that I was one with the Universe, that I had never been anything other than this totality of life. It was not just an insight or feeling. It was a transformation of everything I had ever thought or felt about reality. It was also a state of complete joy and love.

This state lasted for about two weeks, then, gradually became normal again. Not that the feeling/knowledge of oneness changed but life was back as it was before. If I had stayed at that level of insight, it would have been wonderful in itself. However, this mind is always probing and trying to go deeper into everything. The experience left the mind with more questions that could not be answered with the mind as it was. So the search went on to try to find more answers. Some teachers say to stop looking for answers, to just let go, but in my experience it is very difficult to let go when you do not understand why you should. It is a letting go that is needed and if you can just do that and free the mind that easily then do so. We each teach from the perspective that worked in our lives. So I go into these things from the perspective of my life experience. Ultimately it is always letting go that frees us from the dream of ego.

For eight years the mind went into every aspect of the human condition and the way the mind works. I observed how conditioned everyone's mind was, how we were so locked into beliefs that made no sense at all. I looked at all the violence, hatred, and racism, taking place everywhere in the world. This was not just a mental search. I have been blessed with a very strong intuition and learn more from that level than from the level of the thinking mind. But even the thinking mind opens to a much deeper level of understanding and creativity after awakening. The thinking surface mind can let go and drop far deeper into a state of Wisdom than the thinking mind could ever reach.

After that eight-year search, and having had many other deep insights into our reality, I was living in the woods with my family. I had been working hard for many weeks developing a spring-fed water system, starting a garden, and clearing a building site for a new home. Then I just relaxed for a week or so. One day I started having this feeling like I was being pushed out of myself. It was, and still is, impossible to really express to others what I was feeling. I couldn't even understand it. It was not a comfortable feeling at all. It went on for three days, getting worse in the evenings. Each evening we would have a campfire and sit around it talking about all the things we found interesting and all of our plans with this new property we had bought. But during those three days, all I could think of was this powerful feeling. It just would not let up.

On the third night, it got so bad I could not sleep. In the middle of the night I got out of bed, got in my car, and drove a mile or two to a high hill over looking the small town below. I sat there trying to understand what this was but nothing came to me. It got so bad for a moment I felt like driving off the steep hillside and ending my suffering. I could not do that. I had people who depended on me and needed me. So, I went back home and back to bed. After a couple of hours, I fell asleep.

When the eyes opened the next morning I was Awake! The person who went to bed was dead, the ego that is. In its place was Life Itself, Awareness Itself. This was not a momentary insight that left a deep understanding, as had happened eight years prior. It was a total revolution. The ego was dead; I had become nothing, yet that nothing was everything in the Universe. Every moment was a powerful insight. The brain did not have to work at all. In fact, when thinking did take place it was as though it was a ghost image off in the far distance and was rarely paid any attention. Unlike the first awakening that only lasted a few moments with two weeks of transformation, this was every moment from the time the eyes opened early in the morning until they closed in bed late that night.

This state lasted, in varying degrees, about two years. I would get very busy doing some project and would not pay much attention to it for a while, but then it would reappear. After those two years it just became the normal state for most of the time. I will go into more detail later.

The process of awakening is an ongoing one as well as an instantaneous enlightenment. I am still learning from day to day and it has been 28 years since the dream of ego died. What have I learned during all this time, and from the Awakening itself? I will go into it as best I can. Keep in mind that the words only point to something beyond any reality the conditioned mind could ever understand yet it is completely simple.

There is a lot of misunderstanding about enlightenment. There, understandably, are too many people thinking about cosmic and mystical experiences connected to their ideas of what enlightenment is. This misunderstanding has been perpetuated by would be gurus and writers on the subject who have not awakened themselves. It is like the carrot on a string in front of the donkey pulling the cart, while the gurus ride the cart at their student's expense. There are many so-called mystical experiences one can have but they have little or nothing to do with enlightenment.

Many people tend to put all sorts of psychic experiences into the same box with enlightenment. This, too, is a mistake. Just as the ones who try to fit the latest findings of physics into it. I have been very psychic both before and after awakening, but it clearly has no relationship with enlightenment.

Chanting, praying, or following some religion is meaningless to enlightenment. Meditation of the Zen flavor can help quiet the mind so it can see more clearly, which may be of some aid to awakening. I did not meditate, chant and certainly did not follow any religion. Religion is a part of the ego dream and has nothing to do with reality. I will go into this more deeply in other essays.

I also never had a teacher. Throughout history there have only been a few really good teachers. Today we have more claiming to be teachers who clearly have not awakened unless you call a spiritual hiccup awakening. For the most part they are so-called Moon Buddha's, reflecting what they have read or heard but with no real experience. It seems like many, too many, of the teachers today are what I call Conclusionists. They have a mental picture of what it is all about and plant these images into the minds of their students. Then the students come to a conclusion, which makes them high for a moment, and they think they are awake. Enlightenment is never a conclusion. It has nothing to do with the thinking mind. Except the clear need to go beyond it.

Enlightenment has no words. It is never an image of any kind. It is not in time, it has to be now. It is a direct seeing into Reality as Reality Itself. It can never be named or expressed in anyway. It is in a totally different category than anything the mind is used to. It is Pure Awareness, Pure Wisdom, Pure Simple Life, without the shadow of the conditioned mind. It is not other than what you see before you, yet it goes beyond all objectivity and subjectivity. It is a clear seeing of how the mind has separated itself

into fragments of images, ideas, concepts, beliefs, and dreams. That is what dies, that is ego.

When one has truly awakened you need no confirmation from anyone else. You know beyond a shadow of a doubt what has happened and it is completely clear that it is an Awakening. I recently read about a 15th century Zen master, who had an awakening, or so he thought, and afterward went all over Japan looking for someone to confirm it. If he had really awakened, he would not have needed to do that. He was a Conclusionist and that is how he taught what he felt he knew.

Too often people believe all sorts of nonsense about those who have become Enlightened. They think that somehow these "Awakened Ones" are so holy and beyond the normal human being. This is not true. An Enlightened person is just a person who has awakened to the facts, as they have always been, no more. People seem to think the Enlightened are infallible and perfect in every way. Not so. They are whole and complete but they are just human beings, no better and no worse than anyone else. They make mistakes, make fools of themselves, and most of the things all people do from time to time. But they cannot see anything as being outside of their Being. They cannot hate or cause harm to anyone, they do have more compassion than most other humans, they do not get lost in mindless dreams or beliefs, they are secure, and for the most part happy.

I have a page out of a Zen calendar that reads, "When the ordinary man attains knowledge, he is a sage; when a sage attains understanding, he is an ordinary man." Enlightened people are ordinary people. Not perfect, but who cares?



# IS ENLIGHTENMENT REAL?

According to some teachers, there is no such thing as Enlightenment. If by that they mean that there is no separate person who becomes Enlightened, then I agree. But I do not think that is what they mean. If they truly believe there is no such thing, then all I can say is they just have not awakened yet. It is fairly easy for someone to listen to all that has been said by some teachers on the subject and have no direct experience themselves, to come to a conclusion that it does not exist. They are Conclusionists. They are still just in the thinking mind and have not seen beyond it, or prior to it.

Many people who have spent many years of frustration looking for Enlightenment become so disillusioned that they just need something to satisfy their lack of direct seeing. The mind can see intellectually how there can be an understanding that Enlightenment is a dream. However, for those who have seen directly what it is and deeply understood it beyond the limited thinking surface mind, it is real.

Now, when I say it is real that needs to be clarified. True, no one awakens but there is an awakening. It is a direct living experience of what is real beyond the dream of a 'Me' who experiences it. It is the most direct insight of what we truly are. Those who have been fortunate enough to have this state of insight know it is the only real experience they have had.

When one awakens, it is seen that the whole process of ego mind has blinded them from seeing what has always been before us, as us. All the words drop away, the “me” is seen through, and it is not a matter of "I am one with reality", there is just This. It cannot be named because it is seen beyond the abstraction of language, concepts, such as something or nothing, living or dying, being or not being, which are all just ideas. No idea is real.

Enlightenment is never a conclusion. To come to a conclusion one must see it in regard to the past as ideas about how all this works and comes together. Enlightenment has no past. Nor does it have a future. It is what Is, the Suchness of Life Itself. Now, for one to conclude this is true, it is not worth the empty thoughts we have about anything.

I was so fortunate that my first awakening came before I 'knew' anything about Enlightenment. I never had to question its reality. I just wanted to go deeper to understand what happened. The idea of turning to a teacher to tell me where it was at rarely came up at all. It was clear that only by direct seeing could it be of any use to anyone or me. Of course, Enlightenment is useless to the ego mind. Why would one want to knowingly end their existence? Suffering is why. The deep-seated need to know the truth is why. The feeling of being empty and hollow is why.

Most people will not come to a profound awakening. Few even look for or care about becoming awake. Or, of course, even know there is such a thing. But, even if one does not become deeply Enlightened they can benefit greatly by understanding what is wrong with humans, why Enlightenment is of such profound value.

If you come to understand the ego process and see how it functions in you and all of those around you, you will be far closer to awakening than by

merely going to some teacher who may or may not know what is true. Not only that, you will become far freer in your day to day living. All your relationships will be understood more clearly. You will understand when things fall apart what the basic cause is. Every day becomes many lessons on what is not real, what causes you to suffer, what keeps you from letting go and truly loving the people, animals, and all of life.

Do not get lost in feeling hopeless because you think Enlightenment is so far beyond you. Right this very moment you are truly awake, you just do not realize it. And do not let those who have not awakened tell you there is no such thing. Enlightenment is real; it is the ego process that is not.



# CONDITIONING

There has been a lot written about human conditioning and the need to get beyond it. I have heard from people who think in order to live an awakened life we have to go beyond all conditioning. This idea can stress people out and make them feel they just can't make it. I am sure there must be some, perhaps many, who just give up and think that awakening is for those with super human control over their lives. This is not true.

It is very important to understand conditioning as far as how it has created the misunderstanding that has brought about the separation of ego and the rest of life. If we don't see the problem clearly, it is far less likely that one will awaken. There is a lot of conditioning we humans' carry in our heads that means nothing. In a sense, everything we do is from one form of conditioning or another. The way we dress, what we eat, where we prefer to live and a million other things can be seen as conditioning, but they are not a problem.

The only real problem is that part of our conditioning that keeps us thinking we are somehow special, or not special, or that we hate this person or that, this group or that, and all the other nonsense created by our misunderstanding that has put us in this state of hypnosis we see as ego. As we see this process clearly, we start to step out of its limited view of reality. We are objectifying that which has objectified everything else in our lives. It will in time be seen that there is no such thing as ego. When we deeply

awaken to this fact, not just accept it or come to a conclusion that it is nothing, we will no longer be caught in such mind games as religion, racism, hatred, nationalism, etc. We become new beings. We realize our wholeness with all Life; we become holy. We are that right this moment. We could be nothing else.

Ending that conditioning is all you need to focus on. Not as a practice, just observing the way your mind works. We have to be very honest with ourselves in this process. Don't just accept what I am saying. Find out for yourself if this is true or not. Watch your reactions in every situation you find yourself in. See how protective the mind is to its identity. Watch how we want to protect those things in our life that give us a sense of security and how we can identify with them to support our belief in our identity. See how anger arises when our image of ourselves is put into question. When we say we love someone, really look at it and see if it is true. Question what it means to you to die. What is it that fears this? Is it the body, or the identity?

At first this will seem like a great effort, but in time it becomes just pure seeing of what is taking place without regard to any conditioning. It will even go on while the body sleeps. A lot can be learned through dreams.

Don't worry about the little conditioning problems. They will work themselves out soon enough. By worrying over the little things, we can keep the ego process going longer than need be. If we beat ourselves up because of something we hate to see ourselves doing, we just keep the ego alive, as the judge who says it must get beyond this. Just watch the ego in action. It is an activity of the past. The past is never real, nor is the ego.



# EGO-INSANITY

We all think we know what the ego is but few really do. It is not what we think it is at all. We talk about one person having a big ego or a small one. We say he/she is on an ego trip. We sometimes think of who we are as my ego; it is our identity. These are all just ideas about something that few really understand. That process we refer to as ego is an illusion.

If we don't come to see clearly the cause and process of the ego, we are doomed as a species. You may think that is a bit of an exaggeration but if you follow what is said here, and come to understand it, you will agree. The root-cause of almost every problem we humans face is the ego. Understanding this has to go beyond words. This is a major problem in everything we try to communicate to one another; we see words and we have learned to think we understand their meaning, but all we understand is the description, not the reality they may point to. So, please, try to see what is written here directly without knowledge getting in the way. You will have plenty of time to think about your past understanding of this later. For now just read and try to see what is being expressed.

Let us take a trip back in time, way before humans were humans. We must have been fairly bright apes and we lived in an eat-or-be-eaten world. We were not as big or as strong as many of the other creatures around us. We were hunters and gatherers. We were also not the only bipedal animals and had to compete with others trying to survive as we were. With a bit of

luck and a slightly larger brain we stayed alive as the other near humans died off, or were killed by us.

As hunter-gatherers, we had to develop a good memory. How else could we find and know where to return to our food sources. The memory was a very necessary tool for all animals, but the pre-human went further than any animal we know of. The memory developed in us the ability to make abstract images in the mind of our environment. With this came the ability to objectify and name objects. This process took so long to develop that we did not realize the objects we named were merely ideas in memory. We have little knowledge of how long of a period this skill took to develop. It must have been imperceptibly slow, so we never realized it was taking place.

Aside from the problems it would someday cause, this was a wonderful development. We could look out, see an object, or animal, or friend, or our mate, name them, and even draw them. We could make an abstract mental symbol of any object, be they a person, place, thing, or an event. Now this all must sound pretty normal, no big deal; we don't have to be a scholar to consider how this all came about. Just a little thinking about it is all that is needed. So, what does this have to do with the ego?

Before this evolutionary development there was no ego. The ego was not a part of the thinking mind when we were simple animals. As we started to see and name everything, over a long period of time, we started to see the mental images as something real, not just as ideas in the memory banks of our brains. We not only saw our fellow beings; we began to identify with them. Keep in mind all this identity was purely a mental process. It became a sort of image feedback system that turned into an identity feedback system. I call you Grog and you return with my name, Grope, or whatever, which reinforced our sense of identity. Out of this grew the sense of ownership, tribal identity, which over time grew to include my country over

yours, my church, my god, my power, my desires, my possessions, and on and on into the world we know today.

Just as a human fetus goes through all the stages of our physical evolution, we condition our children from birth to develop the ego. We continually reinforce this process in our offspring and ourselves. I have known people who had a very little understanding of the ego and tried to break the cycle of its development in their children and, of course, failed. If it had worked, they could have ended up with some very neurotic kids. We live in a society that is based in ego and all of our languages are dualistic. Our children have to live in such a world and they need to know how to deal with it. This does not mean there aren't things we can do to help the children be not only more free of the ego but develop minds that can deeply question everything in their lives without fear. And, if we really understand it ourselves, we can help them awaken when their minds are ripe and ready to Awaken. We can teach them to not follow anyone, any belief, or authority without deeply going into it and coming to some level of insight as to what to believe. If we do not understand these things, we cannot help them. The ego will just go on as it has throughout history. The ego is the most destructive process on earth.

Security for the body is a natural function that all animals need to survive. We need it for all the obvious reasons. However, as the brain developed and started to identify as a separate individual, the need for physical security was carried over to the imaginary person living as images in the brain. When we started feeling the need to protect that, which can never be protected, the beginning of all the problems we see today came into being. Everything from domestic violence to racism, jealousy, and hatred can be traced to the ego being insecure. Whatever we identify with becomes a part of the ego and we will go to our death to protect all we consider ours. We say we love someone but if that person becomes a threat to our sense of identity we are ready to kill. We turn to religion for a sense of security and then defend the beliefs of that religion no matter how insane they are.

Look at how many wars that have been caused by such beliefs. We are capable of being totally cruel and sadistic to anyone we feel is a threat to our beliefs. We know, subconsciously, that we are living a lie but we cannot see it for fear it would mean the death of who we think we are. So we go from lie to lie, always seeking some rest from our nightmarish insecurity. We will never find it. The ego is insecurity itself, so how can it ever be free? Watch your own thinking and those around you and in time it will be seen very clearly that this is true.

Greed is another way the ego tries to find security, and there is no limit to how much money some people believe they have to possess. We see large corporations killing us with tobacco, chemicals, and all the other things that are threatening the environment, and they just don't care. The dollar is more important than anything else. Yet we, for the most part, sit by and let it happen because it may mean our jobs if we don't go along with it all. Our own government is as guilty as any corporation. The government, along with the military, is just a branch of big business. We are of little importance to any of them. We are just consumers who keep the machine of business going on raping the world. If we don't start to awaken, there is very little hope of survival for any of us. And it all goes back to the ego, the core killer of this wonderful planet.

Life is in constant change and to deal with this change we have to be as flexible as the rest of life. Yet, we are not at all flexible as ego. We have identified with events, hurts and desires during so much of our history that they have become signposts, landmarks within the mind that keep us in the past. We fear change. To be open to change we have to be open to letting go of our identity, and insecurity will not allow us to let go. We don't consciously know this; it is just a gut feeling. Even the things in our lives that have hurt us so deeply we will not let go of. The ego will identify with anything, even our suffering. This is one of the reasons people rarely heal from emotional suffering. If they can identify with some new state, idea, or symbol, then they may let go of that part of their past. However, under the

right conditions all that hurtful past will reemerge to haunt them again. We cannot be fully free of all this suffering until we awaken from the dream of ego. No matter what we do to free ourselves, it will be useless. We can turn to religion, which will also be useless, being based in ego/insecurity. Nothing you identify with can free you. This process will go on until you die unless you can find it in yourself and see it with such clarity that it comes to an end. Only then will you understand what life really is.

Who you think you are, is this very process, the phantom ego. If you see this clearly, it will come as a shock. If you don't feel that shock, you are either not seeing it clearly or you are Enlightened.

When you awaken, and realize the truth of what has been said here, you will see we are in a state of insanity. We have been killing one another and destroying our environment for ages and we do not have that much time left to make a major shift in the way we deal with life or we will be destroyed. We can go on denying the facts, we can keep following leaders who don't have a clue of where the real problem is, and we can keep ourselves blind while being entertained until the end, which isn't that far in the future. Most of us have no idea of what love is, or real compassion. The only way to truly see with the heart is to be free of the ego. It is the heart that will save this wonderful planet. Not our religious leaders, saviors, or politicians who have been lying to us from the beginning. The key to real happiness and wholeness is within you. It is up to you to awaken and go beyond the nightmare of ego.



# EGO AND THE CRAB

Some years back I saw a nature program on PBS in which a wonderful little crab stuck bits and pieces of whatever it could find to its body to disguise itself in defense of its life.

This is a great analogy for the way the ego works. The ego is always adding whatever it can find to give itself a sense of belonging, identifying with relationships, possessions, beliefs, religion, concepts, or anything else that makes it feel secure. However, the ego can never be secure. The very nature of what the ego is will never allow security, nor should it. The ego is a by-product of the evolution of the human brain and consciousness. It is a feedback system of identification. What I mean by this is that the mind looking at the images, conclusions, concepts, beliefs, and history in its memory, creates a feedback of ideas about itself. When the mind feeds on its own history, etc., one idea of identification feeds back to others and a separate sense of being a self comes into being. It is just a mind game. When one awakens, it will be clearly seen for what it is, a dream in the conditioned mind.

As the human brain developed the ability to abstract information from the environment, it began to see everything in terms of things, objects and images. At first this was not a problem, but when the brain started to identify itself as a separate individual and believed the images were real, it lost

touch with its direct intuitive connection with the rest of life and the ego was born.

This new use of the brain would not have been such a problem had it not been for insecurity. Long before the development of the ego there was the natural need for security of the body. When the image of the isolated self-developed, that need for security was carried over to the ego. This process has been going on, for the most part unnoticed, ever since.

If you remove the debris one piece at a time, you will eventually come to the crab itself. On the other hand, if you remove all of the ego's concepts, beliefs and images used to build a sense of security and identity you find a phantom creation in the brain. This trying to protect that which can never be protected is the root cause of all human misery. Subconsciously, we know this ego process is unreal. Therefore, we do everything we can to keep up the image of something solid, which lasts and does not change. When we are confronted with something that might bring into question the reality of our dream self we want to escape, go get an ice cream, buy a new car, anything but look at the truth.

The ego has a much broader and more complex covering than the crab. Although it's covering is completely insubstantial, it is far denser than that of the crab. We have ideas upon ideas, our history, our spirituality and our insecurity-based desires. The crab knows it is covered with debris but most humans do not have a clue about its image process that is covering a lie.

Spirituality and religion allow us to project the ego dream into the future when we will be Enlightened and find Nirvana or go to Heaven. We can identify with the people who went before us in this search for immortality. This can all be comforting to the ego but it can keep us blind to what it really means to be Enlightened.

When one truly awakens from the dream of ego, it is realized that the mind has built a universe of ideas, beliefs, relationships, things, and concepts about everything, never realizing the falseness of this process. To the Enlightened mind, it is clear that this process is void and empty. There is only this nameless Creative Mind, which is Life, flowing from instant to instant in constant change. There is nothing to hold on to. It is seen that all things are mental projections from the fog of the ego. Emptiness is seen as just that: empty of all objectification. This insight is not a mental projection but a direct seeing into our true nature. This is a profound and transformative insight. Life is seen as continual transformation.

Emptiness, however, as used in some spiritual traditions, can be another piece of debris we use to cover our ego insecurity. When someone who has seen this directly talks to others about it, if the others are still functioning as ego, they will project that Emptiness into a future or look at it as the past, as the "ground of Being"- for example. Emptiness is still a projection. Without the ego's image-making process working, however, there is no emptiness. It is only the somethingness of ego that brings about the sense of emptiness. Without that contrasting image where would emptiness come from? There is a sense of emptiness from an awakened perspective but it is not the opposite of thingness. It is seeing that all things are projections of thoughts and the seeming emptiness is just what is without the filter of ego in the way.

One reason emptiness gets misunderstood is that in the last few decades, we have often taken insights from the field of physics, such as those into the nature of space/time, and matter and tried to apply them to the spiritual. But enlightenment is not a problem for physics to solve. We are dealing with a psychological problem, a problem of misperception.

We will continue to add more bits and pieces to this dream until we start to see clearly what the problem is. It can be a scary and difficult process at times to face the games we play. In time, it will mean the death of who we think we are. This is not to be feared. The ego, for all the suffering it has caused, is just a misunderstanding and is not our total life. You will still be who you are, beyond the ego, just as the crab is still a crab. And for the first time, you will be an authentic individual, undivided. You will see that you are an expression of the Whole Mind, which is Life and will never end.

There are those who say we have no choice, that all of our actions are preordained, the will of God. "God's will" is just another ego concept. It is like saying, "The devil made me do it"- or "We aren't responsible." The ego functions automatically according to its conditioning. However, the free mind knows that although it is not separate from the rest of life, wisdom can express itself through us, as us. Real values come from this state of wisdom and we are all in touch with it if we are truly open. This is where real compassion and love are realized. Nothing is in control except intelligence. We are intelligent beings and when the ego is out of the way we can function with real intelligence and help the evolution of the human mind. We need to take responsibility for our own madness and get well.

Those who talk about life being preordained seem to have come to that view by way of the intellect: it is a conclusion. I refer to these teachers as Conclusionists. Ego logic is not Enlightenment and real Awakening is never a conclusion.

Mind has always been awake with no need for transformation. It is just we, the dreamers, who need to awaken. We need to get beyond the ego and see for ourselves. This is a profound transformation, yet it only happens to the dreamer who will then find out what it means to be truly awake.

What started out as a process of trying to find security may well end by destroying life on this wonderful planet. We have a chance to change this.



# ESCAPISM

I hear from many people who are tired of this world and want out. This seems a very common belief in most people. It can take form in their search for heaven and the following of religious or spiritual ideals. If they do this thing, or accept this person or god, and trust fully in their beliefs, then at death they will be saved and move on to paradise. So the dream goes on. Escapism seems to be the rule most people live by.

There are many problems caused by such thinking. If you come to see what the root cause of your personal problems is, the cause that deeply affects your relationship with life, you would stop seeking any escape. You would see there is no escape for the ego dream that feels it must find something beyond the hell we have created on this precious planet. The problems we face are man created. Then the same mind that created the problems wants a way out. If that were possible and there was a heaven to go to, we would create a hell there too. We are the problem. And it is only through awakening that we will be able to deal with the hell we have created.

If you think reincarnation is going to save you, think again. First, you do not know for sure if there is such a thing as reincarnation. That, too, may well be a dream. However, let us say it is true. If it is, then you should be able to know who you were in previous lives. Do you? If not, then what good is reincarnation? If each time you are reborn you find yourself ignorant of your own history, then you may as well not have it. I am not saying

there is no such thing as reincarnation, which is not the point; the point is what good does it do you?

Also, if you understand what the ego identity is, then you know it is a dream created by the evolution of the thinking process. Knowing this, it becomes clear that the only thing that will go from life to life is a dream. We base too much of our lives on a dream. Then the dream wants out. Where is a dream to go? Awaken! See life for what it is now. When you do you will see that we are now in the most wonderful heaven there could be. The natural world is a perfect place to live and we are it. However, in our ignorance we have done great damage and if we continue we may well destroy it.

Stop trying to find a way out. Stop looking for someone to save you. Stop believing in any belief system that points away from this moment and this wonderful planet; end belief altogether. I hear people say, "We need something to believe in." Why? What has belief done for the world? It is opposing beliefs that have caused all wars. We do not need belief to live a sane life. It is the belief that there is somewhere else to go that makes you feel you can escape. What you believe you are, the ego self, can never escape and what you truly are would not want to escape.

One of the major problems of trying to escape is that you are less apt to do anything to try to change the direction we are heading in that will destroy our home, our selves. I once overheard some young Christians talking about the environmental problems we have. One of them said, "We don't really have to do anything about it because when Jesus returns he will make it alright again." All the rest of them agreed. What nonsense! They can wait until the moon turns to cheese and they will not see Jesus come back. Stop looking for anyone to save us from us. We are here, there are very serious problems we have to face, and if we don't, there will in time be no place for us to live.

Too many so-called spiritual teachers today are misleading their students by talking about how everything is perfect just as it is. Wake up!! Those beliefs are as foolish as any other religious belief. They try to show their students a way to feel at peace, it is called denial. The students buy into it and let go for a moment and sometimes get high from the idea. Then they go on sleepwalking in the belief they are enlightened.

From my own experience, I have seen that beyond this world there is a state of being that is completely free of any manifestation. But that insight does not change things here. It does not make life better for humans and all other creatures that are blessed to live on this wonderful planet. And in that state there is no you at all, so no escape to it.

Stop trying to find a way out. Find out what you are and be free of that dream. When you are free, then ask if you want to escape. You will not because there is no one who would want to. Life is wonderful in all of its expressions. We are that Life. You do not need to become anything or go anywhere. Just awaken to what has always been and always will be.



# EGOSPHERE

Scientists tell us of the different spheres that encircle our home planet, from the ionosphere to the magnetosphere, and one we could add is the egosphere. Although unreal, it affects us just as much, if not more, than the other spheres.

When we clearly start to see just how the ego affects all activity on this planet, it becomes easy to see how distorted our perception of reality has become. People rarely look at this or even realize that this is not the natural way of seeing. We have been so lost in the ego process for so long, we take it as the only way one can function. But we must start to clearly understand just what is taking place and why if we ever expect to live sane lives.

This is not some abstract concept about what is happening. It is there for anyone who deeply wants to understand to see as clearly as the sun. People have to open their minds and observe what is really taking place within them selves. Not to be an observer in the normal sense of that word, but just be aware without carrying any past ideas or beliefs with you.

As it has been pointed out throughout these essays, what we think we are, as this thinking/feeling being, is an illusion. It was created as the human brain evolved and started to feed back information in such a way as to make the mind feel it was a separate entity, 'me'. This does not mean there are no individuals with different talents, capacities, and intelligence. It

does mean that within our individual creative being there is a process of misinformation that has been creating problems for eons.

The ego sense has developed totally out of images. Images of who we think we are, how we respond to life, what values we look at life through, and every other image that helps the dream to continue. We think we are being objective, yet we are looking through such a dense fog of our own conditioned ideas that we rarely see anything truly objectively.

Subconsciously, we sense this process is unreal and this brings about a deep-seated fear and insecurity. So we aren't just trying to see life through all of our images and conditioning, we are at the same time always trying to protect and project our illusory selves. This has created all the conflict we see in our lives.

Someone says something to us that does not support our self-image and we get hurt, angry, dislike and even hatred for the one who dares to say such a thing to us. We do our best to control all of the situations we have to deal with so we can feel secure, yet we never feel completely secure and never will as ego.

We only want those who are supportive of our beliefs to be around us. We end up not being real to anyone and they are rarely real with us. We play so many ego games to keep from facing the truth. We lie constantly to ourselves, and all those we deal with. Most of the time we may feel we are being honest, but we cannot be truly honest while still lost in the illusion of ego.

Our games vary according to our conditioning and our place in life. Women have been conditioned to play their roles and men theirs. The poor

play their roles and the rich theirs. We like to believe in the west that we have no class system but we do. It is not a formal system, but it is the same. The poor try to get out of poverty and the rich try to constantly add to their bank accounts. In both cases the ego is the driving force behind most of our actions. The rich are perhaps more insecure than the poor. They have something to lose, while the poor just want to survive. Yet at the core they are both the same. It isn't belongings and money that is the real problem, but the way we respond to life.

What we do as individual egos is also reflected in our nationalism, racism, our ethnocentric lifestyles, and cultural differences. One nation responds to another in just the same way as does our ego in our family and work life. We are willing to destroy a nation over things that could be worked out by reasonable people. Nationalism is not reasonable or sane. We blindly follow our leaders into war in which human beings are killed and maimed and we hurt the environment while the leaders sit on their butts in safety far from any actions they have caused. Wars will not end until people see clearly and it is not a matter of education as much as it is transformation. We need to awaken to our own madness.

In business we see the same things happening. Corporations are so based in greed and driven by insecurity that they have mostly lost sight of the results of their actions. The shareholders of most corporations are as greedy as the companies they own part of and for the same deep seated cause, insecurity.

Most of the environmental problems we face can be traced back to the actions of corporations pushing their garbage on to the world for profit while we don't see the whole cost of what it is doing to the natural world.

Our education systems are also ego based. How could they be otherwise when all of the people working in education have the same illusion operating within them? Education has become just another business. We fail to educate our young to live sane lives because we don't know what that would even be.

Our health systems, being based in profit motives, don't help the whole person. We pay more for everything yet get less real health. We see how drug companies push their products on us before they are safely tested and overcharge us for the poison they sell. As long as our health systems are ran from the ego perspective, we will not be healthy people.

Religions, while acting so holy and good, are causing untold suffering to the world while being completely based in illusion. We have seen so many millions of people killed over pure nonsense, yet we keep those dreams going out of our ego-based insecurity. We have blindly been led to believe we must trust in god and he will make it all better. How silly can we get? In all the thousands of years we have believed in such madness, have we gotten any better? Is the world a more loving or safe place to be? Do we have less illness or suffering? Do we really treat others with the love and care we should our brothers and sisters? Religion feeds the ego a false sense of security and gives the religious leaders a sense of power and control. We have gotten so lost in this dream that we will fight to the death to defend our ideas of what is the right religion or who god really cares for. It is all ego dreams. Until we awaken to this nonsense we will not be free. There is no security to be found in religion. In fact there is less because of it.

As you can see, we live in images. We project on the world our beliefs and conditioning. Those beliefs and conditioning are based in insanity. Is it any wonder what a mess the world is in today? This problem is not new. It has been going on for many thousands of years. Our history is one of the ego process and its actions. We have suffered greatly throughout history and

learned very little about the real cause of the problem. We see how our actions interact with one another has become global and that it really is like an egosphere. Here we have the natural world, which was living in perfect balance, being destroyed by a mass illusion. We have become so lost in images that we can find no freedom anywhere in the world. We cannot find it within ourselves, so how will we ever find it outside of us?

We live in two worlds. The first, and only real one, is nature itself. Then we have a covering of ideas, ideals, dreams, illusions, beliefs and conditioning created by the dream of ego. Which would you prefer to live in?

Note: I realize that what I have written about educators, medical professionals, and corporations is overly simplistic and that there are wonderful caring people working hard to help us live better lives, but the problem is still there. We need these professionals in many ways, but when it comes to religion, we do not need them at all. I realize there are also many wonderful caring people within all religions that are doing what they can to help those in need and to make the world a better place to live. But the distortions, the guilt and lack of being truly open-minded, have and will continue to cause far more suffering than good.



# FAÇADES

Watching children be told by their parents to tell someone that they love him/her is a clue to how we are conditioned not to respond from our own feelings and learn to become facades. From the beginning of most of our lives, we were told what to feel and what not to feel. Children learn very early that we are expected to lie, to put up a fake front. We all learned that if we said certain things to others we got a predictable response. We would tell this or that relative we love him and he would express happiness and do something nice for us. We had no idea of what love was; yet we knew the word had power. Not that, children do not know love that is real, but the way they are taught to use that word is misleading them.

Children are helpless when they are small and it is natural for them to try to find ways to control their environment and protect themselves, both physically and emotionally. The parents were raised the same way, so it was all so normal to let these mind games go on.

By the time we can talk, this process of lies has already conditioned us. We are conditioned into becoming false people. We have built a façade of lies and we try to respond to life from that conditioning. We have made a separation between the real world and our imagined self. We wonder why we feel so cut off, why we cannot feel what we are supposed to feel.

With the false use of the word love, we have built up a complex idea of what it is. Most people do not really feel it, although we all use that word with great expression of feeling. Of course, most of us do have some feeling for what love is at some times in our lives with certain people, things or places.

A clue that most people really do not know what love is, is in always hearing them say they wished someone truly loved them. Not that we cannot be loved and that there are not people who care for us, the problem is thinking that to feel love, it has to come from someone outside of us. Real love can only come from within us. It needs no one else to express it for us.

Of course, this is not just an issue with love. What we are feeling when we say we want someone to love us, is that we are inadequate and insecure and we need validation to feel like we are truly worthy and cared for. This is the ego. It is that false image of what we think we are. It is insecurity itself. No amount of love from the outside can fill that void of being. Images cannot be made whole by other images.

Most of us have grown up in families that exist on lies. As images, it seems legitimate to try to control our lives with other images. We are rarely aware of what degree we are lying to one another. We are walking lies. We say one thing while we mean something very different. At some level, we know we are lying and then guilt comes in; which is another expression of ego.

My family, as I was growing up, always lied. None of them would admit to themselves or anyone else that they were liars. It was always too painful for them to face the facts and be honest. I was the black sheep of the family. Not because I was evil, but because I told the truth. I knew all the ways to keep the family doing what I wanted them to and it would have been very easy to be in complete control. In this society, I was handicapped by

my unwillingness to play the game. Most of the time the family was angry with me. I learned to live with that and even enjoyed it.

I am not saying I was not also conditioned and responded according to that conditioning. We can see certain lies in others, yet be blind to our own lies. The ego was there and made life a living hell.

It did protect me from getting into things like religion. It was clear from an early age that people were always trying to find something to believe in no matter how insane it was. I was also lucky that my family was not religious. Except for my grandmothers. They had both seen too much pain to go on not believing in something beyond their suffering.

Most people go through their whole lives and never really question what is really going on within them. They could not stand to face themselves in complete honesty. However, it is in being truly honest about ourselves that we can start to become free of this fog that keeps us from direct contact with life.

Of course, most of us do feel a direct contact with life from time to time. As we walk alone in nature, we can sometimes open to that primal suchness that life is. Or when we hear children's laughter, or see a newborn baby. When we let go of ourselves while listening to or playing music, then life can be felt deeply and directly. As when we look into the eyes of someone we care deeply for. We are not totally lost by any means. However, all too often when we have these feelings, the mind comes in and wants to repeat the experience. As soon as that image comes up in the mind, the contact is broken and we find ourselves back where we were. It is the ego that wants to repeat an experience and when it does, it creates time, which is separation. Life is an ever-changing nowness, and that is the only space where we can meet it, as It. It is not easy to step away from countless generations of

conditioning and get beyond the sense of separation most people feel, but it can be done.

This is the most painful part of that sense of separation most people feel: we are not really in touch with life. We go through the motions of living, but in a very real sense, we are already dead. Most of us have been dead since childhood. The wall of lies we call our lives numbs us. Everything becomes a facade of our ideas about what is real. If we did not live that way we could not do the things we do to cause such suffering in other people and creatures that share this life with us. We could not be conned into going to war over something that has nothing to do with the average person's life. All through history, the little people have had to give their lives and the lives of their children to those in power in order to fight for some nationalistic beliefs or just plain greed. We are so easy to control. If you stand up against those in power, you are called a traitor and risk your own life. If we were awake, we could not be controlled by any power.

If we really want to change this world of madness, we need to find out just how asleep we are and why. Then try to raise our children to be honest and fearless. We need to honor the truth and see beyond the imaginary world of ego. If we want a direct experience of life, we need to get beyond the ego fog that blinds us. To see directly sounds so simple. We all think we do that, but by looking deeply into this whole process, we start to see how little we really see.

It seems like the world is starting to be open to something new. In my lifetime, I have seen many changes that would not have been possible in the distant past. People have started to question and really want to understand why the world is in such a mess. There is hope. During the over of a quarter of a century that I have been talking with people about this, very few really wanted to understand; in the last few years that has changed. Now there are thousands of people visiting my website each month and many

people writing to me. It is becoming very clear we are heading towards a major shift in the way people see life. It may well be the beginning of a new age for humankind. However, there could be an ego backlash that will make life on this planet worse for a time. Each one of us has a responsibility to do our best to come to understand what is going on and see through the eye of sanity. We do not have to go on being walking facades; we can be Life Itself.



# KNOWLEDGE

A friend told me the other day about an insight she had in which she realized she could not really know anything. This is very true. We use knowledge as though it is reality, but it can never be what Is.

In this book, knowledge is used in every essay. The words are just words, which are a part of knowledge, but what is aimed at is the reality between the words and before knowledge.

If we could just drop all knowledge and see directly what is before us, we would understand life. Not 'know' life, but understand it, which is to become it.

Seeing what is taking place, both within and without, is being the very Suchness of what Is. We have an experience and then remember it, turning the real into a lie. Knowledge is always in time. It is history and history cannot be Life Itself.

All of our gods, beliefs, nationality, race, family history, and every other thing in our lives are knowledge.

When I was a young child and I would really look at the people around me, I did not know who they were. Not even my parents. The brain had to backup some, become a little dull to enter knowledge and know who they were. In school if the teacher would write something on the blackboard and ask us to pay attention, the mind would just see the contrast of white and black. There was no knowledge at all. This made it very difficult to do the schoolwork and the teachers thought I was just lazy or unintelligent. Needless to say, I failed in all of my early years of schooling. However, I learned something more important. I learned how to see past knowledge and into the heart of whatever it was that attention was drawn to. This in time brought real freedom.

We can only really see something for the first time. The second time we see it through our knowledge of it, which is to dull it over with ideas. We say we know this or that person, but we do not. We know some history about that person, but the person is always changing. If we hold a person to be a certain way, based on our history of them, we will lose sight of the wonder of what is taking place as that being. Being out of sync with the reality of another can lead to conflict.

We fall in love with someone and we think it will last forever. Then in time, that love begins to fade; it fades because of our knowledge of that person. We are no longer seeing the person directly. We see the history, with all the little pains and misunderstandings. We have taken a living being and turned him/ her into time, history.

We need to use knowledge to get things done in the world. To build anything, to carry out our daily life we need to use knowledge, but we also need to understand the limits of knowledge. Let it take its place as a useful tool. Do not let it run our lives.

As I said above, there is knowledge being used in all that is written in this website. It is not the truth of the words that has meaning, but the reality that they arise from. It is hoped that the readers will sense that this is only a pointing to Reality. Words will not take you there and words cannot express what is real. Just read, feel and let go. You are already Reality.

Love is not in time. It is directly in this moment. Life is not in time. We cannot know life. For Life to be, we must be completely present with it. Only then can we understand what is prior to all history, all ideas, and, all conditioning. When we realize we can never really know anything, then a state of poise, a quietness of the Heart, comes upon us, as us. In the deeper levels of this insight we are lost. There is just What Is. No matter what it is, it is okay; we are at peace. We are the One Being. And that Beingness needs no story, no history and is beyond all conditioning.



# EGO AND THE IDEAL

I hear from many people who tell me how they are doing this or that practice and that their teachers point to some ideal as to what it means to be Enlightened, or they have come up with their own ideals of what they should be doing or expressing. Ideals seem like a good thing to most people but they are not seeing the basic problem they point to, namely, the ego.

There are so many ideas going around about what an Enlightened person should or should not do. People trying to make their minds so focused on the moment as to end thought, is one major ideal for many. Or doing what they perceive as being what god would want them to do, trying to let go and let god guide them. Or they feel they should be more loving and compassionate. Many are always looking for signposts that show how they are progressing. Escape can be another ideal. Escape from the mundane life on this planet and reach some imagined higher state where there is no suffering. Escape from what they do that they have been told or imagined is a sin. There are many ways this need to escape can express itself.

Then there are the ideals of some teachers and teachings that we are supposed to follow if we want to find happiness. Some say we should be celibate. That sex is at least a distraction from our search for Holiness and at worst a sin. Which of course ties in with religions and all the demands and

ideals they push on us. We are always being told some ideal of what we should do or not do.

When we start our spiritual search to find a way out of our suffering, or to reach some self-projected ideal of how we should live, we too often turn to teachers that can add more problems to our life. So often, the teachers themselves have their own set of ideals they expect their students to follow, as they have been handed down from their teachers. Religions and spiritual teachers have been doing this for thousands of years. Yet, we are still in a mess on this planet. We are no closer to living those ideals than we were when they first came out of the minds of equally disturbed people in the distant past. There is no peace within religion, so how is religion going to bring about peace? It is just another ideal. Religious leaders of all flavors tell us how we should act and what we should do to find salvation. It is just all ideals with no real understanding behind them. It is another ego game, a dream.

Following some ideal and thinking it is somehow holy will end in blinding those who follow such beliefs. All ideals keep us from really looking at the real problem that is causing so much suffering. Who is it that tries to follow some ideal? What is the process of mind that feels it has to have ideals to live by? Do having ideals really end suffering for you? Is it insecurity that drives one to follow some ideal? If your ideal is based in mind, which of course it is, can one truly live up to any ideal without first understanding just what that mind is? Who is it that feels ideals are real and helpful? There are many such questions we should answer for ourselves before we accept any ideal; our own or one imposed upon us.

It always comes back to the ego and how it works; or seems to work. If you totally awaken to the way the ego came into being then ideals will no longer be of importance to you. The ego is just a dream that came into being by evolution. It is the only thing that makes you feel you are separate

from the rest of life. It is the core of insecurity and it causes all the insanity we see in the way things are done on this planet. It is never free and it does its best to keep everything within its control. Ideals are part of that control process. Ideals not only make you feel some sense of control but they can make you feel a bit more secure because they reinforce the belief there is a you who is doing this. The ego identifies with anything that will make it feel it is real.

The ego has brought about far more complexity than is needed to live a full and happy life. For those who have gone beyond the ego, seen through the dream by direct awakening, life is so very simple. You are an animal, a highly intelligent and creative one. As such, you find food, shelter, and the other needs all animals have. You have a sex drive and you respond to it naturally. You do not hide from it and call it a sin. You care for other beings because you can see no separation between you and them. When you see a tree, or any other thing, you see its reality and it is wonderful. Not because of some ideal, it is just what it is. It does not have to be useful to you to be worthy of your deep respect and care. Any child is as loved as your own offspring. Your environment is seen as holy and not at all separate from you, so you protect it and love it. You have no sense of greed or hatred; they are expressions of ego. You have no need for beliefs or ideals at all. Beliefs are seen for the mind created nonsense they are. Ideals never come to mind for they are not needed at all. You live as best as you can without any control from any outside source. When you are out of balance with reality you feel it and do not hide from it in shame. There is nothing there to feel shame. You do fall into mind traps from time to time but you see where the problem is and in that seeing you go beyond them and return to balance, poise. You do not need to sit in meditation or practice anything at all. Just being awake is an ongoing meditation. You do not fear death. The ego idea dies but in reality there was nothing to die. Life is seen as awareness itself and awareness is all-inclusive. The body will die but awareness cannot die. Life is life, death is life, and awareness is life. What more could anyone want?





# CRUELTY

Cruelty is so common today. We see it in the actions of most governments, in our families, in our entertainment, and in our children. It runs throughout all societies, and few ever deeply question the cause of it. We have accepted it as a normal part of our lives.

In the U.S., we see how easy it is to go to war with people who have done nothing to us. They say they are bringing democracy and freedom to the enemy, while killing thousands of innocent people, and destroying their country. We see deformed children from the militaries use of depleted nuclear fuel rods made into warheads. And they act as though they are doing some kindness to these poor people by helping them become a society like the U.S. The U.S. is a very ill society, as most societies are.

We see children killing children, parents killing their own children, and most people killing animals without a thought to how cruel that is.

We are killing our environment in the name of progress and greed. We are being cruel to ourselves by destroying our home, and few really care.

What is the cause of such thoughtless cruelty? You guessed it, the ego. Every time a man beats his wife or children, every time we put down some-

one for not being like us, every time we destroy another part of our forests, streams, rivers, and lakes, it is ego behind it all.

We could say it is ignorance that allows such cruelty, but educated, capable, people, do most of the cruel acts taking place in the world. It is ignorance that is the problem. But it is the ignorance of what is really going on within our minds.

The ego is just an invented process of images identifying as a single, separate, individual being. It sees what it is conditioned to see, and believes it is seeing reality. Nothing it sees is real. Not that a tree is not real as itself, but the ego doesn't see the real tree, for instance, it only sees its knowledge about a tree, its usefulness, its capacity to bring in profit, and perhaps its name. If we see a forest as something separate from our own life force, then it seems okay to destroy it. If we see another person as separate from us, then it is okay to do what we will.

Slavery was okay for those in power. So the cruelty of enslaving people went unnoticed by most people in power. We are still enslaved by an unjust cruel system when it pays so little minimum wage that a person can only afford food, and the most basic necessities of life while those in power make millions. We see the, so-called, developed countries take advantage of the poorer countries for profit. We could not do this if it were not for our ability to remain blind to what is going on within our minds.

We see children bullying one another to the point of one killing others out of frustration, rage, and hatred. We wonder how this can be? "What was wrong with that child? He/she must have been insane!" Those children were just expressing the society the ego has developed. From the time they were born they have seen thousands of killings and acts of cruelty as entertainment. They see our leaders going off to war, and killing millions

of people in the name of god and country. In our movies we are brought to hate those who are seen as evil, and cheer when the “evil one” is killed. It has become a good thing to kill the evil ones, but we are all evil ones to someone.

In some parts of the world it is seen as the “right” thing to do an honor killing of our sisters, wives, and children if they have dishonored the family. How incredibly cruel! We will kill, and cause such terribly suffering in the name of our self- image.

So often it is our women, and children, who suffer the most from the egos wrath. We harm the most loving and gentle part of humanity. That is not to say that women and children are free of cruelty, but they are far less apt to be openly cruel than men.

Religion is one of the cruelest diseases of any society. Not only do they teach people to feel guilty for just being human, and try to put so many horrible images into their minds, but also they feel it is their right to kill, or at least change the beliefs of those who see things differently. They do not realize that they are just based in images about reality, but are not real at all. Even if the founders of religions have seen, and understood reality, the followers have so altered their understanding that it is no longer true. Religious people do not see how cruel their religions are because they have been conditioned to think and act that way, no matter how insane it is to those who are not conditioned by such beliefs. They make their followers blind and fearful of questioning their own beliefs, so the nightmare goes on century after century.

We do not need to be cruel. It is not a part of a healthy human being. Imagine what a world we would have if we all ended our acts of cruelty. We all have the capacity to love built in from birth. Deep down we know what

is right and decent. We need no one to tell us this, yet we rarely see it because of the ego conditioning we all suffer from. We have become so detached from our real being, and blind to our actions. If we do not awaken to what is going on, and make a real effort to transform this world, there is little hope for any of us.

The Universe has always been heading toward harmony, to a balance, and poise, which can be expressed as love. But if we destroy our home, and continue our blind cruelty, we, at least on this planet, will fail to mature into that harmony. If we take our part in this seriously, we will do all we can to find our own harmony, and express it in our daily lives. We can bring about the transformation that will lead to real justice and freedom for all life. We have many problems that need to be solved but with the ending of ego, we will see the facts as they are, and act with intelligence and love in finding answers to solve those problems.

Life does not have to be lived in fear. It can be a celebration of Life where all work together for the good of every other part of Life. It will not be easy, but cruelty can, and must, end. Each of you can do your part to help change our lives from insanity to sanity and loving-kindness. When we see what we are facing it can make us feel it is hopeless. But you can change yourself, which is the most anyone can expect to do. And your transformation can help your family, and friends to transform. It is our Life, and how it is lived is up to each one of us. It is our responsibility, not some god off in space. We are the tools of transformation.



# EGO AND EVOLUTION

It is easy to see how the ego dream creates problems in our lives and is such a destructive force in the world. However, it has also served a purpose. Not that it had to be a plan that was followed to bring about this purpose. Life needs no plan. Its very nature is to create and it is propelled into ever more complexity. It is all very simple if one sees it from its core. Which is not that difficult considering we are at its core; we are just too lost in our dreams to see this fact most of the time.

So how has a purpose been fulfilled by the development of the ego? If we go back in time and see how we as intelligent apes lived, we see there was no recognition of being anything other than what we were. Our lives were driven by our need for nourishment, sex, physical security and the subconscious drive to keep the species going. As the ego developed and brought with it the capacity to separate itself into a seeming being separate from the rest of life, an individual, it also brought about the possibility of the awakened individual realizing their oneness with all Life.

Animals are aware and conscious of their suchness. They do what they do automatically from instinct. They don't have the problems caused by ego but they also do not have the ability to see beyond the limits of their being. There is no need for them to. It serves no purpose for them to know anything other than their actions and their relationship with their kind and the local environment.

As we evolved and developed the capacity to use abstract knowledge, we were also helping to bring into being a form of reality not seen on this planet before. If we had not developed the capacities we have, we would not be able to consciously realize our oneness with all life. Life is total creativity, it is pure awareness, and it is all energy, yet it was not conscious before the development of a mind such as ours.

One of the first insights that came my way was the fact that we are always dealing with mind. Not just the mind as ego and conditioning, but Mind, which is all creation. We think we live in a physical universe but in reality it is Mental. Not with the limits of a brain, which is basically a conduit for intelligence to flow through and a library of conditioned thinking. No, this Mind is far beyond all that yet includes it all.

Once this mind opened to see the mentalness of life, and found freedom from the limits of old beliefs, things started to show me that the insight was right, as insights usually are. I started having precognitive experiences, intuitive knowing of many things that could not be explained by the old model of reality. I would know who was calling me on the telephone before I answered it. I would see events before they took place, sometimes weeks before. And many other capacities that showed clearly that all was Mind started happening. Keep in mind that I am not a psychic. These things happen and I let it go. I don't try to do them.

One evening about 12:30 I woke up and was just lying in bed. I saw this woman I know lying on her side with a wonderful soft glow of light on her. She was up on one elbow. I just watched for a while then remembered my eyes were closed. When I opened them, of course, she was not there. The next day I called her and asked what she was doing at that time? She said she was lying on her mat on one elbow looking out the window at the full moon. She lived on the second floor of the apartment house. So my aware-

ness was about 16 feet off the ground looking in from outside. It was as clear as if I was there, which part of me was. I did not try to see my friend, it just happened.

One time I was driving down the road at about 45 miles an hour when I could just see the front of another car pulling out from behind some bushes where they could not see me. I had no time to even reach my horn button to warn them, but my horn beeped. I did not touch the button at all. The other car stopped just in time and I zoomed on by.

One time I was driving through this town and saw a man and a boy hitch hiking. I pulled over to pick them up. Just as the man came to the door, I knew he was going to be my former wife's next lover. They had not met at that time. About 3 months later I got a letter from my wife telling me she had met this man, the same fellow, and they had become lovers.

There was a woman missing in my area. A friend of mine was a friend of the missing woman. She asked me to see if I could see where her friend was. I told her I would try. That night I just sat quietly with no thoughts. I saw a wooded landscape with a low depression in the foreground and a large redwood tree with the top broken off by wind. I knew she was dead and in that area. I also saw it wasn't far from a golf course. I told my friend what I had seen. I had never seen that area before. About two months later I had a dream where I looked up at this tall redwood tree and on top of it was a carving of a woman and two hawks standing on it. One hawk was pure white, the other black. The white hawk flew down towards me. I reached up and caught it in my hands. I held it for a while feeling great love for it and marveling at its beauty. Then I let it go and it flew up and out of sight. The black hawk was looking down at me. Its beak was sort of pushed in. Then I awoke and knew they would find the woman's body that day and they did. I watched the evening news on TV and they showed a picture of where they found the body. It was the scene I had seen months be-

fore. And it was over a few hills from a golf course. Then they showed her husband, who had killed her, and his nose was pushed in just like the black hawk's beak had been. I had never seen him before.

I could go on telling you stories of experiences I have had for hours. From healing to distant viewing to precognitive dreams and insights, but for now I just wanted to point out a few things that have shown me the nature of mind. However, it is not the experiences that are important. It is what they point to. This includes a deeper understanding of time and space, which I hope to go into in a later.

Without going into a lot of detail now, I just want to point to where I think we are heading in our evolution as human beings. When you see how we do live in a mental universe you can start to see how the development of ego was a way of starting to create a creative individual who will be capable of expressing his/her being without the need of a physical universe. Not that it will be empty of seeming things, but we will know we are dealing with creative Mind; we are this creative process. What happens to us helps create new forms of expression.

The ego is just a misunderstanding that distorts our view of what is real. When we awaken to see that it has all been a dream, a phantom, then the ego is understood and we can just drop it. However, we are still this wonderful creative process called Life. There is no end to this process. Although it is beyond the personal, it is real.

As we have developed, so has the non-physical side of our being. The closer we come to expressing that being the more seemingly strange events will take place. This scares many people and they back off. They are not ready for it and they may think they are losing their minds. If this has happened to you then let go and just let it happen. There is nothing to fear.

All through history there have been people having these experiences. It is not at all new, but they usually carried some religious, cultural or ritualistic overtones. It is time to see this is just the normal evolutionary next step for humans. We are becoming free. There is no limit to what can be done. However, if we evolve without awakening, then we could do great harm to life. One doesn't have to be awake to do these things. In fact one of the problems with the New Age movement is they are too often trying to gain some power without a deep understanding of their relationship with all life. Thinking they are somehow special can keep them from awakening. The ego loves all this because it gives it a false sense of security. It can never be secure, so it keeps those who believe in a separate self under stress.

I have just barely touched on this subject. I just wanted to let those who see the death of the ego in a negative way know the ending of the ego is not the ending of this wonderful creative life we all share. I am writing this with the hope that the ego doesn't just use it for a sense of security. It is all-important to go beyond the dream and be free.



# BEYOND THE EGO

Sometimes when I have talked with people about the nature of the ego and its unreality they feel somewhat depressed because all they know is the ego, and the fear of losing it leaves them with nothing. So it seems to them at first. Some feel fear and wonder what will happen to them if they do go beyond the ego. One fellow even thought that the universe would end if the ego does. Such thinking is normal and a natural feeling from the ego perspective. So, it seems important to go into what is beyond the ego.

If one really sees what the ego is, then they will also see that it has never been a reality. Therefore, the only thing in one's life that will change is the perspective of the mind free of ego. This is a major shift in how we perceive reality. When the ego is not demanding attention and distorting everything we think, then the mind is free to truly be creative. It is not limited to what has been, to its history, its prejudices, and its fears. It raises one's intelligence to a much higher level. Not that the brain is somehow more powerful than before, but it is free of seeing through the limits of ego insecurity. The mind is wide open and honest with itself. In that openness, it is free to think in ways it could not imagine in the past.

When the ego is out of the way, seen through, the heart is also wide open. It no longer sees anyone or anything as being outside of what it is. The capacity to love becomes much more powerful and goes to a far deeper level. With that love, it is also far more compassionate and can have great empa-

thy with all other expressions of its Being. One finds it impossible to hate. We see hate for what it is, a distorted view of reality, and an ego game.

Far from losing the personality when the ego is not there, one becomes a real expression of the true individual, the undivided Being. In the freedom from ego, one finds peace in not having to be anything or anyone. Yet, we are more than we have ever imagined without any effort or game playing. We no longer feel we have to do this or that to be accepted by our society or ourselves. Just simply being what we are in complete honesty is more than we could have ever wanted.

This doesn't all come about in one day. We have developed many habits for millennia that must be allowed to die away of their own accord. If we try to push them away, we just give them strength and they will continue playing themselves out. If we are just aware of them as they take place and don't judge them, they will just fade away.

The old self would deny all the negative things in our lives to try to keep the dream a happy one and to feel secure. The new being welcomes anything that brings out the seeming negative waste of the past so we can see it clearly and go beyond it.

We can find ourselves acting out old stories and reacting to things as a habit of the old self. We may even seem to be lost back in ego again but we can never really be lost again. We just need to see where that reaction is coming from and let it go. It is very helpful if you have friends who are going through the same awakening you are to help keep one another reminded of what is real. Good spiritual company is wonderful and so helpful.

Awakening to what we are beyond the ego is also acceleration in the evolution of the human species. We are being held back by the past as ego. It, the ego, has been an invisible wall that keeps us from going beyond our primitive past. Without the ego, we can be more open to the new. We also get away from the constant need for security of this dream called ego.

Without going into it in great detail now, I will write more on it in the near future, we are heading towards a state of being that is far more in tune with the nature of reality. We are living in a creative flux that has no limits at all. As we open to this limitless state, we start to see how fluid creation is. We start to experience capacities we never knew we had. Some will experience more than others will at first. Just as some have certain talents that others don't seem to possess. In time, we will all develop these capacities because they will become the norm.

I have been very fortunate in this lifetime to have had many such wonderful experiences. These experiences in themselves are not what are important, but what they point to, hint at, is very important. It has shown me that we are far more than we ever thought we were. Also, that life is magical, wondrous, and completely creative. We start to see that time and space and all creation are just an expression of what we are.

The idea of death becomes so silly that we no longer fear it. Even a state of no experience at all is far more alive than any ego dream of life after death. We see that cause and effect are just part of this flux of creativity and that we as Awareness are beyond it all. We cannot be unaware. The ego mind can be lost in its dreams and seem to be unaware but that is not true Awareness. Awareness cannot be anything other than what it is, and it is eternal. When we are just simply aware to the point of not identifying with anything, but just simple seeing, then we are no longer in ego. We are in Awareness, as Awareness. In that state there is poise, joy and creativity without any need to express.

Far from the end of the ego being death, it is Life in Its fullness. Open to Life and find the Freedom you have always been.



# GET SERIOUS

Spirituality is important, but we live in a world that is falling apart and that has to be addressed if we are to have time to evolve beyond the ego. Awakening is not just for you; it is for all life on this planet. If we do not bring about a true transformation of our species, we will not have a species and we may take all others with us.

We all have a great responsibility in what takes place in the life of this planet. Not from an ego dream self feeling it is doing some good thing for something else, but seeing we are one with all life and in that seeing we naturally do what is best for all of life.

You hear many spiritual teachers saying we are not responsible, and it is true there is no one to be responsible, but Wisdom has its own action. When one awakens there is left both the seeing through the eye of Wisdom and a mix of the conditioned life. We are no longer lost in that conditioning but it is still there in much of our day-to-day dealing with life. Just using the words we do is conditioning.

Sometimes teachers will talk about how nothing exists, that it is all a dream, yet they worry over bills, drive a car, eat at least three meals a day and enjoy sex. Nothing exists as the ideas we carry in our minds. That is a dream process in which the ego has its imaginary hold on what seems to be us. Yet, what we perceive the suchness of things still exists even if ulti-

mately it is seen to be a holographic dream image. We cannot just ignore what is taking place on our home planet. A major part of the awakening of the mind is to see the facts as they are now. Putting our heads in a spiritual/religious hole and staying blind to what is going on will lead us all to the grave.

Our government and big business greed is killing our environment. With utter disregard for future life, they go on polluting and destroying everything that stands in their way. The government/big business is a perfect example of the ego process. It functions from a constant state of insecurity. This state of insecurity lets them justify anything they wish to do. Control is what the ego wants and it is just as true of governments and corporations. Of course, organized religion is another big business with the same problems of control, as do the governments.

It is easy, in most cases, for the government to control the people. They use the same old ego games on us. Put fear in the masses, promise security and the hope of someday being as rich as they are, and people will jump through any hoop you put before them. Use nationalism and wave the flags of any nation and the people will be ready to kill in the name of their country. Business uses this as much as governments. There is no place, where governments leave off and big business begins. They are the same thing. Business controls government, government controls the people.

In these last few years, we have seen how our government has used the insecurity of the people to gain far too much control over us. We have seen our constitution covered over in the name of security. We are far less secure today than we have ever been. We have become far more isolated and have more people from other countries hating us than we ever have. We have seen how our military has not only killed thousands of innocent people but also polluted their land for all time with depleted uranium warheads. All the evil we try to show other countries having is nothing com-

pared to what we have been doing. Yet, we go on acting as though we are always the good guys.

This must end and the only way it can end is for people to truly awaken. Not only environmentally and politically, but also spiritually. We cannot fight governments and make things better. To do so would be to fall into the same war games they have used on everyone else. We need to see the truth and share what we see with all that will listen. However, more important than anything else we need to see the ignorance in ourselves, and how we too try to control everything in our lives to feel secure. Governments are just a larger expression of what we all, as ego, carry within. As we awaken we can no longer be lied to, we will no longer look outside of ourselves for security and we will act out of love. Only then can we call ourselves truly human. Only then will we see our real relationship with all of Life.

This is a very serious matter, more serious than anything else in our lives. It means life or death for us all. If you think I am being too dramatic just take a clear look at what has been happening in the world for the last few hundred years. And this has been intensifying lately. You all know what I am saying is true. It is not going to change by itself. Each of us has to see this clearly, and out of that seeing action will take place. You may feel helpless in making any changes in the outside world, but you can do something more important within your own being. That is where the heart of the problem lies. You can make a real revolutionary change within. Not you as ego, but by going beyond your own dream you can clearly see the nightmare the ego has brought to the world. It is up to each of us, now.



# CRISIS & TRANSFORMATION

Awhile back, I read about Ilya Prigogine, a Russian born Belgian physical chemist, who won the Noble Prize in chemistry for discovering that as systems become more complex and reach a certain state of stress they will transform into a higher order.

YES! I thought, when I first read that. I had seen in my own life that most meaningful insights came at the end of a crisis of some sort. Usually after having been thinking about something I could not grasp no matter how hard I tried. Then when I least expected it, the insight/answer came to me in an instant.

We, all of us on Earth, are in a crisis at this moment. The ego process has brought us to the point of complete madness. Just look at what is taking place in our government, and all others, and you will see crisis. In business, far too many companies have placed profit above all other considerations and are destroying our environment. Only an ego mind could be so foolish. We are dumping millions of tons of toxic substances into the air we breathe, the water we drink and the soil we grow our food in. All of our bodies carry toxic substances, even our babies. Nowhere on Earth is free of the poisons that are the byproducts of our greed. Our government protects the polluters and pollutes just as much, if not more, than the businesses. We have been using depleted nuclear waste to make warheads that have been used in Iraq and Afghanistan. That waste has a half-life of 4.5 billion years.

We have used the same weapons in test ranges off the coast of California and Washington. Then we eat the seafood from these same waters. If this is not insanity, then what is?

We have lost touch with reality in our social environment, as well. We have let ego created religions turn us into hateful killing machines that defend our beliefs from someone else's equally insane religious beliefs. We have one race hating another for no reason at all, other than ego insecurity and images. We live in lies so much that we have little or no idea of what the truth is. Our so-called leaders lie to us all the time. We even know they lie yet we do nothing about it. Most of us have become liars. Our children see the adults lie and they do the same. We are not educating our children to think freely and to be honest. How can we teach what we don't know or honor? We are teaching them to be mindless robots to fill the ranks of economic machines that are killing life on this planet. Religion is teaching our offspring to trust in GOD, for HE will save us. It is not going to happen. We are the only ones who can save the planet. As long as we remain apathetic, and look to others to help us, we are just letting the destruction go on until it is too late, if it is not too late already.

We are clearly in a state of crisis. If you don't feel it you are either uninformed or in complete denial. The question is: Will this state of crisis be enough to force a transformation to take place in the world that will wake us up in time to stop the madness and do all we can to end the destruction of our home? Spiritual awakening is a complete awakening. It has nothing to do with gods, saviors, cosmic dances, or anything other than seeing the facts of life clearly and honestly and realizing we are truly one Being. Will it take seeing millions more dying needlessly before we reach a deep enough crisis to bring about real change? Do we need to see our oceans die? Do we need to see no more living birds? Or our newborns so deformed as to not even look human, or everyone having cancer? This is all happening right now to one degree or other. Yet we sit back, watch our TV sitcoms and sports, and drink one more beer as over 40,000 children a day die of

malnutrition in the world. Millions of people are going without medical care in this country as we spend billions of dollars carrying on wars against other countries in the name of profit. What will shake us up enough to act?

What can you do? Look! Look at how you function, what you spend your time thinking about. Try to understand and see directly how the ego works within you. See why you don't really feel love although you claim to love. See what it is that makes you feel so insecure while you are putting up a façade of being strong and powerful. Find out why you feel hatred. Why you feel you have to control everything and everyone in your life. Look at it all. Not just think about it; look directly at your own actions, thoughts and fears. If you really start to see what is taking place, it can bring about a transformation. As you become transformed, then speak to anyone who will listen and point the way for them to see also. Talk to everyone in your families and be honest, by all means be honest!

The crisis is clearly here. Will we change things or just lie down like apathetic fools and watch it all collapse around us? Will we seek some religious or spiritual mind games or see the facts of life clearly? Seeing the facts is the most spiritually enlightened state you can be in. It is within your reach because it is what you in fact are. You are not the weakling ego dream that can be controlled so easily; you just believe you are. Each one of you has integrity, you want to understand, or you would not be reading this, and you all know love. Apply that love and integrity and allow this crisis to awaken you to the next step in the evolution of humankind.



# RELIGION

Most people who become religious are well meaning, caring, and hope to better the world in some way. Of course there are also those who use religion to gain control, power, and try to profit from it. Regardless of what reason they think they became religious, if they looked more deeply into the way their own minds work and come to see the dream world they live in, they would not be religious at all.

When a person is in a constant state of insecurity, which all egos are, although most are unaware of it, he (or she) will seek out anything that will make him feel he is protected, loved and cared for. Who could blame him? If he has never had anyone point out the problem of ego and how it causes so much suffering in the world, then how is he to know there is a different way of seeing life that will free him of insecurity yet not be based in any belief system.

Most people who think of themselves as religious will go through their lives feeling that god will come and get them and take them away to some dream heaven up somewhere in the sky. All their sins will be forgiven and they will be with all the loved ones who went on before them. What a nice dream, and that is all it is. An ego based dream world put together by other insecure people from the past. Then changed according to the controlling powers of the religion to fit their needs.

If you are religious, ask yourself, "By what authority does the religion have a right to tell me what is real and what is not?" "Who gave them this power?" If you say the bible, or any other religious book, then really look into the history of how that book came into being. It was not by the hand of god, it was put together by other insecure people writing down what they thought, and distorting history to create a belief to make them selves feel safe.

The human ego will do anything, believe anything and stay blind to the facts of life in whatever way it needs to, to keep from facing the awful truth that it does not exist as it believes it does. It, the ego, has created all sorts of distorted beliefs and then did everything it can to protect them from reality. Religious people have been killing each other throughout history defending some insane idea of what their religion is. Religion has killed off whole cultures of humans who did not share their beliefs and called it the work of god. How sick can you get?

In the last many years, the truth of how many priests have molested children in their care has been coming out. Yet, the average person within the church still defends the church. How is this possible? Have you not been told that the priests are an intermediary between you and god? How can you go on believing such nonsense? Do you ever question the reality of the church, or god, or Jesus, or any other religious figure, if not, why not?

Fear is why you do not really deeply question anything. Therefore, you will go on believing pure nonsense as long as you feel safe and in someone else's hands. You will defend out right madness in the name of god. You will go on believing what some moron tells you about what sinners you are and how you have to give more money to the religion to keep it going so it can continue to distort reality and cause untold suffering to those who believe the religion.

We know there are those who feel good about the church. You go and you sing your songs, do some good deeds, pray your brains out for this or that thing you want to happen and go home feeling high and happy. Do you ever question why so few of your prayers are answered? If the god you believe in is so all-powerful and loving then why are we in such a mess today? Why so much suffering, death and destruction? What if your god image is just that, an image. A dream world put together by a mind that has lost touch with reality and sees itself as some thing separate from the rest of life. You can get high from an idea, but it is still just an idea, not a reality.

We know that even with the distortion of religion many religious groups do many wonderful things to help people, animals and the environment. We are grateful for such work but all too often it is also the work of promoting your beliefs. The good works come with a price tag attached. Of course you feel you are doing good by "saving" these poor sinners, etc., but find out first if what you are promoting should be promoted. See the facts clearly and you would not do such a thing to anyone.

In order to fully understand what religion is, and if it is real or not, one must come to deeply understand what the ego, your own mind, is. It takes guts to face reality. Few of you have the guts to do this. It is far easier to just go along believing your dreams and defending the nonsense of your church, temple, or synagogue, and just feel safe. For those of you for whom the truth means more than just feeling comfortable in some belief system there is a whole new world out there to discover. One of real freedom; not the freedom that religion offers, which is not freedom at all, but freedom from belief and a direct seeing into life itself which is far more wonderful than anything religion could ever offer.

Within each of us is real wisdom. Though we are rarely in touch with it. As long as our lives are ran by beliefs and dreams we will not let that wisdom touch our hearts and help us become free. We are free now if we see

clearly. Step out of the fog of ego and see the clear light of direct perception of the ever-present reality we all are. It is not nearly as difficult as one may think. It takes honesty, insight, bravery, an open heart, and a clear mind, to see what you always have been and always will be. Awaken to what is and forget the nonsense of ego; go beyond religion.



# RELIGIOUS PEOPLE

Although I write about religion from a negative perspective because it is mostly based in dogma, superstition, and misunderstanding, I am not against religious people. I know that most people who get into religion do so out of traditional views on what is right, wrong, and acceptable, but have little real interest in understanding deeply. They feel comfortable and somewhat secure in their beliefs as long as they don't question those beliefs. The promise of being saved from themselves and go to meet their maker after death is enough to keep them under control and somewhat happy. Most of these people will not know the truth in their lifetimes. Nor do they really want to know; they just want to believe and have something to lean on that makes them feel good, no matter how blind they have to stay to keep the dream going.

There are others who deeply feel there is something missing in their lives and truly want to find out what it is and turn to religion because they have not been presented with a different perspective on where the real problem is. They are usually open-minded and caring people, far more evolved than mere followers.

It has been through these more open-minded ones that some of the more mystical understanding that can be found in some religions came about. All religions have produced teachers with profound insight, in spite of the dogmatic structure of their religions.

In all religions there have been awakenings take place, but all too often, the people who have awakened didn't go far enough to break through the walls of their religions and realize how unnecessary religion is in finding the truth. They tried to fit their insights into a package that is finite, while the reality they have awakened to is infinite. They have kept the words of religion going while the Truth was showing them something quite different.

I am grateful for most religions having been there when humankind was so brutal that they most likely would have killed everyone off before we had a chance to really evolve and grow. However, religion has been around too long and has misshapen reality into something so far removed from the Truth as to be meaningless. We now see, as through most of our history, religion standing in the way of ever finding real peace and love among humankind. We see our government, in the U.S., more or less being controlled by the lowest level of human capacity because of the voting power of Fundamentalist Christianity. There is no Christian leader that has a clue of what reality is; yet, they can control the most powerful military the world has ever seen. We must awaken from this madness if we are to survive.

Recently I had the great pleasure of meeting two religious people who are not only open minded, but care deeply to see a transformation in the basic nature of humanity. One is a Sikh and the other a Hindu. Rather than coming from a place of defense of their religions, they are very open, honest, and loving. They want to fully understand the Truth and find freedom. They are not lost in dogma and see their religions as aids to find reality. We could communicate directly from the heart and I am grateful for having met them and learned from them. I know they are a very small minority of religious people and that most religious people do not share their

openness and insight. They are beyond religion, yet can function within it and still seek the real.

I know most people are not so open and in fact prefer to stay blind because it feels safe, comfortable and they can go on feeling like they are somehow special because they are the chosen ones.

I am deeply grateful to all those religious people who do care and are doing their best to be good human beings. Most of the people I communicate with were religious at one time or still are but have remained open minded. We all have within our nature the wisdom to see reality. We just have to be brave enough to step away from our conditioned beliefs long enough to deeply question the reality of those beliefs.

We all owe it to ourselves, our families, friends and life on this wonderful planet, to look deeply into what is being pointed to, to try to come to that insight that will free us from dogma and illusion to see the face of Reality that is ever before us, as us.



# GOD

God. What power we have given that word. We have killed for it, felt great guilt for it; suffered greatly for it and all too many have died for it. The same word can mean something quite different from culture to culture and person to person. But what is it really? Not the word but the thing itself.

Most people in the world claim to believe in this thing called God. If not during their lives, then at least at the end when they are gasping for one more breath. Does the God we trust in so much really exist? Or, is it a creation of the human mind out of a state of insecurity?

This God idea has a history, a beginning. Oh yes, I hear you saying that God has always been and will be forever. But look at the facts, they will show a very different picture. It has not been that many years ago when humans believed in many gods. Nowadays we say they were just ideas, beliefs and concepts of ignorant, superstitious, primitive people. Are we any different? So a handful of people come along and says, "No there is only one God and His name is Jehovah", or whatever name they give it. But is that any more real than the earlier versions of the concept?

We say we love God, yet God is unknowable. So who or what do you love? Do you love the idea of God? You haven't seen God, so how do you know he is there? Oh yes, you see signs of God everywhere, but is that God or just life? You really don't know God, do you? You just believe in the idea of

God. It is more of a hope than a fact. Yet, that hope, has kept most of us blind and in control of those who claim to know God better than we do. They know nothing. They are as clueless as you are as to what this idea of God really is.

So, what do you know? Do you know yourself? Do you know anything for sure? What is the process of knowing? Is knowing, the same as believing? Is belief ever real? Or is it just something that makes us feel comfortable in a world that is clearly insane. Do you think about things very deeply? If so, what is it that does the thinking? Better yet, who is it that does the thinking?

Most of us do not really think. We accept according to our conditioning and then we say we believe. You are born, your parents tell you who and what you are. You go to school and they tell you the history, according to the cultural beliefs of your society. You go to Sunday school and they tell you about God and all the history of your belief system. Most of you never really stop to think if any of this is true. Just because people have believed something for a long time does not make it true. Yet, we go through our lives thinking these things must be true. "It is written!" So what? Find out for sure who wrote all that you believe and did they really know anything more than you do? Think! Let your mind be free and deeply look at all of this. Don't worry God will not do anything to you for questioning everything.

Isn't it all a lot like Santa Claus? As children, we are lied to about this old fellow who will give us gifts if we are good and he knows if you are or are not good. Therefore, you had better be good. Where is the difference in your God and Santa Claus?

God is a concept created by the ego to make it feel more secure. The ego is a concept, a belief that you are somehow separate from the rest of life. This causes a deep-seated state of insecurity. Therefore, out of that state of insecurity we create a super-being that will protect and love us, a god who has a home waiting for us when we die if we believe in him. If there is no ego, then there is no need for god. And there is no ego. It too is just a dream, a concept, and a belief. Yet, it is our sense of identity. We identify with our conditioned beliefs and then project them into life as though they are real. They are not real, nor is god.

Now, some of us have a broader view of what God is. We see that It, God, is the totality of creation, both manifest, and in potential. We also understand that this Creative Process is not anything separate from Nature. It is not some big bully sitting on a cloud making judgments. The realization of this fact has to be direct, not through any thought process. It is Awareness, beyond all manifestation; this is far more subtle and more accurate. It comes from a much deeper level of insight. If one has gone beyond the ego dream then the words used to try to express this higher state of being can be as accurate as words can be, yet it can never be a description. But if it is just a more subtle level of belief then it isn't much better than the old concept of God. Reality needs no god. Truth needs no god. We don't need a god to be good. If we are awake we are good by nature, not by god.

When you go deeply into what you are, and come to the abyss of not knowing, and then let go, you will fall into Life. You not only won't need words to express it, you will clearly see that It, Life, cannot be expressed in any way at all. There is no need to express what you are. You just are, not as a concept of who you are, but just what is taking place as this living being called you. This is freedom. This is Life. This is Love. It is here right this moment, right where you are, as you.

God, the idea of god, has killed millions of people throughout history. If it weren't so tragic, it would be downright funny, all these people dying for an idea, a dream, created by another dream, the ego. How much longer will we go on being blind? How many more will die before we wake up? How many cultures will be destroyed in the name of GOD? How much more of the environment will be destroyed by people who believe it really does not matter because we will all be going to Heaven when it is all over? Is this not insane? Only an ego mind, could have created such a distortion of reality and call it The Love of God.

You have it in you, without the help of god, to awaken. Beyond the dream of ego is wisdom. It is your true being. You can go on dreaming and living in denial or you can face the facts and start asking yourself some real questions. If your intent is to find the truth then you will. But not if you are just looking for some comfort from the madness we call our lives today, then you won't find anything but more dreams.

It doesn't take much looking around this world to see we are indeed insane. This can only be changed by people who deeply care for life, and truth doing, what they can to awaken. One at a time we can awaken and help awaken others. If we don't do it, there is little hope for life on this wonderful planet.



# THE VIRGIN BIRTH

Christianity tells of the virgin birth of Jesus as being a physical fact, which it was not. From what I have read the idea of the virgin birth was not even in the original teachings but added later. There is a deeper meaning to the term that few in the church have known or most likely understood.

According to a religious scholar I once read, in pre-Christian times the virgin birth was in reference to a real awakening. It was to point to the fact that nothing one has learned, nothing that this world of dualistic thinking has to offer, could be the cause of that state of understanding that comes with real awakening, Enlightenment. We think that by all of our meditations, beliefs, concepts, etc., we will awaken. However, when one does awaken you find a totally different reality than any of your previous thinking, experiencing or believing could have shown you.

Awakening is direct seeing. Yet, to even say that is misleading to the mind that has not seen it for itself. Nothing I can say can convey what it truly is. It is a total mystery to the thinking mind. We can talk about Oneness, Suchness, Beingness, etc., but those are just words. They create an idea, image, in the mind and we want it. But we really don't want reality, because we do not have a clue of what it is.

After awakening, we see the true meaning of such terms, but we also see how impossible it is to express the experience itself. No amount of words

can help one see the real. So, what can we do to help others see the truth directly? The only way I know is to point to what it is not. Pointing out the way the mind distorts and misleads us helps us to see the traps we could get into if we didn't understand that process. When we see that concepts and beliefs have nothing to do with reality, then the mind can be brought to a standstill for those who look deeply into this process. When the mind can no longer play its games, the mind becomes transparent; another ability awakens, it is wisdom. When the mind sees its own traps and can no longer process information through the cloud of ego dreams, it is wide open to awakening. Wisdom is direct seeing of the truth. The conditioned mind can never see the truth. It will always only see what it is conditioned to see, which is ego.

Wisdom is another term for Love, for Life, for Being, for creativity, and for Enlightenment. We don't come to Enlightenment by way of thinking. However, we come to clarity by thinking, observation, and experiencing silence. Then the door is open to Enlightenment. We cannot go through that door by any action on the part of the mind or ego. In time, which may be very short for some and much longer for others, the intuitive wisdom will overtake any action on the part of ego and one finds oneself free. That freedom is here right this moment. It is your being right now. You will not turn into something you are not now. You will see a change in perspective, as shift of perception that will reveal the ever-present fact of Being, of Life.

Then you will understand the real meaning of the Virgin Birth. You will be completely renewed, a new Being. This is ego death, the only death you will ever know.



# THE DEVIL

It is amazing that in the 21st century that there are still billions of people who believe in the devil. It makes one wonder if there is any hope that humankind can awaken and see reality. Most religions are still teaching such nonsense to their children. What child-abuse that is! Do any of these people ever really stop to think for one moment about what they believe? It seems doubtful.

Who could believe that there is this most powerful evil being living in hell and taking great effort to control humans into doing his bidding? How can anyone in his or her right mind believe this? That is the key: they are not in their right mind. They are acting out of pure conditioning of the worst kind. They are letting ignorance rule their lives. It is ego fear that is blocking the flow of intelligence within their lives.

We all see evil everyday on the news and in our lives, but it is not some devil causing this evil. If there is a devil, it is ego. However, ego does not really exist, nor does the devil. Our fear of evil and the insecurity of the ego go hand in hand. Rather than look at what we are doing in our own minds, we look out and put the blame on some figment of the imagination and call that dream the Devil.

So, religions have kept this nightmare alive to keep flock of sheep busy worrying about what will happen to them when they die if they are not part of

the "chosen ones". It has always been a control trip perpetuated by those who want to stay in power.

Too many people use the idea of the devil as an excuse for doing what they perceive as evil, "The Devil made me do it!" What nonsense! Ignorance is the cause of what seems to be evil, and ego is that ignorance.

It would all be very funny if it were not for all the suffering the belief in the devil has caused for thousands of years. Millions of people have lost their lives or suffered torture because of this mindless belief. To think of all the children growing up with the fear that there is this most evil being, that if he can get his hands on you he will torture you forever and ever, is beyond sad. It is one of the most evil things any adult can do to a child. If you are one of those teaching your children this madness, then shame on you. Wake up, look at it with your eyes wide open, and see clearly what madness this dream is. Don't take the spirit out of the hearts of your dear children.

I was very lucky that I never believed in such nonsense. Nor did I believe in Santa Claus or religion. I was very spiritual in my own way but could never be brainwashed into believing what was clearly wrong.

How can anyone believe that what used to be an angel, was cast out of heaven and took up residence in hell in order to try to control everyone into doing evil? Do any of you believe such a story? I hope not.

The church will continue to preach such nonsense and the followers keep on dreaming their nightmare. And they will give their hard-earned money to the church for no reason. It is like paying your jailer for keeping you locked up. Wake up! Stop dreaming and stop following anyone or any

church. The only hell you will ever know is the one you are now living in. A hell caused by misunderstanding and the greed of the church. Free yourself and your children from such insanity. Live your life fully and happily as you go deeply within your own heart/mind to find the Truth that will really free you. It will free you from your own blind conditioning, which is the closest thing to the devil you will ever meet.



# SAVIORS SAINTS AND OTHER DREAMS

We often hear about this or that savior, Buddha or saint and how holy they were, or are. Most people look up to these people as though they are so far beyond them that they can never hope to be so good, enlightened or holy. What really is a saint or savior and what makes them seem holy? If you come to realize this directly, you will realize your own divinity; although, that divinity is just being what is.

If you really want to understand who you are and what reality is, then it becomes important to drop all belief in anyone you may have heard is a saint, savior, etc. If we see these people as special and beyond us, we will stay blind to what really is. It can also be a cop out for most people to place these "HOLY ONES" so far above themselves. "How can I make it to their level when they are so clearly beyond me? I am just this insignificant little person." By thinking this way, you keep your dream of ego alive and well.

Saints all too often live by ideals. They have set ideas as to what is spiritual and what is not. Most of the saints I have heard about all my life have been religious in one form or other. If by living what they feel is the best way to live according to the beliefs they have based in religion then they are not really good. They are fakes.

Goodness is an inherent reality in all humans but it is covered over by the ego dream. When you go beyond the dream it is perfectly natural to do

good. You don't think of it as good or bad, it is just action from a clear mind/heart. You are not better or worse than anyone else. You are just a human doing what humans do when they are not dreaming.

Then we have the Buddha and Jesus, whom we also totally misunderstand and place them so far above us. They were both just humans. As long as we don't realize that fact, we will misunderstand who and what they, and we, are.

If you really see what it means to be enlightened, and if the words written about Jesus are even close to true, then it becomes clear that Jesus was not enlightened. Saying that will most likely bring many angry emails, but it is true. No enlightened person would say many of the things Jesus was supposed to have said. However, if you look at the real history of how the Christian religion came about you will realize it has nothing to do with truth or fact. It is the history of countless egos building a massive dream world of ideas, ideals, concepts, fear and insecurity with the dream of having the ego saved by acting as though they really believe their story. It has survived because of insecurity and the promise of life ever after for the dreamer. It has been a way for those who want power to control people.

Among people who think of themselves as free thinkers, which is a joke, they still speak of Jesus as though he was somehow way beyond everyone. Look at the facts! Don't just accept as real what someone has said hundreds to thousands of years ago. Get informed about it and you will see the game being played. Don't go to religion for the truth because they don't know it.

Please keep in mind I am not trying to put down anyone in saying this. I am just trying to keep things in perspective and to point in a different direction than religion does.

There are no saviors, period. There is also no one to be saved. We have our heads full of ideas, beliefs, concepts, and dreams about who and what we are, most of which has nothing to do with reality. If you can see what the problem facing humankind is, then you will see for yourself what it means to be awake. Saviors can do nothing to help you. All anyone can do to arouse a dreaming person is to shake them in some way out of their dream. That is not to save you. It is just to show the fact that you are not who you think you are.

Although some Buddhist know that the Buddha was trying to bring them to see that they in fact are dreaming, there are millions who look to the Buddha to save them. They pray to the Buddha as though he is the god of Christianity. There is little difference; only the names and history are different.

He was just a man. He did not fall out of his mother's side at birth landing on his feet and starting to teach, as some in the tradition believe. It always amazes me at the nonsense the mind can come up with about those they hold special.

The Buddhist's who do understand better can still be blinded by their belief that the Buddha was more than a man. There have never been, nor will there ever be, people that are not just the same as you and me. The Buddha was a human. He saw the same madness in the life around him that we see today and it caused him to deeply question the cause of these problems. After trying many other approaches, he realized the answer had to be within him, not in any religion or practice. He realized someone else could not give it to him. It was up to his own mind to find out what is real. When he faced himself clearly, he awakened. He realized the mind as ego had no reality and that freedom had always been his nature. He realized that all the images in the mind that controlled us were not real. He stopped living

an imaginary life and was open as Life Itself. It was not him that was special, he just got out of the way so what is Real could be seen directly for the first time.

Even the Buddha should be questioned. Don't just believe what he said because others have before you while building the tradition. Don't believe anyone. Find out for yourselves.

Like one of the most talked about subjects in Buddhism is the cause of suffering. By most accounts, the Buddha said that desire was the cause of suffering. If you go into this more deeply, you will see that desire is another expression of the ego mind trying to find security. However, desire itself is needed and useful for all living beings. Not the desire brought about by the dreamer, but the need we all have for food, sex, shelter, etc. To deny our natural drives is as wrong as it is to follow every desire the mind comes up with.

The core problem causing suffering is not desire but the misidentification brought about by the evolution of the human mind and the subconscious understanding that we are not real. This process creates insecurity that we cannot be free of until we awaken. Desire comes into play in our trying to identify with anything that makes us feel real. We will identify with our mates, our children, our religion, our family, with history, with things and with beliefs, to try to fill that void within. This causes suffering. Not only for ourselves but also for nature and other beings who get in the way of our need for security for the dreamer.

To look at the cause of suffering as desire is to miss the real source. If a person doesn't get what they want, they feel a certain suffering. That is so superficial compared to the real cause.



# CIRCULAR THINKING

Too often people believe they are using their minds intelligently while in fact they are just using circular thinking. Their conditioning and the insecurity that is ego, keeps them from breaking free to really see life as it is. A person can be very capable in his work, his art, etc., and still be blind when it comes to thinking beyond their conditioning.

So many people can do wonderful things with their minds in creative ways and yet be lost in religious beliefs such as that there is a hell and a devil. All reason goes out the door when it comes to their religious beliefs. When I hear most religious people talking about being open-minded and thinking things over, I know they are not doing what they think. They are only allowing their thinking to go along certain lines of acceptable patterns and beliefs, which is circular thinking.

Or they may not be religious but are lost in the belief that their race is superior to another, or their species is more important than the life of another. There are countless ways this insanity expresses itself.

People are always saying how important it is to step out of your box, your conditioned view of life, but few seem to do it. Circular thinkers may well believe they are stepping out of their boxes, but it is still within the limits of old thought.

It takes more to truly step out of this way of thinking. In fact, one has to step out of thinking completely to reach certain insights. This is where intuition comes in. Intuition does not seem to be practiced often in the world today. It requires a different way of seeing than most have experienced to any degree.

I have been very fortunate to have always been very intuitive. Perhaps it was the fact that I am dyslexic and had to find other ways of understanding what I was seeing than the normal ones. One friend pointed out that research has shown that street people develop a deeper sense of intuition to keep alive. They have to sense things before they happen to be prepared to take action. I was a juvenile delinquent and I did develop an intuitive sense of when I was about to be in trouble, where to stay away from, and who could be trusted.

The way my mind, excuse the dualistic terms, works is: I will get a certain gut feeling about something and know there is something to discover. I won't go directly at it, but just let it stay there as a feeling. I could be reading something, or speaking with a friend about something and this otherness is felt within my solar plexus and I know to follow it. It may not come into view for some time, but it stays there in an almost subconscious way. Then when it is ripe, a powerful insight will explode into the mind and I See! Normally, one insight opens new doors to others along the same line. Some sound insane at first until I go deeper and come to understand the full meaning of it. This is a fearless process in that I don't care where it goes, or what old ideas have to die for it to be born. I don't let any previous ideas stand in the way of what is opening.

It takes that kind of openness to break out of the circular thinking that the ego mind is so accustomed to. We have to let go of the old. Yet, for me at this time in my life, there is no old thinking. Every time I sit down to write

or to speak with someone, it is new. I don't know where it is going to go and I don't care. I have learned that to fully use our wisdom we have to constantly die to the old and then wisdom does the speaking. The mind of memory is shocked sometimes when things are said that are not in the memory banks; they just appear out of Life Itself, fully developed and clear.

So watch the way your mind works. If you see you are only thinking within the limits of your conditioning, then that is the first step to freedom. Seeing that is the way you are thinking will open new possibilities of how to use your mind. And, trust your intuition. It is wisdom speaking directly to the surface mind. Let it flow and free you from going in circles



# LIFE SPEAKS

Many people write to me about what I say on my website. They are very kind and speak of the clarity, directness, honesty, fearlessness and wisdom, which they perceive is coming from me.

The qualities these people perceive are within them, or they would not see them in me. It is difficult at times to tell where our thoughts and feelings are coming from. Is it from the ego as past conditioning? Or is it from somewhere far deeper within? Is it superficial or profound? Is it real or just part of the dream of separation?

Have you not experienced times when you are speaking with someone and what you say comes out far more profound than you thought you were capable of? You think, "Wow, where did that come from?" This happened to me many times when the body was young and the mind confused and lost. Things would be said that were very meaningful and powerful and yet I had no idea where they came from. It was like beautiful flowers instantly blooming in a field of dry weeds.

There was also a quality of timelessness about these insights. They did not seem to come from my past. There was nothing in the past that had prepared the mind to see these moments of pure clarity.

Now, many years later, there is understanding of where these insights came from and still do come from. It is Life speaking. When we are lost in conditioning, beliefs, concepts and all of our fears and doubts, we cannot hear what is being said from the Heart of Life. The subtle sound of joy is blocked by the seeming need to protect ourselves and to play out the role we think we are. We look out on the world with eyes that can only see the past and the limitations of history.

When the mind at last starts to question what is going on within itself, there comes freedom; a freedom that allows one to let go of the tight grip the ego mind has on what it thinks and feels. As we begin to really understand and let go, insights start arising more often. We have periods when there seems to be nothing but insight. Every thought, every question, is answered with profound insight. We are no longer the little ego dream. Out of timeless infinity comes a deep knowing joy. We are that joy. We are that infinity and we are truly timeless.

The ego has served its purpose. It has developed a mind that can express itself, one that can see very abstractly, and with great complexity. It can see with subtleties that are very profound. It took millions of years to evolve this capacity, but in a timeless reality, it has been instantly. Now Life, that wonder of pure awareness and wisdom, has a vehicle to use that will accelerate the evolution of humankind to undreamed of levels. It is already complete. We just do not see it clearly.

As each of us comes to see and understand what we are, we become a voice for Wisdom. Not that we will not make many mistakes along the way. We are breaking down millions of years of conditioning to find the freedom that has always been here. At first, you will wonder if what you feel and think is coming from Life, or if it is conditioning. It all becomes clearer as we use our newfound connection with Reality.

Enlightenment is just a first step towards a full return to Life. However, it is a powerful step that takes us out of the dream of ego and opens our Heart to that which has always been and always will be.

In those moments when you are quiet and at peace, Life will speak through you. Sometimes it comes as just simple joy. Or as love. Be attentive to it; listen to your heart. It is the Heart of Life Itself. There is only one Being. The one that speaks to us from our depth is our true Being. When something that has been written here moves you, it is your own movement from the same Being. We are not two.



# VOICE OF THE FOREST

This morning while going for a walk in the woods I was again enchanted by the voice of the forest. A storm is coming in from the south with the warm breeze causing the trees to do their dance. All the subtle sounds from leaves falling, the song in the Redwood and Douglas fir nettles as the wind races by, the sound of the creek, a tree frog singing in the grass along the creek, letting me know that this will not be a heavy storm, and all the other wonders of the natural world just being Itself, move the spirit more than all the music mankind has created. In the awareness of this ever-changing flow of Life, we realize we are the same sound, the movement, the smells and tastes of all that is living and all that seems dead.

The forest doesn't think, "Oh, I think I will do this dance or make that sound. Maybe I will shed some leaves." It just is, and so are we. Humans think all their actions are by choice; they are in control. Then when things don't go our way we are stressed and suffer for it. We dream we are separate from the wholeness of Nature, then fight with the dream, and try to control the Life force around us.

I could stand in the forest and tell it all of my problems and it will never be moved by any of it. "Well, trees can't think." you say. We don't know what trees can do. Have you not been so clear in mind that there seems to be an opening to a deeper level of insight that brings with it clarity and understanding even while the mind is quiet? Have you not felt something by in-

tuition that turns out to be true? Who knows what level of insight, perception, and awareness Nature is capable of? The forest knows no 'me'. It is what it Is and in that Isness is pure awareness. Or I should say that Isness is Awareness. It is complete and whole always.

We too, are moved by the same forces as all the rest of Nature. Instead of flowing with it, we deny our true being and think we are in charge. We try to control the natural forces to do our bidding, but Nature will always win in the end. Not because of some willingness to control but just by its very nature. It will always return to balance, to poise, to perfect symmetry.

If we awaken from the nonsense of ego and return to that flow of Life, we will live complete and whole lives. We will know what it means to truly love and compassion will be our constant state of heart/mind.

You are not in control. You will never be in control. You have to go. You are just an idea of someone living in some flesh and bones body. You know deep down that you are a fake. This troubles you but you can't face it openly. You are too afraid to look at it directly. You fear it means your death. Trees in the forest do not fear any loss. Personal loss has no meaning to the awakened. We are the forests; we are the Earth, the Sky, and all that fills this wondrous Universe. The ego can die, we cannot. When we hear a bird singing deep in the forest, the bird, the song and the forest are all us, it is what we are as Life Itself. When the body dies and decays that Awareness is still Aware. It cannot end. So, let go. Who is holding on, and why? Become the voice of the forest, the sound of the surf, the warmth of the sun, the love of children's laughter, and all the infinite wonders that make up the real world. Drop your silly dream of ego and find yourself what you already are: Life.



# WOMEN & ENLIGHTENMENT

I have heard many times how different Buddhists believe women cannot become enlightened. Even women themselves have told me that is the case and accept it blindly as the truth. To believe such nonsense shows a lack of understanding about what enlightenment is.

If one thinks enlightenment is some cosmic gift from the gods and can only come by way of a penis, then that person is not ready to really awaken. Enlightenment is a profound insight into our true nature that causes a shift in perspective that frees the mind from the dream of separation. It changes the way the body/mind responds to the rest of life whereby instead of feeling like you have to fight your way through life, you just flow with Life. Knowing that what you are is Life Itself.

Where in this process is the law that women cannot become enlightened? Do those who believe this realize that women are just as intelligent as men are? And that in most cases I have seen, women are usually more intuitive than men, which is a powerful tool toward awakening. Women also do not carry as much ego baggage as most men do.

Women may feel their emotions more deeply than most men, which can be both helpful and sometimes a problem. It is good to be able to feel deeply, but if one attaches their emotions to some ideal, belief, fear, or insecurity, then it can become a problem.

If women have a problem that may hold them back, it would be their accepting dependence of an authority figure. Dependence on anyone else is a problem for all of us. In most cultures of the world women are expected to take the man as their superior and just follow along doing his bidding. This can cause problems when one is drawn towards enlightenment.

It is easy to see why so many women have been conditioned to follow men. While raising children there is an obvious need for help from the hunters who bring home the food, and nowadays the check to pay for the needs of mother and child. Therefore, it has kept most women in a state of insecurity far deeper than most men have to deal with. In societies where the males dominate, women have always been considered below the men, and men dominate most societies.

Religion has done its share of conditioning women into a subordinate role and making them feel inferior. Of course, most religions have been male dominant. It has been a control trip by neurotic men who are deeply insecure themselves and feel they have more power by dominating others. It is the same old ego game; if you can feel in power you can feel a little more secure about being some real being, when subconsciously you know you are just a dream.

Enlightenment is not a gender issue. Women are just as likely to awaken as men are. Women have the same wisdom to call on within themselves as men do.

Men are not the enemy. They have been conditioned to play their roles in life, just as women have, and most have never questioned if those roles are real or just conditioning. If both male and female partners come to understand the nature of the conditioned mind, they can help one another to

find freedom. Lovingly being open and honest with one another can carry you deep into Life and the joy of discovery. We are all both male and female and also beyond either.

So, please, my sisters, trust in your own intelligence and intuition. Do not lean on anyone else for answers, including me. Once you understand what the problem is, you are just as well equipped to come to an awakening as any man is. Trust your heart. Be open-minded and do not let any tradition blind you from looking deeper. Do not accept the authority of men, or any religion, dogma or beliefs that are imposed on you from those in control. The ones who are trying to control life are as lost as anyone else. Let the facts of life be your only authority. If you do not understand those facts, look more deeply, ask yourself the most profound questions that you are capable of at present, observe, be open and listen to what your heart is telling you. Just make sure it is not your conditioning doing the speaking.

We all have to free ourselves. No one can do it for us. Find freedom from all conditioning by awakening to the simple truth that is ever-present.



# DESIRE/ AWAKENING

We are always hearing how one has to give up desire before one can awaken. The logic all sounds good. After all, it has been taught for thousands of years, so it must be true. Or is it? As with everything you will find written in this book, I can only speak from my own experience. I had desire when my first Satori happened. I had no knowledge of any teaching about desire, yet the Heart/Mind became apparent and the state of being awake was clear.

I understand all the teachings about desire and I can see why they are taught. It is only the ego that feels it needs to be free, so if it is still in a state of desire, it is still functioning as ego. However, if one does not desire to be out of that state of mind the ego creates, and then no one would ever try to understand.

Desire also is in time. Not the direct need for something to live, food, water, etc., but desire that creates an image in the mind. The ego only seems to live in time, psychological time, and the awakening can only come about in this moment. Therefore, it would seem clear that if we have no desire then we have a better opportunity to awaken. It all makes sense, it is all-logical and that is why it has been taught this way for so long.

Yet, in the case of this fellow it was not true. For one thing, desire being in time, it can be gone one moment and back the next. For a moment we can

be so aware, that time does not exist. In that moment, one can Awaken. When that Awakening takes place you see and understand the very same thing as one who has been desireless for a hundred years. It seems to me that the idea of not having desire is just another ideal some people think you need to live by. Ideals are another mental projection of the ego.

When one awakens, many things one desired before just fall away. They don't fall away because of some ideal. They are just seen for what they are and become unimportant to us.

Please don't get so caught up in trying to end your desire that you find yourself stressed out, which just keeps the ego going. Lighten up, live a normal life. The ego is just a very small part of life, and, of course, has no real existence at all. Yet, it causes all sorts of problems, not because it is real, but because we take it as real and cannot see beyond it. Find out what that whole process is and it will bring the mind to a state of ripeness where it can be let go of and the truth be seen and understood. Of course, you can't let go of it, the ego; the truth lets go of you, as ego.

Please keep in mind what is said here is not a put down to other teachers. As I said above, I can only speak from my own experience. If they found their way to awakening by stopping desire, then more power to them. Teach what you know. I wish them all well.

The Buddha taught that the root of all suffering is desire, I do not agree with that. Certainly, if we desire and our desires are not fulfilled then there is suffering. That is a very low level of suffering. The real suffering comes not from desire but by misidentifying with an idea that has no reality, the ego. The state of insecurity caused by the ego is the real suffering and the cause of most suffering in the world.

Doubt all teachers, including me. Find out for yourselves. Just because someone in the past said it is this way or that, does not make it true. The only way you will know the truth is when it is your truth, and you become Truth Itself. Too many so-called spiritual teachers have their heads in the clouds and miss the very simple fact that the ego is just a byproduct of the evolution of the brain and that this world as we see it is reality. It is a full, rich, and joyful awareness. Smell it, taste it, dance in it, eat it, play in it and deeply enjoy it.



# CHOICE

I have read a lot these days about how we cannot make choices, that we are left to 'gods will' or the 'Source', or whatever other force controls and does all the creation in the universe. Yet the very people teaching this idea go out in their daily lives and make choice after choice. They decide a thousand things a day yet deny choice.

If one is coming from a tradition, or belief system, that teaches such things, then it is just parroting others words and beliefs. On the other hand, if one really understands what the ego is and how it came about, the view will be very different. In other words, you need to see the problem clearly if you are going to see the facts in this, and every other matter.

If you think that the total thinking mind is ego, and that it has no real capacity to see or think independently, then you can come to the conclusion that there must be something else making all choices and controlling our lives. This is too dualistic. If there were such a power in control then it would have to be an evil one if you look at the results of its choices.

If you think that the only reality is beyond this world in some cosmic state of awareness where there is no individual, then you can come to the same conclusion as above; that there is a controller above and beyond what we are.

There is another way of seeing that requires no cosmic control and shows that on our day-to-day living we do have choice, but little freedom until one is awake.

It all comes down to just what the ego is, and how it came about. The ego, as has often been said in these essays, is a misunderstanding brought about by the evolution of the thinking brain. It is not the total mind, as some would have you believe. As the brain evolved we developed the capacity to abstract information. This was a powerful breakthrough for humankind. We could develop language, arts, subtle thinking, we could differentiate between the most subtle differences in all things mental. Without the development of these capacities we would not be who we are today. We could not even ask the questions we do, and would never recognize the answers.

Along with this came the problem of ego. It, the ego, sees itself as something separate from the rest of life, and it is in conflict at many levels with the seeming outside world, and within its own seeming being. The ego is a byproduct of the thinking processes. It is ideas, thoughts, images, and the concepts created by this process, etc., feeding on themselves in such a way as to create the illusion of separateness. It has no reality, yet it can reflect reality. It is a ghost within the mental processes and no more. Which means it is nothing at all. Just a misunderstanding that is being constantly reinforced by habit, and the dualistic languages we all speak that are the outcome of the ego illusion. We don't see this because we are so close to it and totally identified with it. Ending this illusion is of the utmost importance in spiritual awakening.

Now let us look at choice again. The functional mind is not the ego. It is a process of evolution that we have to have to live on this planet. When the ego is no longer the main focus of this process, it can make intelligent

choices based on the information it has. If there is not enough information, the intelligent mind will seek out more information to be able to make the right choice. The ego process cannot function with such clarity because all of its choices take into account the belief that it must come first and everything is in relationship to it. The ego's insecurity will not allow for real choice. It is all based on conditioning and insecurity. Yet we do make choices, right or wrongly. And we pay the price for the choices we make.

Those who say that there is no choice, do not understand the way the ego came into, seeming, being. So they draw conclusions based on misunderstanding, which is choice. They deny choice, yet every thought they have is choice. There is no god out there controlling our thinking. In most cases, it is automatic because of conditioning. Deny it or not, most of those who claim to see reality do not see clearly. It is still coming from belief, incomplete awakening, or just promoting what they have heard or read. It can also be a copout for the ego, "I had no choice, god made me do it." It is still subtle dualism.

In the state of the human mind today, there is no freewill and our choices are colored by the ego. As long as we function from this distorted perspective, we will not have peace and not know real freedom. We need to see the facts clearly and we can only do that if we go beyond the ego dream. The human brain is capable of seeing beyond itself. It can awaken to real Mind where insight is the process of understanding, not conditioned thinking.

We are not puppets for god, or whatever dream you believe in, we are part of a profound creative process that goes beyond anything the conditioned mind could ever imagine. It is all within you at this very moment. Or better said, you are within It this very moment and have always been and always will be.

There are those who tell us we need to just give up and let god do it for us, we have no choice, just let go. Who lets go? It is still a choice of ego to say I will let go. The ego will not just let go. It cannot because it is automatic. If on the other hand, one uses the whole mind to simply observe, without any effort, they will start to see the ego in action; they will objectify that which objectifies everything else. But it cannot be objectified intentionally; otherwise it is still the ego objectifying itself. This is the beginning of the end of the ego nightmare. When I say observe, I do not mean to use it as a path, or practice; just be aware. Awareness is not a practice; it is our being.

The ego has no real choice, but the whole mind does. You are the whole mind, make the choice to look at what is going on without seeing it by way of the conditioned past. Toss out all the propaganda about what you should or should not do. Don't just believe what anyone says, including me. Look for yourself, ask yourself the same questions you would a teacher but don't look for answers from the outside. The only answers that can have any meaning are the ones your own insight brings you to. Stop being an ego wimp and look clearly at all the facts. The Truth is always within your own being. Don't start out questioning based on any conclusions, that will not awaken your mind, it will only keep you a slave to the known.

Your awakening is very important. We must see the world needs our awakening, or we will just go on in our insanity that will lead to a very sad ending. You have an obligation to Life Itself to return to the Real. In a very real sense, your movement toward understanding is the next step in our evolution. It is not from ego alone but the giving birth to a fully human being. One that can make choices based in reality and not dreams.



# LINEAGE

Spiritual Lineage, my teacher, his teacher, their teacher's teacher, etc., seems to have gained more popularity in recent years. With most of them claiming Ramana Maharshi as the beginning of their lineage. I feel quite sure that if Ramana knew what was going on in his name, he would cringe.

Of course, Lineage is not something new; it has been around for ages. Does it serve a purpose? In some fields, it might, but does it serve any useful purpose when it comes to spiritual Enlightenment? If one sees all the history we carry around in our heads about who and what we are and how that keeps one from awakening, then how could lineage be given any legitimacy? Isn't lineage just more mental baggage we carry? I know there will be people who argue the merits of lineage and their tradition. There is no good argument to support it, at least to me. However, I am open-minded and will listen to what anyone has to say on this subject.

When it comes to Enlightenment, if a teacher is truly awake he (or she) will not need lineage to lean on. No matter how wonderful his/her teachers may have been, when the truths spoken is attempted to be transmitted by someone who does not have the real experience behind him, it becomes a distortion. The Truth is a living presence, not a dead memory of someone's words or teaching, no matter how Enlightened that teacher may have been.

It seems to me that lineage becomes a crutch for teachers who are not sure of their own understanding. This does not mean these teachers can't be helpful for some people at a certain time in their search for answers. It seems that most of them mean well and want to help, but they can only go so far.

Most, if not all, of the lineage pushers come from the Advaita camp. Although Advaita is a non-dualistic teaching, it has overtones of religion. In its purest form, it is a powerful teaching, but all too often, it has a lot of superstition and other nonsense mixed in. Just as all religions do. If one sees clearly, Awakens, it is understood that all forms of religion are nonsense. Tradition plays a major role in Advaita in India and to a lesser degree in the west. Lineage from that perspective seems right to them, but it is still a crutch. Tradition itself is an ego crutch.

To realize that Life is One and that you are not separate from that Life is all you need to awaken to. You need no lineage, no traditions, no concepts or beliefs. Before you awaken, all sorts of things will seem important to you, but after awakening, a very different world is seen. One in which only direct seeing has meaning. Then you will see the nonsense of all the conditioning you have been subjected to and find yourself free for the first time in your life. In that freedom you can fearlessly question all beliefs, superstitions, religious teachings, gods, saviors and gurus to see what is real and what is an illusion. Lineage is an illusion. Who cares what others have had to say after you are awake? And before you are awake, who can accept something someone else said, who's teaching is being translated by someone who may not be awake? And if your teacher is leaning on lineage, -perhaps we should call it leanage- should you not question the depth of his/her own experience? .

Ego will, as has often been said, lean on anything that gives it some sense of security. This goes for gurus as well as beginners. If we talk about, and

accept, the belief in the importance of lineage, we are just making the ego feel a bit more comfortable about its dream. You may get high from that belief, but that will not be awakening. In time, you will find yourself back where you began, an insecure ego mind too afraid to question your teachers or drop all beliefs. Be fearless! You have nothing real to lose.

If your teacher says, my teacher had this and that to say, ask the teacher if that is also directly from his or her own experience. If it isn't, ask them why. If they are truly awake, they will not back down from such questions. If they have no answer, that will tell you a lot about that teacher. No matter how well meaning a teacher is, they need to deeply understand from their own experience. Otherwise just go read a book.

I know there are some very good teachers who happen to belong to a tradition, which holds lineage as important, such as true Zen Buddhists, but this should still be looked at with an open mind. Too many of the newer teachers seem to be of the Lineage type.



# FOR SALE: FINGERNAILS

Spiritual traditions have long been the source of misunderstandings about Enlightenment. The personality the tradition is based on may have been awake but far too often his/her teaching has been distorted by those trying to gain some spiritual authority and personal power.

Case in point: Not long ago two friends came to visit me and we had dinner. While chatting over our meal, this one fellow said he was going to a retreat at a Tibetan Buddhist monastery not too far from here. He said this lineage of Buddhist's built Stupas, sort of shrines to wisdom, etc. I have heard of this and was sent a letter asking me to donate to the building of one, which I declined to do. My new friend pointed out that it is best if these stupas contain some hair, fingernails, or a tooth of an Enlightened person; it is supposed to give it more power.

This is all well and good if you live in Disneyland, but if you are at all perceptive and have even a little understanding of what it means to be Enlightened, then it is seen as pure nonsense. I seriously doubt if the Buddha supported such ideas. If he did, then he was not really awake.

It has often been said that there is no difference between the awakened and those still dreaming. Even the Buddha said, as best as I can remember, "From pure, unexcelled Enlightenment, I gained nothing except a subtle sense of joy and a certain tacit understanding." This statement alone con-

vinces me that he was indeed awake. How you take the leap from this to the power of a symbol, in this case a stupa, is difficult to see. It is Moon Buddha's who dream up this sort of distortion. No real Buddha would promote such ideas.

Beliefs such as this, and a million others, is one of the reasons one needs to leave religion behind if you really want to understand what is real.

An awakened toenail or tooth is just a toenail and tooth. They carry no special power, it won't save the world from madness, and it won't free anyone. The belief in such things will only keep you bound to the ego dream.

However, if you insist on collecting such nonsense, I have some extra toenails, fingernails and locks of hair I'll happily sell you. I could use some extra income and my hair and nails grow fast. It would make a great gift for the person who has everything.



# THE FAILURE OF EDUCATION

I was very fortunate in school because I was a failure. In the early years of school, back in the 1940's, I could do nothing right. I did not realize, nor did my teachers, that I was dyslexic and had other learning disabilities, including a poor short-term memory. It was humiliating to not understand what was going on and to see that most of the other children seemed to do okay. No matter how hard I tried, I continued to fail. I was put from one grade to another not because I was ready to move up, but because of my age. So each year I fell further behind. What a blessing that turned out to be!

By not having the memory needed to pass tests, I had to learn to look at the core of things to see if I could understand them. I could not turn to any of the teachers or my parents because they had no answers to this problem. This freed me from turning to others for answers.

When I started my spiritual search, I did read what others had to say. But there was always the question "Can I trust what they say is true?" This freed the mind to look beyond all I had read. I never asked any teacher a question. Yet, I found the answers beyond what most of them were saying.

In our western way of teaching, we fail to really bring anyone to fully understand what they are trying to learn. By first telling them what others think about the subjects, then asking questions based on what was said, we think

we have taught the students something. Those with good memories are seen as intelligent. Those without good memories are looked at as limited.

So it is of no surprise that when most people write to me they are still trying to come to understanding by way of that same process that never brings one to real insight. Of course, there are some very thoughtful people asking sincere questions that are really looking into the whole process. However, far too often their questions reveal the education system they have been misfortunate enough to have experienced.

Instead of asking someone else questions, they should ask themselves the same questions. Look at it as though no one knows anything, including you. See the problem as fresh and don't pretend to know anything about it. The answers are all within you right now. By turning your mind over to another, you won't come to a real answer.

Of course, there is nothing wrong with asking questions; we can use other people's experience to help us understand. But ask yourself first, and while hearing the answers someone else is sharing with you, keep your mind fully open to your own answers.

What I am trying to do here is to speed up the process and point to the real problems. I can't give you the answers. It would be meaningless for me to try or for you to accept what is said here without finding it within your own heart/mind.

Real insight always comes from the same source. There is only one source of Wisdom and it is not within our individual minds. It is in the Wholeness of Life Itself. It is not my wisdom or yours, but it is ours.

Our educators need to be educated in what the real problem we face is. Only then can they know what to share with their students. We need to free ourselves of the dream of ego separation that will lead to a very sorry end of our story if not seen through. So far, education has failed us. Yet, education is so very important to us all. A truly educated society would never let our mindless leaders take us to war. We would see the real cause of the suffering in the world and know what to do about it. We would not have separate countries, and the governments would be led by the people. Our environment would be safe because a truly educated people would not harm what we know is our own Life. All of the problems of the world are basically simple to deal with if we are simple and face the facts without conditioning controlling our intelligence.



# THE INNOCENCE OF CHILDREN

I have been blessed with two wonderful little friends, Frankie, age 8, and his sister, Sadie, almost 11 years old. They live across the creek from me and come to visit me whenever they can. We have great talks and I enjoy being with them very much. They are very precious beings.

Recently they were over for a visit and I said, "Most people don't seem to realize that children are as intelligent as adults." Sadie shook her head in agreement with a big smile on her face. I went on, "Adults have more information in the heads, but no more intelligence than children."

Of the two levels of mind, I prefer that of children. They are innocent and open to life fully. When they pretend, they know it is only pretending. Where adults are pretending all the time and are rarely aware it is just pretense. Adults think they should teach children, but there is more for adults to learn from children than they have to teach them. Not that we should not do our best to prepare the little ones for the life they will have to take part in, but as adults we are trying to let go of much we have been mis-taught in order to become sane again.

Last night I was thinking about another talk I had with a little friend, age 10, about computers and what real spirituality is all about. If you see a child as being like a brand new computer with only the system software loaded in it, then you can get a clue of where our problem is as adults.

Here you have a child/computer that has all the capacity it will ever have from birth. It has an empty hard drive, pure awareness, that has not been contaminated by any other software, conditioning, and is free to accept what reality has to offer. Then as we start to teach, condition, these wonderful little beings, we create all kinds of nonsense and misidentification. We program them with our religions, our nationalism, our racism, our fears, insecurities, and all sorts of other viruses. We contaminate the purity of these bright wonderful little beings, all in the name of love, and feel we are doing the best for them.

As adults, we come to realize that we are messed up machines. We feel one thing, do another, hide our true feelings, and lie almost constantly to ourselves, and those around us. This is normal, normal for a sick society, which is just what we have. We need to erase our hard drives and start fresh again.

As we start to question our beliefs, conditioning, and concepts, we are in fact erasing a lot of nonsense from our minds/hard drives. Each time we go a little deeper we are becoming more childlike with the openness and wonder that children have. As our concepts fade away, we find ourselves in a void. That state can scare some of us who still carry the ego image of who we think we are. It makes us feel insecure to face the fact that we ourselves are only a complex concept. Once one gets past that level of fear and lets go, not as an act of ego but as openness to life in simplicity, then the door to Reality can open. You will find yourself a child again with the innocence that we all once had. You will not have to pretend you love when you do not. You cannot help but love, not as an act, but as an expression of the Life that you are.

My dear little friends Frankie and Sadie could teach us all how to be joyous again and how to find the wonder in everyday things or how to be thrilled by the stories of the old man next door and how to experience heartfelt

laughter at the antics of their wonder-dog Hardy. I am deeply grateful for my dear little teachers' visits that help keep this old man sane. May we all find that teacher within us, to guide us home, to the Heart of Laughter, and Joy.



# ADVAITA CONCEPTS & RESPONSIBILITY

Most people seeking understanding of a nondualistic perspective of reality seem to be looking for teachers who are into Advaita Vedanta. What Advaita points to is for the most part true. The right words are said because it is a pretty straightforward and simple to follow concept. Of course, it is trying to bring people beyond concepts altogether to a direct seeing into what is really taking place, to the core of our being. If it really did bring people to see reality then that would be wonderful. However, there is a problem in the teachings where a person, even the teachers of Advaita, turn the teaching itself into a concept. Then thinking they 'understand' the concept, think they know the truth. One cannot understand the truth behind these teachings without a direct awakening on their part. People can get high from the ideas/concepts/beliefs taught in Advaita, just as one can get high from any belief system, and then try to live by these beliefs. One of the beliefs that Advaita teaches is that there is no one to be responsible. This is the main reason this is being written, to go into this question of responsibility.

Advaita teaches, rightly so, that there is no separate self because what we think of as ourselves is just the mind's conceptual thinking. Just as there are no things; things also being concepts within the thinking mind. Everyone of course misunderstands this until they actually awaken to the fact. No matter how well the intellect thinks it understands it is still in a dream.

Take the fact that there are no things. If one does not see the reality beyond the concept, they come up with all sorts of misunderstanding. They feel that because Advaita has shown them that nothing exists, that there are no things, then the world is a dream. The world is not a dream. What we have overlaid in concepts and beliefs is real, but we cannot see that reality because we are the dream. If you believe the concepts of Advaita to be true and you haven't gone beyond those concepts, you are as lost as you were before you ever heard of Advaita.

Advaita says that there is no one to be responsible. When it is realized that there is no separate self, then who is going to be responsible? To the unawakened mind, this makes sense. However, in practice it is not that easy to get out of being responsible. Just as there is thinking but no thinker, there is responsibility without someone who is responsible.

When we awaken, it is all perfectly clear that we had been dreaming. The sense of ego is seen through, yet there is still a fully functioning something that walks, talks and has needs to maintain the body. Individual traits make up a personality. Character can take many forms and express itself in many ways. Yet, there is no one there. There is still intelligence, or the lack of it, and the capacity to use it. We don't become zombies walking around with smiles on our faces.

Intelligence, wisdom, makes whatever we come across in our lives clear. When we see our environment is being destroyed we don't just say, "This is God's Will, I am not responsible." We are moved to act. Life responds and that is responsibility. We are responsibility itself.

Far too often when people try to understand what it means to be enlightened they bring into their minds all sorts of "Spiritual" notions. These can be very distorting and mislead them into more concepts they will have to

give up to really understand. It is far better to not think anything is spiritual. Just watch and see the facts. What one comes to when we awaken can seem very spiritual. However, on deeper understanding we see this is just the fact of life. We are living beings on a wonderful planet. We have been dreaming we were something we never could be and distorting all we perceive. This has caused great suffering to those who are dreaming and those who get in the way of the dreamers.

Life responds. Everything in the Universe is constantly responding to its own movement. It is happening on levels that we will rarely if ever be conscious of. We are responding to millions of years of evolution. We are responding to subtle changes on distant stars and planets. We are responding to the thoughts of others, both living and those from the past and even from those we think of as the future. Responsibility is our natural condition: respond to life. The ability to respond is responsibility. It needs no actor to take place.

Awaken and be responsible. Not as a dreamer feeling they are responsible and then feeling guilty if they fail, but as wisdom in action, responding to our day-to-day reality.

This book would not be written if there was no sense of being responsible. It is clearly seen that there is no such separate person called Melvyn Wartella. Yet, the mind understands there is a great need on this planet for people to start to awaken and change the way we are treating our home and all life. Therefore, action takes place. Others doing the same thing feel the same need or they would not be doing what they are doing. Of course, there are no others. It is the same wisdom expressing Itself in each of us. We speak from a little different perspective because of our individuality and to reach those who feel comfortable with the way we express it. However, it is always the same intelligence speaking. This doesn't mean that every teacher/writer is coming from an awakened state. Some are just con-

ning themselves and their followers. Within you is the same Wisdom that is in all life. If you are truly open to seeing what is real, then you will know who is conning you and who is telling the truth. Be responsible.



# ENLIGHTENMENT & THE DEATH OF PERSONALITY

Recently I saw a video of a couple, who are spiritual teachers, giving a talk to a group of their students. They were terrifying the students telling them that in order to awaken one has to die completely to the personality, that all that must end. It was rather funny considering how both of these teachers' personalities were clearly intact and functioning.

If you are one of those who have been so misinformed and are in fear of the end of you, then fear no more. The ego and the personality function as one most of the time. However, the ego is non-existent. Each of us came into the world with a way of seeing, perceiving, and feeling that is individual, as any parent can tell you of their offspring. There are certain energies in each of us that make us different from one another. However, this does not create the sense of separation, which is the ego dream. As we are conditioned by our parents, schools, siblings, TV, and all sort of subtle processes, the ego dream is developed. It may well be engrained in our DNA by now and we may carry it into this life and have it conditioned into an active belief system as we are conditioned more deeply. That conditioning feeding back on itself and creating the sense of a 'me' that is not a part of the wholeness of life is the ego. It is a filter over our heart/mind that blinds us to reality. We see through our conditioned images and it is rarely clear seeing. That part of us is what needs to be transcended, to be seen for what it is so that we awaken to the ever-present reality that has always been.

This does not mean one dies to the personality, but the personality is transformed. Each of us, like snowflakes and fingerprints, has our individuality. It is the tendencies we were born with that form the way we react, the way we see the world and so many other qualities that make up a complete human being. There is nothing wrong with that. What a dull life it would be if that were not the case. Life needs diversity to be complete.

Too often, teachers who are not really awake to what the whole process is, read or hear what others have said about ego death, and create their own images of what that means. Not having awakened, they distort the teaching of those who have awakened. If they saw the whole picture, they would realize there is nothing wrong with being an individual personality. If they kept their ideas to themselves, little harm would be done. However, to teach these things and scare the hell out of their students can do great harm. It can scare many people, who may well have gone on and found the truth, into inaction out of fear of ending. Of course, the ego will end, and good riddance, but the real personality will only become richer, broader, and deeper.

The ego is, after all, only an idea that causes misperception. It is not real now, nor has it ever been real. Realize that, and you will find yourself awake. You will not become a vegetable or a dimwit. You can use the tools that have evolved in the development of the human mind to go ever more deeply into what life is all about. You will discover layer upon layer of new insights that are endless and rich. You will no longer function from the ego nightmare with its hatred, fear, insecurity, and greed. You will find a state of poise in which you will deeply sense the reality that underlies all expression and you will know it as your own true being. You will feel a freedom that the ego cannot comprehend. The fear of death will be gone and you will feel that the ever-present life force is beyond all expression and is endless and eternal.

You will still be able to deal with your day-to-day life without any problem after awakening. In fact you will be able to deal with it all more clearly because you will not be fooled by the ego games that blind you now. This does not mean that life will be effortless and easy just because you see clearly, but you will be much better equipped to deal with whatever comes up because of your newfound freedom.

The ego process may well go on for some time because of inertia, the force of habit, but you will know it for what it is and just move on. Most importantly, you will understand and love more deeply than you may now. When we put up conditions of right and wrong, based in ego, we wall our hearts into the fake world the ego dream is and we do not know real love. When you see so clearly that the ego just fades away, you will find a spontaneous rising of love and it will feel so familiar because it has always been there within your being. Life loves Life and you are Life.



# MERE HUMANS

Although the ego dream is the most destructive force on earth, the human being is closer to being divine than any other creature to evolve on this planet, perhaps in the Universe. Of course, I am not saying that other creatures do not also share in this state of divinity. What I mean is the level of consciousness we humans can reach.

Ego bashing is a major part of the messages you will get in this book. However, reality goes so far beyond the dream of separation and the problems it causes that the ego is seen as the nothingness it is. Yet, that ego process has been helpful in the evolution of our realization of who and what we are. There is something very powerful going on right now in the world. It is the birth of the closest thing to a god you are apt to see, and you are it.

What a paradox this is! On the one hand, we are seen as lost, foolish, hateful, violent, selfish, ignorant, and blind to reality. On the other hand, we are incredibly creative, loving, caring, intelligent, thoughtful, life serving, and holy beings. Will the real human please stand up? That is our calling: to express the best we humans are capable of, which is a limitless wonder of creativity.

We are animals, mammals, at least as far as our present bodies are concerned. However, we go so far beyond the limited specialization that other animals express that there is no comparison. I am not putting down our

brother and sister animals. We are also one with that whole kingdom, but we are without a doubt the top of the creative chain of life on this heaven of a planet.

Most animals have been around far longer than humans have, we are the new kids on the block, but we have evolved incredibly faster than any of our animal cousins. Ironically, it has been the ego that has forced this rapid evolution to take place. There are many theories as to what caused the human brain to develop as fast as it did. Now I will add my own: The ego process, with its inherent level of constant stress forced the brain to grow to deal with the complexity of the problems it created. Animals did not need the brain capacity we humans do. They are far more instinctive and automatic in their actions. They also do not have the emotional burdens we humans carry. Of course language played a major role in the development of a mind that could create the fiction we call ourselves. As our complex ego mind developed so did the languages of the world. If you will take a mental journey into the past from the perspective I am writing about, you will see clearly how this all came about. It is not difficult to see once you realize that the ego is just a mental projection within the thinking conditioned mind. Understand how by learning to use memory to help us stay alive, that capacity led into the ability to abstract information, see something and form a mental image of it, and this led further to the ability to use simple language. With the development of language we came to see the mental ideas as things in themselves. Then the development of identity as the self who sees these images/ideas and then the need to protect everything that helps keep that identity alive. It is all so very simple.

Spirituality is not something we evolve to, it is what we find when we are no longer present as that separation called me. We are already as spiritual as we are going to get. However, there is no limit to where this expression of creative energy will take us as humans. We don't really start to express the fullness of our humanity until we see beyond the ego dream. When we

do, we will realize we are now in Heaven/Nirvana and it has always been this way.

Look what we have done as humans, even while asleep to our deeper reality, we have created such wonders as music; taking the sounds we hear around us and the ones we have learned, to create such powerful and moving expressions of the deeper human heart/mind. What power to move our emotions to levels we could not even recognize as animals. We have taken some basic material and created art that can move us as deeply as music. We can take our language and put together words that can inform, teach, share ideas, and move us to cry with joy. Now we are on the edge of creation itself. We are taking evolution out of the slow natural processes and seeing how we can change life. This can be both potentially good and very dangerous. There are some very good arguments against messing with life at any level. We may well destroy ourselves in the process. All I am saying now is we are powerful creative beings.

The human mind/Mind can take us to the deepest understanding of the creative energy of the Universe. We are seeing how life began and coming to understand what we call death. We are living miracles.

The problem is that far too many of us don't realize who and what we are. The conditioned mind will keep us blind and limited to a past that had no real understanding. We need to start deeply questioning who and what we are and why we do what we do. When that process begins, there is no end to it. Not that we have not been doing this for a long time, but not from the perspective beyond the ego.

In my own life, I have seen a miracle take place. At one time, I was, so history says, a hateful, violent, fearful, ignorant, angry, and insecure conditioned human. With luck, I started to question why this was and why just

about everyone in my life was the same. In time, the mind started to see beyond itself and found freedom. I now see nothing separate from my real Being. It is impossible for me to hate and so very easy to love. Where there was once ignorance there is now the capacity to open to the Wisdom we all have as our real Being. I could not be violent. That does not mean I could not defend this body or others who were threatened by violence. That is not violence; it is a natural response to protect life. I cannot be lost in any conditioned belief. I realize there are no limits to the creativity that we can all use for whatever purpose life demands of us. I know that I am not expressing the level of perfection that someday will be our norm, but compared to where I came from, I am a transformed human being. Believe me, if I can do it, so can you. I am not special. Ask my family and friends. Of course, I am speaking about a me that is only history of a seeming identity. Words are difficult to use when writing about such things, but it is all we have now.

We need to step out of the ego dream and see what it means to be mere Humans. May we all awaken and express the highest level of reality we can as this creative wonder.



# TRANSFORMATION AND THE BUTTERFLY

The image of the butterfly coming out of its cocoon has often been used to express transformation. It is a wonderful expression of change, but in our human experience we all too often try to carry our cocoons with us after it is no longer needed. Our cocoons are made up of many things. From our beliefs, conditioning, religions, and our spiritual searches. These cocoons may have served some purpose as we learned more about ourselves, but to try to keep them with us after we awaken can keep the mind stuck in the past.

We have read about this or that saint, guru and holy man or woman who after an experience of oneness staying in their religions and trying to fit their new insight into the dead past of their beliefs. They are seldom truly awakened, if ever, because of the baggage they tried to carry and still be free.

I feel there must be many fundamentalist religious people who came to a powerful insight, experience that was transforming to them then go on to lose that reality by thinking it had something to do with their religious beliefs. What was alive and wonderful becomes just a memory that is distorted by the past.

If they had come to really understand what the basic cause of their discontent was that drew them into the search for god or truth, then they would

not have held onto the past. They would have seen that it was not so much a matter of bringing god down to us, as it is to erase the false images of who and what we are to see that reality is what we have always been and did not need to be brought to us. When seen and understood with that clarity, they would never go back to the mind created images of religion.

Our spiritual practices can also be a burden once we awaken. If those practices are an effort, in any way, then they are just baggage after awakening. In many ways they are baggage from the beginning. To use a historical example: the Buddha tried all sorts of practices to try to bring about a transformation, to awaken, and none of them helped. Then he reached a point of hopelessness and deeply looked into what it all meant. He came to an awakening, not because of the practice, but in spite of it. From what I have read, he never meditated after his awakening. There was need reason to, he was awake.

It is sad to see how religion, in this case Buddhism, can create more baggage for those trying to follow the teachings of one who was awake. After the awakened one leaves, the religion builds a huge cocoon for the comfort of the followers. They get so lost in their dream building that they lose sight of the reality their teacher tried to show them. If one is lost in the religious cocoon, they are very unlikely to dig their way out of it.

In all religions there have been very few who dug their way out to see the light of reality. One of the main reasons for this is that the structure of the religion is based in the dream world of ego. As one tries to fit into that belief system they lose their own ability to see for themselves. Few have the guts to stand up and ask whether or not this or that religion has any reality. So most people try to find something comfortable to help the ego feel a little more secure. And if it finds some comfort, then they will protect their belief from anything that put doubt in their mind. They are willing to fight

to the death to protect their dream world. After all, they are the chosen ones.

For those rare beings that have to know the truth at all cost, they will not find comfort in mere belief and dogma. They will question everything, every belief, every teacher, saint or so-called spiritual master without fear. They are already freeing themselves of all the debris of years of conditioning and in time will awaken. When they do, their earlier openness to the truth and the need to truly be free, will keep them from trying to carry their cocoons along with them. They will not try to teach any dogma to anyone. They will not need conformation from some religious figure to give them the badge of authority for having awakened. They will just be the truth. They will not help you be comfortable in your dream world. They will do their best to destroy the nonsense people have believed for millennia. Seeing with clarity, they will know that there is nothing from the past to carry forward. It was all a dream, so what can one carry with them? Freedom is not freedom from some one else; it is freedom from our self-image and all that created it.

A very close friend told me recently that he had had what seemed to be a heart attack a few months back. He was losing consciousness yet was still very aware. He said it was like when you are flying in a jet plane and for a few moments the jet engines are turned off and you just feel like you are floating through silence in peace. This experience moved him deeply, and thankfully he is well.

Being free of the past is much like my friends experience. You are just floating through life's experiences, knowing that it cannot end but not caring if it does or doesn't. This does not mean we don't run into turbulence from time to time, but when you do you understand it and keep floating on. You carry no baggage that would pull you down.

We humans are facing a major crises in the world like no one has experienced in the past, and there is not only a need for transformation, it will help bring about the transformation. It is time we either awaken or we perish. As we awaken we have to leave the past behind. We can either stay in the cocoon and shrivel up and die, or we can become what we truly are and be free. Once out of the cocoon of past, don't look back.



# THE ENVIRONMENT

From the cliff overlooking the calm sea, you could see three fishing boats. They formed a triangle. The light was soft and the sea took on the color of the sky whereby it was difficult to see where one ended and the other began. Overhead, were faint clouds reaching to the horizon. Then from the far distance, an airplane came into view. Although it was traveling at great speed, it seemed to be moving very slowly. Beyond what the eyes could see, there came the state of poise. Everything was in perfect balance. Nothing could be added or taken away or it would lose this balance. This is the awakened state. Not some cosmic otherworldly experience, just what is, as it is. This is not an experience at all as we normally use that word. There is no one separate to experience. It is just our real essence aware of itself.

The mind could see and respond to it in a descriptive way, but it could not touch this state of poise. It could not know poise. The mind is a useful tool, but it cannot see beyond itself. No matter how the mind tries to see, and understand what is Real, it will always fail. Its only hope is to get out of the way, and allow awareness to see itself.

The nature of reality is Nature. Most of us have lost sight of that fact. We, through conditioning the mind/brain to think it is the center and reality, have cut ourselves off from our real source. No one can deny what power Nature has over us at so many levels, but we still miss the true essence of that reality. We think we have to control nature, to make it pay in any way

we see fit. We are lost in an endless dream and are just about always missing what is right before us.

Many spiritual teachers point to some illusive state beyond all forms of life to the great high where everything is perfect. This is yet another dream. I do not deny that there are other states of being beyond what we now see, but they are just a more subtle form of Nature. By looking past the present state of life we are in, we miss the obvious fact that This Life we call Nature, is our Being. That state of poise is what we are in our natural state. We need not go anywhere else or learn some new spiritual trick to get us there; we are It at this moment. Awareness and observation, are not a path; they are what the human heart/mind does when it is free of conditioning and we are free as long as we simply pay attention. We cannot say that nature is physical, mental or spiritual because it can never be named. The naming process fragments that which by nature can never be fragmented. All names are just thoughts about something, not the thing itself.

When the mind is left behind and we return to Reality, we come to a Knowing that is beyond the dream. We see the facts before us. We do not step from one dream into another. Those who deny there are any problems and that everything is perfect as it is, are still lost in the dream world of their own making. In a real sense, we are all perfect because there is nothing outside of us and there are no beings separate from this one. But this does not change the fact that we are destroying ourselves as we destroy our natural world. Are we going to sit on some cosmic cloud, free from the suffering that is going on now? Or are we going to take part in the self-healing?

When some people say the environment is not in danger because it is created by the dreamer; is in fact just another dream. It is as bad as some Christians saying, "We need not be concerned about the destruction of nature because when Jesus comes back he will fix it all." How mindless!

The “Environmentalism” has become a looked down on person who doesn’t see the “TRUTH” as seen by the greedy fools using religion to further their insatiable appetite for money and power. They can’t for a moment stop and question the reality of their dream religion for fear it would fall apart, as it should.

The environment is the spiritual state. The Environment is infinite. The greedy, insecure, ego-mind is nothing but a conditioned state of ignorance. This wonderful world has little hope unless people awaken to what is real and stop fighting their own being. We cannot sit by watching millions of specie die off for the sake of some small-minded fools. We must all stand up for what we know is right. But it is not just a matter of changing the way things are done on this planet. We must also come to see the fact of our own state of mind. Then return to that state of Poise whereby we realize we have never been separate from Nature, and never could be.

If you can, spend time in Nature. Go for walks by yourself, and just be quiet. Reality is there, as it is in your homes and work places, but easier to respond to in the wild. Awakening is a practical step in changing the world. There are those who will tell you that you can do nothing to change anything. That it is up to god whether it changes or not. This is a mindless approach to life. The world is in a mess because of human action, done with their knowledge. It has been an action by choice, and we can use the same mind to make our own choices as to how we will act towards helping to end the foolish ways we have been acting. There is no god doing anything at all. That is just another part of the dream of ego. It is also a copout. If it is out of our hands, then we have no responsibility to take any action. The human mind is perfectly capable of seeing the problems and take meaningful action.

The ego is just a very small part of what is going on within the human brain. It is a misunderstanding that is forcing a false sense of who we are

into the greater reality of Nature. You do not need to follow any teacher to know what you can do to help. When you clearly see where the major problem is in our perception, you will find your own way to let go and return to what is real. No copouts accepted.



# RAPING

Whenever I see some picture of what Christians dream heaven would be like, it seems so silly and sad. As part of the ego dream, the need to escape to some other place is evident in all such thinking. If we are good little sheep, we will get to go sit near god while holding the hand of Jesus. There will be angels flying around and this great throne of god made to look like early Greek buildings. We won't have sex, we won't have to work, and we will just sit around drinking in god's love for his offspring. What a drag that life would be! Hell would be more dynamic and interesting. However, of course, we are just talking about a dream of people who are asleep.

We now, right this moment, live in Heaven, but we are raping it. The wonders of this magical home called Earth are so beyond any silly dream of heaven. If one can go for a walk in virgin Nature and not feel they are truly in Heaven, then they must be brain-dead and have a heart that is shriveled from lack of use and being lost in the dream of separation.

Most religions seem to be more interested in the afterlife than this present moment. By doing so, they lose sight of reality. One of the few things I have read in the Christian bible worth repeating is when Jesus said; "The Kingdom of Heaven is within you." If they believe that Jesus is the Son of God, and that he was not lying, then why such drive to get to an afterlife?

I don't want you to think I believe all religious people are anti-life and don't care about the Natural world, far from it. In the U.S., probably most religious environmentalist think of themselves as Christians, but rarely Fundamentalist.

If you read what Bill Moyers has to say about the Fundamentalist views on life, it is scary for all thinking people. Please do read what he has to say.

Everywhere we look on this wonder planet, we see signs of the destruction humankind have caused and is still causing. We are killing the planet and for what? So we can drive new cars, have large homes, be entertained out of our minds and worst of all, make a profit. There are billions of people going without the basic needs of life, while in the Western societies we use up most of the natural resources of this Earth. We go on mindlessly destroying our forest, rivers, lakes, the oceans and the air we need to breathe. We allow big and small businesses to continue to pollute this Earthly Heaven and don't see how insane it is. No meaningful change can take place as long as the governments of the world can be bought off by big corporations. Most of the so-called developed countries, which mean, they have been raped more by mankind, care little about the people of the Third World countries other than seeing them as cheap labor and more resources. Of course, I know there are always exceptions and that there are some very caring people doing good things to help.

If we don't see ourselves as part of Nature, but just as users of what it can give, then we will not change our ways and we will all pay a huge price for that ignorance. We are already paying for it in many ways. Our bodies have all kinds of toxic chemicals in them. Even newborn babies do, by way of their mothers and the toxic environment we live in day after day. There is nowhere on Earth where you can be toxic free. We see all over South East Asia suffering and illness because of the Agent Orange the U.S. used dur-

ing the Vietnam War. There is nowhere safe any longer. All this caused by people thinking we are having a higher quality of life. What a joke that is.

We may have gone too far already and someday, in the not too distant future, we will most likely see major health problems that may well kill off millions of us. Humans may well become sterile because of what we are doing to make the rich richer. We are such fools!

I live in one of the most beautiful areas of the world, in the redwoods of Northern California. People new to the area are so happy to be here and see clear blue skies and are misled into thinking this area is pollution free. We have one of the highest cancer rates in the country, in spite of the blue sky. We are breathing dioxin, formaldehyde, and benzene, among other toxic chemicals. We have a cloud of toxins coming over this area that came from China. We are told our water is safe, yet the local water quality board won't test the water for the chemicals we know it must have in it. And this is not some backwoods hillbilly area. We have a University and a local College that teach classes in environmental sciences and there are a large number of caring environmentalists living here. Yet we still suffer toxic pollution because our local government sees the tax dollars from the polluters as more important than the people they serve. It really does seem hopeless.

I can walk outside of my house right now and walk in the forest and along the creek and see what seems to be a healthy ecosystem, but that is very deceiving. We dare not drink the water and the soil has been polluted from logging. The air I breathe has formaldehyde in it and all sorts of who knows what, not only from local sources, but also from China. The cancer rate among the elderly is 5 times higher than the next county to the north. I have already paid a high price for living here with the cancer I had some years back.

A truly sane society would never do what we are doing to ourselves, and all generations to come. A caring people would not sit by seeing so many species dying because of our greed and lack of care for the environment. We are clearly insane, and the ego process causes that insanity. Yet, few know anything about that problem. Few ever question their own reality and never come to any insight into the process of mind that is causing such great suffering. I feel very blessed to have awakened to see reality clearly. However, it has also been painful when I see I can rarely get anyone to listen to what I know has great value. We are not going to survive. Not if we go on as we have been and let our so-called leaders make laws to protect those who are killing us. It is not that our governments don't know we have major problems, they just chose to disregard the facts when those facts may cost their backers money. What incredible stupidity!

Don't let the rape of Mother Earth go on. Speak up, watch what you are doing that may be adding to the problems, don't let our governments and corporations get away with their neglect of our Home, and most of all, Awaken. You don't have to be Enlightened to see what is going on, but you do have to pay attention and get informed.

It has taken billions of years of evolution to reach this level of life on this wonder-full Earth. It was perfect before we humans even existed. The Earth doesn't need us, but we are a part of this wonder and to spoil our own being so a few can make more money than they could ever spend is just plain stupid.

If you think Jesus is coming back and is going to make it all well again, think again. It isn't going to happen, ever. What utter nonsense that dream is. It is up to us, not some savior, to save this wonder of wonders called Earth. Stop raping our Mother Earth! Without her we are nothing.



# COUNSCIOUSNESS /PERCEPTION

We hear many spiritual people talking about Enlightenment as being the awakening to the fact that we are all Consciousness itself. Of course, it depends on how they are using the word consciousness. When I have read what most of these teachers have to say it seems clear they mean the normal use of the word. If that is the case, then they are missing the mark as to what Enlightenment is.

There is a great deal of difference between being conscious and being aware. To most of you there will seem to be little or no difference. To be conscious one has to have a picture, idea, concept, image, memory or history relating to what one is conscious of. When you look at a tree, you know it is a tree with different qualities, size, color, and genus. But to be truly aware of what it is, you need to see directly, with your total being, without any abstract ideas of what it is.

The mind has put together its own reality, or what it calls reality, from abstractions from reality. This is not Reality. So, to say we are all consciousness is missing this Reality. To see we are Awareness Itself, is far more accurate.

This may all sound like I am nit picking over the use and meaning of words. It goes much deeper than that. If we don't start to see how the

mind, as ideas works, we will miss the true meaning of that which is beyond this conceptual process.

The whole problem of humanity is living, seemingly, in the fog of ideas. Ideas are not real. No matter how close they may seem to get to the thing we are trying to understand, describe, or explain, they are always just images about something, not the thing itself.

We are so lost in that process we have become the process, the ego. When you say you are conscious of anything, that is what is conscious, the idea machine called "me". Which is not conscious at all. In that state, which we accept as normal, we are always outside of life trying to look in.

When we Awaken, become Enlightened, that fog is removed and one sees Reality directly as pure Awareness. When we are totally aware of anything, we step out of the dream world and into Reality, as Reality. One sees, doesn't think or believe, with the total being, the Heart, that there is no outside or inside, there is just Life in Its Fullness. We awaken to the fact that we were dreaming and that all humankind is dreaming. This is a profound transformation in our Being. We no longer see anything or person as being outside of us. We are Life and we can never end.

Don't accept that we are consciousness; we are beyond, before, consciousness. Yet, we go on using consciousness. It is a useful tool that we could not get by without. But the tool is not the Being. When you awaken you will clearly see the difference.

Direct Perception is our real way of seeing. When the mind as ideas, beliefs, is still then we have direct perception of what is. When we are totally aware we don't become ignorant of what is there in our environment. We

perceive with intelligence and act with clarity. Only minds like that can see clearly what needs to be done in the world to bring about a transformation of the way the mind works. This is really up to you. The fact that you are reading this indicates you are ready to really look into the whole ego process and become free of it. One person at a time we will awaken and the more of us who do awaken will create the energy to help others to awaken. There is nothing in our past that can save the world. Only by a total transformation is there any hope.

Of course there are many people who know the difference I am speaking about here. Words can be so tricky and how we use them is of less importance than what they point to.



# RIGHT-BRAIN/ LEFT-BRAIN

Many people who have written to me ask why it is that although they intellectually understand what I, or other teachers, have to say about the problem of ego, they still can't seem to come to real insight or awakening.

One of the reasons one may not be able to come to a breakthrough awakening is if they are predominantly left-brained. As I am sure most of you know the brain is really more like two brains, or two hemispheres, the left, and the right. Most of us tend to have a predisposition to one side or the other. Let us look at how the two halves work.

## **Left -Brain**

Logical

Sequential

Rational

Analytical

Objective

Looks at parts

## **Right- Brain**

Random

Intuitive

Holistic

Synthesizing

Subjective

Looks at wholes

For general uses a balanced brain works best. We need to look at life in the matter of fact way the left-brain functions, but we also need to tap into the intuitive side of the brain if we want to live more creative lives.

One problem that seems to take place is when you bring the ego/conditioning into the picture and see how it relates to which hemisphere is dominant. There are many variables as to how a person may have been conditioned to use one side of the brain over the other side, from family conditioning to DNA. Whatever the cause of our predisposition to one side or the other, is not what I am trying to share right now. However, I am very interested in how the two ways of perceiving life can help or hinder one's awakening.

If you are predominantly left-brain, you will find it much more difficult to make a meaningful breakthrough in understanding. The left-brain, in my view, is more like a catalog or dictionary that we draw from to make our decisions and actions in life. We function within a set of conditionings that allows very little freedom. It is a safe place to be. It is the home of the ego idea. It tends to be more conservative, both politically and religiously. "We believe what we are told. We trust our political and religious authorities to do the right thing and we don't question their judgment." The left-brained person is not likely to really go beyond his or her conditioning. Not only because that is not the way that side of the brain works, but also because to do so would cause fear. If we, as left-brained tending people, open up to the more intuitive, creative and holistic way of perceiving reality it would be a threat to the ego. This is where our sense of insecurity comes in. We sense intuitively an emptiness that gives a hint that the ego dream is unreal. The conditioned mind interprets that feeling as death and it withdraws from it. It is safer to live a left-brain life than face what must mean death. Of course, this is all a subconscious process that we rarely see clearly.

If you did extensive research into which side of the brain rightwing fundamentalists predominantly come from, you would see it is the left. How else could someone function with such little insight?

With the right hemisphere we are dealing with holistic, intuitive, synthesizing and creative openness. However, it too needs to be balanced. It is very helpful to be able to use the left-brain capacity for logical thinking and processing of information. However, if the logic is not open to a deeper understanding and sensing of reality, it will keep us blind to what is true.

Having been predominantly right-brained, it seems clear that awakening starts there. I have known many predominantly left-brained people and they seem to lack an openness and freedom that is so clearly there in people where the right brain dominates. However, I have also known many predominantly right-brained people who seem to have their heads in the clouds and can't really focus on the moment-by-moment decisions we all have to make. Balance is needed.

I hope this is not sounding like a good, right-brained, verses evil, left-brained, judgment. We are all both brains. If you can see where your brain is functioning from most of the time, it can give you a clue as to what may be stopping you from letting go and opening up to something so new to the mind as to totally transform the way you see life.

If you see that your left-brain dominates your life then try doing more right-brained activities, liking art, music, poetry and being in nature as often as you can by yourself. Try to sense more and not just try to find the facts and draw a conclusion from them. If you can see the limitation of being either predominantly left or right, you can help bring yourself to be more balanced.

Real insight and understanding has little to do with the brain. It is sort of what takes place between the hemispheres, as it does between thoughts. What we ultimately are is beyond the brain. The brain is more like a conduit for Heart/Mind to transmit Insight. We so identify with our history, which is all within the brain; we don't see the underlying Reality, which is beyond space/time or individuality, yet it expresses Itself as Individuals.